





Advisor:
Shivani kshirsagar

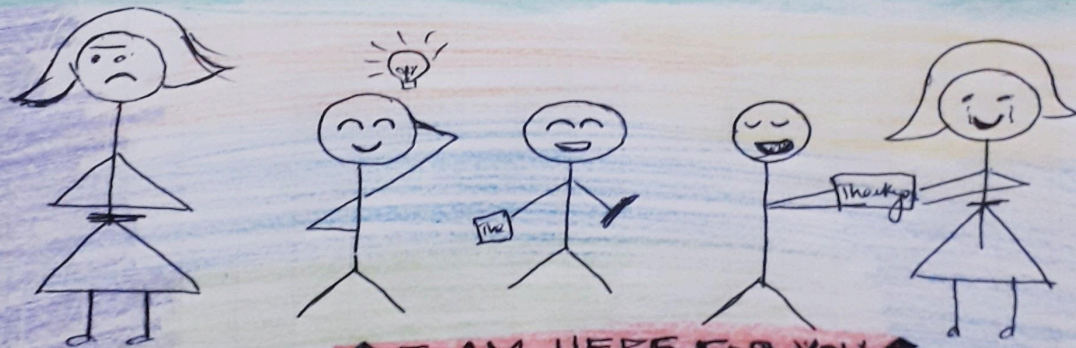
Authors:
Gottipalli Asha Jyothi
Ahmed Hashim Raza

.....wave of smiles



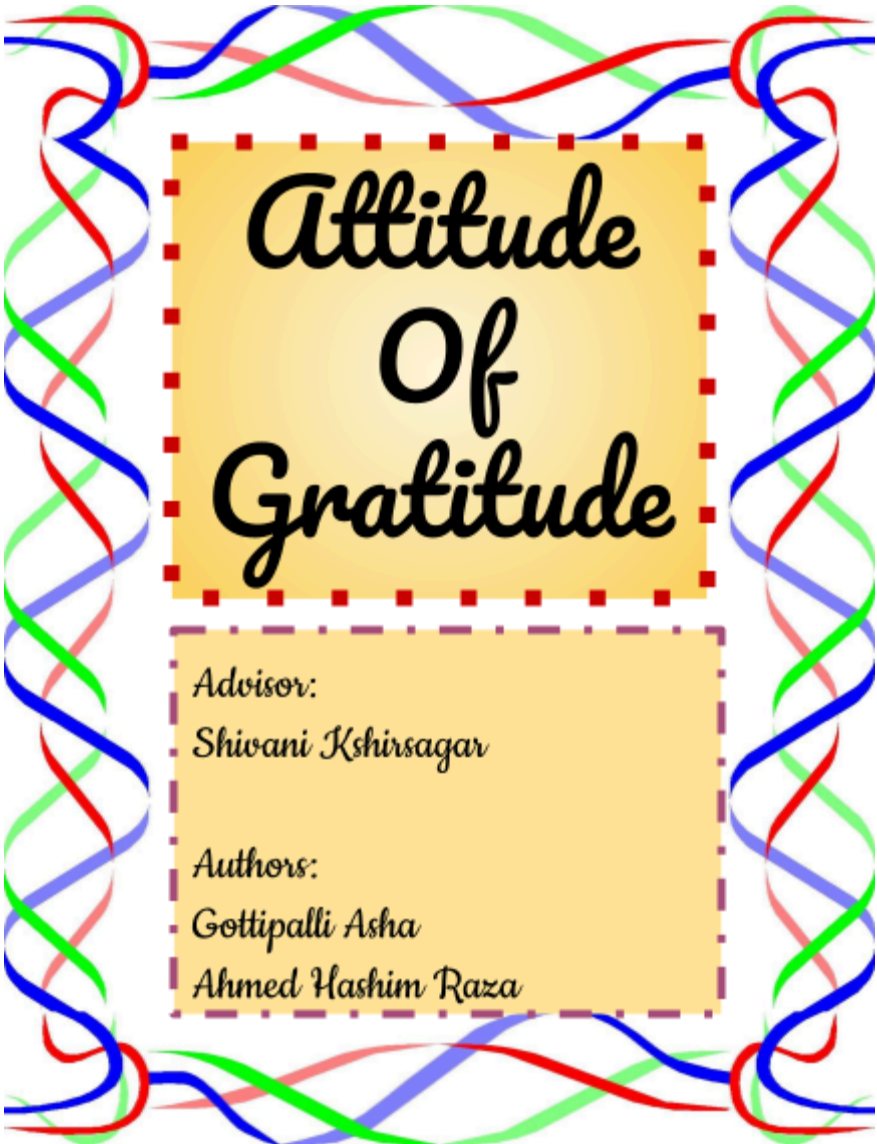
Attitude of Gratitude

Wave of Smiles ☺



◆ I AM HERE FOR YOU ◆

Millions of Smiles Happiness Togetherness
Creativity
Get Well Soon Millions of Memories Easy life Strong
You can do it !! Gratitude cards Congratulations



Attitude Of Gratitude

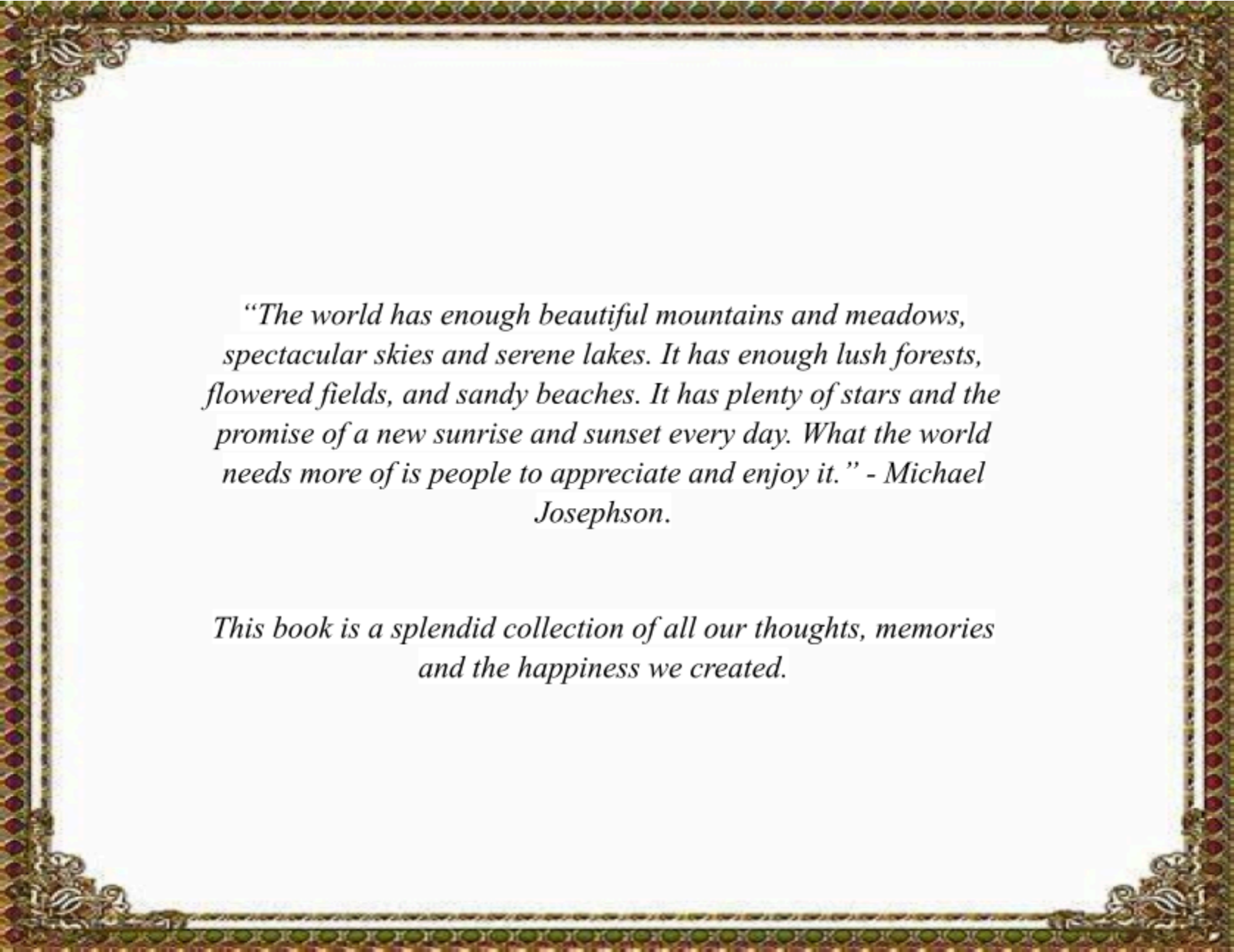
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Ahmed Hashim Raza

Preface

The idea of writing a book on gratitude project is to create happiness. It started when Shravan Tedla garu, our Mentor (Alumnus, UCT, OU 1976-80 Batch) shared his view on the importance of showing gratitude to others. He shared a video of a real-life example of a rich business person who writes three thousand letters every year and he is doing it for the past six years. This is when we decided to see the beauty in others, appreciate others and show them gratitude. This project is a disruption within. Do we ever get a chance to thank the people around us?

Now we found a way to be thankful for others just by giving them gratitude cards. We felt the gratitude project is similar to gardening. When we plant a tree we don't know its importance but once we get a flower or fruit it creates lots of happiness. Once we started making cards, we realised the importance of gratitude. We formed a team and started doing this and now we can sense the taste of happiness of every single bite. It is also scientifically proven that when we show gratitude we undergo some chemical changes. When we express **gratitude** and receive the same, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and these make us feel 'good'. They enhance our mood immediately, making us feel happy from inside.



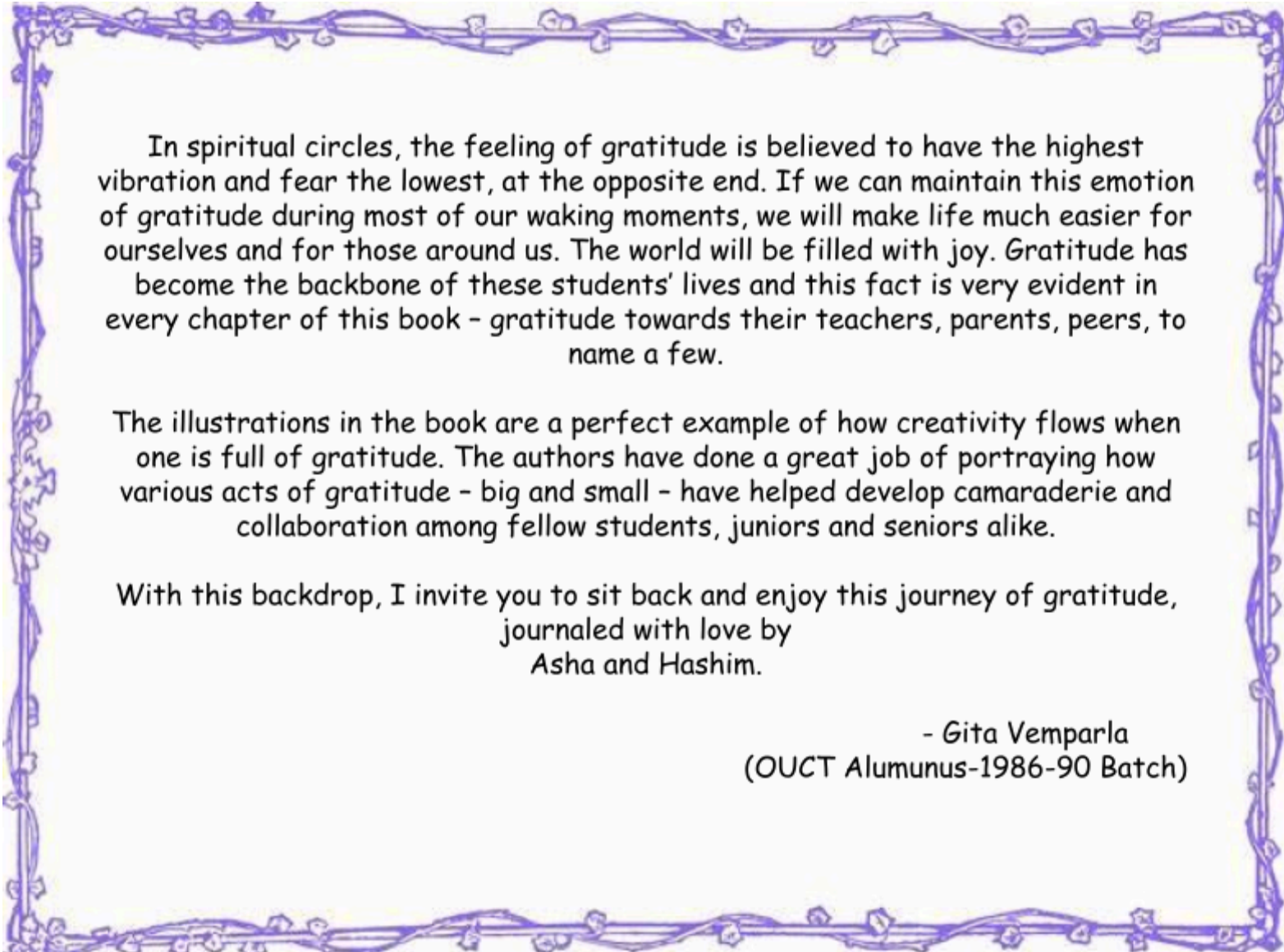
*“The world has enough beautiful mountains and meadows,
spectacular skies and serene lakes. It has enough lush forests,
flowered fields, and sandy beaches. It has plenty of stars and the
promise of a new sunrise and sunset every day. What the world
needs more of is people to appreciate and enjoy it.” - Michael
Josephson.*

*This book is a splendid collection of all our thoughts, memories
and the happiness we created.*

Foreword

The request to write the foreword to this book came as a surprise to me. In my mind, I started going down a path of questioning if I was deserving of this honour. I very quickly put the brakes on that train of thought and said to myself, "I am being asked to introduce to readers, a book titled Attitude of Gratitude, what better emotion to start writing with than gratitude! I am grateful to Asha and Hashim, the authors and their advisor Shivani for bestowing the trust in me to write the foreword to this wonderful book they authored.

By virtue of being an alumnus to the same college the authors are currently attending, a default, the instantaneous connection was established. Then via numerous interactions with them, whether it be a casual conversation or a professional presentation of their projects, a deeper bond started developing. How these young college students have taken on challenges, how well they have managed their time and more importantly their minds during the pandemic of 2020 is quite impressive. Yes, that's right, this book was written smack in the middle of a raging pandemic when many experts also declared a mental health pandemic across the world.



In spiritual circles, the feeling of gratitude is believed to have the highest vibration and fear the lowest, at the opposite end. If we can maintain this emotion of gratitude during most of our waking moments, we will make life much easier for ourselves and for those around us. The world will be filled with joy. Gratitude has become the backbone of these students' lives and this fact is very evident in every chapter of this book - gratitude towards their teachers, parents, peers, to name a few.

The illustrations in the book are a perfect example of how creativity flows when one is full of gratitude. The authors have done a great job of portraying how various acts of gratitude - big and small - have helped develop camaraderie and collaboration among fellow students, juniors and seniors alike.

With this backdrop, I invite you to sit back and enjoy this journey of gratitude,
journalled with love by
Asha and Hashim.

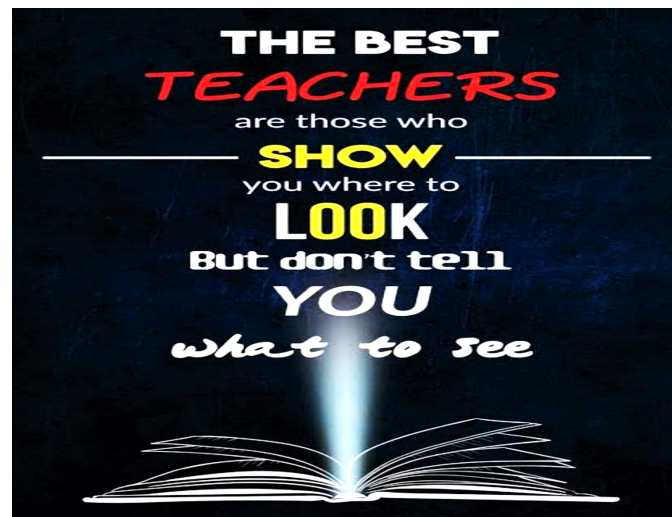
- Gita Vemparla
(OUCT Alumunus-1986-90 Batch)

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Thanking our Teachers

-Asha



Why should we be thankful towards teachers?

