

**RV COLLEGE OF ENGINEERING**  
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**COMMUNICATIVE ENGLISH - II**  
**EXPERIENTIAL LEARNING**  
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**Title : What Makes Me Happy (Topic 15)**

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## WHAT MAKES ME HAPPY

(1)

Happiness is something we all look for, but what brings joy to one person may not be the same for another. For me, happiness is a mix of small, everyday pleasures and meaningful experiences that make life feel full and satisfying. Some of them are deep and emotional and others are just simple comforts that never fail to put a smile on my face.

One of the biggest sources of happiness in my life is spending time with the people I love. Whether I'm catching up with family, joking around with friends, or just sitting in silence with someone close to me, those moments remind me how important human connection is. They make me feel safe, loved and understood.

That said, let me be honest — nothing beats good food and a great nap. Eating delicious food instantly lifts my mood, especially when it's something I've been craving. From comfort snacks to a full



meal, food has a magical way of making everything better. And then, there's sleep. ②  
I absolutely love to sleep. A cozy bed, a fluffy blanket, and a long nap after a tiring day is pure bliss. Sleep gives me the energy I need and lets me escape into peaceful dreams, even if only for a while.

Another thing that makes me happy is going out to new places and exploring. Whether it's a spontaneous outing with friends, a late night walk, or a trip to somewhere new, I enjoy the freedom and excitement of being outside. Going out helps me rest my mind and escape from routine, especially when the weather's nice or the view is just right.

I also find great joy in watching movies and listening to music. A good movie can take me to a whole new world, make me laugh, cry or simply forget about everything for a while. Music, on the other hand, is like a companion to



my moods. whether I'm happy, sad, energetic, or just relaxing, there's always a song that matches how I feel. It helps me express emotions I can't always put into words, and it makes even the most ordinary moments feel special. (3)

Alongside that, I find happiness in doing creative or productive things. When I get into the flow of something - be it a project, a hobby, or even just organizing my space, I feel satisfied and motivated. It's a different kind of happiness, one that comes with accomplishment and progress.

Another huge part of what makes me happy is sports, especially volleyball and athletics. There's something incredibly fulfilling about running on the track, feeling the wind rush past or jumping to make the perfect spike on the volleyball court. I love the energy, the competition and focus that sports bring into my life. They not only keep me physically fit but also teach me teamwork,



disciple and how to push my limits. Sports (4)  
are more than just games, they are a lifestyle  
that keeps me active, sharp and full of life.

Finally, helping others in any way I can,  
even just being there to listen, makes me  
feel genuinely happy. It reminds me that  
happiness is something we can spread and not  
just keep for ourselves.

In the end, happiness for me comes from  
a mix of cozy comforts, fun adventures, deep  
relationships, and small wins. As long as  
I have good food, enough sleep, time to go  
out, movies to watch, music to vibe to,  
games to play and people I care about,  
I know I'll always find a reason to  
smile.

Most importantly, I love to live every  
moment of my life like it's the last,  
with excitement, gratitude, and a heart full  
of joy, because life is too short to live  
it any other way.