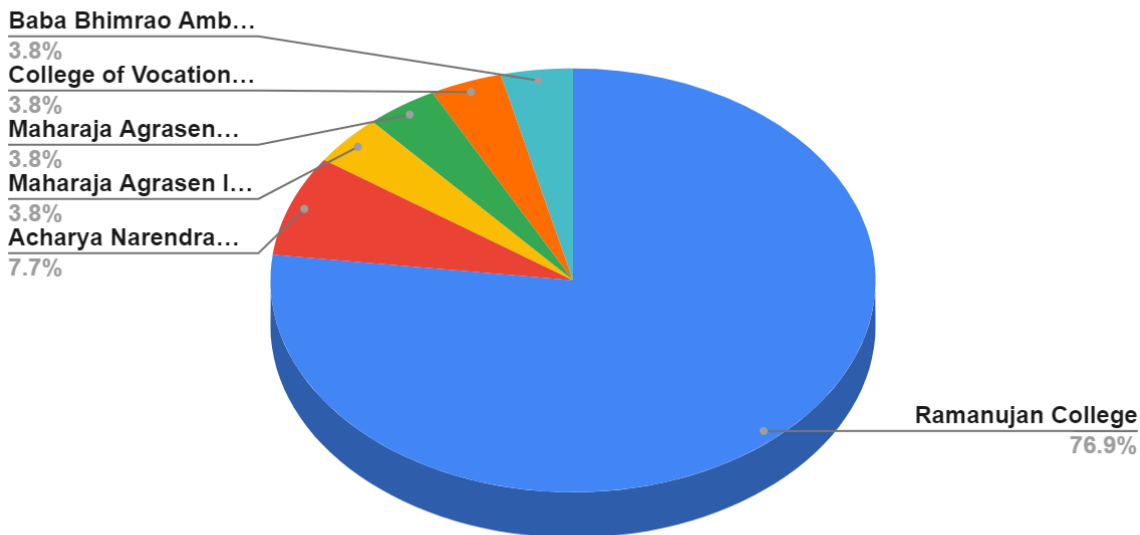


FEEDBACK ANALYSIS

SCHOOL OF HAPPINESS (RAMANUJAN COLLEGE)

Question-1:

College Name



Question-2: How has the happiness course impacted your life?

Few Responses:

Happiness course is like a life changing course for me. It's completely changed my prospect to view changes and ups & downs in life. This course has changed my thought process.
Happiness course has prepared a mould for life, if you actually follow it, life can be beautifully shaped and you will enjoy every bit of it.
I used to be little bit depressed for reasons which I even don't know. After joining happiness course, I get to know my own flaws and where I am lacking in life. I'm really enjoying the classes. It's really motivating for me to find my true self.
It has helped me gain new insights and perspective towards life in a positive way.
It embodies the small chunk of positivity that I find in everyday life, amidst the general frame of insecurity, general apprehension and negativity that we face.
Happiness had me love myself more. Self-love is the best form of pampering one is entitled to.
The course has helped me to understand the benefits of yoga, meditation, helping others and kindness. The course helped me to understand that happiness is not rooted within material pleasures. Instead we have a pool of happiness and kindness within us which we need to find and work upon. It helped to understand my shortcomings and work on myself. It helped me to handle difficult situations better and stay peaceful.
The course helped me understand who I'm and what my potential is. I also kinder than before.
Happiness course has tremendously affected my life. It really impacted my life positively. Now my emotions are all balanced and my intellect is also focused. I have really learnt how to be happy. In addition to this I have also understood and crack the secret about how to make others happy and help them lift their spirits whenever they are sad. I am also more empathetic and caring. I was able to overcome my problem of being overprotective. Now I care only as much as it is required. this course is really amazing

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and it has helped me to reach New heights. Thank you so much for starting this course. Thank you so much school of happiness and thank you so much Ramanujan College. I would also like to thank TK sir who came up with this beautiful initiative.

I use to be short tempered but now I can see the change in me and that is because of happiness classes and now I can see positivity in myself and this is the biggest impact of happiness classes.

I am relatively more optimistic now.

This course has sort of released the stress I faced and made me look in my future

It helped me to keep a check on my emotions.

