



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University

Electronics City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Desalites Skill Development Cell

In Association With

PsyLight Club, Dept. of Psychology, Postgraduate Centre

Organized

Life Skill Development Program "Gratitude in Action"

09.02.2021

Report on "Gratitude in Action"

Title	Gratitude in Action
Date of Event(s)	09.02.2021
Department / Association	Desalites Skill Development Cell in association with PsyLight Club
Venue	Open Platform (Google Meet)
Number of Participants	55

Resource Person(s) with qualification	Prof. Mamatha K, Asst. Professor, Dept. of Psychology, Postgraduate Centre, St. Francis De sales College. Her area of interests is Child and Positive Psychology. She is pursuing PhD at Jain University. She has successfully completed course on Initial counseling and Listening Skills in at PARIVARTHAN (Counseling and training Centre, Indiranagar). She has worked as Child Psychologist and the moved into the field of Academics. She is consistently involved herself in Research in Psychology. She has published many research articles at various National and International Journals. She has been resource person for various academic events. She has been invited by many schools to address students and parents. She has actively involved and organized several events promoting mental health. She has counselled many students and parents addressing issues like academic performance, behavioural issues, learning issues, adjustment issues, emotional distress and many more psychological concerns of children. Prof. Mamatha has been training students for research and counselling.
Books (if published)	NA

Place of visit/ details of Industrial visit place:	NA
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express gratitude. She also asked them to write the best thing that has happened for the day and how they would like to express it. She summarized the whole session by showing the importance of gratitude, its practice and benefits of practicing gratitude. Queries from participants were clarified. Prof. Mamatha acknowledged the presence and patient listening of participants and advised students to make it a regular practice, as its just not for one day, but a skill required for entire life.

Positive Outcome:

Gratitude has greatest benefit on the mental health of human beings. Being thankful builds our relationships, creates positive energy, optimism and overall health. The Life Skill session on Gratitude focused on providing meaning to the term gratitude. Expression of gratitude showed the differences in ways of expressing gratitude and acceptance. The session showed the importance of acceptance in society. The session enriched students with the meaning, practice, expressions, benefits and challenges of gratitude. An insight on Gratitude and practicing it in Action was focused through session by training students in regular practice of character strength.



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place:	
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Report:

Every language in the world has a way of saying “thank you”. This is because gratitude is an inherent quality that resides within each human being, and is triggered and expressed spontaneously in a variety of different contexts. Gratitude crosses all boundaries—creed, age, vocation, gender, and nation—and is emphasized by all the great religious traditions. Gratitude is essentially the recognition of the unearned increments of value in one’s experience—the acknowledgment of the positive things that come our way that we did not actively work toward or ask for. The International Encyclopedia of Ethics defines gratitude as “the heart’s internal indicator on which the tally of gifts outweighs exchanges,” a definition that echoes the notion of unearned increments. The connection to the concept of gifts is a natural one.

Desalites Skill Development Cell in association with PsyLight Club, Dept. of Psychology, Postgraduate Centre, SFS College organized Life Skill Development Program for Postgraduate students on 09.02.2021 on the topic “Gratitude in Action”. Character strengths play a major role in holistic growth and development of students. Hence Gratitude being one the important character strengths was considered for the session. Prof. Mamatha K, Asst. Professor, dept. of Psychology, Postgraduate Centre, SFS College handled the session. The session was arranged for the entire PG students. PG faculty also participated in the session. The session began at 12.00 p.m. Prof. Dakshina introduced the speaker to the participants. Prof. Mamatha started defining gratitude to the participants. She later highlighted the importance of gratitude. Meaning of gratitude in detail was explained to students. She focused on practicing gratitude. Making gratitude a conscious practice was emphasized. She listed out ways and means of consciously practicing gratitude in daily basis. She spoke about biological, social and psychological benefits of practicing gratitude. Its not always the benefits, it’s equally important to consider the challenges. Challenges faced while expressing gratitude or for expressing gratitude were explained in detail with examples. She had an activity for participants. She asked everybody to name a person, thing, animal, place and food for which they would like to