



2020 is finally over! A tough year indeed, but hey, kudos to us for braving it all. Now that 2021 is here, we hope that it's better and brighter.

Okay, we may have our own doubts about what 2021 will bring upon us but instead of worrying over things that are beyond our control, how about we focus on the positives around us?

How? Look around. There might be someone who'd have been there for you throughout 2020, right? How about you thank them for staying by your side?

After all, don't such people always go an extra mile to support us through thick and thin? It's time to show them some appreciation.



“ I felt that I needed to share with a person who was neither involved in my academic life, nor my personal life. I found that person in my expert, **Aditya Sisodia sir.**

Whenever I tell him about even the smallest accomplishment, he has only 4 words for me **“I’m proud of you”.** It’s so motivating.”

- Akshita Jaiswal, SRCC

Would you like to express gratitude to someone who became your support system from YourDOST? If yes, then this is the perfect time to thank them. Sounds lovely? Feels too.

Research suggests that expressing gratitude helps one improve their mental health, feel more positive and build strong relationships.

So how about we all come together and start this new year on a positive note?

[CLICK HERE TO EXPRESS GRATITUDE](#)

Wishing you a very Happy New Year and Thank You Day!

Always here for you,

Team YourDOST