I was very active and energetic person during my school days but in the college time the level of my physical activities went down. I always had a thought to start some exercise, yoga or chanting but none of them happened my ways. Then I came across the SOH programme of Ramanujan College, it was a ray of hope to start the practices which I always wanted to do. I enrolled myself in the course and started with full enthusiasm. Sometimes it became difficult for me to manage my classes in two different colleges in the morning hours. But I tried it well to attend the classes of TK Mishra Sir and Neeru Verma Ma'am and Madhu Batra Ma'am.

All I can say is this programme helped me to learn and practice forgiveness which I was in dire need to have mental stability. Along with it created a strong thought inside me to practice Yoga, Chanting and Exercise regularly and So, I am presently doing these things to sustain my happiness.


I have become more optimistic in my life, Now I can face me challenges, failures because I know it's a part of our life but we should get upset because of these temporary emotions

Positively

It brought positivity and helped to strengthen my capabilities.

It helps me to keep calmness

It has given me clarity of thoughts to focus in life.

It makes me a better person. It makes me kind towards others and myself too. It's makes me responsible person. It brings inner happiness to me. It tells me the importance of balance in life. It helps me to handle my reactions over things. It tells me the importance of self-introspection. It tells me how karma is important than overthinking, I improve myself through this and now I overthink less and work more and I think happiness course gives the best knowledge about life which helps us to deal the situations with courage and help us in the journey of life. I learn a lot from this course about yoga, meditation, spirituality, religion and the practical aspects of life. I feel more relaxed when I attend the class as the lots of positive vibes are coming my way. It's such a fun to be with nice souls .

I think happiness course is great but I Just started this course and I haven't attended many classes yet and I think it will give a very good impact in my life.

It has taught me to find happiness within me and not in the materialistic things in this world

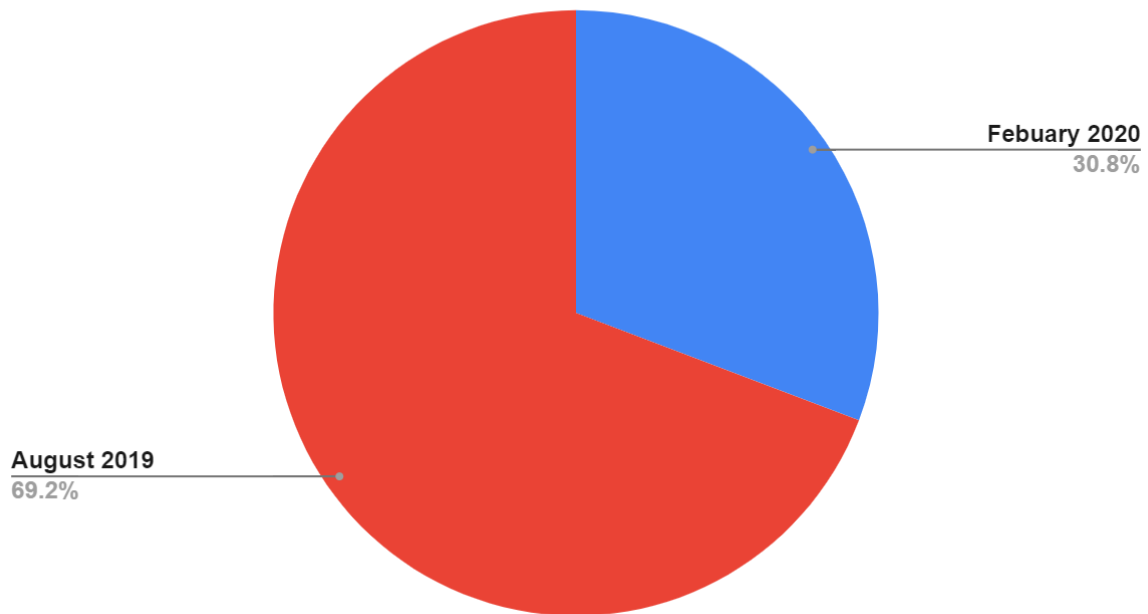
Yes, happiness course taught me life lessons that I will carry in my heart forever.

Everyone wants to be happy, and they try it in their own way. But at SOH, I found many like-minded people who don't want to be only happy but also share their happiness with others. This course gave me a very unique insight regarding life and life's day to day happenings. I learned and practised so many things in a row with Dr Mishra Sir, Neeru Ma'am and Madhu Ma'am. I am thankful to all peers who make this journey of making each other happy with the help and support.

