

## Happiness and Positivity Seminar



The Deanship of Student Affairs at Al Falah University organized a seminar for students, faculty members and administrative staff about invoking happiness and positivity in cooperation with the Happiness Center in Dubai to discuss habits and practices that can be applied in daily life to achieve greater levels of happiness and harmony as a way of life.

The seminar focused on several important topics such as the elements of achieving happiness, importance of being positive, seizing opportunities as they come, having a clear and optimistic vision in dealing with all issues and the ability to adapt to changes and how to deal with unavoidable circumstances.

Ms. Maryam Ananda, a yoga instructor at the center stated that happiness is directly related to the health and well-being of an individual and how they accept and manage their situation. She also pointed the effects of breathing exercises and how it is linked to rest and relaxation noting that deep breathing exercises could help in getting rid of stress and keeping us calm in spite of our fast-paced daily grind.

### Categories

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