This question is very common for many people. Generally in India, teachers are admired as gods. A good teacher is courteous, has the clarity of thoughts and can simply explain difficult subjects.

Teachers have always been an important part of history from the very start of human civilization. There are many examples of great teachers from the past. Teachers play a vital role in everyone's life. There is a saying that "A teacher moulds the student to give it a perfect shape as a potter moulds the clay". We like to share a few real stories of those great teachers....

Sarvepalli Radhakrishnan

He has served as the first vice president and the second president of India. He was a staunch believer of education and was the well-known diplomat, scholar and an ideal teacher. Whenever he used to teach students at his home, he used to welcome them himself, offer them tea and even see them off to the door. He believed that true teachers are those who help others to think for themselves.

Rabindranath Tagore

He was a writer, scholar, craftsman, dramatist, author and a composer. Tagore began the Santiniketan School, where he centred on showing understudies syllabus as well as the way past them. He revolutionized the education system of the country and believed in the gurukul system of education.

Socrates

He was a great philosopher and teacher. Plato was his most famous student who taught Aristotle and a tutor of Alexander. Socrates always said that he did not teach anybody anything, he only made them think.

Anne Sullivan Macy

She was an American teacher, best known for being the instructor and lifelong companion of Hellen Keller. She became partially blind at the age of 20, but she became a teacher to Keller, who was blind and deaf.

Shri Sivasubramania Iyer

He is a teacher who not only taught APJ Abdul Kalam about bird flight but also put the spark of a mission in his life of pursuing a career in flight.

Anand Kumar

A mathematics teacher, he started an Indian educational program that selects 30 talented candidates each year from economically underprivileged sections of Indian society and trains them for the JEE. He not only trained them he also provided food and shelter.

Ajay Bahadur Singh

An Odisha tea seller became a teacher to help needy kids crack NEET for free. After the death of his father, he gave up his dream to be a doctor. But he established the Zindagi foundation, where bright students who couldn't afford the highly expensive medical entrance coaching were enrolled and given free coaching, food and accommodation.

Deviprasad Rao

He was an abstract painter and worked as an art teacher in Goa who helped dyslexic kids to come up by allowing ventilation to their creativity through their paintings. He was a victim of dyslexia. And *Taare Zameen Par* movie is a real-life story of him and his student.

These are a few stories of great teachers who lit their candles of life and showed a route to discover others' success.

Teachers encourage our minds to think, hands to create and hearts to love. They have an affable nature towards us. They have patience like the earth, gentle like a flower, and stable like a mountain. They help us discover ourselves. A teacher moulds the character of students, encouraging them to end up as powerful people. A good teacher changes people and never gives up, even when they face challenges that seem impossible. Teachers create cordial students who create healthy families, healthy families in turn create a healthy society. They expect nothing else except our rise and success.

Similar is the case here in our College Of Technology, Osmania University. The faculty is not only knowledgeable but is also well experienced. They care for us. They help the student bring out a better personality and present as a moral being in front of the world.

The faculty is very supportive of all the students studying here. From research projects to almost everything, our faculty has always helped the students. And if the faculty is this supportive to us then:

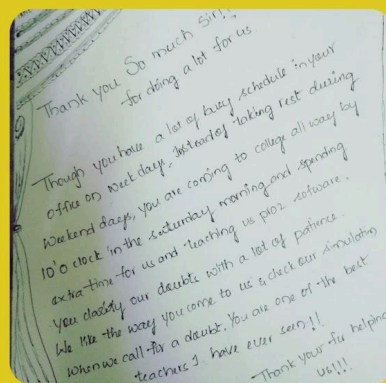
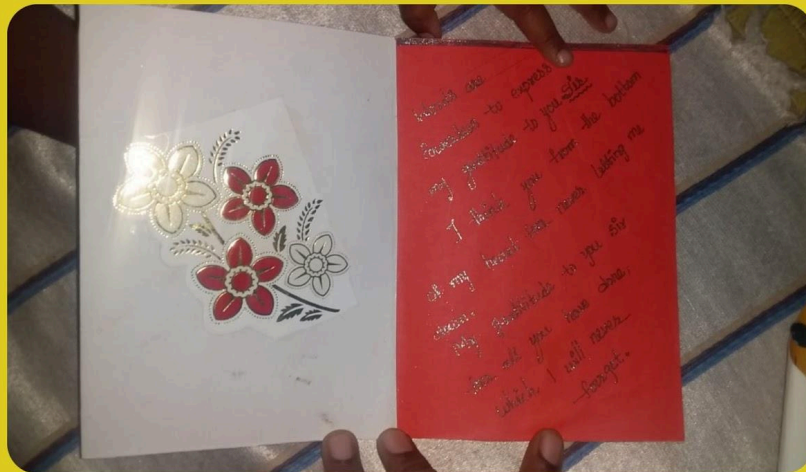
- What is our responsibility towards them?
- How can we tell them how important they are to us?

In this case, paying gratitude is certainly the best method. For all the wonderful things they are doing for us, we should be grateful to them. And it is our responsibility to show our gratitude towards them. Thanking them for everything they have contributed merely to brighten our future can bring precious smiles on their faces.



thank
you

To
K. Laxma Reddy Sir



Lab Renovation

-Hashim

The campus has always been very supportive for the bright minds and so is our College Of Technology, OU. As time passed, the building went old but the college didn't let this affect the students. From the very beginning, the college has offered the best faculty and provided the students with perfectly equipped labs, an extraordinary library with wonderful books, etc. The alumni of our college who have studied in the college used all its resources and today are at great positions.

Though the faculty for the future batches to come was good in the college, the infrastructure was not looking that good as it used to look, as time flew. This condition later was at a peak to turn into a serious issue but then the alumni of our college turned to help the college that has helped them enter the competitive world with flying colours.

Sunanda Mam who is the head of Alumni Association Executive Council, UCT, OU along with the entire batch took the initiative, as mam and others wanted to give back something for the

college. She asked our Principal Sir what is needed the most to the college, as many other alumni have taken the charge of scholarships, prizes, gold medals etc. and mam wanted to do something other than these things. Then our Principal Sir told us about the labs. All this process got started in 2017. Few alumni started here from Hyderabad and all of them decided to work on the project for the long term. It was decided that building was the priority. Soon the first lab got ready: the FMHT lab.

We asked her about the person who was very much committed towards the project and she told us that the entire batch was there but Srinivas Pingali Sir was very instrumental towards the project and thought of what to do and where to go next during the project. We have asked ma'am about the steps that were involved during this project and we got to know that, to get everything checked, small groups were formed and reviewed quotations were done to check funding in 2-3 rounds.

We have also asked about the challenges they have faced during this project and she told that initially the quotation got escalated, so scope too got increased thereby increasing the cost but in all these things none of the machinery or equipment was damaged.

Finally, we asked her about how she felt after this project, she replied delightfully that it made everyone who was a part of this project feel happy. She said that even after many years all the members of the batch are good friends and had reunions and everyone felt so proud as they have got a chance to do something good for college and labs. Mam also said that UCT has a good standard because of its infrastructure and alumni.

We have asked the third and fourth-year students who have used the labs both before and after the renovation and according to them, the renovation made the labs better. Previously, the infrastructure was really bad. Almost all the roofs and furniture were very old and were almost difficult to use.

The renovation made the infrastructure far better and surely the sustainability of these labs have increased for the future batches to come.

Coming to the lab equipment, the equipment used now is the same as the old ones. Just a few like thermometers etc. were replaced with the new ones after the lab renovation. But, the new equipment used now were unable to provide accurate results just after the renovation as few things were supposed to be adjusted by students themselves due to the errors that were being added to the values obtained, mostly these equipment were thermocouples and digital displays.

Few other labs like PDC wherein controllers are used, there the controllers used for few experiments were unable to give good results (Shell & Tube H. Experiment).

In this way, this renovation of labs has by far standardized our labs in terms of their infrastructure and are far better than any other labs of many other colleges in terms of both infrastructure and equipment. This idea of the lab renovation has helped the students like us.

This QR Code will direct
you to a video that was
made during the Lab
Renovation.

The transformation is
magical!



BEFORE LAB RENOVATION





AFTER LAB RENOVATION





The Washroom Renovations

-Asha

This story started in July 2019. After the allotment of a room for E-cell students, we formed many clubs that included the creative club (wealth out of waste), solid waste management, dancing, singing, etc. The solid waste management group was formed by 1st and 2nd years and they discussed regularly with Laxman Suri Sir who is one of their alumni regarding many ideas like a wet waste, dry waste and where does it come from and where does it go etc. and it was then when they moved towards the washroom topic.

Here comes a girl Tejashree who is in her 1st-year chemical engineering. Washrooms are a basic need for everyone. She found their washrooms with no proper ceiling, broken windows, and no proper water facilities. She thought that no one can know their pain or struggle unless they could express it to others. So shared her idea with Shravan Tedla Sir who is our well-wisher, founder of E-cell and also their alumnus. They talked together and felt renovating washrooms is very important. So they planned to write an approval letter to the Principal Shyam Sunder Sir, who cares about students. They decided to meet Shyam Sunder Sir with a

team of students so that it would be more supportive and also express the necessity. As soon as Shravan Tedla Sir and the students' team came up with an idea to Shyam Sunder Sir, he agreed and wanted it to happen as it is a basic need for everyone.

Soon Shyam Sunder Sir and Shravan Tedla Sir shared the idea of renovating washrooms with alumni group and promptly Meena Ravindran garu came forward with a team who wanted to contribute for the renovation of washrooms and being a lady she understood more about the problem and realized the difficulty of girls without proper washrooms.

Then Shyam Sunder Sir, Shravan Tedla Sir, faculty, Dhanalaxmi ma'am who is one of the faculty and Tejashree from the first year expressed the requirements in renovating washrooms to Meena Ravindran ma'am. She not only agreed, but she also proposed that she was also interested in renovating the boy's washrooms. Did they program many things like which equipment should be used? And how can the amount be utilized appropriately? So on...

They started the renovation on 7th September 2019. Shyam Sunder Sir, Dhanalaxmi ma'am, faculty, Shravan Tedla Sir and Tejashree team were in regular contact with Meena Ravindran ma'am and constructor. Shyam Sunder Sir showed special care over it and speeded up the work. By 29th October that is within 52 days, the work was completed successfully.

UCT, OU



Before Renovation!!

UCT, OU



After Renovation!!

3Is

“Intergeneration-Intercultural-Interactions”

-Asha

Most of us like visiting new places. If we are planning for a trip and don't know where to visit, then during our journey, we get confused and we just ask the people we find on the way. Though they may not know about the destination they might help us to go near it. This is what we do before we reach our destination.

Similarly, we do with our journey of life, where we may or may not know our destination. But we interact with people starting with our parents from childhood and learn many things in our journey but here might not be knowing our destination when we start but in the process of interacting with the world we will be knowing about life and able to find our destination. It is all because of the interaction that we do with our parents, teachers, friends, elders, inspiring people, successful people, and hardworking people who come from different parts of the world. Once we reach our initial destination we can taste the fruit of happiness which comes from our

hard work, values we carry, and interaction we made with all those people where we want to learn not to express what we learned. This way interaction plays a key role in our life.

They shape our thoughts into beautiful idols. We feel interaction is only placed where we involve in the right kind of networking. Networking is not about just connecting people. It's about connecting people with people, people with ideas, and people with opportunities. And we should work towards progress and growth. Without continual growth and progress, such words as improvement, achievement, and success have no meaning. Strive for progress, not perfection, and never compromise!

Any interaction may not take you to the top of success building but it builds steps that create confidence, tells us the reality of the world, adds up values and makes us explore our ability. And no one ever can climb a building in a single step if they do so they are dreaming. Interaction makes us realize our thoughts and increase our thinking process.

Here the people throughout the world are helping us to explore ourselves.

Why should we show gratitude towards them?

From our childhood, we learn many things from others for living our life but once we reach our eighteen, the world around us gets filled with the reality of life and we start to learn why we should live life from many people like them. They may not be ships or candles of our journey in the sea of life but they can be a lighthouse of our journey who suggests to us the right and

wrong way. They just convert into a lighthouse on hills of problems they faced and want to help us. If we observe the light coming out from the lighthouse before we hit the hills of problems we will be able to build up our thought process, confidence to overcome and choose a better way to approach our destination. We feel proud to get to know people like them who interact with us or who want to interact with us without expecting any personal benefits. They want us to succeed.

They share their life experience and develop in such a way that we can overcome all problems, help them in solving their future problems and help future generations. Still, if you think they are benefiting from us then question yourself who is benefiting whether we or them? Probably we all will benefit because we learn many things from them when we interact. They expect happiness of acknowledgement of their words over us which can be expressed by showing our gratitude towards them and their interaction.

DEAR ANOOP MATHUR SIR,

Thank you so much

SIR, YOUR TALK HAS GENERATED MANY NEW IDEAS IN ALL THE STUDENTS AND ESPECIALLY I LEARNT HOW IMPORTANT ARE THE PATIENCE AND CONSISTENCY FOR MAKING AN INVENTION OR CREATE SOMETHING NEW. THANKYOU FOR LETTING US KNOW THE BIG PICTURE OF WHAT'S HAPPENING AROUND THE WORLD AND THE WAY YOU ARE CONTRIBUTING TO IT. WE ARE LOOKING FORWARD FOR MANY INTERACTIONS WITH YOU IN THE FUTURE AND LEARN FROM YOU ...!!



FROM: VINAY

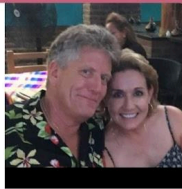


THE BLESSING
OF YOUR GENEROSITY
WILL BE WITH US
ALWAYS.

THANK YOU
SO VERY MUCH SIR.

WE LEARNT ALOT OF THINGS FROM YOUR
SESSION WE ARE SO HAPPY TO INTERACT
WITH YOU. THANK YOU FOR ALL YOUR
SUGGESTIONS AND MOTIVATION FOR THIS
YOUNG NATION.

YOURS LOVINGLY
-TEJEE-



Thank you sir stay blessed.

Hope to have a happiest and healthiest life with y
family 🌈🌈🌈



Thank you akka!

We learnt alot and cleared alot of doubts which was
disturbing us about the abroad studies. It is really a
productive and refreshing call for us. Hope we are get
connected like this by the name of UCTE (2021)

Thank you from
-Evil members
-regulating committee

To: Shreya akka



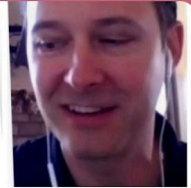
Vasant sir

Hello sir, I am expressing my
gratitude through this card.
First of all, thank you sir for
sparing wonderful time with us in
sharing your knowledge sir.. it
was a very genuine and path
showing session.. I liked your
suggestions which you gave at last
sir.. they were so genuine and
definitely they will inspire
students and readers of the book
sir..

Thank you for the guidance sir..
hope we will seek your guidance
in future too.
Mahek Unnisa



We are so happy with your call. Every child will
have a dream to enjoy his school age and your
school will definitely be a dream school for
them. When you are telling about your school,
we were all imagining Hogwarts School, and
felt it the same, like students, can learn the
magic skills they needed to excel in their lives
that too at a very young age. Learning many
innovative things, getting exposure to the
outside world, and being in a collaborative
method of learning adds the biggest value to
their lives. We are eager to meet you again and
learn a lot from you. Yes, the Happiest and
Healthiest destruction you have been making
through your school will create a good world.



Hope to have a happiest and healthiest life
Thank you sir
For spending your valuable time with us 🌈

To:
ECCO

THANK YOU JASON

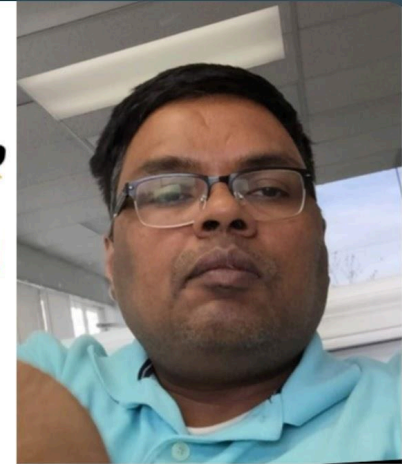
I REALLY HAD A GREAT TIME LISTENING TO YOU. YOU ARE
THE PERSON I HAVE EVER MET WHO BUILT UP CONFIDENCE
TO DO ANYTHING IN SMALL AGE. I GLAD TO HEAR TO YOUR
STORY WHERE YOU LOVE DOING THINGS. HOPE YOU COULD
DO MANY MORE THINGS IN YOUR FUTURE AND REACH
HIGHER POSITIONS. ALL THE BEST JASON.