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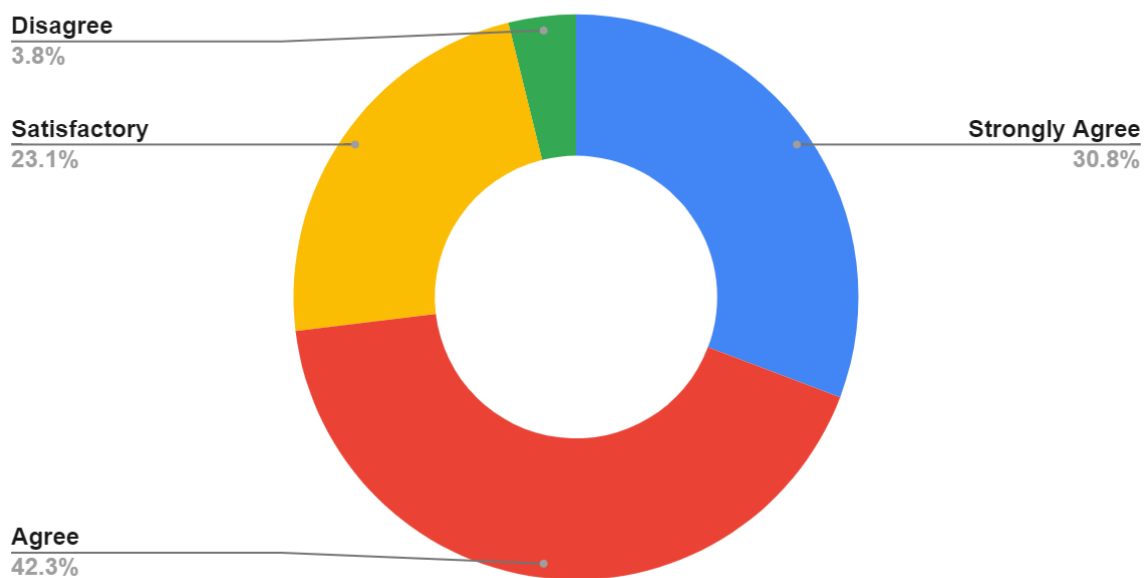
Question-3:

When did you join the School of Happiness?



Question-4:

Has the happiness course changed your attitude towards life?

