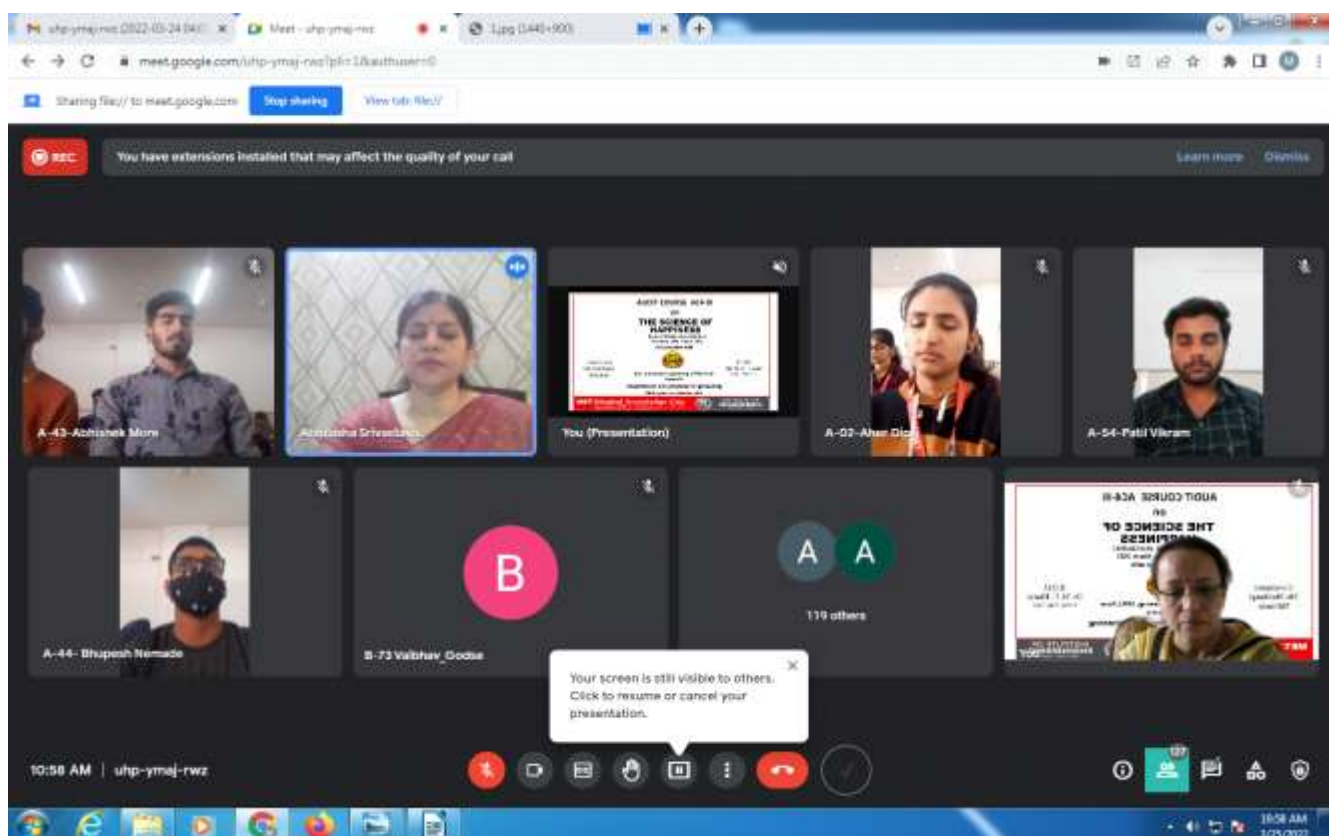
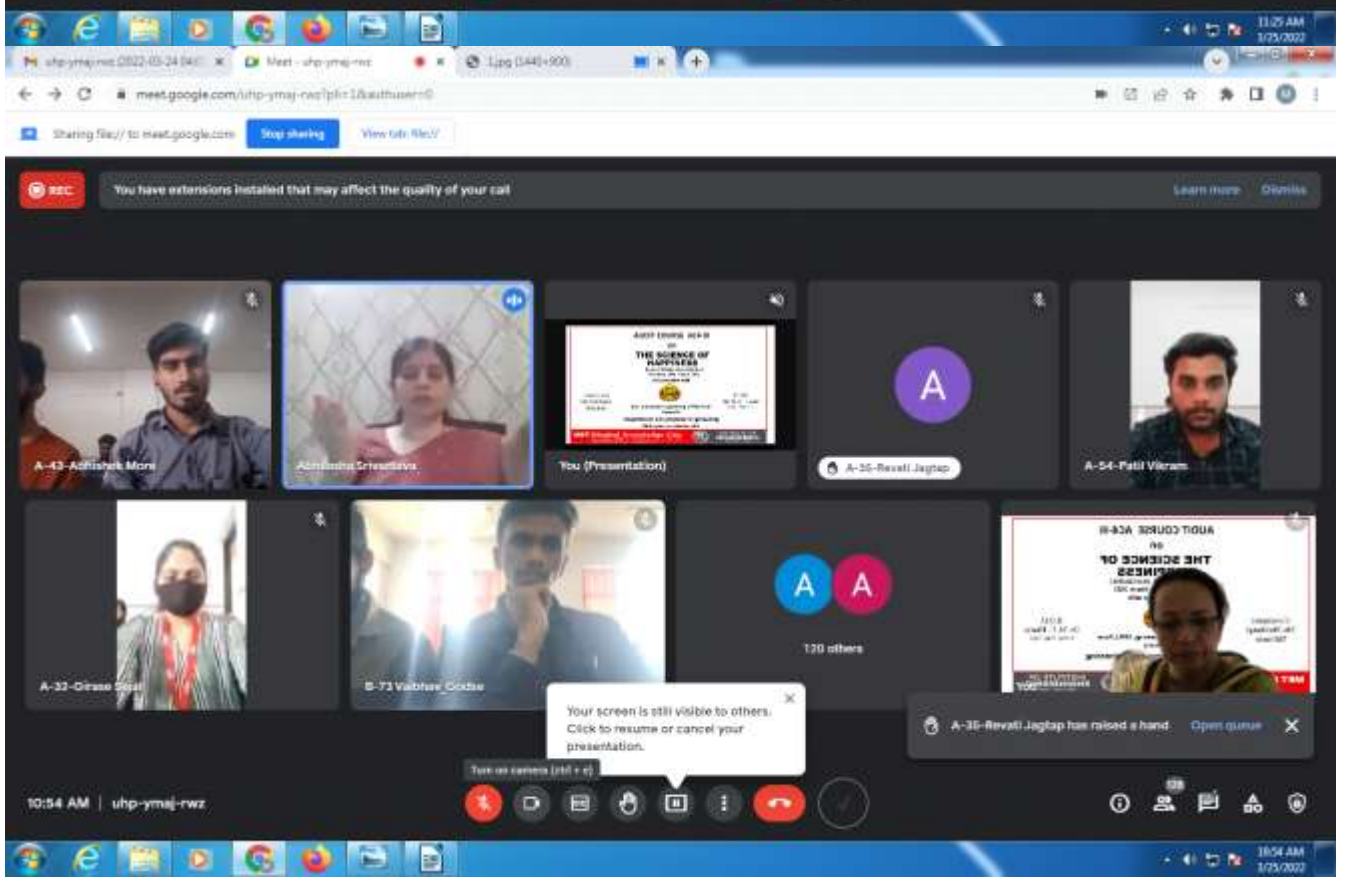
