

Dr. Aneesh Kumar P

The G.R.A.T.eful (Growth, Resilience, Awareness, and Thankfulness Studies) Children and Youth Lab is a space dedicated to understanding social, emotional, and cognitive development in children. The GRAT lab along with the Child Development lab is established with the funding support from the John Templeton Foundation through the project '*The Development of Gratitude across Cultures*' led by Dr Aneesh Kumar, Christ University, India and Dr Amrisha Vaish, University of Virginia, USA.

The lab is equipped with a child development observation facility including one-way mirror, video recording technology (DSLRs and wall-mounted cameras) for behavioural studies, and a range of age-appropriate toys and learning materials. These facilities enable structured observation, providing a supportive environment for researchers to conduct observational and experimental studies in child development. The lab engages in research, training and extension activities aiming to understand positive childhood experiences, play, parenting, pedagogy, and promote positive socio-emotional development in children. The lab is open to research collaborations, training partnerships and consultations. For inquiries or further information, contact us via [email](#) or connect with us on [Instagram](#) and [LinkedIn](#).



The lab is proud to host the Developing Grateful Communities Conference 2026 (GRATCon 2026). GRATCon 2026 will convene global scholars, educators, practitioners, policymakers, and community leaders to discuss, evaluate, and document diverse perspectives and evidence-based practices related to gratitude. For additional details and registration, please visit the official conference portal: <https://gratcon2026.christuniversity.in/>