KRITAJNATA (कृतज्ञता)

Project No: 15
Date: 8th November, 2026
Venue: Virtual Platform (Online)
About: KRITAJNATA (कृतज्ञता) – The Art of Being Grateful (Grateful Sunday)
Specified Community: Club Service
Area Focused On: Peacebuilding and Conflict Prevention

Introduction

KRITAJNATA (कृतज्ञता) was a virtual activity organized by the Interact Club of Balodaya Pokhara on 8th November 2026 as part of Interact Week 2026, under the theme Grateful Sunday. The activity focused on promoting gratitude, positivity, and appreciation among members. It encouraged participants to reflect on the people, experiences, opportunities, and little moments that bring happiness and meaning to their lives. Through a shared online space, members were given an opportunity to express what they were truly grateful for.

Event Summary

The activity was conducted through the club's virtual group chat, where members shared the things they felt grateful for in their daily lives. Participants expressed their appreciation for different aspects of life, including family, friends, meaningful experiences, opportunities, personal achievements, and simple moments of happiness.

As members shared their thoughts, the group became a space filled with positivity, appreciation, and meaningful reflections. Every response carried a different story, reminding everyone that gratitude does not always come from extraordinary achievements or big moments. Sometimes, the smallest things we experience every day are the ones that deserve the greatest appreciation.

Itr.Prekshya Bhandari
President RY(2026/27)

