HACKATHON

– HEWLETT PACKARD ENTERPRISE

– KSHITIJ’18

Topic Chosen – Happiness Index From Social Media

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Does social media and happiness contradict each other? Opinions may vary from person to person.

According to me, social media can bring happiness, a lot of positivity if used in the correct manner and a secure way.

Today, life without social media has become inevitable and no, not for all the wrong reasons.

Facebook and Twitter have provided platform for everyone to express their knowledge and opinions and we just have to choose the right path to follow.

Acoording to me, life is inevitable without facebook as I follow certain pages which have posts made by influential people and positive quotes by the Dalai Lama and such legends.

“PinchMeLiving” by Bernadette Logue is the most inspirational page to me and hence the name of the project.

Below are a few enlightening facts by the most influential people to me ( in Blue )

And my version of them, how they impact me ( in Brown )

1. Bernadette Logue

Her page, PinchMeLiving has given me the following gems :

* 400 powerfully positive affirmation statements
* which inspire me to do what I love and be who I want to be.
* Guided light meditation
* where I surrender all my tiredness to a bright halo of white light and get wonderful, peaceful sleep.
* Boxing up your troubles
* which makes me contain all my troubles in a box and surrender it to white light.

1. Jake Ducey :

* Free Hypnosis
* I am extremely happy, now that money comes to me freely, easily and in avalanches of abundance. It is amazing.

1. Tibetan Incantation :

* Om Mani Padme Hum

Om – Hindu symbol of peace and consciousness.

Mani – Gem

Padme – Lotus ( the sacred flower of the Buddhists )

Hum – Spiritual enlightenment

Wouldn’t it be great if people could know these secrets? I manage to spread these to all my near and dear ones, and all thanks to social media.

This brings happiness in my life by spreading them to all people around me.

Thus, Social media is ‘my’ Happiness Index.

THANK YOU