



BAHRIA UNIVERSITY (KARACHI CAMPUS)

Communication Skills (HSS- 118)

Assignment 01

Spring 2023

Class: BSE 2B

Course Instructor: Sir ADNAN AHMED

Assignment Date: 17 Mar 2023

Student Name: ABDULLAH

Shift: Morning

Due Date: 24 Mar 2023

Marks: 05 Points

Registration #: 81962

Question: Watch the mentioned TED Talks video and answer the asked questions.

1. What are the four approaches to be happy?
2. Write down the summary of the mentioned video --- 100 words.

Video:

There's more to life than being happy | Emily Esfahani Smith

<https://www.youtube.com/watch?v=y9Trdafp83U>

Answer:

Four approaches to be Happy.

1. Belonging
2. Purpose
3. Transcendence
4. Story Telling

Summary:

The happiness doesn't lie in materialistic things like having high bank balance, big house, a good life partner etc. Happiness is a state of mind, a state of satisfaction where one feels satisfied with what he has and be happy with it. Now the question is that how one can be happy. Happiness is something that increases by sharing it with others. We can be happy by spreading love and peace. We can make someone to feel happy by giving attention to him/her. It's important to have a purpose in life. It gives us the direction. If we have a purpose in our life we will never be depressed, the purpose reminds our aim. We can be happy by thinking about our achievements. By telling ourselves that how the things changed in our life. The things we have achieved so far. By comparing ourselves how we were 3-4 years ago and on what point we are today.