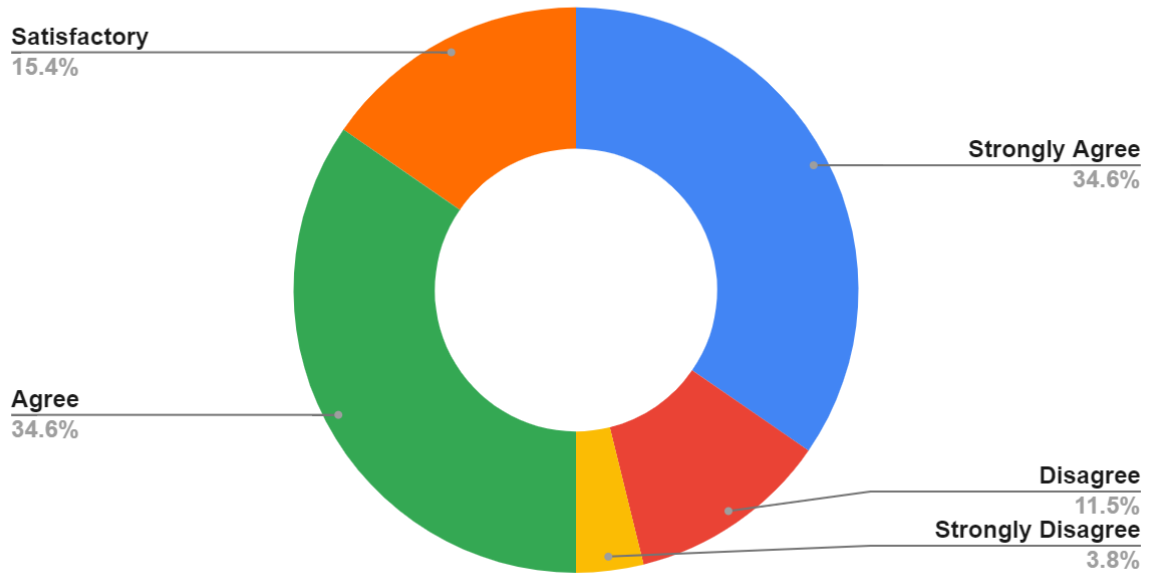


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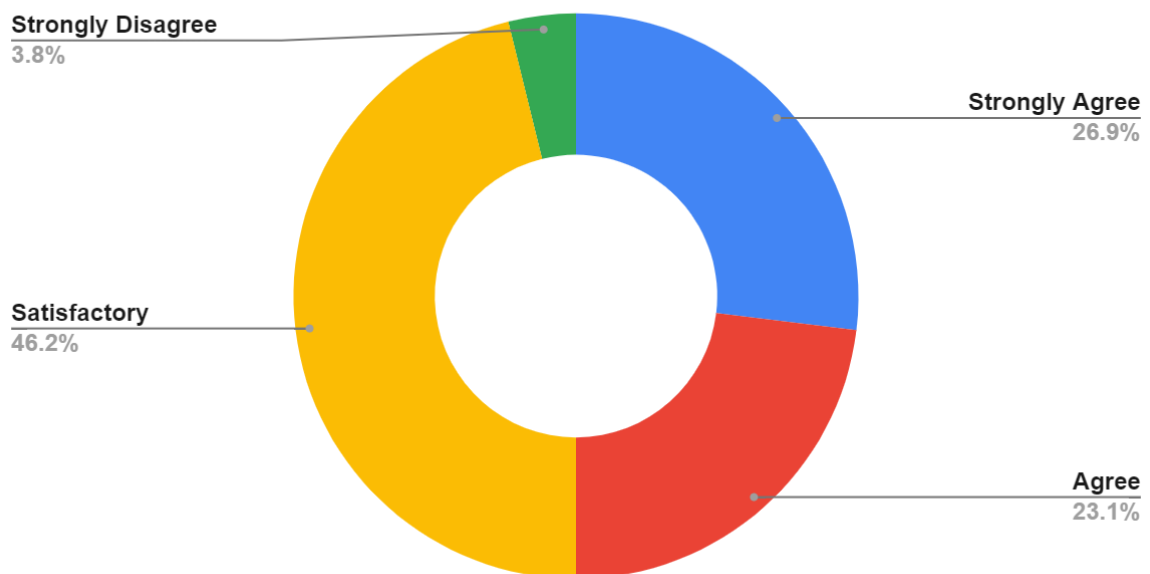
Question-5:

Has the happiness course helped you in reducing the level of anxiety and stress with regards to future uncertainties?



Question-6:

Has the happiness course helped you in reducing the level of fear from the relationships?

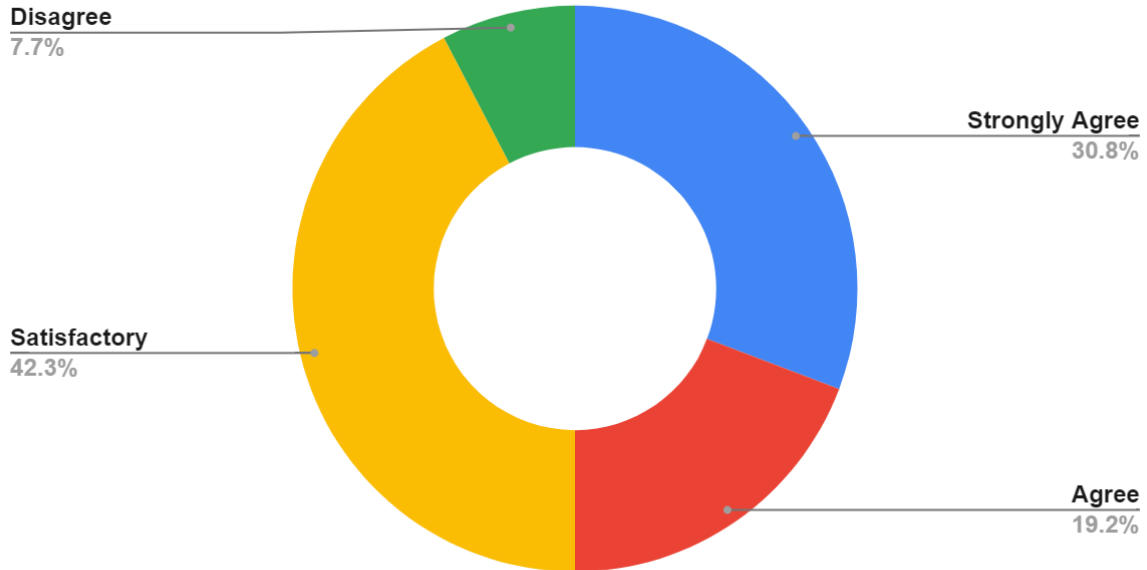


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SCHOOL OF HAPPINESS (RAMANUJAN COLLEGE)

Question-7:

Has the happiness course helped you in increasing the level of trust in others?



