**Assignment: 1**

1. **What is happiness?**

**Ans :** Happiness is something that gives satisfaction. It may be due to small things or may be due to something big. Happiness doesn’t means only the smile on face. Everyone who is smiling doesn’t means he/she is happy from heart. Happiness can vary from person to person. Its meaning is different for each person. It’s a kind of emotion. The person can become happy when he/she is feeling positive ,energetic .

1. **How to achieve happiness?**

**Ans :** Happiness can be achieved by doing the things which gives satisfaction, the things which gives positive vibes. It can be achieved from small small things. Happiness can also be achieved by enjoying each and every moment in life and being satisfied.

1. **What is natural acceptance?**

**Ans :** Natural acceptance means acceptance by people, society, environment and most important by self. Acceptance by people and society means keeping respect, care, trust and affection with each other. Natural acceptance does not change with age. Natural acceptance by environment means being eco-friendly with environment.

1. **How to achieve natural acceptance?**

**Ans :** Natural acceptance can be achieved by giving respect to the people around us, having trust for them, caring each other. So giving respect to others returns respect for us from them which is naturally acceptable.

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