

**Dr Anindita Ghosh**  
**Assistant Professor of Psychology, Department of Liberal Arts**  
**Indian Institute of Technology (IIT) Bhilai**

**Bio**

Dr. Anindita Ghosh, is currently Assistant Professor of Psychology at IIT Bhilai. She was a Fellow of the Indian Council of Medical Research. Her work applies the principles of positive psychology to explore well-being of employees working in high stress organizations. Her current research areas are *Positive Psychology* and *Organizational Behaviour*. Her other areas of research interest include positive psychology interventions, character strengths, well-being, positive health, organizational development, organizational communication and positive psychology analysis of films. Her publications in international and national journals cover a range of topics such as positive psychology progress in India, gratitude, and positive health and chronic physical illness.

**Keynote Address on:**

**An exploration of gratitude themes and suggestions for future interventions**

**Abstract**

For many years, the concept of gratitude was not considered worthy of investigation by psychologists since research goals were strongly dominated by the deficit-based approach and gratitude concepts were believed to be derived from common sense, and thus not warranting scientific query. This study, in attempting to understand gratitude themes, explores various events that elicit gratitude among engineering students in India. Thirty-two final year engineering students were introduced to gratitude research, administered gratitude exercises, and asked to provide feedback about the exercises. Nested questions, in the form of three-blessings and benefit finding exercises, were used to identify experiences of students leading to gratitude. Content analysis was applied to identify underlying themes and report them systematically. Four major themes and five minor themes were uncovered. Among these, positive emotion was the most prevalent theme and finance was the least encountered theme. Strategies to improve intervention studies, including restricting the area of investigation to one domain and making exercises interesting, have been suggested. Implications of the research within the socio-cultural context will be discussed with special reference to the complexities in separating the sense of duty and gratitude. Further research will provide us with more insights into the topic, specifically from an Indian socio-cultural perspective.