Question-8: Now, what is your definition of happiness?

Few Responses:

Happiness lies in each & every work that we are doing but the only condition is we are doing that work from our whole hearted. Happiness means a state of satisfaction with our self but this satisfaction doesn't hindrance us to move further.
Happiness is satisfaction, something which is from within and does not changes with the outer circumstances. Joy of giving brings that form within.
Happiness comes from within ourselves. If I'm Happy then the people around me will also be happy.
It's a state of mind. And moreover, a conscious choice.
Happiness is being satisfied with yourself. Having less expectations but doing your best
Satisfaction in what we do
Happiness is feeling alive.
Happiness is being able to understand yourself and others. It is all about having a good command over emotional intelligence.
Happiness is something internal. One can stay happy in any situation until the mind of that person is stable and peaceful. One needs to understand that happiness is not a destination but a journey. It is always there a person just needs to learn to acknowledge it. Earlier I used to associate happiness only with material pleasures.

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SCHOOL OF HAPPINESS (RAMANUJAN COLLEGE)

Happiness is a positive energy which is contagious. It transfers from one person to another. It also means strength and the ability to make choices.

Happiness comes from within ourselves.

If I'm Happy then the people around me will also be happy.

Happiness for me is something that comes from within. it is this constant feeling of joy that doesn't disappear even when the outside factors are not going in our favour. It is the belief that everything will come back to its place and start making sense no matter how much the situation is. It is the power that multiplies when shared with others. It is the beautiful sensation that we feel When we start looking at others as our equals and start appreciating them the same way we appreciate ourselves.

Happiness comes from inside not from outside the world.

Being able to achieve what you strive to achieve.

For me happiness is what it makes me feel satisfied and enlightened.

Happiness is our mental state which everyone of us seeks in whole of our life. Which can be attained by living in each moment. I just enjoy and feels the situation rather than running in past and future

Now Self-Acceptance is the thing which I can called as happiness. We only should see towards the positive side of everything and you can't be depressed for anything.

The sense of contentment of whatever you have in your life, makes you feel better.

Spread happiness in surroundings to stay happy

A calm mind is happiness for me

Happiness for me is feeling of gratitude towards what we have.

Happiness is the feeling which comes from within, It's the feeling of joy it comes from providing the selfless service to others with the motive to help others, it's the feeling which defines that how much satisfaction you have in your life. It's not just a temporary feeling like pleasures. It doesn't depend on materialistic things. It raises the humanity in humans as humanity is somewhere affected by greed, anger, lust, laziness, fear. So, happiness increases the humanity and gives the positive direction towards life by the feeling of gratitude, love, care, help, prayer, motivation, courage, wisdom. it brings the best of ourselves through self-introspection and a better level of satisfaction Happiness is the state of human being in which we reach the intense joy by going through the path of positivity wisdom and courage. And having believe and faith on the divine power and ourselves.

according to me happiness is about understanding yourself and accepting or enjoying the things, person or anything that you have.

Happiness isn't bubbled it is eternal and forever. It doesn't mean laughter or smiles but it means to be at peace to accept the reality of life and to drive away the negativity. Happiness is internal.

