



**SIES School of Learning and Leadership Development (SISSLDD)**

**TRAINING NOTE (006/2025-26)**

**On**

**Developing Gratitude Among Students**

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**SIES School of Learning and Leadership Development (SISSLDD),  
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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. Expressing gratitude to others may be even for very small help or gesture is important in this context. It provides an opportunity to say thanks to others. 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, friends, others 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 tough 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 or frustrated. 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:**

The institutions have a significant role to play to develop this crucial life attitude among students. The concept of gratitude has essentially two dimensions: "feel happy" and "express the feelings to others". institutions should create ambience where both these attributes are facilitated to be groomed.

Some of the strategies that can be adopted by the institutions include:

**Organizing Workshops:** Understanding the concept of gratitude is the first step. The institutions should, therefore, make running some awareness workshops on this crucial attitude particularly among the new

joiners. The workshop can contain activities of situations and expression of gratitude through simulated examples or storytelling. This would obviously help.

**Making Gratitude Part of Culture:** Good organizations make the concept of gratitude part of their culture. Idea is that everyone should be facilitated to acknowledge the good work done by other. Students on receipt of a service from the office should say thank you. While entering the institution, students should greet the security at the gate and say thank you. In brief, a culture of mutual understanding, respect and appreciation needs to be created across the system: then only it helps.

**Community Service:** This is a wonderful opportunity to understand the real contour of society. While visiting slums or orphanages or old age home, students understand the genuine issues and develop a general sense of empathy to the world at large. This helps to develop the attribute of gratitude as the student understands deeper aspects of life and realities.

### **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.

While educators should be aware of the “Theory of Reciprocal Altruism” by Robert Trivers (1971) that is considered as the cornerstone of evolution of theory and practice of gratitude, the students should be motivated to become ideal citizens of this complex world. Gratitude in this world plays a key role as it fosters mutual respect and feeling of goodness to each other. And it is the basis of happy and peaceful living of all creations of the Universe.

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