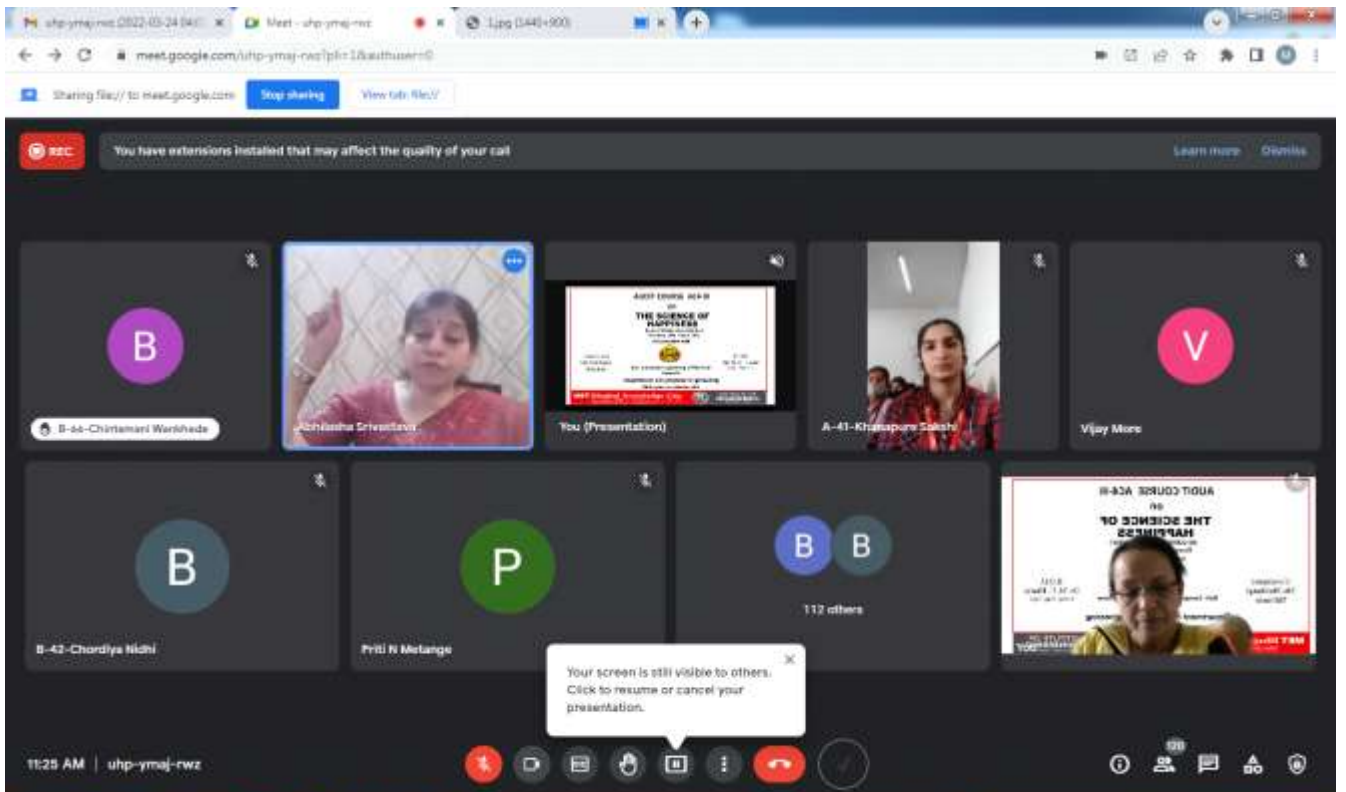