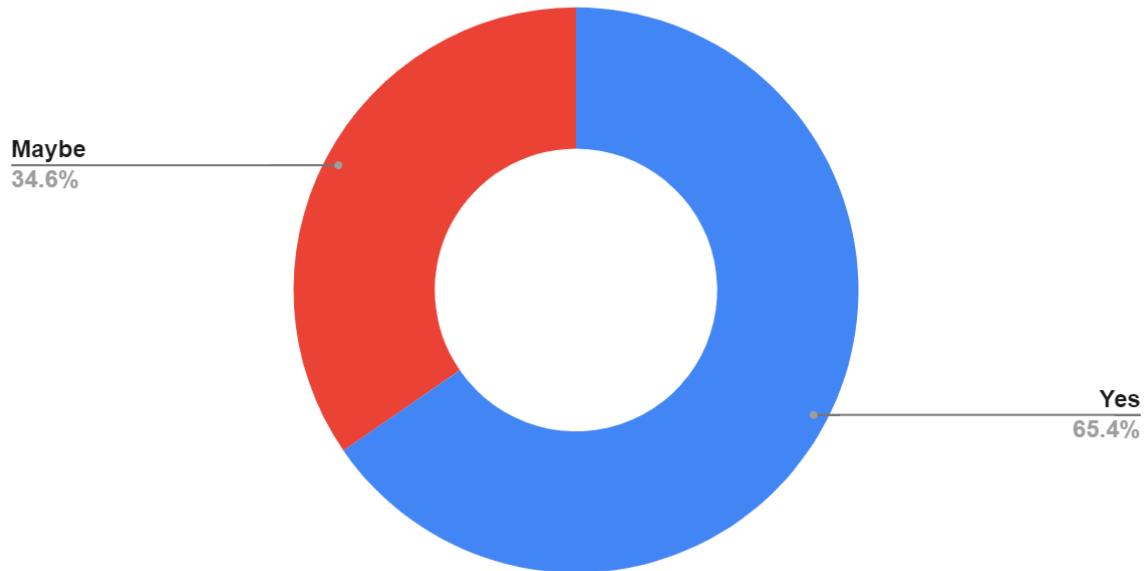
Happiness is a sense of well-being, joy and feeling of contentment.

I think it is all about mental or emotional states. I believe in "Be Happy and Make Others Happy " now.

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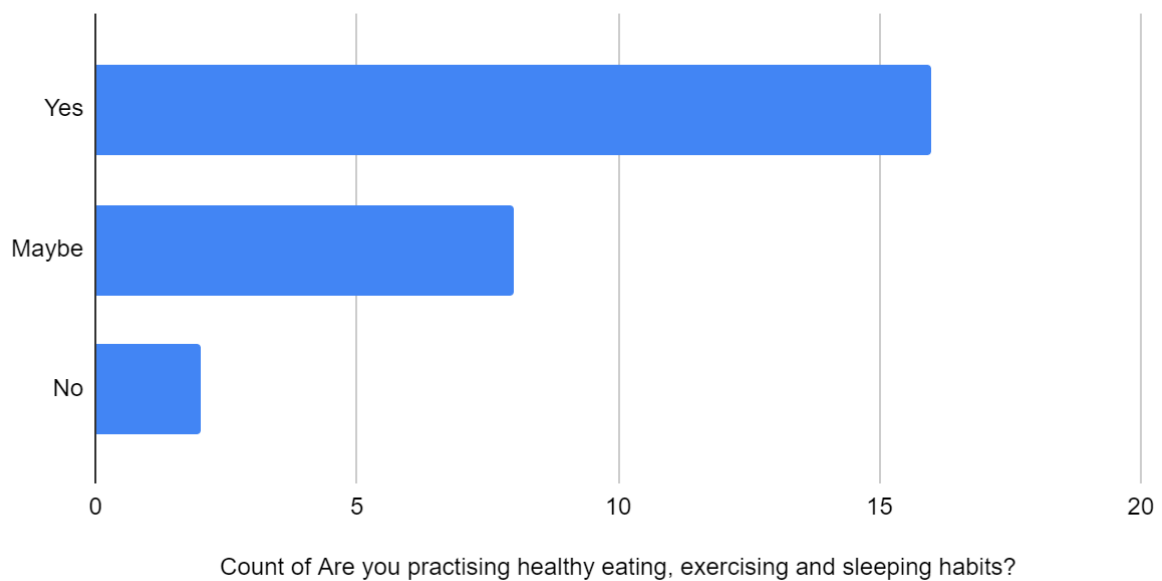
Question-9:

Has the Happiness course made an impact on your creativity and productivity?



Question-10:

Are you practising healthy eating, exercising and sleeping habits?

