

2020

THE GREENISTS



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UNIVERSITY DEPARTMENT OF CHEMICAL
TECHNOLOGY

REFLECTION OF AN EXPERIMENT IN GRATITUDE: THE SCIENCE OF HAPPINESS VIDEO:

This video was really eye-catching. This made us realize the importance of expressing gratitude. It helped us find happiness and our wellness. It also teaches us to bring happiness in other's life by small words of appreciation. It was really good.

LETTER OF GRATITUDE TO MY MOM:

Dear Mom,

I feel incredibly grateful to have you as my mom, my cutie. I love you so much. I want you to know that I'm really thankful to have you as my mom and I also want to say this for you, but I'm not really that strong to tell you that I'm really thankful to you for giving me this life, caring, teaching, being patient with me and cheering me up. I always make you feel angry, worry and cry. I'm really sorry for my mistakes and for being rude to you.

The things I remember most about you is you are always there for me no matter what the circumstances, no matter how low my mood, no matter what time of the day or night. You have shown me complete acceptance, love and understanding. I remember how you used to accompany for my study late at night. I was and am stubborn from my childhood. Still you handled me patiently. Thank you mom for this. All those years that I lived far away I never felt far from you because I knew you were there rooting for me and loving me from distance. When I live in hostel, you always inspire me to be strong. You have introduced me to this new world. You have taught me the way to tackle every problem. You taught me how to recognize people, their nature. You have taught me to identify good and bad in everything. You taught me to control anger.

In the world full of discrimination on the basis of sex, she encouraged me to move forward and never suppressed me for being girl. She always encouraged me to take my decision and choose my preferences and set me free. In the present situation where rape is the fourth most common crime in India, she boosted my self-esteem and helped me stand independent. I'm less talkative but you encouraged me to open up myself. I remember I was frustrated and very tense when choosing my career but you supported me. When I needed you, you always made time for me. You always got my back. The most important lesson taught by you was how to love unconditionally and have an open heart. I have seen evidence of this unconditional love. You taught me to give my best at everything I do. You completed your studies when you was pregnant, this incredible perseverance of yours always proves to be inspiring for me when I'm at my bad times.

Thank you for everything mom. I'm incomplete without you. You are my world. I love you.

Love,
Anagha.

REACTION:

When I read my letter to my mom, she became emotional at first. She had no words. Thereupon, she hugged me and told me she loves me. She said I'm everything for her and her life is meaningless without me. She told me one incident from my childhood when I used to dance and she accompanied me and that was so cute.

I'm also happy by expressing my gratitude towards my mom. I really felt free from many burdens. Now, I think I have found my wellness.

SHORT REFLECTION:

Letters gives power of positivity. When I wrote letter to my mom and opened up myself, I really felt happy and free. My letter of gratitude also made my mom's day. She was delighted and satisfied by hearing out me. We're really thankful to PGC for this challenge. This letter gave me opportunity to

express my unconditional love for my mom. It helped us find happiness from such small words of gratitude. The letter gave me chance to list up and rewind the teachings of my mom and implement them to my life. I listed out her teachings, my childhood memories in my letter. It was short flashback to my childhood and my entire life. I was happy to sum up all this memories in short piece of paper. My mom was also happy and she promised me to accompany me in my every decision for my entire life. She also told me to always express my gratitude towards others to add happiness to life.

POST:



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