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| DATE & DAY | : 11th JULY, 2021 (Sunday) |
| ORGANISED BY | : COE,CHENNAI |
| THEME | : IMPORTANCE OF GRATITUDE |
| RESOURCE PERSON | : DR.RESHMA GANESH(EDUCATOR) |
| ATTENDED BY | : ANIL KUMAR TIWARI |

Webinar report on topic “**IMPORTANCE OF GRATITUDE**” organised by **COE,CHENNAI** by resource person **DR.RESHMA GANESH(EDUCATOR)** focusses on following main points-

Importance of gratitude and the magic of gratitude:

Objective’s outcomes

Gratitude an essential tool in changing our perception of life. techniques to adopt attitude of gratitude in our life. implementing the attitude in the teaching learning process. attitude of gratitude leading to contentment and abundance.

What is gratitude?

- the quality of being thankful.
- readiness to show appreciation for.
- return kindness
- a feeling of appreciation of thanks.

ABCD of gratitude:

- **Awareness** -health, family ,roof, food ,grains ,water -so many things in life to be grateful for.
- **Belief**- all that is happening is happening for our growth.
- **Communicate** -thank and express your gratitude. for example a card, gesture, gift flowers, a phone call etc.
- **Do** -develop this attitude to reciprocate contribute back to the people society nature environment to the country example planting of trees, helping the poor.

How does gratitude help?

Research findings on the three groups

- Group-1 Wrote about things they were grateful for .
- Group- 2 Wrote about things that displeased them .
- Group- 3 Wrote about events that have affected them-no emphasis on positive or negative.

How can we adopt attitude of gratitude in our life?

Develop an attitude of gratitude and give thanks for everyone that happens to you. Knowing that every step forward is a step towards achieving something bigger and better than your current situation.-
Brian Tracy

Books that help a simple act of gratitude

Different ways to adopt gratitude:

- Appreciate everything
- practice mindfulness
- spend time with loved ones volunteer yourself
- find gratitude in your challenges **Gratitude in the teaching learning process:**

Science:

example seasons

- Nature takes care of us in summer by providing juicy fruits and vegetables.
- Food cycle -importance of every being .
- evaporation and rain cycle -due to which seasons are formed. inventions and discoveries- telescope, bulb etc.
- Sun, moon, satellites -in the sky trees ,plants, herbs and shrubs- their properties ,medicinal values.

Social science:

- geography- mountains, valley waterfalls.
- rulers- Shivaji, Ashoka, Akbar
- great leaders -Mahatma Gandhi cultural and heritage
- tourism, neighbourhood, our country

Magic of gratitude :

Gratitude is a heart centered approach to being fortunate for all that you have and this has to attract more things into your life for which you feel content and grateful.

Really, it was totally knowledgeable session.

Report presented by

ANIL KUMAR TIWARI

