

World Interfaith Harmony Week-2023



The official UN Observance in the 1st week of February
Kingdom of Jordan

Celebrated by:

The students of Shri P.K. Chaudhari Mahila Arts College, Sector-7, Gandhiangar, Gujarat (India)

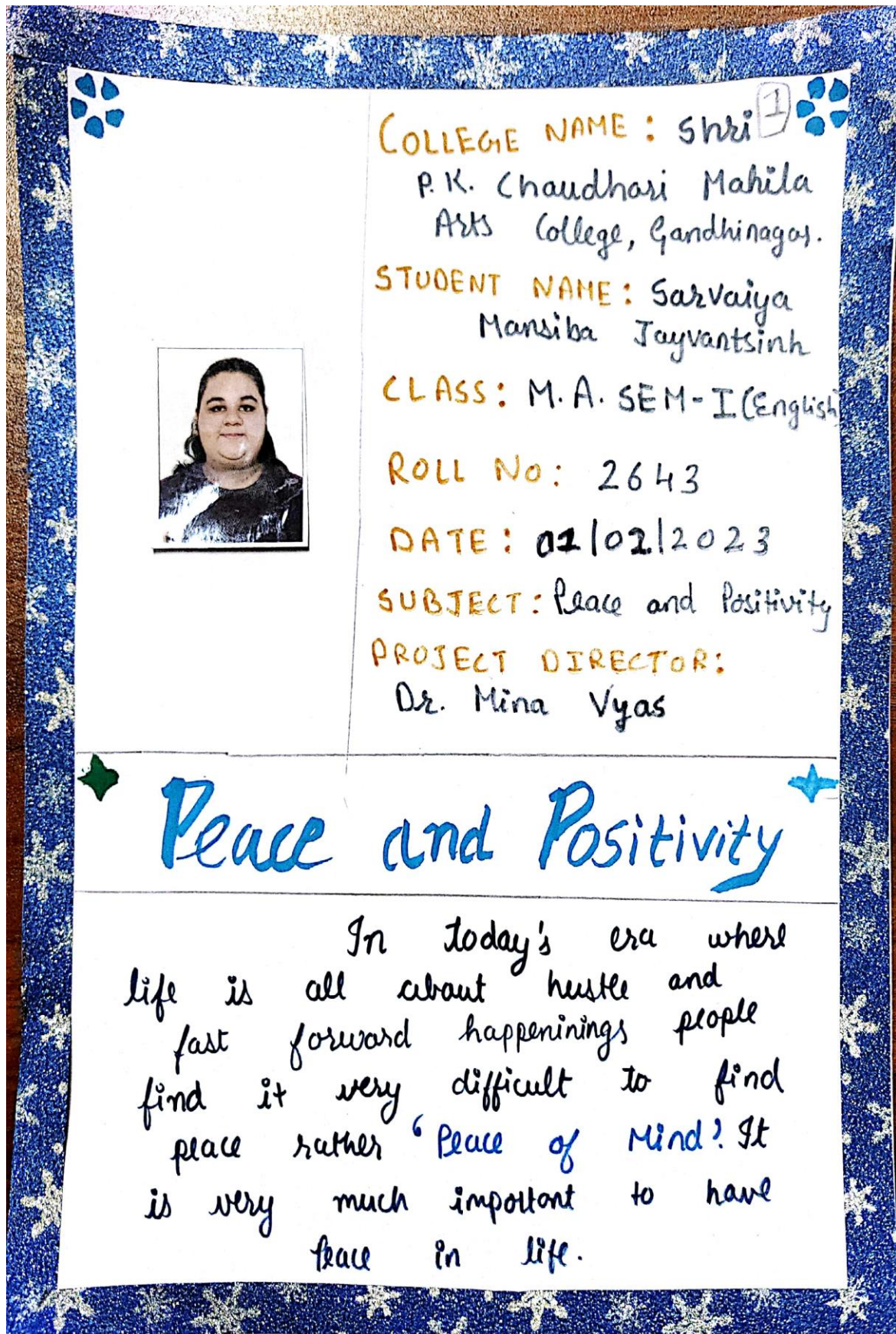
Celebration Event:

Essay by Students- Peace and Positivity

Project Guided By:

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Principal, Shri P.K. Chaudhari Mahila Arts College, Sector-7, Gandhiangar, Gujarat (India)
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PART-I



COLLEGE NAME : Shri ¹
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Arts College, Gandhinagar.

