

Value Education - 26/09/23

Today we learnt fifth chapter of Value Education which was about Happy Happiness and Harmony.

So chapter was revolving around Happiness, we got to know about difference between ~~ex~~ excitement and Happiness. Where Happiness means something which can be felt many time like solving a question, in other hand, excitement is just temporary.

We learnt that we should seek Happiness instead of excitement which we get from many materialistic things. #

There ~~were~~ was one absolute criteria for happiness was discussed which ~~it~~ was Harmony. Harmony, as discussed from previous chapter, is state in which we do naturally acceptable tasks.

Happiness and Harmony can be used interchangeably. There are Happiness of different levels, Happy as self, Happy as family, Happy as society, Happy with nature. In which we create large impact of first too, but meagre but important impact on last one.