“Roots of Gratitude”

Project No: 17
Date: 8th of November ,2026
Location: Online

Collaborated with: N/A

Specified Community: Club Service

Guests: N/A

Area of Focus: Personal Growth, Gratitude, Mental Well-being, Community Fellowship

About ‘Roots of Gratitude’

Introduction:

On November 8th, 2026, on the occasion of Grateful Sunday during World Interact Week, the Interact Club of Annapurna SOS organized an interactive digital initiative titled "Roots of Gratitude". The campaign provided a thoughtful platform for members to pause, reflect, and share what they are most thankful for on a collective "Gratitude Tree".

Project Summary:

The project was all about creating a virtual Gratitude Tree where everyone could drop in their personal notes of thanks—whether they were grateful for family, personal growth, faith, music, self-expression, or just finding joy in the little things.

We set this up with three simple goals:

1. Take a Moment to Reflect: Give everyone a breather to appreciate their blessings, how much they've grown, and the people who have their back.
2. Spread Some Positivity: Build a warm, uplifting vibe where we all appreciate each other as a club.
3. Wrap Up Interact Week Right: Bring World Interact Week to a close by celebrating gratitude, togetherness, and our shared fellowship.

Conclusion:

Overall, "Roots of Gratitude" proved to be a heartwarming and deeply reflective conclusion to World Interact Week. Seeing members express appreciation for their families, personal journeys, and shared memories brought everyone closer together, reminding us of the strong values that ground our Interact

Itr. Prerika Baral
President RY(2026/27)

Interact Club of Annapurna SOS
Pokhara

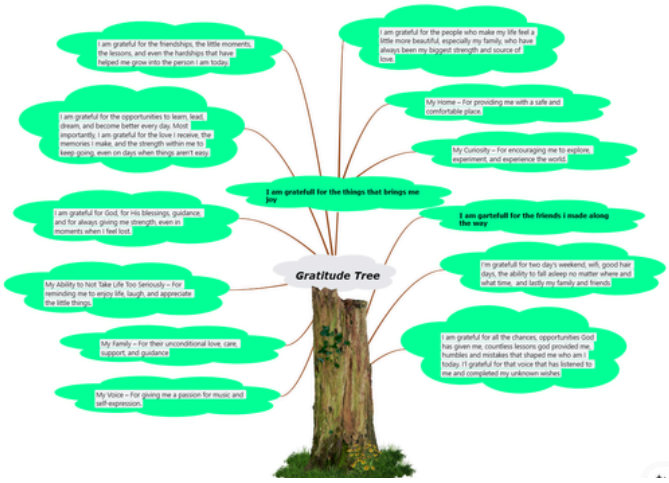
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Feedback of the attendees

1. "Filling out the Gratitude Tree was such a peaceful moment. It really made me appreciate the opportunities, support, and people I have around me." (Itr. Prajisha Gautam)
2. "A wonderful way to end Interact Week! Reading everyone's notes of thanks showed how connected we all are." (Itr. Aaradhya Bastola)

Some Glances:



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