STUDENT NAME : Sarvaiya
Mansiba Jayvantsinh


CLASS : M.A. SEM-I (English)

ROLL NO : 2643

DATE : 01/02/2023

SUBJECT : Peace and Positivity

PROJECT DIRECTOR :
Dr. Mina Vyas



Peace and Positivity


In today's era where life is all about hustle and fast forward happenings people find it very difficult to find peace rather 'Peace of Mind'. It is very much important to have peace in life.

2

Positivity is another important phrase that we often hear from people in our surrounding. where does positivity come from?

Positivity comes from within and from positive thinking that one does in their personal life. Positive thinking refers to 'a belief or mental attitude which makes us think that good things will happen eventually and our efforts will pay off sooner or later'.

Peace on other hand is equally important not only for ones own self but also the world. Without peace, it will not be possible to achieve the levels of trust, cooperation and inclusiveness needed for societies to be resilient to shocks, manage disputes and adapt to changes in their environments. It is no less than a golden ticket to enter a new and bright future for mankind.



3

Positivity plays a significant role, and many prosperous people have achieved through reinforcing positive thinking in both their personal and professional life which eventually leads them to 'Place of Mind' and Peaceful life.

And in present time a Positive Peace Mentality is very important. Positive Peace is essentially the creation of peace through positive actions and interactions. And hence, Positivity or Positive thinking is a key to Peaceful life.

"Do not let the behaviour of others destroy your inner peace"
- Dalai Lama

"Respond less to negativity and life becomes more peaceful"
- Anon





College Name :- Shri P.K. Chaudhari
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Student Name :- Patel Vishva Sanjukumar

Class :- F.Y.B.A (English)

Roll No :- 555

Date :- 02/02/2023

Subject :- Peace and Positivity

Project Director :- Dr. Mina Vyas

Peace and Positivity

Be at peace. Do not disturb yourself you never in bondage, you never were virtuous or sinful. Get rid of all these delusions and be at peace.

Blessed are the peacemakers, for they shall enjoy the earth. Blessedness, eternal peace, arising from perfect freedom, is the highest concept of religion underlying all the ideas of God in Vedanta - absolutely free existence, not bound by anything, no change, no nature, nothing that can produce a change in Him.

Eternal, unquestioning self-surrender to mother alone can give us peace.

Give up all desire and be at peace. Have neither friends nor foes and live alone. Thus shall we travel having neither friends nor foes neither pleasure nor pain, neither desire nor jealousy, injuring no creature being the cause of injury to no creatures - form maintain to no creature

mountain, From village to village preaching
the name of the Lord.