BY

G. ASHA JYOTHI



THE BLESSING
OF YOUR GENEROSITY
WILL BE WITH US
ALWAYS.



Hey Jason!
The session was super
fun. I loved every second
of it. You are really doing
a great job. You have
inspired us very much.

Thank you!!
Hashim

A BIG THANKS TO MY FACILITATOR

*It might be about expressing ourselves...or
it might be about passionate leadership...or
it might be about the heart up you've given to me...or
it might be about impact of your facilitating presence over me...I
There are lot many things I can include on what you have given to
me...*

*But at this moment, I am taking a step forward and bowing to
you for making me realize who I am...I Want my pocket to hold
what you I capable of...I The confidence you have loaded in me is
instructable and I am amazing everything by seeing it...*

*That has recently driven me to do a 3hr continuous podcast with a
Foreign lady who is a very accomplished teacher
just before the full year inspirational quote
"DON'T IMPRESS, JUST EXPRESS"
came into my mind and has boosted me like anything...*

*This is just an example...there are lot many to cite...
but not necessary...
you know how impactful your voice is...I
JUST SPREAD ACROSS THE WORLD...*



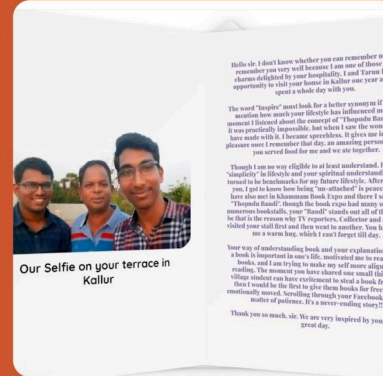
Thank
you!

CONGRATULATIONS & ALL THE BEST



Wishing you a great success in future! We "All" are there to support you!

Activate Windows



Hi Sir, I don't know whether you can remember me, but I hope you will because I am one of those kids whom delighted by your hospitality. Last year I had a opportunity to visit your house in Kallur one year ago & spent a whole day with you.

The word "laughter" most book for a better memory if I have mention how much your lifestyle has influenced me. It's moment I learned about the meaning of "laughter" and it was practically impossible, but when I saw the wonders have made with it. I became speechless. It gives me immense pleasure when I remember that day, an amazing personality you served food for me and we ate together.

Though I am not very eligible to at least understand, but your "laughter" in lifestyle and your spiritual understanding is known to be wonderful for your future life. After meeting you, I got to know how being "an attached" is peaceful. I have also met by Khannam Book Expo and there I saw your "Diagnosis Book" though the book expo had many other famous bookshells, your "Diagnosis" stands out all of them because that is the reason why TV reporters, collectors and even called your staff first and then went to another. You have a warm bag, which I can't forget till day.

Your way of understanding book and your explanation on a book is important to me. I'll, motivated me to read and reading. The moment you have shared me small thing "I think reader can have excitement to read a book from a continuously moved. Handling through your Facebook page matter of patience. It's a never-ending story."

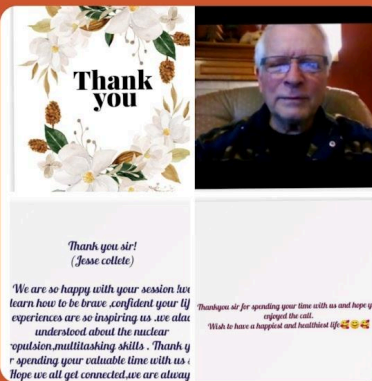
Thank you so much sir. We are very inspired by you, this great day.

To Sean Sir!

Your ideas of Odyssey ECCO School are truly inspiring and also the ideas related to students under schooling level. You made us feel enthusiastic.

Thank You Sir!

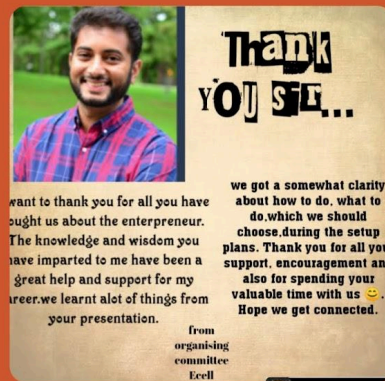
Hashim



We are so happy with your session Sir learn how to be brave, confident your life experiences are so inspiring us, we also understood about the nuclear explosion, multitasking skills. Thank you for spending your valuable time with us. Hope we all get connected, we are always

Thank you sir for spending your time with us and hope you enjoyed the call.

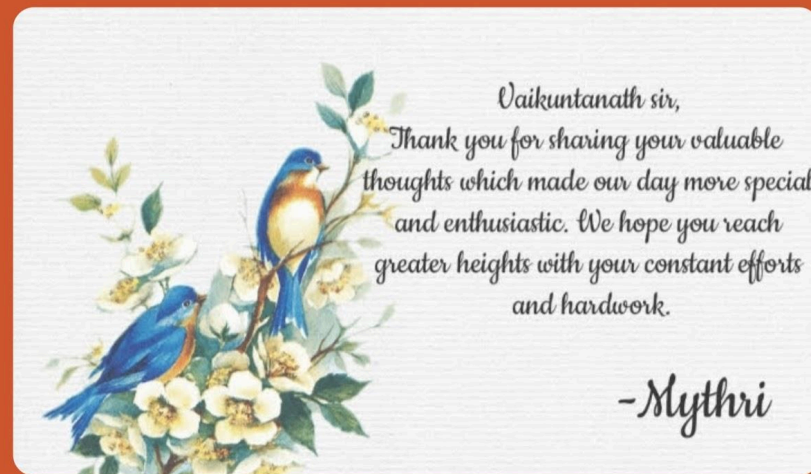
Wish to have a happy and healthiest life! 🙏🙏



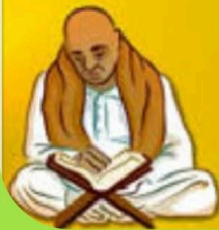
I want to thank you for all you have taught us about the entrepreneur. The knowledge and wisdom you have imparted to me have been a great help and support for my career. We learnt a lot of things from your presentation.

we got a somewhat clarity about how to do, what to do, which we should choose during the setup plans. Thank you for all your support, encouragement and also for spending your valuable time with us 😊. Hope we get connected.

from organising committee Ecell



we are so blessed to have a session about "Bagavad gita" with you sir. It was really a great time, the way you explained each shloka with our practical life is fantastic. I'm so happy for sharing this peice of knowledge with us.



I felt this meet just like a family time. We are glad to listen and feel all those postive vibes.

Thank you so much sir for making my spiritual knowledge doors open in my mind.

Thank you sir 🙏

from
-SINDHUJA
DURISHETTI

To Sreekanth sir

Thank you sir for suggesting us about marketing and also its importance. we understand how deep the marketing is, we enlightened by your session.

thank you

We got a picture of marketing for startup through your ppt and the way you explained us.

Thank you for spending your valuable time and hope we stay connected

From:
Sindhuja



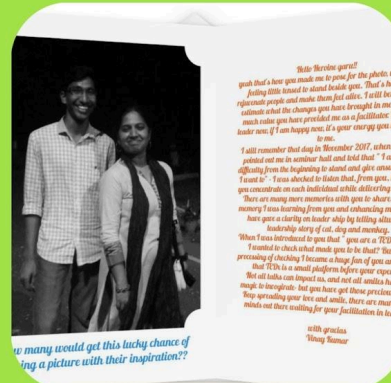
**Respected
shanti putta
garu**

Thank you sir

we are so blessed to have your guidance in the activities we do. we are excited and willing to learn from this project with you. I'm happy with python I'm learning it day by day efficiently.

once again thank you sir for providing value ,care ,support towards us.

-sindhuja Durishetti



To Ravi Sir

Thanks for letting us visit your industry and for spending your valuable time.

Thank You!

Hashim

Thank you

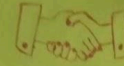
TO MY LIFE TEACHER

I could still remember how nervous I was while preparing for the call. But the moment our call started with your friendly smile, all my fears have flew away. I am still living in the happy moments we had during our conversation. It might be just for 2 and half hours, but had given me a friendly teacher to teach about life and its challenges. I still couldn't come out of the feel, when you told, "I am feeling everything happened like yesterday and I can still remember my first day being teacher." This is the best way one can lead a life by being grateful for whatever has happened in their journey and living a passionate life. I got to know how we can taste the ultimate level of happiness by giving back our knowledge through teaching. At this moment, I would just like to thank you for everything you have taught me. Its one of the best calls I ever had in my life. Thank you so much for that.



We are really glad and thankful
to you mam for coming to our
college and sharing some of your
knowledge with us.

Thankyou mam..



We are really thankful to you for
visiting our college and making a
beautiful memory.

From
Jeeva Technology
Students (to all)

We are really glad and thankful
to you mam for coming to our
college and sharing some of your
knowledge with us.

Thankyou mam.

On your invitation that day, I came to your probably to work
a day before my exam. You took the responsibility of writing the
F-nd report. Things you asked for a little help I couldn't do
that properly. Sorry, honestly I really appreciate that. Thank you.
Thank you so much, thank you for understanding me.

I cannot forget the tips that you gave during my exam.
You also helped me a lot of marks. I really like how you are.
Thank you, thank you for helping me.

I know I disturbed you a lot of times.

Thank you so much, thank you for making me a beautiful
exam paper. Thank you.

You know that sometimes I do not understand the very thing.
Things I don't know what happens to my heart. But, you, without
losing your patience, you explain me all I understand it. Thank you
for that.

I always come to you in every situation for any kind of help.
Thank you for that. Thank you for that. Thank you for that. Thank you for that.
Thank you for that. Thank you for that. Thank you for that. Thank you for that.

THANKYOU UNCLE

Memu Chaala nerchukunam mi nundi. Society to eta
undali ani nerpincharu. Entha pedda position to unna
garvam undakoodadu ani nerpincharu.

Janam kosam alochinchali ani nerpincharu.
Vere valla kosam paatupade goppa vyekitvam midl.
Thankyou uncle. Liddle mi gurinchi chaala chephthadi.
Mimalni live to choosi ardhmindi mi gurinchi entha
cheppina Takkuve.
Thankyou uncle.



Thank you
uncle for
my gratitude to you. I
think you know the value
of my heart. You know better
than all. You know about
which I will never
forget.

Thank you ♥
Michelle Mrs Ma'am

We had a great time
talking & listening to
your inspiring words.
Your smile is contagious 😊



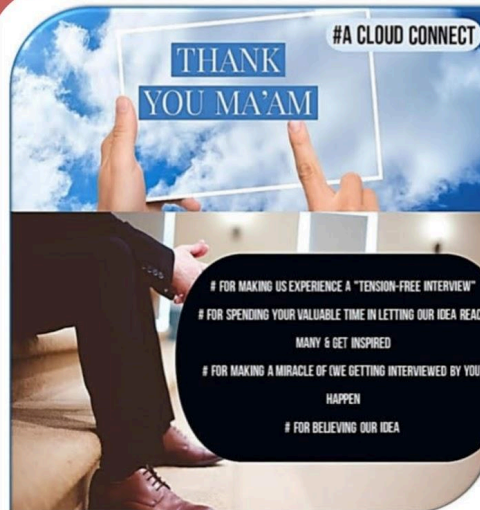
Shivani Kshirsagar

Thank you
Michelle ma'am

We are very glad to have
you ma'am. Thanks for boosting us
and encouraging us through your
radio interview.

* Your smile made us tension free &
Your words made us confident.

I don't know how far this
interview is remembered, but your
words & smile will be cherished
longer way!! Thanks again ma'am.



#A CLOUD CONNECT

THANK
YOU MA'AM

FOR MAKING US EXPERIENCE A "TENSION-FREE INTERVIEW"

FOR SPENDING YOUR VALUABLE TIME IN LETTING OUR IDEA REACH

MANY & GET INSPIRED

FOR MAKING A MIRACLE OF (WE GETTING INTERVIEWED BY YOU)

HAPPEN

FOR BELIEVING OUR IDEA

Nikhil Komalla

THANK
YOU

A small phrase "Thank you"
becomes a very little thing to express
our gratitude.

First of all, thank you so much for giving the
chance to be interviewed on Radio, without know-
ing much about us. It was the first ever experience to
be interviewed like this on Radio. So we were bit nervous
at first. But, "with your smile" you just made us
relaxed.

Your smile on your face throughout the interview
helped which we were comfortable talking to you.
Once again Thank you so much for believing &
taking us to the next level.

Triyeni Gangadhar



Thank you for your valuable session anna. we are inspired and impressed by your session. we learnt a lot of things like video making, yoga, and story. we loved the way you expressed. it was great to understand the human emotions. Thank you once again anna.

-Ecell organising committee

From:
sindhuja durishetti

Thank you so much
for giving such a
beautiful #Ecell family sir!

Those are my preteen days ...!! My mom used to have a Nokia phone, it is only capable for listening radio and text messaging. So I have only two options, either to text anyone or listen to the radio. I don't know how to do text messaging and my friends too. So I have only one option and that is listening to radio. I was addicted to radio and listening to it after my school. Few days later, we were busy with a new electronic device which is called television, ohoo ...!! It is one of my favorite habit. I used to watch movies, reality shows and interviews etc.. Me and my sister used to involve in those character's like. She used to act as an anchor and I would act as an interviewer or sometimes vice-versa. But, I Never anticipated that those memories will come become real. Yes, I spoke in a radio interview and that too with a famous country America. How could I express my happiness?? I'm very glad that I got an opportunity to speak with you - Michelle ma'am .

My mom and dad felt very happy that I am doing such great things and speaking better English than before. My mom showered her happiness towards me but Dad's happiness I have seen in his eyes. I am very happy that those smiles are because of me!! I would never get those smiles if you didn't spend your time on me...!!

How could I express my gratitude to that unknowing relationship?? This a small heartfelt write-up by me to express my gratitude towards you. Thank you so much!! Hoping that we will have many more interviews!! By Tejasri 2nd year

Tejasri Remma

Creating Jobs and Internships

-Hashim

All of us are familiar with the fact that the Gratitude project has created many opportunities. It has left its impact in almost every sphere. One such example is internships. The Gratitude Project has created a lot of networking which has led to bountiful new interactions.

In the beginning, these interactions were merely to build new networks. But new chances of internships rose. These internships became a source of new learnings and experiences for many of our students. Some internships are at a point to turn into jobs. This is what the project has done in the field of internships.

The reason behind this is how the students expressed their personalities because of the gratitude project. Sending cards to different people depicted their ability to create networks, words that expressed their emotions in those cards depicted their ability to express themselves and many other features too. This was the reason why internship opportunities happened. Some of our students shared their journeys and experiences:

Puram Charitha Manushree working as an Imports intern at Mad & Co. is being guided by Shravan sir and Amrutham sir. She shares her experience as

I attended the interview that was conducted for the position. I got the information from the ECell Team. It was a great learning experience. I learned many new skills and got to know a lot about the imports processes.

Sai Bramarambika working on the Growsmart Project is being guided by Chandra sir and Chetan sir. She shares her experience as

I got this opportunity from ECell. I am learning a lot every single day and which makes me more confident each day in solving new issues and problems.

Shivani working as Virtual Assistant for Kingzmen is being guided by Chakri sir, Rajani sir, Shravan sir, Vanitha mam for the project. She shares her experiences as

We are learning all about the real estate world by using the software. It is pretty interesting.

R. Tejasri working for Growsmart is being guided by Shravan sir, Sunny, Chandra sir, Chetan sir. She shares her experiences here

There are so many experiences. Every day throws new experiences. Every time new tasks are assigned. This helps me to learn new ways of writing code. New discussions and great

deadlines are a part of my routine. Update calls, regular update sheets, brainstorming coding problems are wonderful. Finally, when I am done, I see a smile on my face that is very satisfying.

Chaitanya working on Fault distillation with Neo4j is being guided by Ashwin sir. She tells that she got this opportunity from this incident

After the session with Ashwin sir, I found the graph database to be very interesting so I have asked Shravan sir whether we can apply it. Sir suggested generating some data. I have then applied the concept and I have understood the same on chocolate. Later Shravan sir presented our idea to Ashwin sir. From then Ashwin sir guided us throughout the project.

She also shares her working experiences here

I have learnt many things throughout the process. We have discovered many things related to core and beyond. We have learnt how things work in reality.

