# Submitted by:

Name : Mayur Kailas Nimkande

Roll no: 224047

Prn no: 22110922

Batch: D3

**Assignment No.5**

**TITLE:** Practice session to reflect on Gratitude. Elicit examples from students’ lives.

**Aim:** To Understand the naturally acceptable feeling of GRATITUDE in relationships by exploring examples from students’ life.

Gratitude is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends, family, and even computer access. It is the feeling for those who have made effort in terms of providing help in the process of my development. In our life, there may be so many people who have been of help to us in the process of understanding harmony and living in harmony so, we have this feeling of gratitude for them. It is a significant feeling in the development of the relationship.

Specifically, gratitude is experienced if people perceive the help they receive as

(a) valuable to them,

(b) costly to their benefactor, and

(c) given by the benefactor with benevolent intentions.

Gratitude can have a lot of advantages to our personal as well as social life. First of all, it strengthens our relationship with others. When you have a thankful feeling, it will strengthen the bond with the other party and enhance the trust factor and feeling of respect and love.

I feel gratitude to many people for helping me out and providing me with my need in the required time. Firstly my mom, dad &aunt for providing me with proper education and upbringing me, and teaching me the right values. Teachers have also shaped my life proving me with proper guidance and motivating me to my studies. Therefore, I feel gratitude for all the teachers in my life. All of these people for whom I feel gratitude have helped nurture me at the individual level. There are many people for whom I feel gratitude apart from my parents and teachers and one of them is the social workers who clean our society. Due to this, we live a clean and healthy life. Apart from them, I feel gratitude for the medical system of India which is subsidized by the government of India as they helped us pass through the tough times of covid and vaccinated the population including me, they have helped us the individual level. Hence I feel, gratitude is a significant feeling in the development of the relationship.