

HR SPEECH

HR Feedback Competition - MILT BreakFree'23

(Prasiddhi)

On the 17th of October, 2023, I was returning home in a crowded bus after a tiring day at college.

Being cautious of pick pockets, I had worn a laptop bag on my chest. I soon became aware of a 50-year-old woman staring at me disapprovingly. I wondered if I did something wrong? My question was quickly answered. She said “why can’t you remove your bag? It’s touching me”. I was bewildered. Here I was struggling to stand, while she was lucky to get enough to get a seat. The least she could do was offer to hold my bag , but no. I got angry with her insensitivity.

Then suddenly, she started to swear and pass mean comments. It felt dehumanising.

The crowd gave me sympathetic looks. I felt insulted and I was tempted to fight but it would only escalate the issue. As I desperately groped for a solution , I remembered the HR Principle: “The only way to get the best of an argument is to avoid it". I realized that this battle was not worth my time. The principle gave me the strength to calm down and remain silent. After sometime, something extraordinary happened. My self-restraint, silenced her!

By embracing self-restraint, I had practiced Ahimsa. It helped me save myself and everyone around me from further trauma. When I got off the bus that day, I felt proud of myself. Thanks to MILT.