

# "There is no exercise better for the heart than reaching down and lifting people up." - John Holmes

By Devagi

Our very own 10 young and vibrant SJIS Interact Club members, along with Ms Devagi and Ms Hadirah participated in the 'Meals on Wheels' programme organised by Kechara Soup Kitchen on 22nd June 2019. The key objective was to instill leadership skills among our interactors, while enabling them to gain first-hand experience of doing social service and helping out the needy.

Upon arrival, there was a briefing around 5pm in the Kechara office, where the interactors were given an insight on what they were expected to do.

Following that, the team headed to the urban family area in PPR Blok 9 Desa Mentari, Kampung Pandan. They distributed basic groceries and vegetables to the people in need. Some of the interactors even helped to send the food items to their homes. The group saw the joy and gratitude on their faces, with these simple gestures.

A photo session summed up this beautiful and memorable day. The team of volunteers went home feeling the love and satisfaction in their hearts, for being able to help out those in need.

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." - Ralph Waldo Emerson

