

# DAILY POST

JOURNALISM OF HOPE

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## Reading books

I support the views that a civilization without books and a man without a library can only be host to a barren soul. Facebook and e-books can never be substitute for the books in a library. The skills of writing can certainly be developed through a lot of reading. It needs to be noted that societies and nations can live without writing but no society can exist without reading. It is worth quoting Alexander Pope: "True ease in writing comes by art not by chance. As s (he) moves easiest who has learnt to dance."

MM GOEL, KURUKSHETRA

## Science Of Happiness

SOULMATTERS

PROF M M GOEL



It is believed by most of the people that a person possessing resources of all kinds including financial and physical is happy. The reality is just the opposite. In my considered opinion, a happy person possesses the resources to enjoy happiness and is comfortable with the resources possessed without any grievances and grudges against anyone in the society. It is pertinent to mention that

if someone asks me about my retired life from Kurukshetra University, Kurukshetra, I say that I am enjoying romantically with a smile on my face for which I am known to my friends in and out of India. Although, the university authorities have not paid me the gratuity and pension benefits so far, for no fault of mine, yet I am hopeful for justice and happy.

To my mind, happiness is a state of mind which is fully dependent on the 'sanskar' imbibed from our forefathers and parents. We can identify many people who really laugh and make people laugh despite of the problems faced due to lack of resources including political poverty and patronage of the politicians.

In my humble opinion, to remain annoyed, angry, worried and unhappy is the mental weakness and not the prevailing situations and environment. This is a sign of backwardness in strict sense of Indian perspectives of spirituality - the spirit to know actuality.

I trust and believe that a balanced approach in a human being is necessary and sufficient for happiness without fear (false evidences appearing real). A person with this kind of approach understands to laugh over the matters of serious nature and avoid stress and tensions.

It is to be noted carefully that there is not a single person on this earth who has not faced difficulties, obstacles and hurdles along with facilitative set up called infrastructure and all comforts of life.

I believe that I am better than many millions of people in the globalized society of today. Let us believe that happiness is a gift of God, deserve to be enjoyed with grace and positive mindset. The amount of happiness is a function of the real education which means to me is proper, productive and practical (3P) of hands, head and heart (3H).

Let us learn to locate happiness in everything and everywhere around us. Let us believe in GOD and good wishes of the people, we are living with passion. Let us learn to see and find goodness in people around us instead of finding faults with blame game and war of words. Let us stop blaming GOD for the discriminations, disparities and denials of various kinds. Let the obstacles and hurdles be accepted as challenges. These are given to a person who is capable of handling them with capacities and carefulness.

Let us stop doing empirical research on the negative mindsets, faults and bad habits of others and scarcities for the self. Let us say no to indecisiveness, stress and strain for the sake of happiness for self and others in the society.