

UHV 2 : Assignment-5

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December 4, 2022

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Aim : To understand the naturally acceptable feeling of Gratitude in relationship by exploring examples from students' life.

Gratitude : The Life Changer

One day, Raju, a student of class 7th was going to school. It was a very special day for him, as it was his birthday. But yet, he was not so happy on that day. In the morning, his father had gifted him with his favourite toy car. But, by mistake, he broke it. So, he was feeling very bad for it. This made him unhappy on that special day. While walking, he saw that a man was struggling to climb his loaded tricycle on a steep road. Seeing him, he quickly ran towards him and helped the man to take his tricycle upwards. There was a pleasant smile on the face of the man, which in some way was saying thanks to Raju. That man gave Raju a toffee and went on. But, now, the sad face of Raju was filled with a smile and a glow. This made the birthday of Raju even more special. This was the power of a smile, which made his day and even of the others all those who were there with him.

In our life at every moment, someone or else is helping us. Being students, our friends help us in studies, our parents help us to keep going on by providing us with all the necessary facilities, our teachers help us to get familiar with education and to explore the world. Various people in the society help us. The help may be small or big, but it does not matter. There are lot many things which could be penned down. Not only humans, but even other elements of the biosphere contribute their part to this help cycle.

We should help someone in need without expecting anything in return, not even a "thanks". But, whenever anyone receives any help from someone, he should without fail thank that person in return. The way to express the gratitude to someone may differ from person to person, but all result in to a social happiness. **A small step can change the world. So why not to start from our self?**

Your "thank you" with a sweet smile can make someone's day. So try to express your gratefulness wherever possible.

"Expressing gratitude doesn't cost a lot, but its returns are great"
