**UHV**

**ASSIGNMENT-1**

**Natural acceptance**

Natural acceptance is to accept ourself first and then look into the things around us. It implies unconditional and total acceptance of the self, people and environment. Natural acceptance is something that is acknowledged by all. The place/location has no effect on it. According to me, natural acceptance comes in play when we accept some fact with keeping our beliefs, traditions and differences apart. It is something that has not changed past so many years and neither will change in the future. For eg-‘trust and respect for our own self’.

In today’s world of competition, natural acceptance plays an important role. It teaches us how to appreciate all the good things in natural and how to not focus on the temporary difficulties. It indirectly helps in our development. It is an important pillar for a ‘fulfilled and satisfied’ life.

In order to have an attitude of natural acceptance we first have to explore our own self and get to know our self better. We need to put away our differences and have trust in our self. Having a deaf ear on negative people and not focusing on problems but in their solution will help us to be clearer about natural acceptance.

**HAPPINESS**

According to me happiness is a relative term because for every person happiness is different. But if we have to describe it in a sentence then happiness is a felling that we get when we are satisfied with what we are doing or what we have done. It is just the mindset that we have to change and then we will be able to see happiness all around us and even in difficult times we will be able to find happiness.

For me happiness is many things like spending time with family, doing good in academics, etc. “Have u lived a happy/fulfilled life?”, this is a very common question people come across. My answer to this would be- ‘if I have given by best in anything-and-ever-thing and lived a adventures life not saying no to things I am afraid of, then yes I have lived a happy and fulfilled life.’

**SUBMITED BY:**

**Name-Yohaan dhuri**

**Roll no.-223020**

**Prn no.- 22110095**

**Batch-C1**