



We ought to think that we are one of the leaves of a tree, and the tree is all humanity. We cannot live without the others, without the tree.

PABLO CASALS

ARTWORK BY PUNIT CHAUHAN

BE A BETTER Friend

SURAJ SEHGAL

When I came to college I began to appreciate my friends and what friendship means.

Suddenly you are surrounded by people, and you have many more duties and responsibilities, so the day-to-day trade-off between friendship and classes, work and organisation becomes really tangible. I realised some important aspects of friendship that have helped me grow.

WAYS TO BECOME A BETTER FRIEND

1. SHOW UP



Whether it's an event your friend has planned or just a trip to the grocery store, be present to show that you care. Seeing someone's face makes them familiar.

3. ACCOMMODATE



For many of us, with our busy lives, busy jobs, and constant work, we often find it very difficult to see the relevance of talking to anybody who is not actively present in our day-to-day activities. We become so absorbed in our mundane tasks that we often forget those people who have helped to make our experiences worthwhile. When someone is making an effort to reach out to you, try to accommodate. Recognize how much effort the other person has been making by letting them know that you notice how much they have been giving to you and try to give back as much as you can.

2. REACH OUT



When you remember somebody you haven't talked to in a while, take a moment to reach out to them. It takes no more than a minute to text someone a "how are you?" or a "let's catch up!", but in a world where everyone knows hundreds of people, taking the time to reach out with a simple hello can make you stand out. After all, don't we all like to be remembered?

4. APPRECIATE



Many times, we forget that our families and friends shape who we are today. Take a brief moment to look within and acknowledge who has had an impact on you. If someone has helped to change you or your perspective, take the time to let them know – it may mean more than you can imagine.

We meet each other for a reason, and everyone plays a role in our development and growth, whether it is the professor who taught discipline or the grade school bully who helped develop patience.

Ultimately, there is no formula for being a better friend. Maintaining friendships and good relationships is a continual process that takes intention, love and time. While we may never be perfect friends, our little efforts go a long, long way to uplift those who have helped us on our journey.