Mythri Adepu is working as Virtual assistant for Kingzmen Associates and is being guided by Shravan sir for the project. She shares her experiences here

The work atmosphere in the 'Kingzmen Associates' company is very flexible and I am enjoying it. Rajani sir and Chakri sir are very kind and they are good leaders. I am glad to learn

leadership skills from them. They always keep motivating and support us in every aspect. I am very grateful to Shravan sir for giving me this opportunity to work with such great leaders.

Vakarnati Sowmyaa working on Fault distillation with Neo4j in the food industry is being guided by Ashwin sir. She tells that she got this opportunity from this incident

We were in Thop Talks that were being given by Ashwin Sir and then we gave our thoughts which led us to this amazing project.

She also shares her working experiences

It was nice working on this project. Getting new things to learn, thinking differently every time, going to the industrial perspective to work for answers. It is an amazing experience!!!

Pavana Harathy Chennupati working on MAD&Co flavours internship and being guided by Abhishek Sir tells us how did she get this opportunity

There was a need for interns in the company. As soon as I got to know the same, I started working on the topic and sent updates to Shravan Sir. Shravan sir spoke with Abhishek sir about my work and interest and I was given an opportunity.

She shares her working experiences too

It is pretty good and the work which we do is the application part of our Food tech course. We learn all the technical stuff of flavours and drinks and a few marketing strategies too. We deal

with decoding part of recipes and documentation and finding alternatives. Apart from this, we've learnt time management, professional etiquettes and also using some websites like Slack, Tettra, Zoom, Google Calendar, etc.

Vajrala Vinay Kumar working on Pro/II book and guided by Pavan Kumar Veldandi shares how did this opportunity emerge for him

This opportunity was a result of the respect, gratefulness and interest that we the students of ECell have showered on Pavan sir. That has opened up a new horizon of opportunities for students and made many impossible changes possible.

And also shares his experiences here

I am very grateful to everyone in our team and our network. Being grateful is a booster, it is a magic and it is the very thing that is needed for great bondage. We in E-Cell through gratitude cards are spreading happiness and in turn, making all the people who are more than 40years become younger and live a more lively life. This is creating numerous smiles.

Sai Sree working on MAD & Co, Research and Development and guided by Shravan Sir, Amruth Sir, Vinay Anna shares about the incident that provided this opportunity to her

I applied to the company only after I heard that there is an intern position available for food tech students in the company.

She also shares her experiences after working as an intern

It has been very wonderful. We have a good relationship with the company and served the company on various occasions. We continue to provide value to the company and practically see how our knowledge has been transformed into useful bits.

Jayasri Remma working as a project manager in Growsmart, working on a Python project and looking after updates of Ecell and guided by Shravan Sir, Growsmart and Ecell students tells that she got this opportunity from Shravan Sir.

She shares her experiences here

I feel so happy to see that I am a part of the Python Team as I learn a lot here. While in GrowSmart, I have gained a lot of experiences with the employees. I am very lucky to have this opportunity to work with ECell and GrowSmart. I am growing in my skills and life because of these wonderful ECell students and the GrowSmart company.

Ramakanth sir



Thank you so much for spending your valuable time with us. You are the inspiration for us for the idea of writing the book and initiative for the thought. It is really great to listen in your words how one should prepare themselves for working in a company.

Thank you so much for the suggestions to our book of interview procedures and we hope this book will help many students and candidates who are willing to crack the interviews. We are very much thankful and inspired by the words that one should work with honest and deliver the output to his juniors in work as much as he can which increases his value in profession and in the life of others. These are the qualities a worker should have explained by you are really amazing sir. Thank you so much for your great words and the support you gave us by helping a lot.

From:

Team(Book-Interview procedures) E Cell

Sreenivas kasinath sir

We are grateful to have you 😊

You keep us inspiring with your incredible knowledge.

The words you say
"seeing the world as

Thank you!!!

Srinivas Kasinath sir

You inspire me a lot with your words. Your Philosophy of "filling gaps" made me a good team mate today. Because of that I have completed many complicated works. Thank you so much sir. You don't know how much you helped me.

Thank You!

SHANTHI SIR

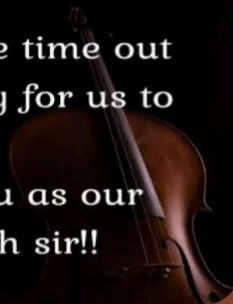
times, our own light goes out and is rekindled by a greater person. Each of us has cause to think with deep gratitude to those who have lighted the flame within us. Thank you sir, for sharing your knowledge with us and for giving me a chance for the Python project. I am thankful for your belief in me. Through your inspiration and support, I seek satisfaction in my life. Assigning this project to me, you have enlightened my path and given me the courage in me. Thanks a lot sir..

*Mahek Unnisa
B.tech textile technology 2nd year*

THANKYOU PAVAN SIR

for spending your valuable time out
of your busy schedule only for us to
teach us Pro-2 software.

We are blessed to have you as our
teacher. Thankyou so much sir!!



*Thankyou
Janardhan sir*

FOR GIVING US AN OPPORTUNITY TO DO INTERNSHIP
IN KAKATI KARSHAK INDUSTRY LAST YEAR.
WE LEARNT MANY THINGS AND IT HELPED
US IN UNDERSTANDING FLUID MECHANICS VERY WELL.
THANKYOU SO MUCH SIR.

Sir,

Your gracious attitude had brought a big change
in our mindset. You always corrected our mistakes
with ultimate patience and tried alot to elicit
hidden talents in us. I'm feeling overwhelmed that I
have started research in the early stage and it became
possible because you have paved the way for us. You have
anticipated the need of plasma water for future and
gave us the opportunity to reproduce it in our college.
It's a great opportunity indeed.



- Mythri,
Member of
E-cell

*Thank you Sir, for spending your
valuable in sharing your guidance and
suggestions..
And also I express my gratitude for your
help in giving the answers for the
interview questions..*

*I am really glad that we got an
opportunity to talk with you and
become a medium to share your
suggestions to readers through this book.
Thanks again sir. Your answers are a
great help for students.
Your guidance means a lot to us..*

*For,
SRAVANTH SIR
From,
Mahek unnisa,*

Respected shanti sir!

I am privileged and honoured to thank you !for the chance you have given to us. This really adds upon my knowledge.

The opportunity that I have gain is great on my path. This brings courage,faith, discipline,time management skills in me and also for the people involving in it!

When I broached about python I felt 'this some guidance may help me alot!'

Now I feel it's time to utilise come on...

Frankly speaking this is going to be an extraordinary experience once I make use of it and get fruitful result!!

I sincerely thank you sir for providing us such a great platform to enrich our career.

Regards

Rohith Pulluri

B.tech ChE OUCT

Dhawal ji, I have never seen a person like you in my life. I was in a thought that, everyone out there will only be working for money and there is no honesty.

But after I saw you, I corrected myself. Your dedication towards students and your sincerity in work and your commitment towards a task really blown me away, to see how can a person be this passionate about students and always there to help them.

I believe that this 6-sigma internship opportunity we had is impossible in any other way without 'you'. You have sat down late nights for us and making our process of internship easier. There is no such provision in any of the other internships where students can freely text their queries in Whatsapp group and you were always available for us.

I wonder how you manage your time for these many things. You have sat down for us throughout the lectures and promptly responded to any problem during the class. It's all about the freedom you have given us to learn more and that made this internship very easier for all the students.

The way you organised everything, right from google classroom platform or timely emails or timely updates in groups and your concerned messages, what not? everything you have done for us made you a role model in my mind. Even when i talked to some of my co-interns from our college, they were very happy about your organisation and are very grate full to you. I never forget this internship and especially my dear Dhawal Ji throughout my life. Even the session, you have done today taking all the pain in setting up appointments of those eminent persons was outstanding. I learned what is the real chemical engineering scope after today's session.

This is just to let you know how happy and grate full we are about your care towards students!!

YOU ARE TRULY INSPIRING sir!!
KEEP INSPIRING STUDENTS!!

Thank you so much once again
- Vinay Kumar Vajjala
Osmania University

The Unconditional Love of Parents

-Asha

What is unconditional love?

Simply love without any conditions or affection without any limitations.

Can I say unconditional love exists?

Probably yes! But we find only a few who have unconditional love towards someone. Parents involve a major part of it.

The unconditional love of parents

“Rain comes from clouds. If there are no clouds, where will the rain come from?”

Parents are the ones who brought us to earth. We might have not existed if they were not there.

A mother gives life to our heart whereas a father carries our life in his heart. They accept us how we are and never mind our mistakes. They just forgive.

A mother goes near death to give birth to a child.

Do you know how big this universe is?

No!! Because you cannot measure it. Similarly, it is hard to tell how much our parents love and care for us. It is higher than a mountain and deeper than a sea. No one can ever love more than a mother and care more than a father.

If you want to know the greatness of their care towards us just join a hostel for a month where you are not allowed to talk on the phone to your parents, cannot go out, no good food, and people who behave rudely when you are sick. At the end of the month when they visit you, you will find them waiting for you near the hostel doors. That tells how they care for us and no other friends or teachers can replace their love.

Want to know how lucky we are?

Then go to an orphanage and stay a week with them. You will understand how lucky we are to have parents who love us more than they love themselves.

As soon as they know that we are in the mother's womb they start putting all their likes aside and start thinking about us and this continues till the end of their lives. So appreciate your parents. You never know what sacrifices they are going through to bring you up.

You may think becoming a parent giving birth to a child is enough but the toughest part is to be responsible for the emotional and mental development of the child. We don't know the greatness of a parent's love unless we become a parent.

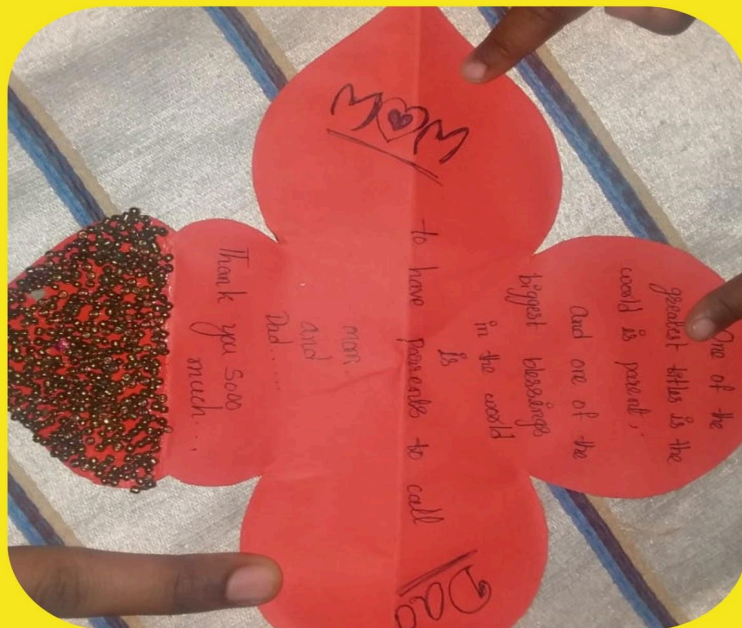
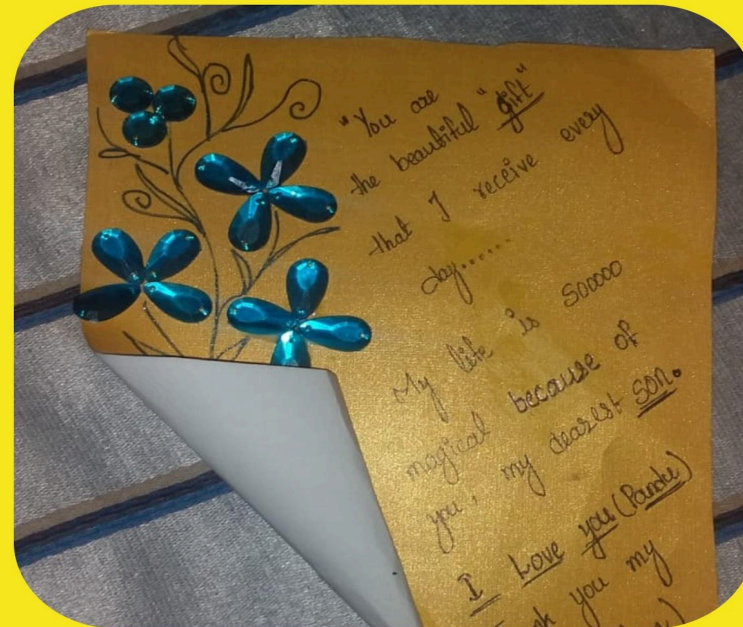
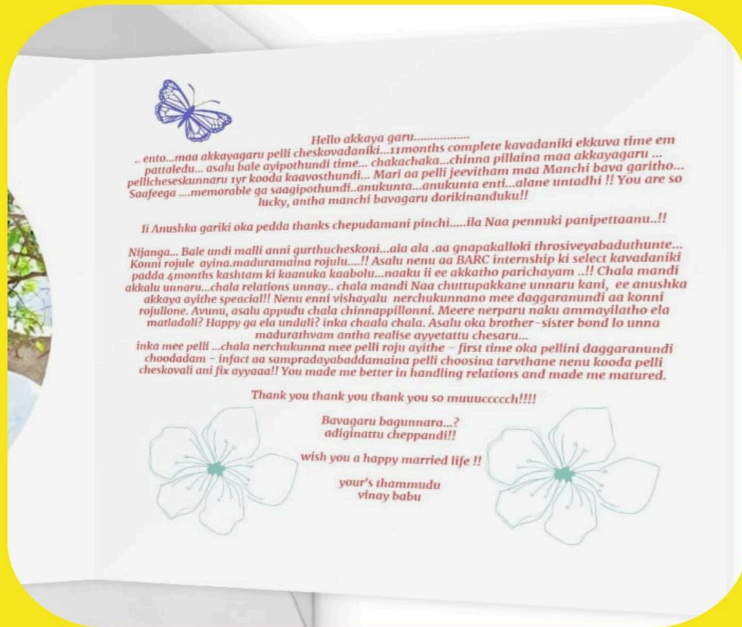
They smile when we are happy, they cry when we are sad, they fill their stomachs when we eat. They are just the mirrored images of our emotions. They pray to God for our happiness and dare to face difficulties and never ask anything about themselves.

They can leave us if they think we can be happy but never leave us if they know that we will be sad. We are so lucky to get such beautiful parents whose greatness lies in the beauty of their hearts.

You may think they have no time to spend with you but remember they are spending their whole life for the sake of your future. So always respect them for what they have done. They may not give us what we expect but they give their whole life for us.

They are not the ones who design your future but they prepare us for the future. They helped you get an education, they are responsible for everything you earned today, and the things we are enjoying today are given by your parents. They are the backbones to our lives. You can do many things and earn lots of money and buy whatever you want except for parent's love. So don't lose it.

They caught your hands when you needed support and they never left their hands.



The Surprise Chapter

-Asha & Hashim

Our Mentor, Shravan Tedla Garu is an amazing person. He is blessed with the patience of earth and acceptance of nature. He always strengthening us like a father, shows care over us like a mother, teaches us like a teacher, protect us like an elder brother, guide us like an elder sister, helps us like a younger brother, Laugh with us like a young sister, spends his time with us like grandparents, supports us like our family, treats us good like relatives, have fun with us like our cousins, encouraging us like our friends, inspires us like a role model, surprises us like a best friend, gives us responsibility like our higher officer, thinks about our family and our career like a well-wisher. He comes with a lot of Joy and pure heart just to make us confident, to make us believe in our dreams and to tell us that we can also make a difference in this world.

When we see a rock, we don't react but when we see a rock which is sculptured, we appreciate the beauty of rock but here the greatness lies in the sculptor's work, not of rock. The only thing rock has done is it allowed itself to be changed into a beautiful creation.

Respected Shravan sir,

In this busy competitive life, parents don't have enough time to spend with their children but you came forward like God's best gift for every ECell student in our college. We are so lucky to have you, sir. You just want us to be the change-makers. You created a world in which we enjoy doing things that help us in our career like joining sticks to a ladder to climb up.

Many members may get a question "will the world be changed by a person alone". For them, we want to remind everyone about one of the famous story named "The starfish story" by Loren Eiseley

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die." "Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!" After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said..." I made a difference for that one."

For those of us dedicated to public service the “starfish story” is the standard call to duty, knowing that each life you touch matters, even if it is only one.

Most engineering students think enjoyment is just going to a movie, restaurants with friends. But for us, you created a family and named it as Entrepreneurship-cell. Here we talk together to share our thoughts and ideas. We care for each other, respect each other, and see greatness in each other. We go out for internships and industries to develop practical knowledge by enjoying. We celebrate everyone's success and happiness. We create a healthy mindset in the environment you created for us so that we develop the attitude of an entrepreneur.