**MET.s Institute of Engineering
Department of Computer Engineering
SE Audit Course 4-III
The Science of Happiness**

Event Date: 25th March 2022





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“Finding happiness is finding yourself. You don't find happiness, you make happiness.”

David Leon Hardt

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A-59-Pranjal Bajpai

Abhisha Srivastava

You (Presentation)

A-35-Revati Jagtap

Vjay More

A-01 Tejasree Agrahari

B-73 Vibhav Gokse

123 others

M

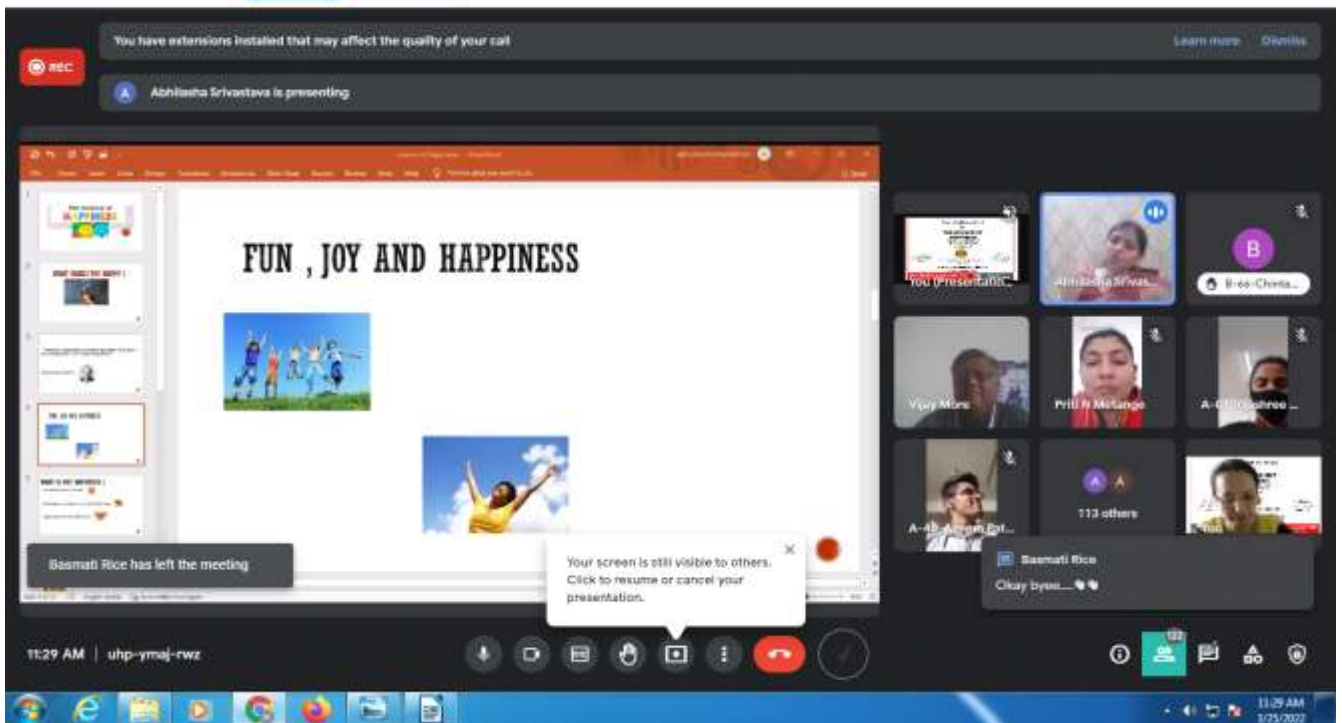
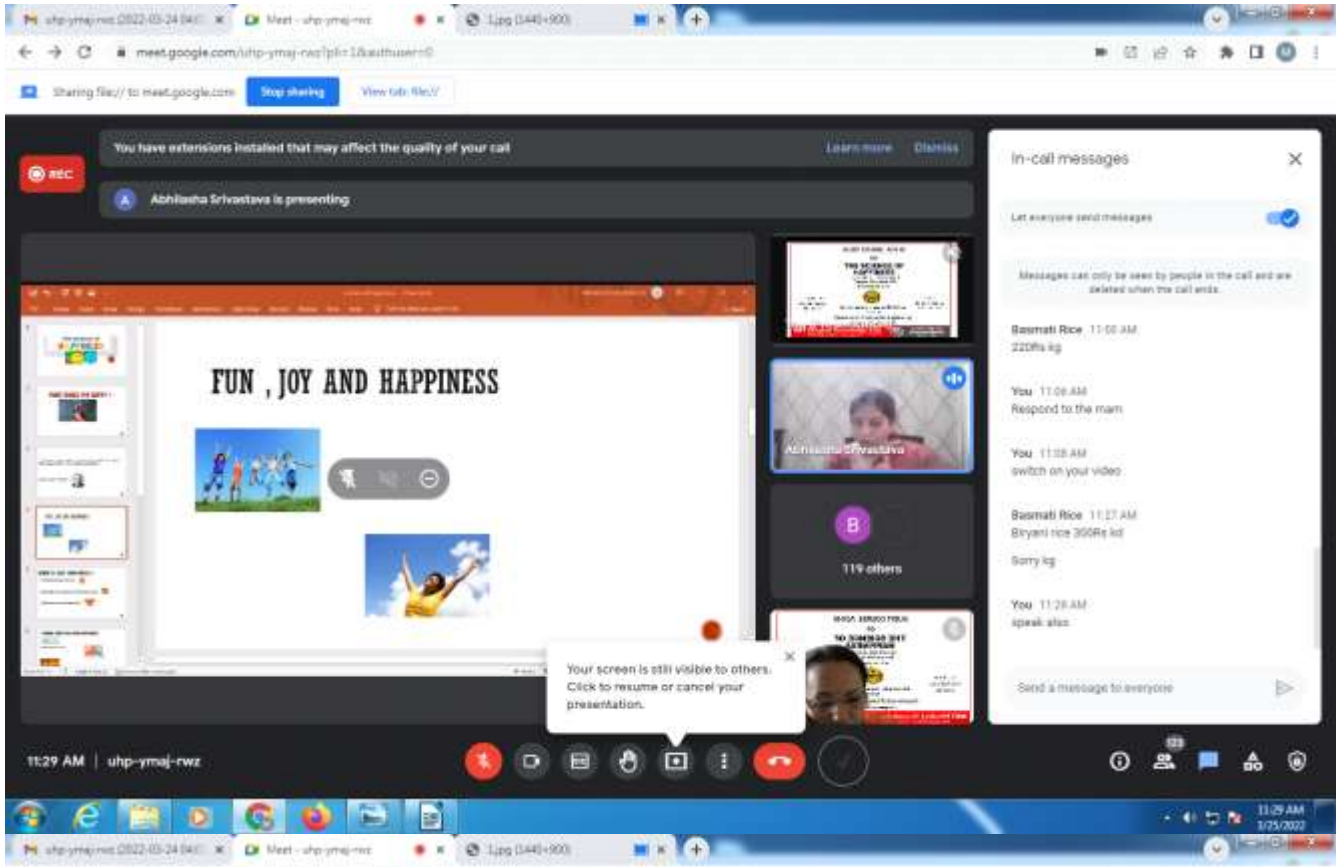
A-35-Revati Jagtap has raised a hand. Open queue X

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FUN, JOY AND HAPPINESS

120 others

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WHAT IS NOT HAPPINESS ?

- Not feeling good all the time ❌
- Happiness is not being rich and affording things ❌
- Happiness is not final destination ❌

121 others

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3 THINGS THAT KILL YOUR HAPPINESS

Comparing yourself to others

Lack of close friendship

Holding onto resentment

A-47 Pagare Sakshi has left the meeting

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HOW TO RE-CREATE HAPPINESS ?

Embrace adversity

Make time for friends

The power of gratitude

gratitude CHANGES everything

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