



Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfilment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

MY MOTHER

What is your name?

My name is Shradha Chhajer

What makes you feel sad?

I feel sad when someone scolds me.

How do you overcome your sadness?

I overcome my sadness by talking to my mother.

What makes you feel happy?

I mother feel happy when I help others.

How can you spread happiness?

I can spread happiness by caring for others.

One good habit that you have or like to have that will make others happy?

A good habit that I like about myself I s that I always smile.



Survey Cont.

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MY GRANDMOTHER

- **What is your name?**
- My grandmother's name is Kanta Devi Chhajer.
- **What makes you feel sad?**
- I feels sad when someone disturbs me in sleep.
- **How do you overcome your sadness?**
- I overcome my sadness by thinking positive and nice.
- **What makes you feel happy?**
- I feel happy when someone spends time with me.
- **How can you spread happiness?**
- I can spread happiness by asking everyone for help.
- **One good habit that you have or like to have that**
- **will make others happy?**
- The good habit that I have is that I always help and respect others.



My Mother

Q1) What is your name ?

Ans- My name is Rachna Dhandhania.

Q2)What makes you feel sad?

Ans- I feel sad when my kids don't study even after I tell them a lot.

Q3)How do you overcome your sadness?

Ans- I overcome my sadness by cooking good food for my family.

Q4)What makes you feel happy?

Ans- I feel happy when my kids study seriously without any disturbance.

Q5)How can you spread happiness?

Ans- I can spread happiness by helping people who are in need.

Q6)One good habit that you have or like to have that will make others happy.

Ans- One good habit that I have is to make people laugh when they are sad.



MY FATHER

Q1) What is your name ?

Ans- My name is Rahul Dhandhanian.

Q2) What makes you feel sad?

Ans- I feel sad when even after putting efforts if the desired work doesn't get accomplished.

Q3) How do you overcome your sadness?

Ans- I overcome my sadness by playing badminton.

Q4) What makes you feel happy?

Ans- I feel happy when I hear from my kids about their good performance in academics.

Q5) How can you spread happiness?

Ans- I can spread happiness by extending a helping hand to all who are in need .

Q6) One good habit that you have or like to have that will make others happy.

Ans- I would like to balance my time between my work and my family to make my family members happy.



Timetable of Happiness

Vriddhi

The things I do to be happy in my day to be happy in my day to day life are:-

- 1. I make some positive drawings to keep my mind fresh.*
- 2. I get up early and do studies so that I would be a bit free in the evening.*
- 3. I always play with my whole family to have fun and be happy.*
- 4. I listen to music as it makes our mind fresh.*
- 5. At night I sleep early so that I can wake up at a desired time .*
- 6. I overcome my negative thoughts by thinking for happiness*
- 7. I always watch positive movies to be happy.*

This was my timetable of happiness.

Time-9:00am-10:00pm

Vedanshi

The things I do to be happy in my day to day life are:-

- 1. I enjoy playing with my sister.*
- 2. I like to help my mother in the household chores.*
- 3. I like to dance with my mother when she is free.*
- 4. I play with my family on the terrace.*
- 5. I feel happy when I talk to my relatives and friends every day.*

This was my timetable of happiness.

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*Please keep yourself
and others safe and
healthy.*



Flu & Virus Prevention

To prevent the spread of any virus, please follow the steps below:

1. Wash your hands

One of the most important preventative measures that you can take is to wash your hands! Make sure you are lathering your hands with soap, scrubbing them for at least 20 seconds and ensure to use hand sanitizer with at least 60% alcohol if soap and water is not available.



2. Follow proper sneeze etiquette

Make sure you cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in a waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



3. Fully clean & disinfect high touch points

Phones, car interiors, keyboards, doorknobs, light switches, hand rails, remote controls and children's toys are all hotbeds for microorganisms. Apply a disinfectant to high touch surfaces often to help reduce the spread of viruses and bacteria.



4. Avoid touching your face, eyes, nose & mouth

The best way to avoid sickness is to avoid touching your face or any other mucus membrane, such as your eyes, mouth, ears and nose.



5. Closely monitor for flu-like symptoms

Closely monitor your symptoms for any signs of flu-like symptoms. If you develop a cough or fever, communicate these symptoms with your employer and family.



6. Stay home if you're sick

If you develop flu-like symptoms, ensure to stay home and keep away from the general public. Viruses can spread easily and can be dangerous to people with weak immune systems such as young children, the elderly and anyone with long-term health problems.



7. Strengthen Your Immune System

Ensure to get at least 7-8hrs of sleep to keep your immune system working properly. A strong immune system can help ward off viruses and keep you from getting sick.



8. Stay Educated & Aware!

Make sure you're following Bee Line for all of our safety updates, advice and alerts:



- www.Livehappy.com
- www.Wikipedia.org
- www.ndtv.com

BIBLIOGRAPHY



I hope you liked our
presentation.

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Thank
you!