



SIES School of Learning and Leadership Development (SIESSLLD)

TRAINING NOTE (012/2025-26)

on

Developing Sense of Gratitude Among Students

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Backdrop:

Gratitude is the act of recognizing and appreciating the positive aspects of life, no matter how small. It fosters a sense of contentment and helps focus on what we have rather than what we lack. For students, this mindset is invaluable for a good and happy life ahead.

Importance of Gratitude:

Boosts mental health: Academic pressure can lead to stress, anxiety, and even burnout. Practicing gratitude has often been seen as a stimulus to reduce negative emotions and increase happiness even during challenging times.

Improves academic performance: A grateful attitude enhances focus and motivation. When students engage in the habit of appreciating the surrounding and world at large, they are more likely to become better individuals and improved performers.

Strengthens relationships: Gratitude fosters empathy and kindness, essential qualities for building strong relationships with peers, teachers, and family. A supportive social network is crucial for both personal and academic success.

Encourages resilience: Life is not always smooth sailing. Gratitude helps one to maintain perspective during setbacks, reminding of the positives even in difficult times.

Strategies to Inculcate Gratitude:

By following certain practices, it is possible to develop an attitude of gratitude. Some of them can be as under:

Expressing appreciation: Students should learn to take time to thank people who contribute to their life. It could be a teacher who explains concepts patiently, a friend who cheers up, or even the auto driver who drives him / her every day to the college. A heartfelt “thank you” strengthens relationships and spreads positivity.

Changing perspectives: Instead of lamenting over difficulties, students should view them as opportunities for growth. For example, a tough project can be seen as a chance to learn new skills. Gratitude helps shift one’s perspective from obstacles to possibilities.

Practicing mindfulness: Mindfulness involves being fully present in the moment. By paying attention to one’s surroundings, one can notice things

to be grateful for that one might otherwise overlook, like a beautiful sunset or laughter of friends.

Helping others: Engaging in acts of kindness fosters gratitude by reminding one of own blessings. Whether it is tutoring a classmate or participating in a community service, giving back enriches sense of fulfilment.

Limiting comparisons: In today's social media-driven world, it is easy to compare oneself with others and feel inadequate. Practicing gratitude shifts focus to one's own journey and achievements, helping to stay grounded and content.

Celebrating small wins: Academic milestones, no matter how minor they seem, deserve acknowledgment. Completing a difficult assignment or improving in a subject is worth celebrating. Recognizing these victories fuels motivation.

Ripple Effect of Gratitude:

Benefits of gratitude extend beyond the individual. When a student practices gratitude, it creates a ripple effect, influencing those around him / her. A positive attitude is contagious; the expressions of appreciation and kindness can inspire peers to adopt a similar outlook.

Moreover, gratitude fosters a culture of collaboration within academic environment. Students who feel valued and appreciated are more likely to contribute positively to group projects, classroom discussions, and social interactions.

Role of Academic Institutions:

Institutions have an immense role to play in the context of developing this attribute among students. They should create an ambience where the students learn to respect and recognize each other and offer a sense of thanks for any small services they receive. The institutions should also organize dedicated workshops / conferences highlighting this important aspect. The limitation should, however, be recognized. Gratitude cannot be taught; it needs to be internalized and hence the students should be exposed to such scenarios so that they learn to appreciate each other for their achievements. Community service plays a particularly important role in the context. The students should be taught the importance of saying "thanks to everyone" including the Providence for providing everything including a blissful life, the suppliers of all facilities including food, shelter,

parents for all the help and support and all friends and well-wishers in life, and so on. On an experimental basis, some weeks in the year may be dedicated towards expressing gratitude. Students should be encouraged to journalize their thanks / gratitude on a regular basis. Small experimentation like “appreciation clubs” may be tried to encourage the concept of gratitude development. The institutions can make new activities / experiential means to inculcate the attributes of gratitude among students: however, much will depend on the overall ambience of the institute from top to bottom: should be embraced with the gratitude and thanks expression. Then only this value can be percolated to the students. In the current day competitive scenario, students tend to be self-centred and therefore, the institutions must devise their own unique ways to imbibe this very much needed value among the students through unique methodologies. These might help to some extent.

Moving Ahead:

Gratitude is more than just saying “thank you;” it is a mindset that transforms how we perceive and interact with the world. For students, cultivating gratitude can be a game-changer, improving mental health, academic performance, and relationships. By adopting simple practices like journaling, mindfulness, and undertaking community service, they can nurture this powerful habit.

This attitude of expression of gratitude will definitely make the students better individuals. They should, therefore, try to deliberately inculcate this practice from college days. It only needs a conscious practice and nothing beyond that. A deep sense of gratitude will help them to become ideal citizens with values.
