



Seva Mandal Education Society's
Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)
Department of Psychology
Samvedana Counselling Cell

Greetings!

Today's Activity is on 'Noticing Happiness'

'We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.' - Frederick Keonig

Your greatest power is your perspective. It can victimize you or empower you. Being thankful—for what life throws at you—has many positive effects, according to science. It opens the doors to more relationships, improves both your mental and physical health, helps you sleep better, and increases your self-esteem.

Today's Activity is for us to think about all that you might have overlooked, forgotten or sometimes, taken for granted.



An Initiative by Principal, Dr. Leena Raje



One part of your daily routine that makes you happy		Draw something that makes you happy
A list of people whose love/friendship or company makes you happy	One place that makes you happy	
One thing about your home that makes you happy	One occasion or time of the year that makes you happy	List of food items that make you happy
One activity or passion project that makes you happy	One thing about living in your town or city that makes you happy	

