

## Value Education Session-2

The second session of VE was about happiness and what is temporary happiness and what is <sup>for</sup> permanent happiness. How relationship plays a role in it.

We discussed how having a healthy and good relationship can help us get happy. As far as to feel happy you must know how in life and ~~too~~ what is sadness. How to appreciate small things in life. Not everything we are bound to provide is happiness. Some of the provide as happiness, and some not but we need things that ~~do~~ do not provide us happiness in order to appreciate things that provide us happiness. We have to strive for happiness, there nothing we can get without wanting it. There is nothing in life that comes automatically to you.

A another thing that was discussed was how source of happiness changes for every one and how every person is different from others. We discussed how others effect us and how we effect others.