This is all because of you sir. Even when we see a moon it may feel that it has nothing except rocks but it doesn't know its beauty that it is giving its light for crores of people on the earth. The same way you don't know the greatness of the world you created. Though many of them may shut their doors and windows to the stoplight to enter when they come out to experience its light they enjoy it.

OUR MENTOR

- 🌀 outstanding
- 🌀 super amazing
- 🌀 best teacher

S – SWA NIRMATHA (SELF MADE)

H – HITENDRA (WELL WISHER)

R – RAGGU (VERY ATTACHED)

A – ABHIJNAA (ACKNOWLEDGABLE)

V – VISMAYA (AMAZING)

A – ACARYA (TEACHER)

N – NIRMAL (CALM)

BY SAI BRAMARAMBIKA

Family man

Kind

Hard worker

GOOD-HEARTED

Well-wisher

Guru (modern mentor)

DYNAMIK

TRUE LEADER

Thop
Creative

Consistent

God's gift

HOPE

True support

SELFLESS

Polite

Master

Idea Box

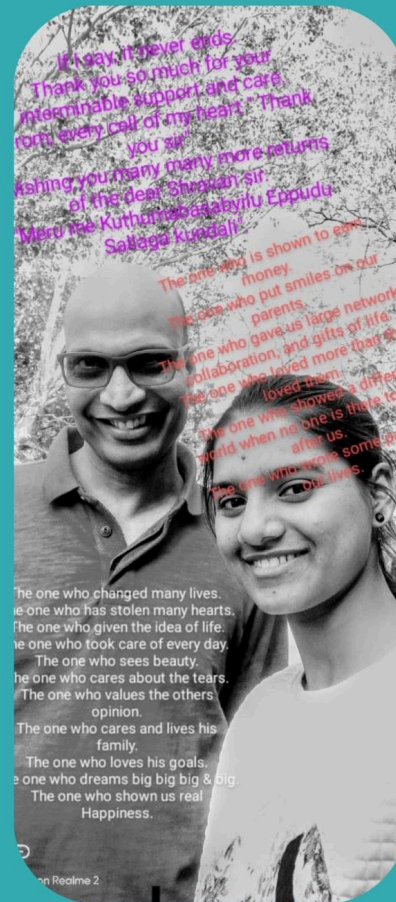
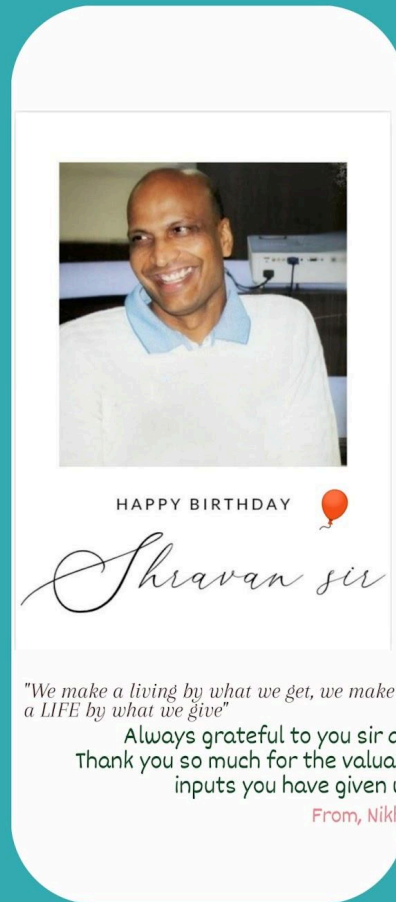
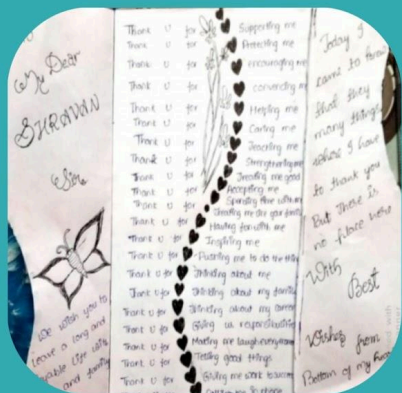
FATHER

SPEAKER

CARING

RESOURCEFUL





You have always supported and believed in us. You made us realize how special we are.

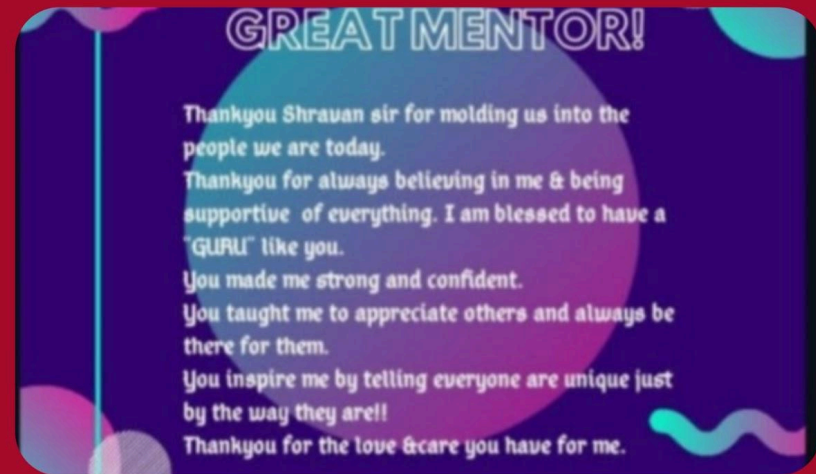
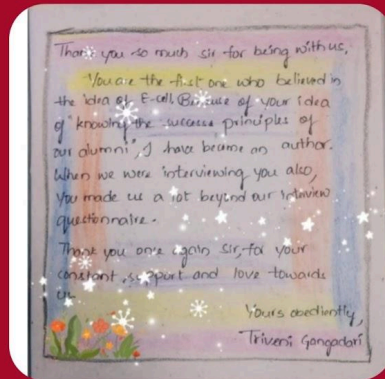
You have given us many fantastic opportunities. I don't think any students of our age are right now experiencing these things.

Thank You Sir!

Hashim



Thank you sir for being a good teacher. Thank you for supporting us and caring us. You guide us, advice us and treat us like you friends. You taught us the right path to success through your experiences. You are our role model. We would like to learn many things from you. Our e-cell is passionate towards your teaching. Thank you sir!!!



YOU'RE A GREAT MENTOR!

Thank you for molding us into the best versions we are today. Students will become lucky if they get either good parents or a good teacher, but we are lucky to get both of those in you. You care towards us like a parent, you guide like a coach, you direct like a torchbearer and you make us learn like a teacher! I think we should create a hybrid day for you, but taking an opportunity to wish you Happy Teacher's Day, today...! Thank you so much for everything sir.

Thank you Shravan sir

Hello sir,
I am here to express my gratefulness to you..
You have spent your valuable time with us to teach us humanitarian values and life skills. The session was amazing in such a way that even if I wanted to exit but I couldn't.. 😊 I stayed to listen your interesting stories one after the other.. As always, I am out of words to thank you..
Thank you sir for sharing your wonderful experience

From N

Shravan Sir

Sir Thank you very much for the Session with Dinesh Thakur Sir. It was very interesting and interactive. We loved it. You are so cool as always sir. You always inspire and Motivate Us. Thank you Sir.

- Pavana 😊

Talking with you is one of the best things I do in my life.

You always talk with heart & reach others heart.

This talk made me know more about how we should collaborate with our partners, parents and have fun. It was interesting as always.

Thankyou so much sir

— Shivani kshirsagar





I'm so glad to have you in my life sir! learnt alot of things from you sir!The impossible things had been possible today in my life.The dream of to be an author is happened by your support im gratitude towards that .

I was scared at the starting days of college to express my self free but when I was introduced to eccl I came free like a bird there.

I still remembered the moment when my seniors explaining about the activities of E-cell and call by you 's really made my college life 'ntrested' .

The moment when vinay arava gave an overview about the book women editen my hand automatically raised to support the thought without any conscious.I strongly believed to be the part of book.It was like dream for me to do this at the age of 19.

This happened because of you sir .



After that I also joined as a member in organising committee.I learned how to oraganise the events not only in the college but also in my life.

Time management,being strong physically and mentally.here I learnt to balance academics and extracurricular activities which makes unique and special from all other college.

Thank you sir for your suggestions and standing behind me and bringing up in all the lower times of my life as like my parents.



THANKING CARD

A person with **good knowledge,better thinking,devote intelligence, sublime thoughts** will lead a successful life as known.

With the same qualities and courage I have seen a radiant in college of technology Osmania University.He is totally driven in the core,passionate and hardworking it seems.

To be a learner from him even the receiver should have the same capabilities.

Ofcourse,luckily I am the enthusiastic learner for beloved senior.So, now the question here is *who is the tutor??*

He is a man with all the above strenghts, had a kind-hearted nature ,ready to help the needy and tries to uplift his talent inreturn also develop others.

He is supermost high ,god blessed creature and he is none other than Bro Surya Karia.I can assure that you have a potential to transcend various mindsets.

It's my heartful thanking greetings to you anna and hopefully i may continue instant learning from you and I may inspire different people ahead as you.

A man completed his Graduation in 1990 and took his path,leading happy life and nothing to pertubed.

But to extend his service,help and gratitude towards his college and students started thinking ,turned out to be a backbone for the establishment of **Enterpeneur Cell** to bring out hidden talents from young minds,started guiding them,providing various kind of exposures etc..there are lot many to tell which cannot be put on paper!!

It's surprised me 😊alot for the first time when I entered OUCT this year for his outstanding efforts for the sake of us and treating us like his children..

A terrible talent is needed to do this tremendous task..and updating us day by day till now and then..

I heartfully thank you 🙏sir,may this will definitely reflect us and reach highest points in life with your motives..

Its my immense pleasure to even thank you sir!! Definitely you inspire lot more minds ahead!!

Nature

-Hashim

Each of us knows that nature plays a vital role in every form of life that is sustaining on Earth. Everything that we eat, we use, and even the raw materials we use to make or build something is from nature. We humans have always taken all the possible benefits from nature and in turn, we have given very little to it. We never think of nature. All of us must think about nature. If we don't care and think about nature, it is sure that we will be facing adverse effects in the coming future.

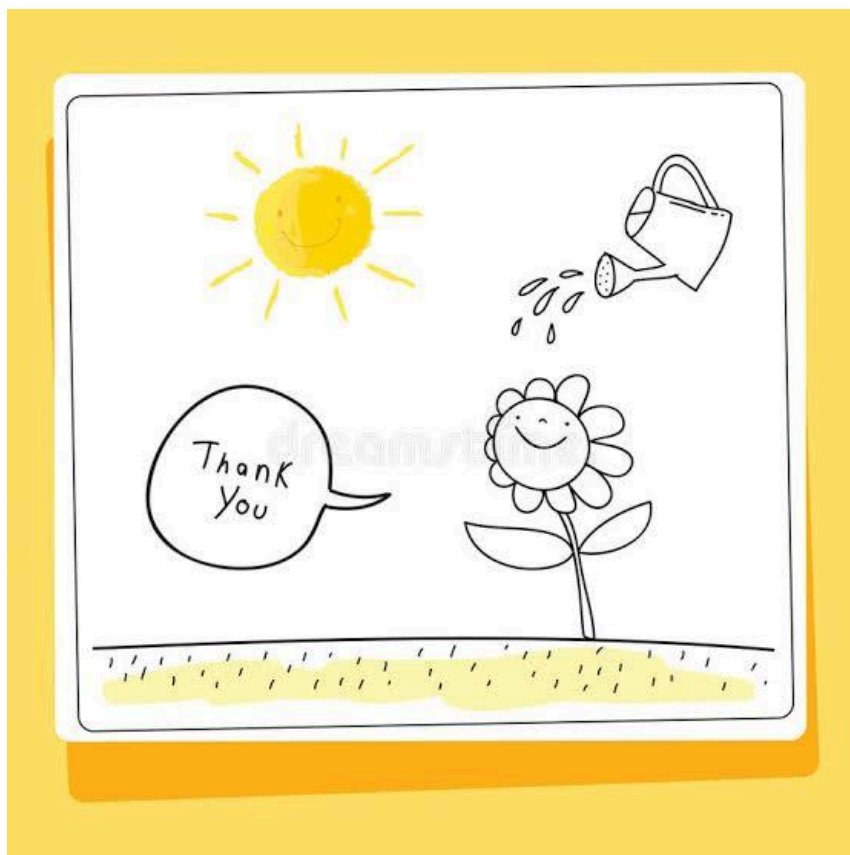
So, we the students of OUCT have decided to pay a token of gratitude to our beautiful nature. We are attempting to thank our nature by planting small saplings or seedlings so that our nature can stay green. Nature just wants us to help it in staying green so that the environment always remains fresh. These little steps do matter a lot. These little things even if done in small groups can lead to a unified and excellent result.

One day, these plants can turn into large trees that become a cause of clean air. Some of those plants may give us some edible stuff. No matter what plants we have planted, they will surely

be beneficial to us. It is not just humans who will be benefiting from it, the entire life forms will be benefiting. This will give us a healthy form of biodiversity in the ecosystem.

This project of nature has got a positive response and we have received active participation as it requires nothing except for some time, love and care. As a responsible human, I have done my duty by planting and controlling those activities that turn out to be harmful to nature and as a reader I hope even you will pay gratitude to nature by following these simple steps mentioned above.

Let's take a pledge and save our nature and build a better green world!





Thankyou my dear God-Mother Nature,
for having a self sustainable system
which no human can understand and
thankyou for extending your valuable
services to every organism on this
planet. You are an integral part of me
and "I belong to you".

Thankyou for everything!
Here is a small token of gratitude to you
from my side- a beutiful plant!

- Vinay Vajrala



EARTH IS MAKING US HAPPY BY PROVIDING ITS
VALUABLE RESOURCES. LETS RETURN BACK THE
SAME HAPPINESS TO EARTH BY PLANTING.



EVER I LOVE TO DO
THIS

- Nikhitha Yalaka

THANKS FOR LIVING FOR US.

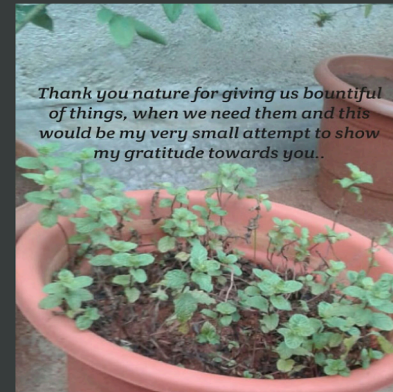


I'LL TRY TO PLANT AS MANY
PLANTS AS I CAN FROM NOW
ON.
EVENTHOUGH THAT WOULD BE
A INFINITESIMAL GIVING BACK.
THANK YOU FOR EVERYTHING!
I'M LIVING ONLY BECAUSE OF



Dear nature,
I may not succeed in giving back to
you the way you give us but....

this would be my small
attempt to
thank you.
Thankyou so much



Thank you nature for giving us bountiful
of things, when we need them and this
would be my very small attempt to show
my gratitude towards you..



Oh !!mother
nature thank
you for
giving us
everything
we need !!



The most effective
method for carbon
captutre

Impact on Friendships- I

-Asha

Have you ever heard about any engineering college having friendly seniors who respect juniors and write gratitude letters for them?. Many students in their first year of college life expect a friendly atmosphere from their seniors. Sometimes juniors feel that their seniors are trampling them. But I can say I never felt that and my seniors' respect and uplift us all the time. The way they care for us makes me feel that I am so fortunate to get such benevolent seniors. I feel I am blessed to get gratitude letters from them. They elevated my energy levels. The words in the letters filled up my eyes with excitement and a small smile started at the edges of my lips while reading the letter and increased gradually, I was surprised and a question often emanated in my brain and that is "When did they observe me this much?" This question doesn't make me feel sad, it increases my happiness every time. My heart builds up beautiful feelings which strengthen our friendship. It develops new confidence in me.

Gratitude makes a sense of the past, today brighter and creates a vision for tomorrow.

-G. Asha Jyothi

I feel privileged to be a part of this thanking project. Showing gratitude brings happiness to the person whom you show as well as yourself. Receiving gratitude cards boosts one's energy. Whenever I received greeting cards from my seniors, I felt so happy. I was surprised to see them on my little screen of the phone in the morning. They have boosted me in such a way that I am trying to make myself more skilful. They inspire me, support me, motivate me and make me optimistic. I would like to thank Shravan sir for this idea. This has made so many changes in everyone. Everyone started seeing the beauty in the other person. It's something like the concept of black dot on white paper. Gratitude is the best attitude according to me.