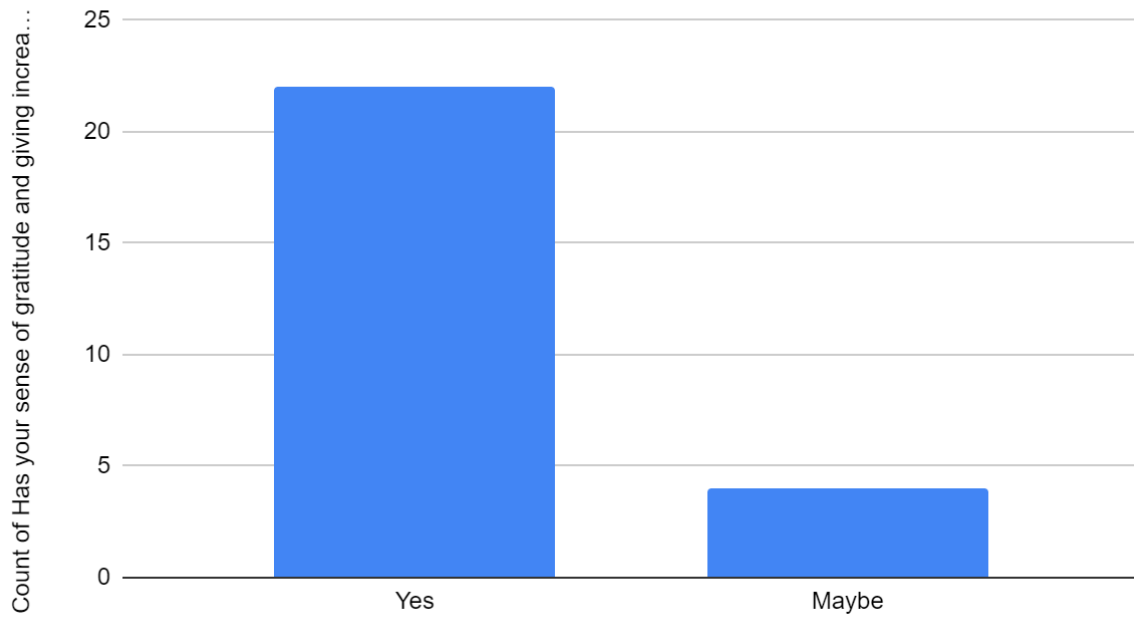


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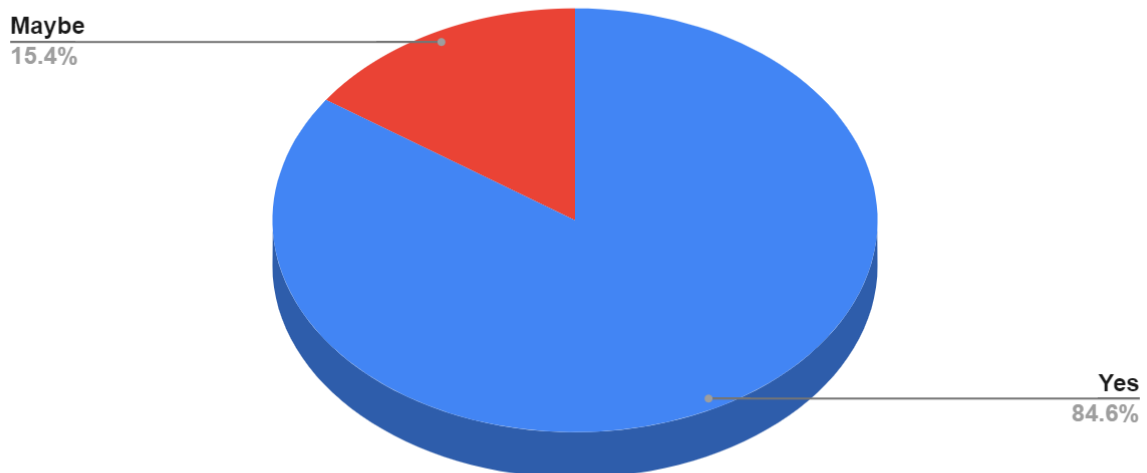
Question-11:

Has your sense of gratitude and giving increased?



Question-12:

Now, are you kinder to others?



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Question-13: Justify your response over kindness.

Few Responses:

In my point of view kindness is not only about what we are showing outside but at the same time we have to be kind about that person in our inner heart as well. And happiness course taught me that even our evil thoughts about somebody affects our karma. So, because of this lesson I started becoming kind from my inside as well.
I think kindness is one of the greatest gifts we can bestow each other but before being kind to anyone or everyone else be kind to yourself. And to others without expecting kindness in return.
We should be thankful towards the kindness shown by others. It's a very rare thing which not all have in themselves.
I'm able to forget and forgive others. And I don't blame people now for anything in life.
Kindness is making others feel how you want to be felt
I help others no matter if I get affected in the process
Kindness is a bilaterally occurring phenomenon. Only if we can be kind to others, they can be kind back to us.
Kindness can be in various forms. It can be in the form of listener to a person who is going through a difficult phase. It can be in the form of helping someone without any expectations in return.
Kindness is an important quality which a person can build in himself/herself. It helps us to form better and long-lasting relationships. Kindness spreads positivity everywhere. It makes the person who is being kind Happy as well as the person who receives this kindness also feels good, appreciated and loved.
Earlier, I used to neglect people who seek my help, thinking that they can help themselves. But now, I'm really try to find opportunities to help others as much as possible.
We should be thankful towards the kindness shown by others. It's a very rare thing which not all have in themselves.
I am very kind now. A female dog in my locality give birth to 6 puppies. I took them in my garden and started taking care of them I started feeling the mother and playing with the children. I took the responsibility of all of them and that was a great thing to do. At least that was a very big thing to do for myself. I don't think I could have done that before I took the course. The course help me to be kinder and be ready to help others whenever possible. Be it human or animal!
the most rational justification for being kind to others is to fulfil oneself. A show of compassion towards others triggers the most positive values and sensations in one's own soul. Kindness is something we always want to retain from others and kindness is necessary for social good as well. Kindness is the act of fulfilment is just as important as the food we consume. Seen from this context, it is of even more significance than the food we consume because of its altruistic form.
SOH made me more optimistic due to which i am relatively more kind and calm.
Might be I am kinder to other, as specifically I don't know because I didn't look into the things that way
Kindness becomes subjective to us. For me it is to provide everyone with their space, the space which can result in free expression, space which gives freedom to others.
Okay, so kindness is something we do for others without being selfish. So yeah, I became more kind. For example, Now I don't get angry on people for their mistakes or any misbehaviour but I try to understand the reason behind it. Now I complain for anything but appreciate myself and others because*We are all creature of this Earth* as my mentors taught me in happiness class.

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I don't know.
Being kind is not to show off its by heart.
I help others rather knowing the fact that they doesn't help me back
Kindness is a very simple act done by one and affected on many. It is the simplest form of spreading happiness.
As we all know kindness is a language which a deaf can hear and blind can see. It's like being helpful to every living being who are in need and without expecting in return. Help others even then they are not thankful to you. You have always a big heart to make others bitterness turn into sweetness. You have accepted all.
For me is like that the divine is giving you the opportunity to be the angel of someone's life.
I'm very kind to others from the beginning and I think this course help me to become more kindness to others 😊
I feel that if you can't treat yourself or your loved in a way then probably its wrong. When you are kind to your loved ones you know what kindness is. I also feel every human being, no matter what he is, should be treated with kindness. Kindness is the greatest weapon one can get.
Solve someone's problem, listen to what someone else has to say.
I help other peers mostly.

Q14: Any other point you want to add for the betterment of next batch the school of happiness?

Few Responses:

Rather than classes scheduled on TTF basis it can be regular.
Students should be involved with each other more and practically problems which are faced by them should be solved.
No.
The class should include more forms of art as meditation.
More of practical things like dance, singing because it releases good hormones. Classroom sessions should be avoided
Nothing
I think we should indulge in more quantitative research-based discourses.
Yes, I would love to do that.
Yes, I would just suggest that with theory there should be more practical classes as well. Like field trips, yoga sessions, seminars etc.
The classes were really great. One thing that can be added is, activity-based teaching. That'd really be nice. And small tours with the group would also be a nice addition.
No.
That I would like to give personally.
No

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There should be sessions regarding the skills which are required to be better in our career.
No
I would say if there can have regular aerobics session, can prove very fruitful. Regular homework (obviously the practical tasks must be there) should be given and checked to keep in check the growth of students in terms of happiness
Yes, I would like to add some points Schedule should be more flexible to students because the morning class can be difficult for the students like me who came from other place (Faridabad in my case) and it took 1.5 hour to reach college and my class ends at 3pm. So, there was some disturbance in my schedule because of these classes. So, I want to suggest that please keep it from 9am so that students can have their proper breakfast. Other than that I just want to take my Mishra Sir, Madhu ma'am, neeru ma'am and other teachers for giving me such a fantastic platform.
I don't have any suggestions on this.
Increasing Outreach programs
Make a pre-planned Curriculum
The World needs more people like you.
Class timings should be improved so that it's suitable for most of students. And class timings should be more than one hour. I think that this is a wonderful course and it required a good promotion so that a lot of people get attached to it. Wishing the all the best for the next batch And I wish that in upcoming days school of happiness will turn into a foundation as it teaches a lot of good work and inspires to being a good human being
I'd like to suggest that the sessions be more interactive and meditation should just be a part of it.
True kindness