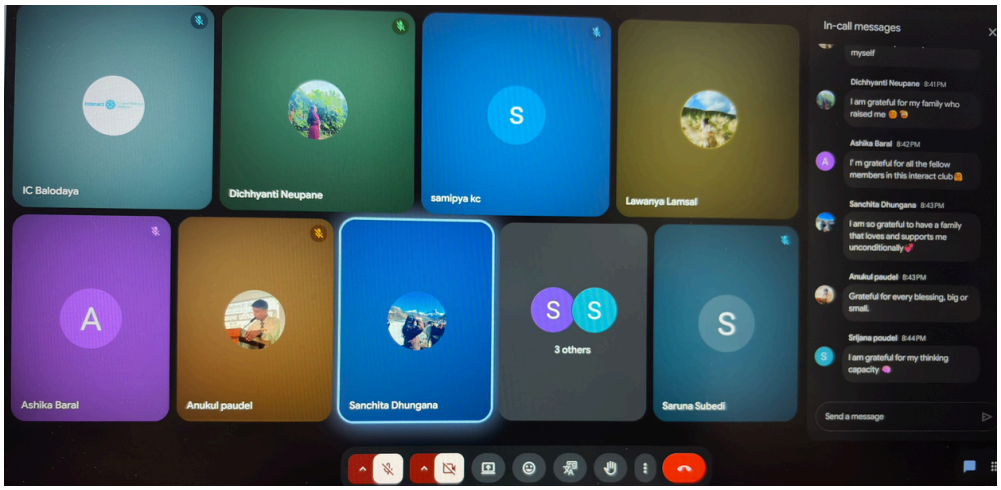
Interact Club Of Balodaya Pokhara

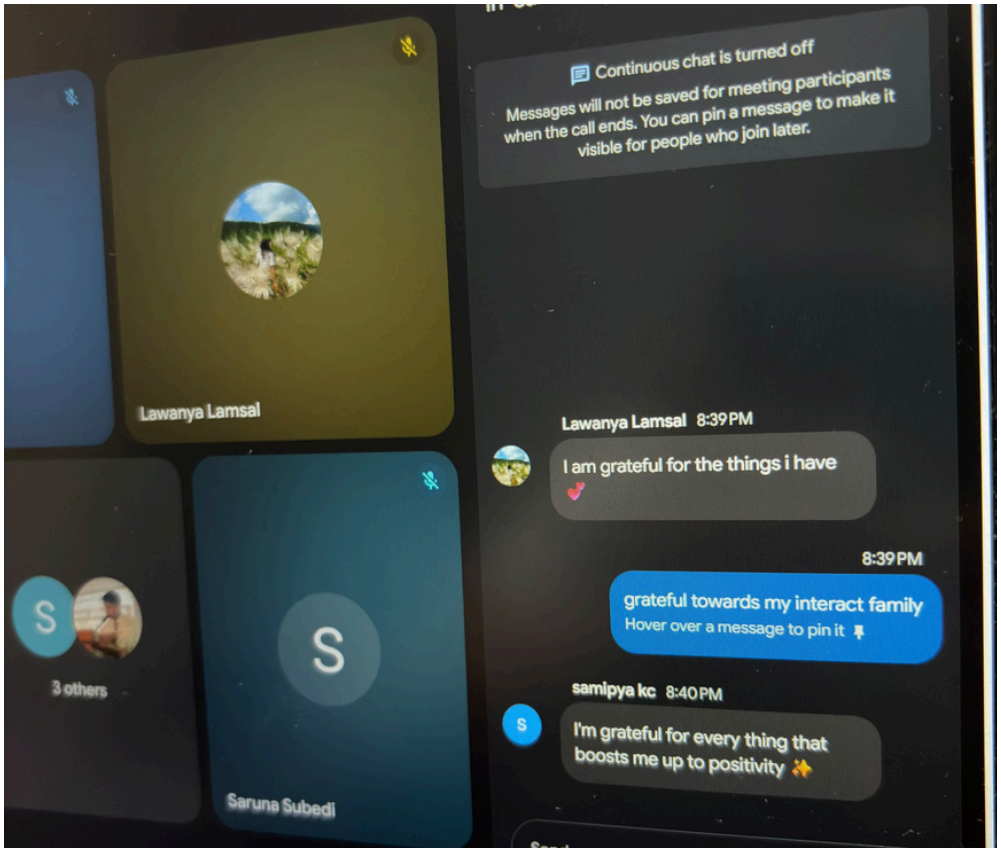
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The activity also allowed members to understand one another better by discovering what brings happiness and meaning to their lives. It encouraged everyone to look beyond what they lack and recognize the value of what they already have.

KRITAJNATA concluded Interact Week 2026 with a beautiful reminder that gratitude makes ordinary moments meaningful and helps us appreciate the people and experiences that shape our lives. Through this activity, the Interact Club of Balodaya Pokhara shared the message that a grateful heart finds beauty in even the simplest moments.





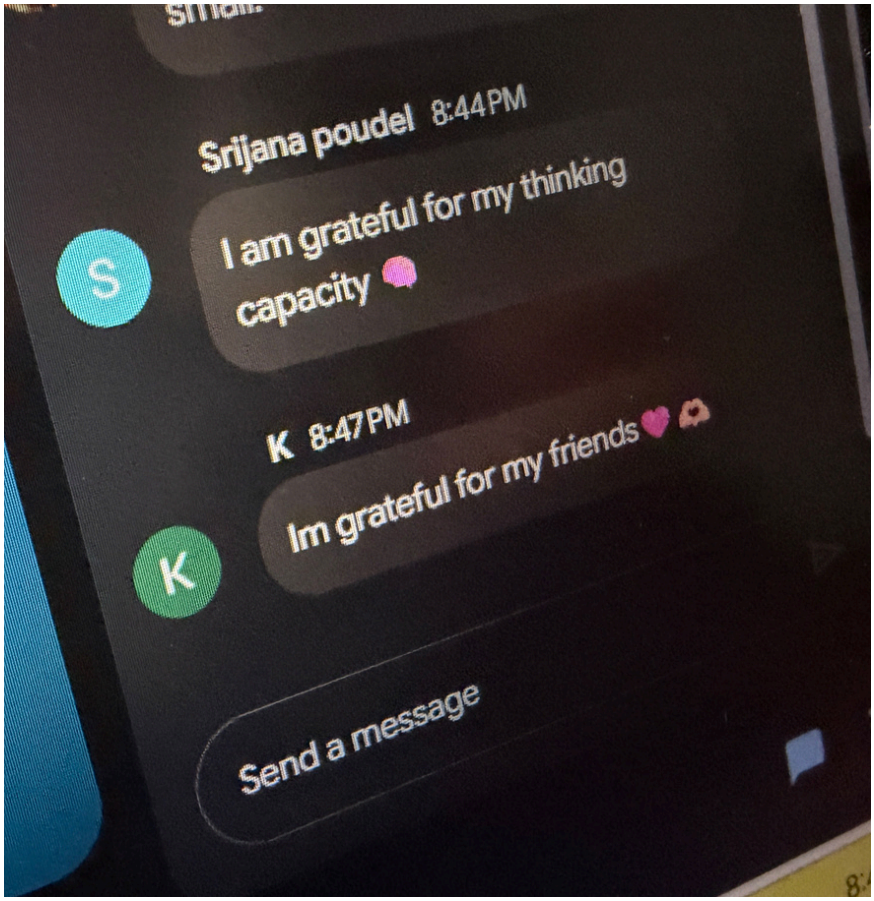
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