-Sai Bramarambika

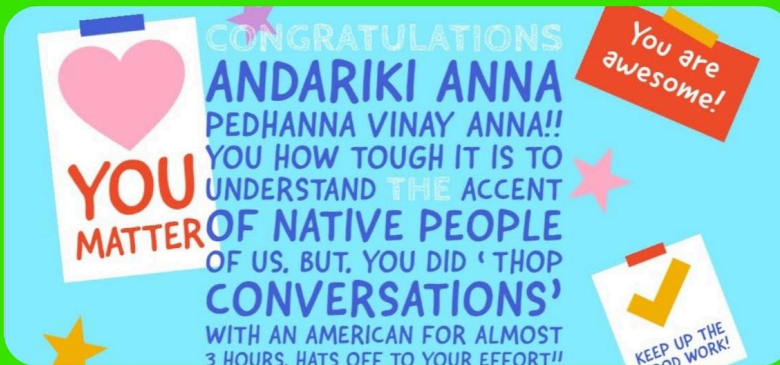
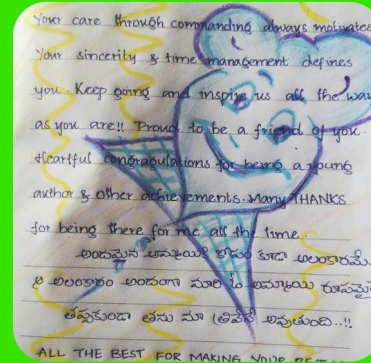
I felt happy and boosted up when I received Gratitude cards from my elders.

"Gratitude is an emotion similar to appreciation, it also serves a biological purpose...."
It explored the fundamental aspects of positive psychology including strengths, values and self-compassion within me. I didn't know the value of those cards until I received them from my seniors. I didn't even expect that they would send me and that made our bond strong, sometimes I even got emotional while reading them. I got a chance to know my strengths. Just a small card made by our seniors made me strong & ready to face everything and turned impossible to possible. I wonder how they manage their work and keep motivating others in all aspects. We

are so lucky to have them as our seniors, they treat us like their friends and also siblings and share our views & thoughts regarding work. When I read those cards I got goosebumps. I believe in the idea and main motive of the gratitude project that is creating & sharing happiness from two sides.

I'm so happy that I'm taking part in this happiest challenge.

-Sindhuja Dhurishetty



THANK YOU MAHEK

YOUR PRESENTATION ON THE VIRTUES A LEADER SHOULD POSSESS AND FEATURES OF TEAM WORK IS THE BEST PRESENTATION ON LEADERSHIP I HAVE EVER SEEN. IT IS WONDERFUL THAT YOU HAVE LEARNT ALL THIS BY BEING A PART OF THE PYTHON PROJECT. THIS IS THE PERFECT EXAMPLE OF 'LEARN AS YOU GO'. I LOVED YOUR POEM. IT IS VERY WELL ARTICULATED AND BOLSTERS THE READER'S CONFIDENCE. I ENJOYED LISTENING TO YOUR EXPERIENCES ON PROBLEM SOLVING.



*Thank you for showing
your love towards me*

*Creator of Saturday
sessions which leded
to Thop talks
you created
an opportunity for
many people
Kudos RASUL
I will always be there
to support you*

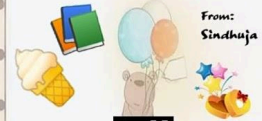
Hey Mythri,
Do you know something?
You are wonderful just the way you are.
I always try to learn from you.
You are a multi tasker & a good girl.
I always remember you from that song-
" dum dara dumm dara mast mast."
& you dancing added beauty to one of my favourite songs
You are beautiful. You are hard working.
I know sometimes I am weird but thank you for always
understanding
Thank you for making me know the value of mutual learning.
I believe you will definitely become someone for which we(Ecell
team), Shruvan sir, your parents and the entire nation would be
proud of
Thank you for always telling "akkaya"
I love you and sorry if I sometimes irritate you.
Thank you for understanding me Mythri.

Shivani kashirao

Ramya akka 🥰

It was really a great and familiar
time .we learnt many things about
marketing actually what really an
marketing is!
The way you understand the
things and your willingness to
learn many more and the quotes
ideology.
we boosted up by your session
akka .

once again thank you for spending
your valuable time with us.



From:
Sindhuja

Ecell

*Thank you for giving a very inspiring and insightful
presentation Dhanush. I learned a lot from the session.
Your views about Honesty, Time management, Work
prioritization and having no regrets are fantastic. Great to
see that you have employed these principles and learned so
much. Working on software helps you build logical thinking
skills which will help you learn chemical engineering with ease.
Keep working as you are doing now and enjoy learning.*

Impact on Friendships II

Sai Bramarambika Bonagiri

What is your attitude towards gratitude?

Showing gratitude towards others is one of the best ways to make good relations. But, many people neglect it.

How did you feel when you received or sent a card to a friend?

I feel very happy when I receive a card. I will be knowing what I am to them.

Surya Karla

What is your attitude towards gratitude?

Initially, I did not have a great proclivity toward expressing gratitude. But I am glad and grateful that the gratitude team has helped me understand the importance of expressing

gratitude, the difference it can make in our lives, and the amount of happiness it can create. Now, I express my gratitude more often and it has had a substantial effect on me. I enjoy the excitement and happiness while making a gratitude card and while receiving responses.

How did you feel when you received or sent a card to a friend?

I feel elated and empowered. Gratitude cards bolster my confidence and they remind me of my strengths and good qualities that I possess. They spur me to keep going and to constantly improve myself. They strengthen the bond between my teammates. They make me understand the importance of expressing gratitude." I AM HERE FOR YOU" - I think this is the fundamental message behind every gratitude card. This simple message can work wonders.

Remma Tejasri

What is your attitude towards gratitude?

I always feel like this,

"What should I do to make others happy " does it be done by me? What should I do to make others laugh or make them happy??"

All these questions are always in my mind and I have no confidence in them. But the "ATTITUDE of GRATITUDE" project made me clear my questions. I make a few people smile (friends, mentors, and all)

Bravo...!! You made every "Win"

How did you feel when you received or sent a card to a friend?

I feel so comfortable when I get a card feeling I'm grateful to someone. It will give me confidence and energy and also give me the motivation to do more work...!!

I feel very happy to give cards to some because I can make someone smile. I hope they may also feel energetic. I feel happy because I made someone MOTIVATE.

Rohith

What is your attitude towards gratitude?

Gratitude is a Great Attitude

Today I have seen a story of one of my friends that he is a masters graduate from an esteemed University in the United States in this COVID situation was looking for a job with a full interest

He just requested the LinkedIn platformer to provide him with a free premium for 6 months, the man accepted and provided him with the source. After a couple of days, our friend ended up with a job in one of the topmost companies in the US. He was grateful.

What I realized is Everything has its importance, every aspect of life makes you happier when you make others HAPPY. Most people become successful and even most ppl become failures but if one has the power of gratitude you can easily balance those two things. As to how EDUCATION IS THE MOST POWERFUL WEAPON TO CHANGE WORLD, Gratitude is the weapon to balance emotions, encouragement, etc.

How did you feel when you received or sent a card to a friend?

It's like an overwhelming time when I received it. I was about to start work, in between these gratitude cards knocked at my door, congratulating me for the best. It really built extra confidence in me and it also conveyed, you should never get diverted from the work. I say it as Attention.

Nikhil Komalla

What is your attitude towards gratitude?

The only thing by which we can be remembered is by making moments. Being grateful is one such happiness creating a moment that almost everyone will remember. I always love thanking people who supported me and made me/us experience things.

How did you feel when you received or sent a card to a friend?

It makes me feel good. Always being remembered about the moment which I created/I was part of makes me feel happy.

Mahek Unnisa

What is your attitude towards gratitude?

Attitude is what with which we create happiness and friendship. I think it is the main part of our life. With gratitude, we are creating positive vibes around others. And due to which we are sending positive signals to the universe to manifest what we want. Gratitude always makes an impact on the people who like us or not, doesn't matter. If we are expressing our gratitude to someone, we are creating happiness and friendship with them. We get out of past grudges and disputes between two people.

How did you feel when you received or sent a card to a friend?

I feel really happy and cared for when I receive a thank you card. It feels like we have got a new friend when we give or receive a card from a new person.

Durishetti Sindhuja

What is your attitude towards gratitude?

According to me this card will give us a great impression and provide a special value in their lives. As per human psychology, each person is willing to appreciate their help in need but we people forget this in our busy schedule. It will create a value-based society that exists with emotions. So making this gratitude a habit or attitude will create a new world for us. Each one should know the value of this.

How did you feel when you received or sent a card to a friend?

I feel awesome and I don't know how to express that feeling. It was just like peace and persuaded life. It will also boost up our strengths and lead to creative idea progress. It encourages and gives us hope that the whole world is with me even if it is wrong or right it will stand for me whether I'm a success or failure.

Aindla Pavani

What is your attitude towards gratitude?

Showing gratitude is a must according to me because it boosts other people in a positive way. It doesn't cost anything. If we show gratitude to others, creating this type of atmosphere where everyone shows gratitude towards others makes a healthy environment and networks always be strong.

How did you feel when you received or sent a card to a friend?

I feel so happy when I receive a card and I feel someone is there for me and I am not alone. Those cards built confidence in me and the encouragement makes me feel like I can do this. I just enjoy showing gratitude and making cards for my friends. By my card, if my friend feels confident that is the happiest thing for me.

Triveni Gangadari

What is your attitude towards gratitude?

Showing gratitude is one of the little things that one has to implement as a habit. Because it is more important to have harmonious relationships with people. Showing gratitude will keep us happy as well as who receives it. It even has the power of making the best enemies and has best friends.

Gratitude spreads positively in our surroundings. So, why wait to show gratitude?

I express my heartfelt gratitude to my gratitude team to make me help show gratitude towards my fellow beings.

How did you feel when you received or sent a card to a friend?

As I said, they created positive vibes in me, as well I smile when I get one and read them. Happiness increased in me. Every card rejuvenated me.

Maneesha Patil

What is your attitude towards gratitude?

According to me, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. In the Vedas, gratitude has been called the ornament for human beings. It increases the well-being of the people.

How did you feel when you received or sent a card to a friend?

I would feel so happy and overwhelmed if I received a gratitude card. I feel so excited and cheerful to write a gratitude card to my friends. In this world the things we are most grateful for would always be at the front of our minds, unfortunately, that isn't always the case. But all is not lost! Sometimes all we need are some gentle reminders to guide our thoughts in the right direction, and so gratitude cards help us feel those and also guide us.

Vajrala Vinay Kumar

What is your attitude towards gratitude?

I feel gratitude is the best attitude one can have. Being grateful creates a happier, easier, healthier and wealthier life. It is the best way to be empathetic, supportive, and a loving being which will make you elated and give you immense bliss. In this small world of busy schedules, if someone out there takes a few moments from their life and tells thanks, that will instantly create happiness. Being grateful avoids disparities, sadness, Judging attitude, ill-treating, and most importantly ego. That is why a heartfelt "Thank you" is said to be a magical word. It has the potential to make someone smile instantaneously. Not only towards people but being grateful for surroundings, nature, our situations and our own body, will make you more inclusive, hatred free and give a sense of "acceptance" to your mind and let it embrace everything that comes the way may be good news or bad news. If we could inculcate this easy and powerful attitude in the children from tender ages it will be a priceless gift we can give them.

How did you feel when you received or sent a card to a friend?

I feel so excited and it makes our bond stronger. In a card, I could express my feelings towards him/her more than words. I feel it is the best way of expressing our gratitude towards them. And when I receive a card, I will be the happiest person to see the care that was depicted through the card. It gives me the boost to become more supportive and be helpful in every possible situation.

Gottipalli Asha Jyothi

What is your attitude towards gratitude?

The attitude of gratitude created a great change in me.

- I got to know how to respect others
- I started seeing the positive side of one's work.
- It increased my positive energy while I was doing it.
- It created many friendships and also increased the strengths of the previous one
- Also getting to knowing about myself by getting cards from others

How did you feel when you received or sent a card to a friend?

I felt very happy

When I receive a card I used to know about myself which developed confidence and know about my strengths. When I sent I use to know about others which developed positivity towards everyone

Shivani Kshirsagar

What is your attitude towards gratitude?

When we start appreciating things around us, we experience the essence of happiness. We feel lighter and confident. When we are grateful, we welcome every positive and plenty of blessings into our lives. We must always think about what we have today and be grateful for that because there may be people who do not have what you have. So always be grateful to every little thing around you. With an attitude of gratitude, one can always be happy, create happiness and memories:)

How did you feel when you received or sent a card to a friend?

It made me smile and be emotional too. My heart melted away and tears rolled on my cheek. It is how the cards got connected to me. Every Time I don't feel good, I look at the cards others sent me and that always makes me strong and happy.

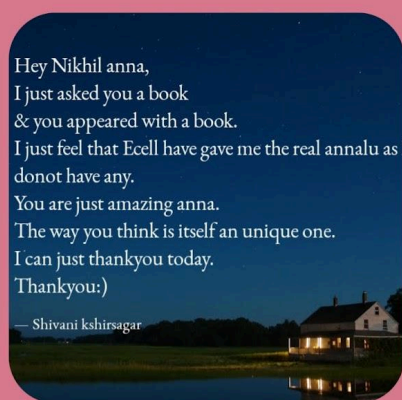
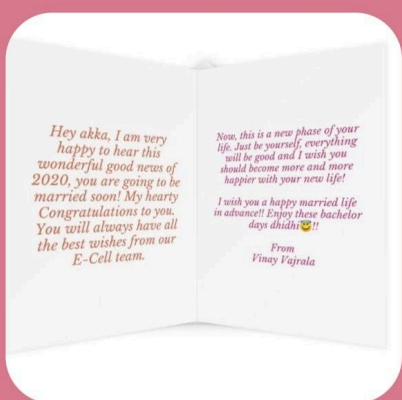
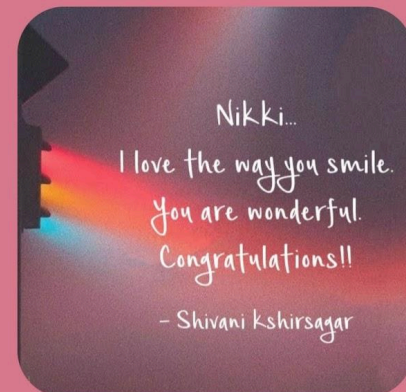
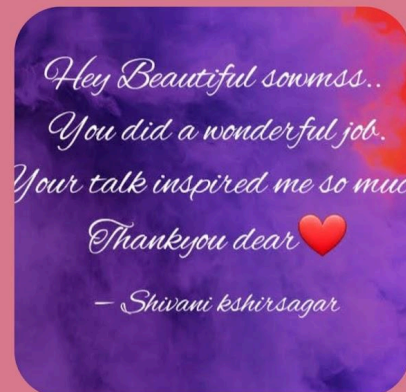
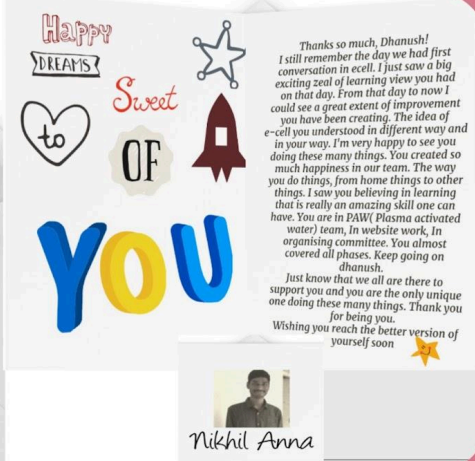
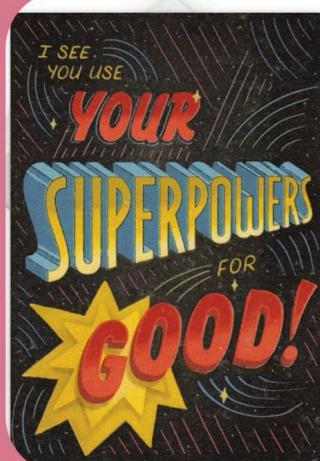
Ahmed Hashim Raza

What is your attitude towards gratitude?

I feel we must be thankful for everything that comes across in our lives. It's a sign of simplicity and modesty. I thank God for everything and I feel everyone must do this. It is then and only then when one can stay happy eternally.

How did you feel when you received or sent a card to a friend?

I felt so good to receive a card. It boosted me up and filled me with confidence every time I received a card. Similarly, when I sent a card it helped me create a new perspective of praising someone's work.





