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Health Happiness and Wellbeing through Phycology.

Phycology is very important to our life. We all are spending our lives with the technology computers and machine. So, because of that we don't even have to time to think of our happiness. But last week lecture was very interesting because it was regarding how to improve our happiness and think our health and other stuff.

Psychology is the science of behavior and mind including conscious unconscious phenomena as well as feelings and thoughts. As I understood, this lecture was mainly based on How actually human beings behave according to their psychological states, psychologically illnesses & how to get rid of them. This speech has contained more facts and practical issues of the mentality those are very helpful to the young generation.

It actually means that when the thoughts are born, some of the feelings are became the emotions. Then the emotions are became the behavior and the behavior affects us our emotions and generate new thoughts in our mind too. And also some of the emotions can make us new thoughts too. And there are some thoughts that we can directly raise to the behavior of us. Interesting right ?

When we talk about the lecturer he is really very good lecturer I met in my life. Dr Priyantha taught us every single effect of emotions and feelings that how the effect to our health and the day today activities. He is a really good doctor who is can talk to our hearts with kindness. Its not a rumor if I say that he is a one of the best phycologist in srilanka. When we talk about the educational qualifications he had the Phd in Cambridge University. We had a very good time with the Prof. We gathered more valuable facts to our lives. We all are guided by him for make ourselves better. Thank you sir for making our time more valuable on that day. As the young generation we have the responsibility to maintain our good health to make our future successful. Remember that everything is on our hands.

We have to prevent from bad health habits & have the responsibility to prevent others from those and help them.