**BAHRIA UNIVERSITY (KARACHI CAMPUS**)

**Communication Skills (HSS- 118)**

**Assignment 01**

**Spring 2023**

**Class: BSE 2B Shift: Morning**

**Course Instructor: Sir ADNAN AHMED Due Date: 24 Mar 2023**

**Assignment Date: 17 Mar 2023 Marks: 05 Points**

**Student Name: ABDULLAH Registration #: 81962**



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

1. What are the fours 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 feel 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 piece. 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 thing changed in our life The things we have achieved so far. By comparing ourselves how we were 3-4 years age and on what point we are today.