Hello Mythri,
Thankyou for everything.
I learn so much from you.
Whenever I talk with you,
I love the way you understand.
I love the way you tell "akkaya".
Your company makes me feel good.
You always help me so much.
No other junior would do like this
for her senior.
You have such good heart Mythri.
Trust me,You will do wonders.
I feel myself lucky to work with
a disciplined girl like you.

— Shivani kshirsagar



మేము మీ కుమారుడి తో కలిసి UCT లో
చదువుకోవడం అదృష్టంగా
భావిస్తున్నాము,
ధన్యవాదాలు మీకు!
ఇంత మంచి గా పెంచినందుకు,
తను అనుకున్న కలలు త్వరలో
నెరవేరుతాయని మేము
కోరుకుంటున్నాము.
మీరు తనని చూసి ఎల్లప్పుడూ గర్వంగా
మరియు ఆనందంగా ఉంటారని
కోరుకుంటూ..

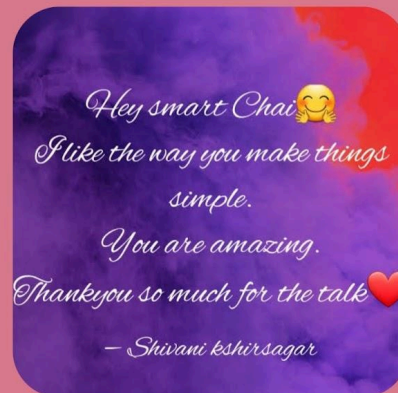
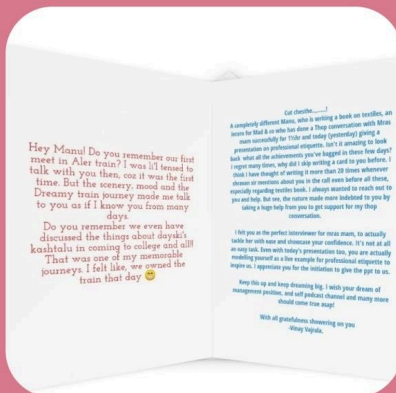
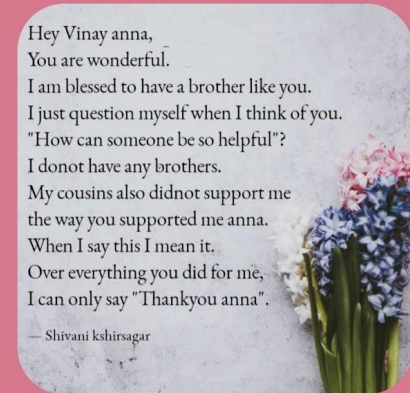
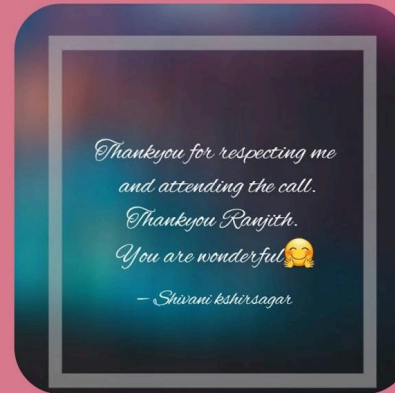
మేము మీ కుమార్తె తో కలిసి UCT లో
చదువుకోవడం అదృష్టంగా భావిస్తున్నాము,
ధన్యవాదాలు మీకు!

ఇంత మంచి గా పెంచినందుకు,
తను అనుకున్న కలలు త్వరలో నెరవేరుతాయని
మేము కోరుకుంటున్నాము.

మీరు తనని చూసి ఎల్లప్పుడూ గర్వంగా
మరియు ఆనందంగా ఉంటారని కోరుకుంటూ..

ఇట్లు

E-Cell పిల్లలం.



THANK YOU PAVANA FOR SHARING YOUR INTERNSHIP EXPERIENCE AND LEARNINGS WITH US. YOUR JOURNEY IS VERY INSPIRING. EVERY ENGINEER DREAMS ABOUT APPLYING THE THEORETICAL CONCEPTS TO REAL LIFE SITUATIONS AND YOU ARE DOING THIS IN THE BEST POSSIBLE WAY ! LIVING THE DREAM. YOU ARE PROVIDING VALUE TO THE COMPANY. THIS IS A FANTASTIC ACHIEVEMENT. I COULD SEE YOUR EFFORT AND CLARITY WHEN YOU I SAW THE LUCID MANNER OF THE EXCEL SHEET. KEEP LEARNING. ALL THE BEST

CELEBRATING LIFE

Congratulating Cards

-Asha

To explain this, let me take you to your childhood. In childhood, when you participated in some competitions, you might have got some prizes when you won. It was not to express your greatness, it was a token to appreciate your work and effort for doing that and also to encourage you to do better in the future and to promote you to the next level of thinking. Here schools or teachers don't do this as a responsibility, they just do so to boost students to do many more things in a better way with increased confidence. It removes the fear of thinking "Can I do that?" and indulges the thinking process of "I can do that".

You may also think that it may discourage others, but it doesn't. It only depends on the individual and how they take things. Let me show you when you are in such a situation of

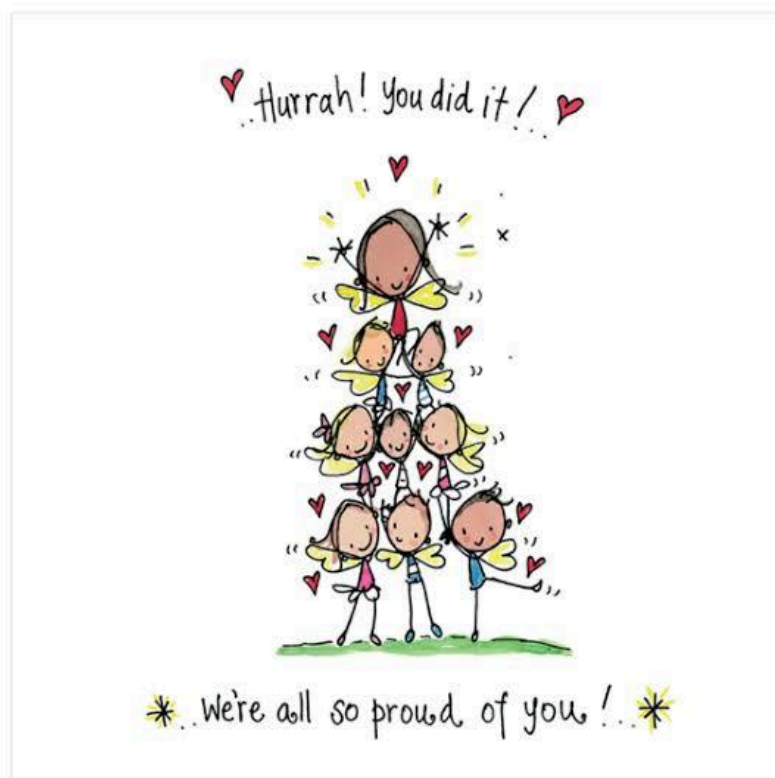
feeling discouraged, just see a cup or bottle filled with half water. You can get one of these two thoughts like “the cup is half-filled” or “the cup is half empty”. When someone does something obviously, we get two thoughts like “Wow, he/she did it, why don’t we” or “I cannot do it as he/she does”.

If you don't encourage others what happens?

Nothing changes with you or others, but if you encourage others, they might perform well only because you encouraged them. They might even work on the impossible ideas that everyone thinks and do some miracles with the confidence they received from your cards.

What do you gain if you do that?

It increases your positive energy and you can see the positive side of one's work. At the same time, it builds a strong network. You got to know how to respect others. They also respect you and encourage you and might help us in return.



:)

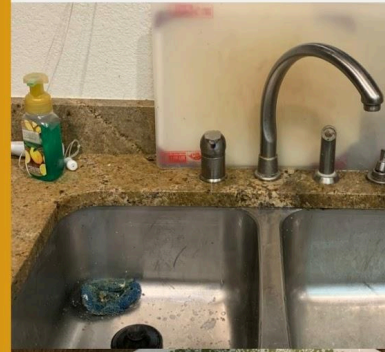
Happy Married life Rashida akka

Best wishes to your new
beginning of togetherness..

Yours lovingly,
Nikhitha Yalaka

Mufti Shaikh Rais Alam Qasmi
Solicit your gracious presence on the auspicious occasion
of the Marriage of their Daughter
Rashida Sumbul
(M. Pharmacy, Unani Pharmacy)
With
Hafiz Qazi Syed Salman (Abdul Muqeet)
(Govt. Qazi, L.L.B.)
S/o. Mr. Syed Abdul Raheem Sahab
INSHA ALLAH :
On Thursday 27th August 2020
(7th Muharram 1442 H.)
Nikah : After Zohar
At Masjid-e-Syedna Ameer Hamza
G.T.S. Colony, Yousufguda, Hyd.
Lunch : 2:00 p.m.
Venue :
VICTORY GARDEN FUNCTION PLAZA,
Fateh Bagh, Adjacent to Flyover Bridge,
Erragadda, Hyderabad.
With best compliments from :
Shaik Faiyaz, Hafiz Shoaib Jameel, Shaik Rehan Qasmi,
Shaik Fazle Kareem, Hafiz Kaleem, Near & Dear

To the man who loves
Cleaning & Cooking

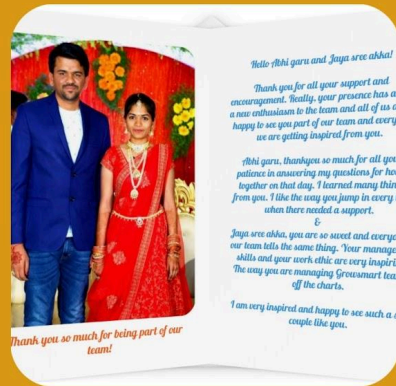


⑦
Congratulations
& All the best



Nikhil

Janushree akka
I'm so thankful.
I am grateful for you and your
generosity. Congratulations
Akka for what you have done.
Keep inspiring us all the time.
And all the best for your bright
future. We here to support you.
And we wish you could do
many more things.
by
G. Asha Jyothi



Birthday Cards

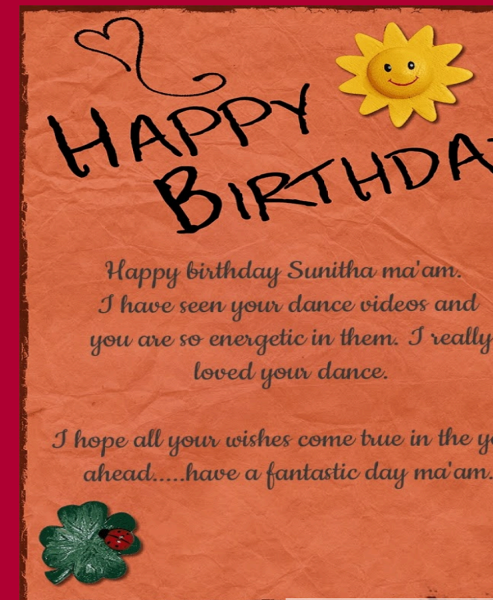
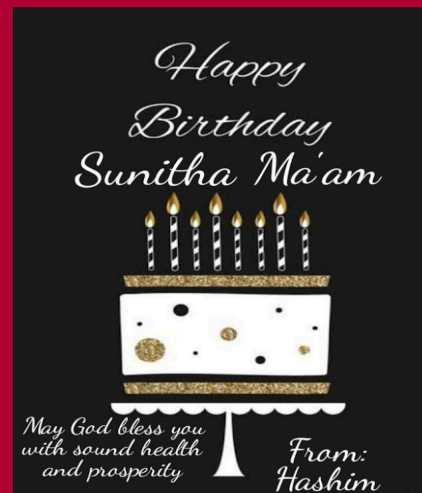
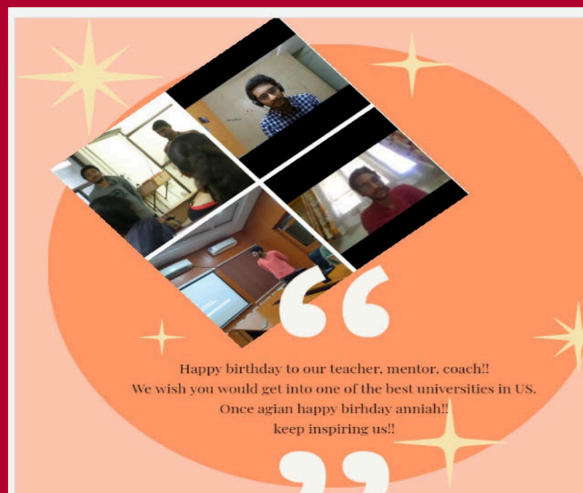
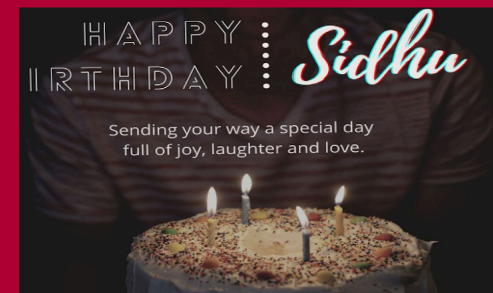
-Hashim

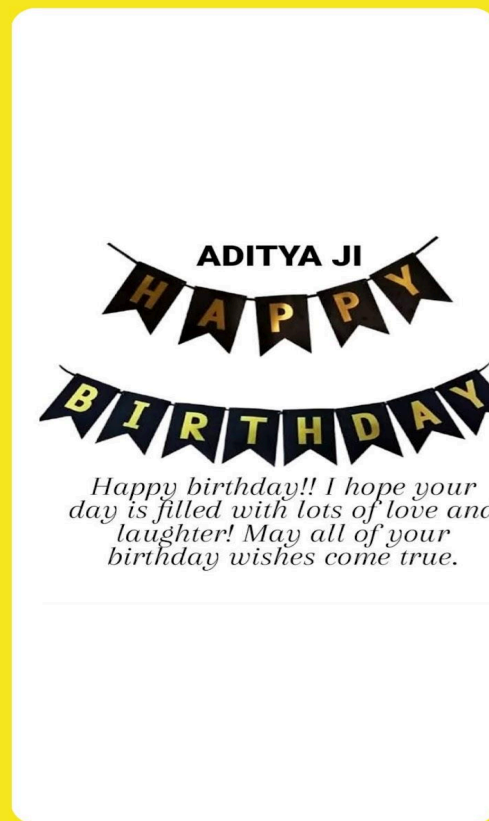
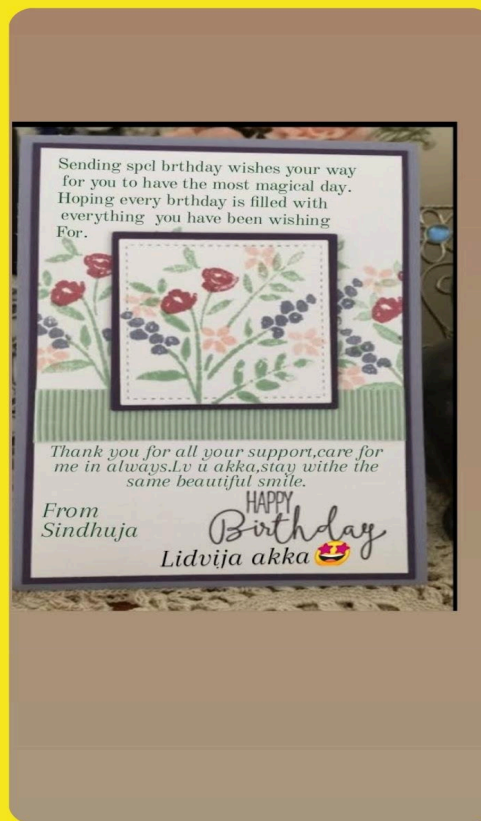
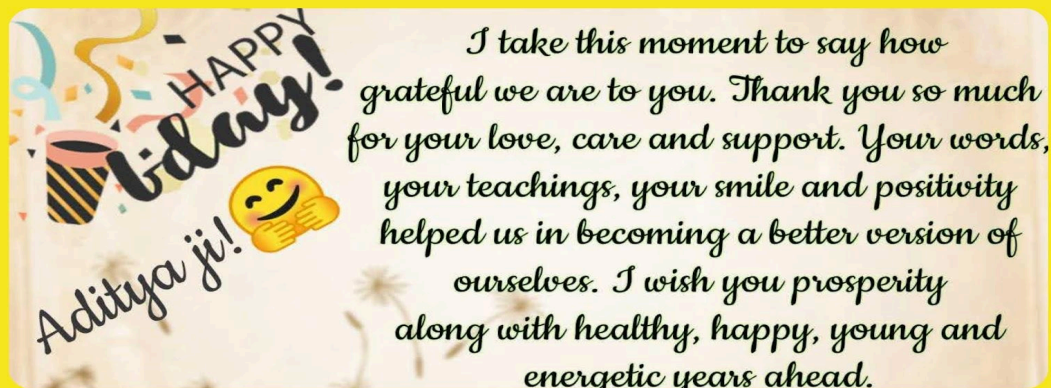
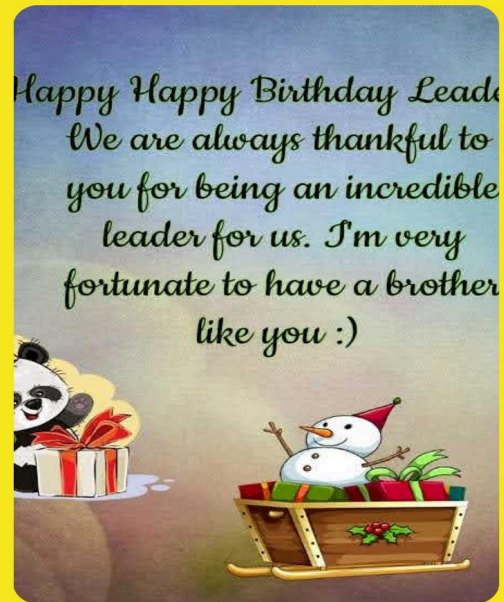
Birthdays are important days for every person. All of us wish to celebrate it grandly. What if we take these birthdays also as a part of our gratitude project? Yes, we have created cards that were also made a part of paying gratitude. These cards were called *birthday cards*.

