ASSINGMENT NO:1

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1.What is happiness?

Ans : There are lots of definations of the happiness according to the varies person depend on there lifestyle and the situation in their life,but according to myself is that 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. Happiness is equated with feeling pleasure or contentment, meaning that happiness is not to be confused with joy, ecstasy, bliss, or other more intense feelings.

2. How to achieve happiness?

Ans : Happiness cannot be achieved it is feeling that we have to feel in our day todat life and 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. Habits matter. If you’ve ever tried breaking a bad habit, you know all too well how engrained they are.

3. What is natural acceptance?

Ans : Natural acceptance is nothing but right to say that we naturally accept Human Values in the light of  our understanding of Harmony and Co-Existence. Every Human being naturally expects to be purposeful and successful. Our wisdom is the true source for realizing these expectations. This source could never be obliterated - every person naturally accepts  goodness, Every person naturally expects goodness to happen. We all are waiting for goodness to happen. The place where goodness would be realized will naturally be in our relationships with other entities in existece. Recognition of a relationship in existence is essentially recognizing of its innate purpose or value.

4. How to achieve natural acceptance?

Ans : what we know about ourselves is not only through our own opinion of ourselves but also because of how others view us. 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