Harmony and peace / Let
things slowly grow. Rome was not built
in a day

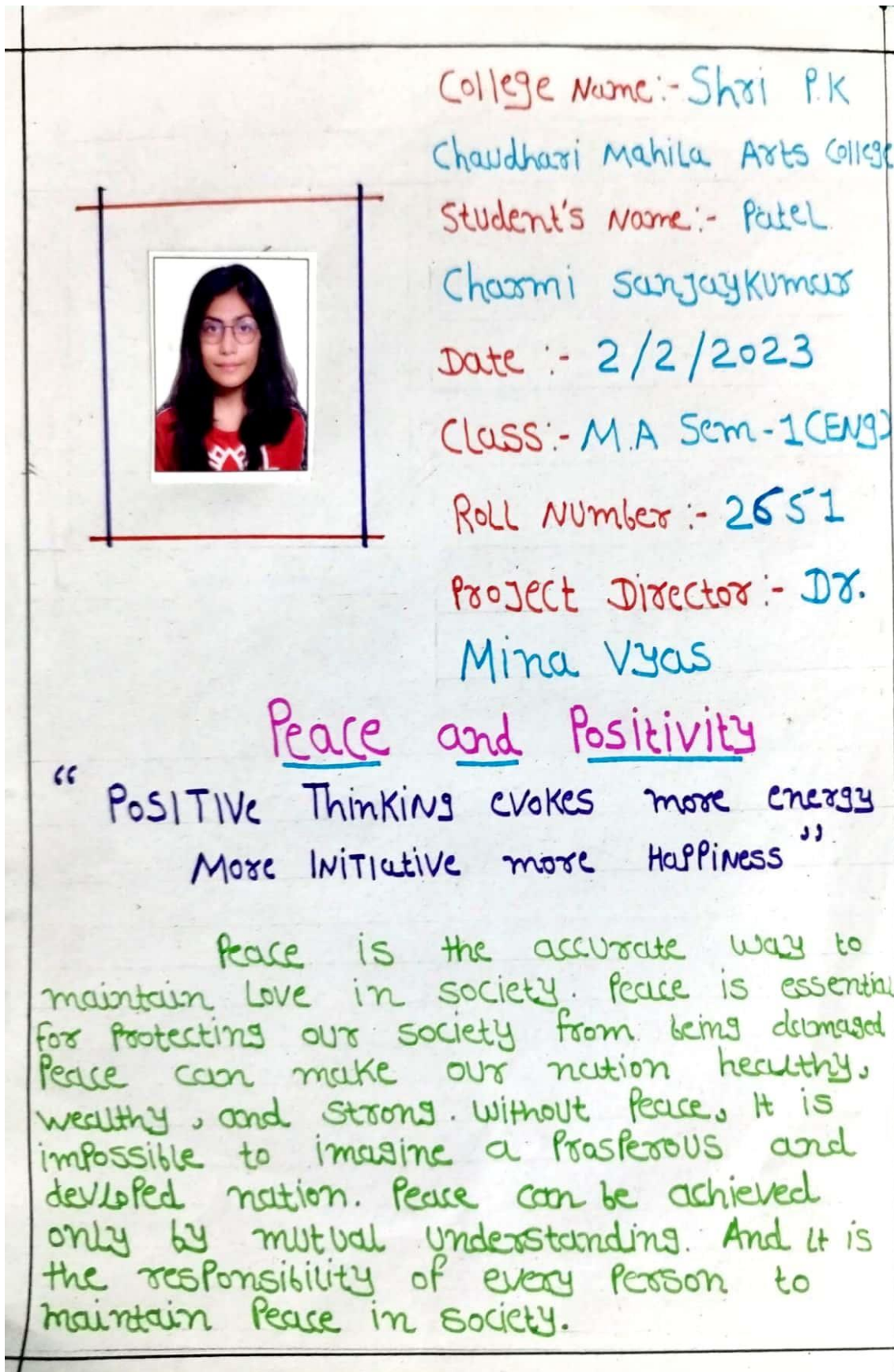
If in this hell of a world
one can bring a little joy and peace even
for a day into the heart of a single person
that much alone is true; this I have learnt
after suffering all my life; all else is
mere moonshine.

If you want, even if the
body be torn and bleeding, you may
enjoy the greatest peace in your mind

Swami Vivekananda quotes led
people towards an ascetic way of life
This young saint has dedicated his life
to giving relief to people from their
sufferings. He also taught them that a man
could only be great if he has faith in
himself and faith in the almighty. He
helped them to get rid of their ailments
and common problems they face from
day to day life after witnessing the

adversities of life .

Swami Vivekananda quotes
gave an immense strength to its leaders .
His writings have the power to change
the negative mindset of a person to a
positive one . He used to absorb the
social , cultural and religious aspects of people .
Swami Vivekananda always motivated people to
be a better version of themselves than
what they are today . He also told the
men of society to respect women and
give them the equality and respect they
deserve .



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Peace and Positivity

“ POSITIVE Thinking evokes more energy
More Initiative more Happiness ”

Peace is the accurate way to maintain love in society. Peace is essential for protecting our society from being damaged. Peace can make our nation healthy, wealthy, and strong. Without peace, it is impossible to imagine a prosperous and developed nation. Peace can be achieved only by mutual understanding. And it is the responsibility of every person to maintain peace in society.

Positive thinking is an attitude that helps a person highlight the brighter side of their life and helps to lead a healthy and happy life.