We created these birthday cards and filled them not merely with wishes but also thanked them for being in our lives and conveyed them how important they are to us, and most importantly filled those cards with love. These birthday cards made the birthdays even more special and brought precious smiles on these special days. These cards have also been a reason for strengthening bonds.

Firstly, we used to create birthday cards collectively and surprise the person with those cards. We kept on creating cards and paid our gratitude through those birthday cards. These cards kept on making birthdays special. These birthday cards have been a very important part of the gratitude project.

We have also collected the reviews of those who have received these birthday cards on their birthdays and we have got a very positive response from every individual. This is the way we create happiness. These reviews have been included in this chapter as part of the project





Happy
Birthday

HAPPY BIRTHDAY
CHAITANYA AKKA

Dreams seen with eyes closed can
be forgotten. Real dreams are those
that come when the eyes are wide
open and the heart is ready to
follow them. Happy Birthday with a
life full of dreams!

Hope this year will bring you a grace full
of happiness and joy. stay blessed Akka.

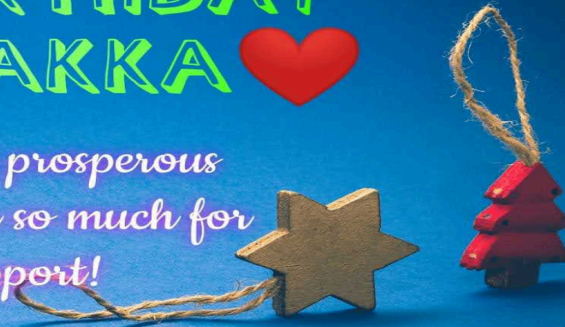


HAPPY BIRTHDAY
VANITHA AKKA



*I wish you happy and prosperous
years ahead. Thank you so much for
your care and support!*

~Lidvija



Hey GURUJI.....

Happy Birthday!

*Not just a happy birthday... I wish you a peaceful, soulful, birth year
ahead.... I wish you meet many more young minds in this year and bring
happiness into their lives, as you have did for all of us. I can't put into
words on how much we were aligned towards being happy, accepting
situations, accepting people and living in the moment after your talks.... we
are so grateful to you Aditya Ji.... Thankyou for taking time out of your life
to bring smiles over all our faces... what you have given to us, is a priceless
gift.. whose repaying will only be done by being grateful to you and spread
the knowledge and happiness you gave us.....
THANKYOU AND JAI GURUDEV....*

Fr
Vi

ACHA LISTEN
TODAY IS MY BIRTHDAY!

HAPPY BIRTHDAY
ADITYA JI



Sp Adobe Spark

You did it and showed us students
at this age can

Become
Authors



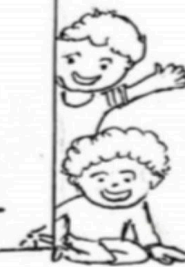
I am
happy
because
My friends
are authors
now.

You both are amazing
TRiveni & ShiVani

Making us TO THINK
OUTSIDE
THE
BOX



Thank
you
So
much
SIR



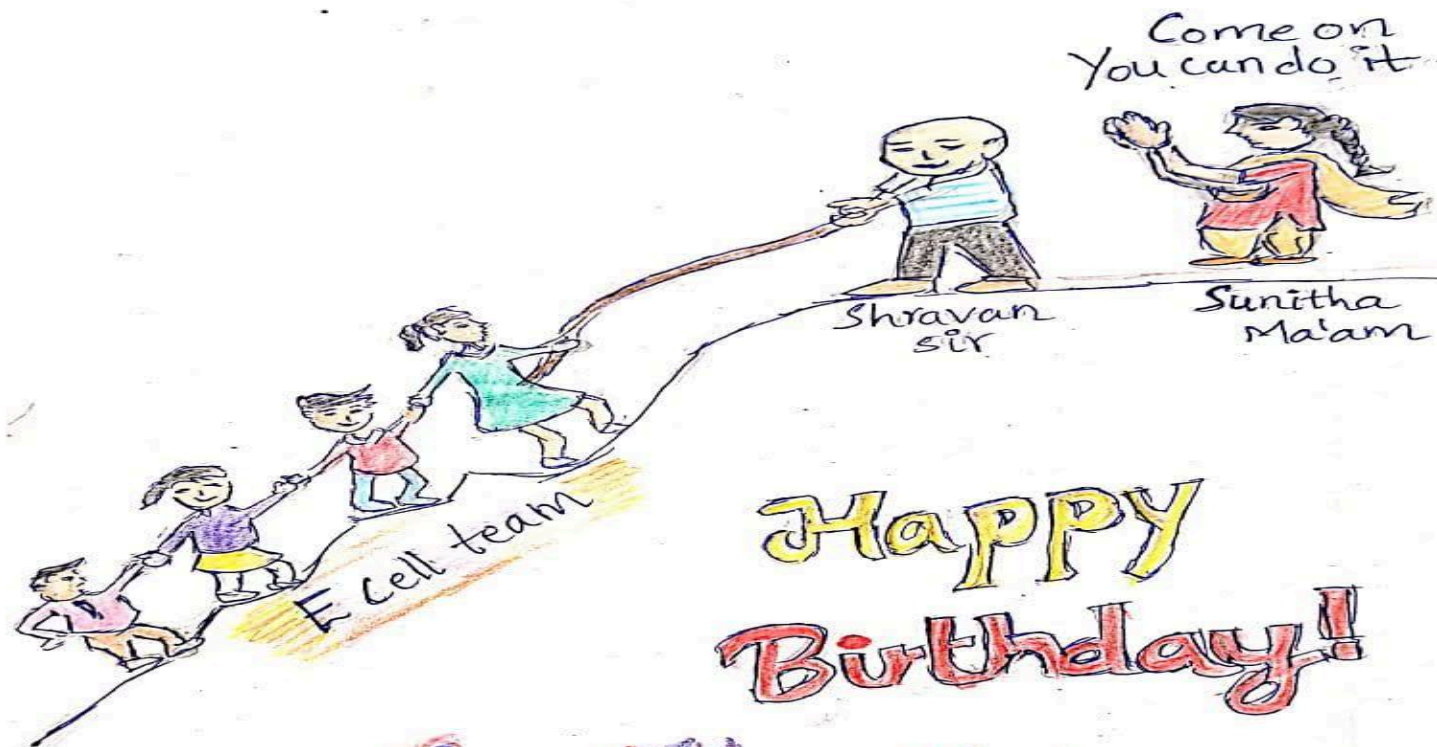
YOU MADE MANY CHANGES
IN OUR LIFE'S SIR



For
improving my
writing skills



For teaching
how to interact
with people



**HAPPY
Birthday!**

Sunitha Ma'am

[The unknown Supporter
of E-cell]

Happy
Birthday
Pavani akka ❤️



I wish you to reach the success in all
the activities you do. I'm so blessed
to have senior like you. Thank
you for everything and I wish you
celebrate many more birthday like
these. enjoy the day 😍

from sindhu 😁



Wish you many happy returns of the day Ma'am.
Hope you have healthy and younger years ahead.
The support you have been providing for us
is something which we cherish forever.
Thank you so much Ma'am.



Get Well Soon

Why to say Get well soon? Is it Important?

We are human beings and sometimes we go through a phase of not feeling well.

We fall ill & it is important for the people around to care for them. Just by saying, "GET WELL SOON" we say, "I AM HERE FOR YOU", "I CARE FOR YOU" and send a wave of good wishes for their speedy recovery. They feel important and believe that they are in someone's prayers.

If we wish good to someone, we make them happy. How?

Most of the people in this world want someone who would tell them they are important. Everyone wants to feel important. Everyone wants to have someone who would always

pray for them. You, me, the person beside you, the people around you. This makes them happy.

We, as ECell Students make sure to always be there for someone saying “I AM HERE FOR YOU”. We try to help each other, see the beauty in each other and also to care for each other.

We keep them in our prayers (somebody who is not feeling well). We make “get well soon cards” with our hearts and this is where we connect each other's hearts.



MAY THE UNIVERSE
WORK IN YOUR FAVOUR

GOOD LUCK MAM, YOU CAN DO IT.

WITH LOTS OF LOVE & PRAYERS,
TEAM ECELL



Respected
Srinivas sir,
We all are
hoping for
a fast recovery of
mam

LOOKING FORWARD TO SEE YOU BOTH!



Hope all goes
well for you 😊

I wish you a healthy
recovery

May you soon get back to
best of your health 😊

భారత్వ నోమాన్ సర్!!

మీరు మాకు ఎంతో చేశారు, మాకప్పగించి సహాయం చేయడంలో
మీరు ముందు వరసలో ఉంటారు మీ మామమ్మ, ఎటువంటి ముప్పుకల్గితే
అరిగిపోతారు. మీరెక్కడంటే అక్కడ వాతావరణం ఉత్సాహభరితంగా
ఉంటుంది. మీరు స్ట్రెస్ అవుట్, కలెబ్రేట్, సమాధానకి ఏదో చేయాలనే
తపస్సు ఉంటున్నప్పుడు, అది మాకెంతో ఇస్తుంది.

మాకు తెలుసు మీరు ఇప్పుడు కష్టకాలంలో ఉన్నారని,
మెడమీ సుఖ గానికి త్వరగా సయమవుతుంది. మీరు అప్పుడు
దిగులు పడుకుండి, మెడమీగాలి ఏమి కాదు. ఎందుకంటే మీరు
మంచి మనస్సువారు. దేవుడు మంచివాళ్ళకెప్పుడూ ముందుచేస్తాడు
అందుకు ఈ విజ్ఞాన మొత్తం కూడా సహకరిస్తుంది. కకపోడి అ
దేవుడు మంచివాళ్ళను అప్పుడున్నప్పుడు కొంచెం పరిశీలిస్తాడు అంటే
ఇప్పుడు మీరు ఎదుర్కొంటుంది అ పరీక్ష సమయం వాతావరణం.
మీదటా అ రీటి మాత్రం ముచ్చటగానా లేదు మాకంతో అనువాద
కలుగుతుంది.

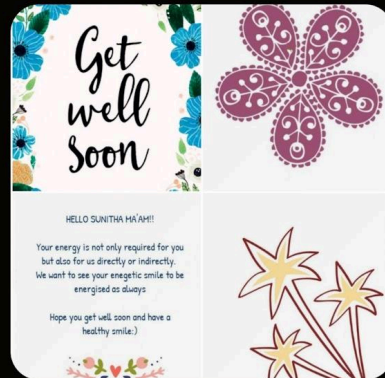
త్వరలో మెడమీగారు పూర్తిగా కలుగుకో, మీదటా కలసి మరోమారు
ఈలో ముచ్చటలు చెప్తారని కోరుకుంటూ... - E-Cell, OUCT

Dear michelle ma'am

Get Well Soon To let you know Someone is thinking
Of you And wishes you Well Just a little note To
Cheer you up And say, Hope you Get better soon Just
take it Day by day....

All the best for the operation and we will see you back with the
same brightest smile . God bless you mam! Thank you for all
your support towards us. May good health envelop you
spurring a quick recovery.

Thinking of you lots and hoping
for your speedy recovery.
From
sindhua



SENDING YOU GOOD VIBES YOUR WAY

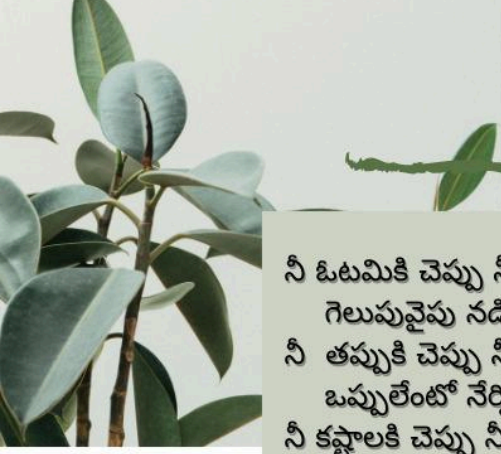
GET WELL
SOON, MAM!

- E-CELL FAMILY

కృతజ్ఞత

నీ ఓటమికి చెప్పు నీవు కృతజ్ఞత
గెలుపువైపు నడిపిస్తుంది
నీ తప్పుకి చెప్పు నీవు కృతజ్ఞత
ఒప్పులేంటో నేర్పిస్తుంది
నీ కష్టాలకి చెప్పు నీవు కృతజ్ఞత
నీలో ధైర్యాన్ని పెంపొందిస్తుంది
నీకు ఎదురయ్యే పరీక్షకు చెప్పు నీవు కృతజ్ఞత
నీలో ప్రతిభను బయటకు తీస్తుంది
నీలోని నీరసత్వానికి చెప్పు నీవు కృతజ్ఞత
తర్వాత చురుకుదనం పొందజేస్తుంది

కృతజ్ఞత అనే విత్తనం నీలో నాటినప్పుడే,
మానవత్వం అనే వృక్షం నీకు నీడనిస్తుంది!!



Gratitude taught me....

-Shivani Kshirsagar

This book is a compilation of happiness we experienced from within us and the happiness we created with “Attitude of Gratitude”.

Appreciation, gratitude, encouraging others that they can do it, celebrating each other's success are the hearty ways of living our lives and I realized its importance when I met Shravan sir(Our Mentor). When I started appreciating others, I felt good and the world appeared beautiful to me. Life becomes easier when we show gratitude to others and appreciate them. This makes everything beautiful and shifts every negative emotion we are in.

Whenever I think of thanking someone, I remember the song “A little thank you” by Sherri. Here are a few lines of the song...

”A little thankyou can go a long long way, so when you are grateful that’s the thing to say and when you notice the things others do it’s time to say Thank You.....”

Our entire ECell Team made this book happen. Asha and Hashim were dedicated to this project. I learned so much from them. They both inspire me. They respected each other's thoughts and enjoyed the whole journey of this wonderful book. Whenever I wanted support, Vinay Anna stood beside me. We (gratitude team) want to congratulate and thank every contributor to this project. This is a never-ending process. The attitude of Gratitude should be carried throughout our lives.

Here is a poem which I always admire-

Be Thankful (Unknown author)

Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something,
for it gives you the opportunity to learn.

Be thankful for the difficult times.

During those times you grow.

Be thankful for your limitations,
because they give you opportunities for improvement.

Be thankful for each new challenge,

because it will build your strength and character.

Be thankful for your mistakes.

They will teach you valuable lessons.

Be thankful when you're tired and weary,
because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfilment comes to those who
are also thankful for the setbacks.

Gratitude can turn a negative into a positive.

Find a way to be thankful for your troubles,
and they can become your blessings.

If you dream of fulfilment in your lives, try Gratitude...!

Gratitude taught me how to live life!!

Thank you!

As thanking is a never ending process, let's
keep adding thanking cards and be happy.
This link will direct you to the beautiful
collection of all our cards :)

Scan this Qr Code!







Gratitude -connects hearts