



**TEACHER'S TRAINING /WORKSHOP REPORT**

**DATE : 9.6.2021**  
**ORGANISED BY : Coe DELHI**  
**TOPIC OF THE SESSION : IMPORTANCE OF GRATITUDE**  
**TIME OF ONLINE SESSION : 2:00-3:00 PM**  
**NAME OF RESOURCE PERSON : MS. RENA RAJPAL**  
**ATTENDED BY : MS. UZMA ABBASI**

**FOLLOWING POINTS WERE EXPLAINED DURING THE SESSION:**

- Gratitude is a practice
- Gratitude is an attitude
- Psychological survival
- Explain story on gratitude

**REPORT SUBMITTED BY**

**UZMA ABBASI**