

Report on "IKIGAI (HAPPINESS)"

Date- 2nd Dec 2022

Time- 10.00-12.00pm

Speaker- Manoj Anchan

Life is all about a journey of happiness. Lecture reflected the fact that Attaining lasting happiness requires that we enjoy the journey on our own way towards a destination we deem valuable. Happiness is not about making it to the peak of the mountain, nor is it about climbing aimlessly around the mountain. Happiness is the experience of climbing towards the peak.

TOPICS:-

Happiness Every day.

Philosophy by Abraham Lincoln

Activity to pen down:

- Do I really value my happiness?
- What are my daily actions for making myself happy?
- Suggested a book "Atomic Habits" by James Clear.
- Activity: Writing a gratitude Letter
- Screened a Video on Gratitude
- Importance of Gratitude
- Self Discovery-Find yourself and be that.
- Setting Vison and Mission

•Plan,Journal,Evaluate,Reward-

- Activity: fill the blank
- What I do anything is_ and •Focus on you_
- Own Self Checklist
- 3 Priorities of life

•Self Goal, Family value ,Society

World's happiest Country top 5:

- Finland •Denmark •Iceland •Switzerland •Netherlands •Luxembourg
- Ending with small tips pursue Happiness in life.

