

PROJECT WORK

The "Project Happiness" initiative which empowered students to delve into the intricacies of well-being by undertaking a project focused on the "Science of Happiness." The objective was to encourage students to choose topics related to happiness, design questionnaires, and utilize interview methods to interact directly with people. This approach aimed not only to enhance students' confidence but also to raise awareness about the psychological impacts of emotions, beauty, loneliness, relationships, and more on overall happiness. All the projects were discussed in the class.



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Key Themes Explored:

- 1. Emotions and Happiness:** Students delved into the intricate relationship between different emotions and their influence on an individual's overall sense of happiness.
- 2. Impact of Beauty on Well-being:** The project explored societal perceptions of beauty and its connection to happiness, shedding light on the psychological effects of appearance.
- 3. Loneliness and Happiness:** Students investigated the psychological ramifications of loneliness and the role it plays in shaping one's sense of happiness and fulfillment.
- 4. Relationship Dynamics:** Understanding the intricate dynamics of relationships and their impact on mental well-being was a central theme, with students aiming to unravel the complexities involved.

