

## Inauguration of Gratitude Box at DIET Leh on the occasion of Social Emotional Learning Day (SEL Day)

**Leh, 07 March, 2025** – On the occasion of Social Emotional Learning Day “SEL Day” the Social Emotional & Ethical Learning (SEE Learning) team at DIET Leh along with Mr. Nishant Payal from Piramal Foundation installed the “Gratitude Box” under SEE Learning Program which is being conducted throughout the schools of Ladakh. This “Gratitude Box” has been designed for the schools so that the students and staff can express their moment of gratitude through a small letter or note and deposit it in the box. This process not only helps students understand and express their own feelings as well as those of others.

The Gratitude box was inaugurated by Principal of DIET Leh, Madam Deldan Angmo and Ex. Principal DIET Leh, Sh. Chetan Dorje. Speaking on the occasion, both the dignitaries highlighted the significance of expressing moments of gratitude and how it helps in appreciating compassion, kindness, equality and moral values and interdependence and mentioned that this simple yet affective way goes a long way in making the school environment positive and inspiring. They further mentioned that this initiative will enable Head of Institutions and teachers to adopt these ideas for implementing SEE Learning in their schools. They also appreciated the efforts of Piramal Foundation for the support provided in implementation of SEE Learning in schools of Ladakh.

After the inauguration the staff at DIET Leh expressed their moment of gratitude by depositing a gratitude note in the box.