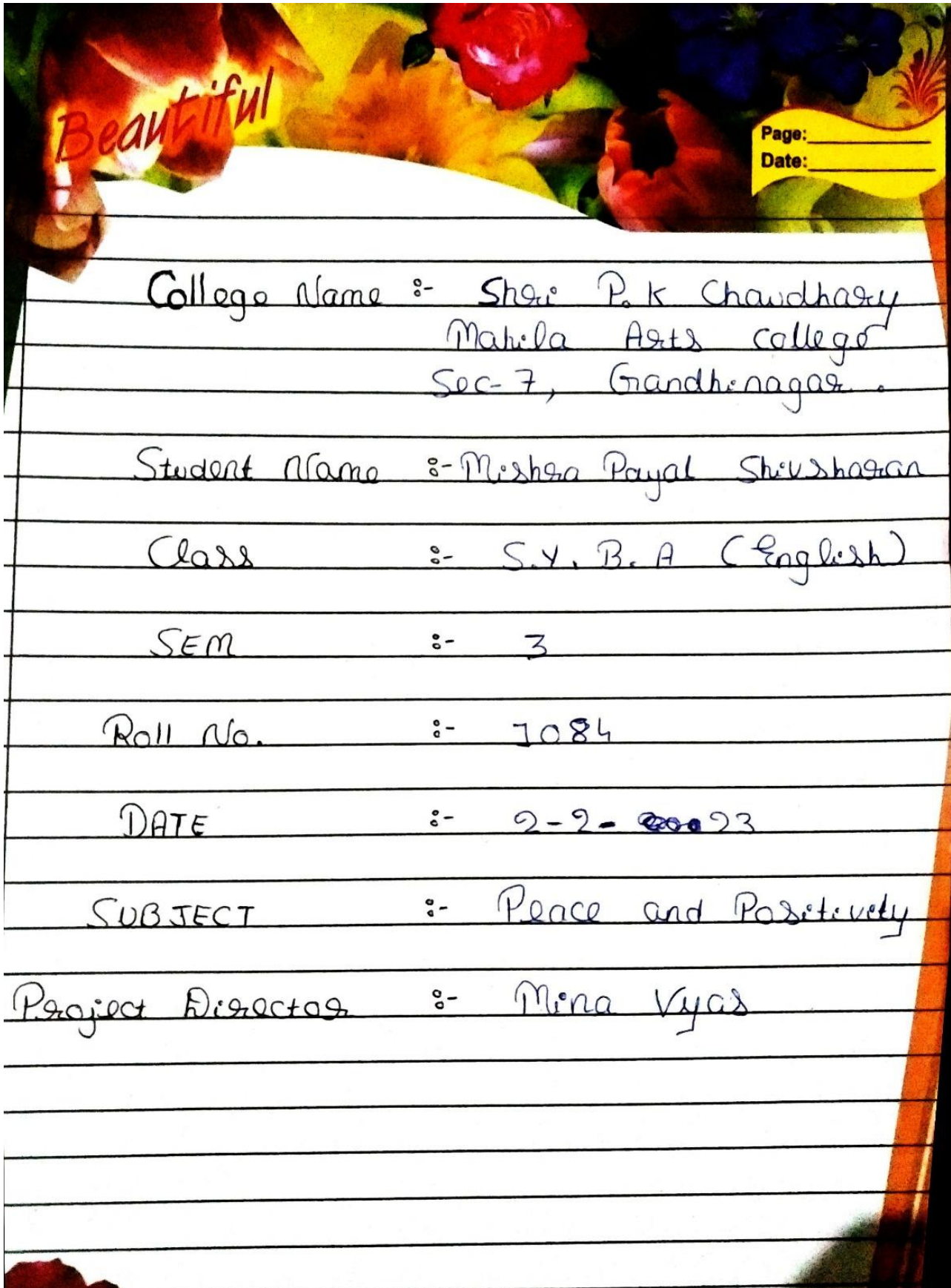
Positive thinking brings an immense amount of satisfaction and leads to a healthy mindset. Positive thinking helps students overcome their obstacles and makes them healthy, determinant, and self-independent people.

Positivity is the keys ingredient of a healthy, happy and joyful life. One needs to be positive and always hopeful for the good times even in the face of harshest challenges of life. The following essay talks about positivity and importance in life, how positive attitude shapes the ways of a beautiful and best life.

"Our attitude toward life
determines life's attitude towards us"
-Ezra Nightingale

A right attitude is the key to success. It is said that if we want to walk on thorns, then our shoes should be pointed. Similarly, if we want to live a fruitful life, a life full of happiness and joy, then we need to develop the right attitude.

Everyone strives for happiness. Positivity is the key to being happy. Maintaining positivity can be hard with some of the curveballs that life throws at you. Everyone has different coping mechanisms. Some of the ways a person could stay positive would be to find the things that motivate you to wake up every morning, admitting your problems and finding the good in them, and the most important one, taking care of yourself.



Beautiful

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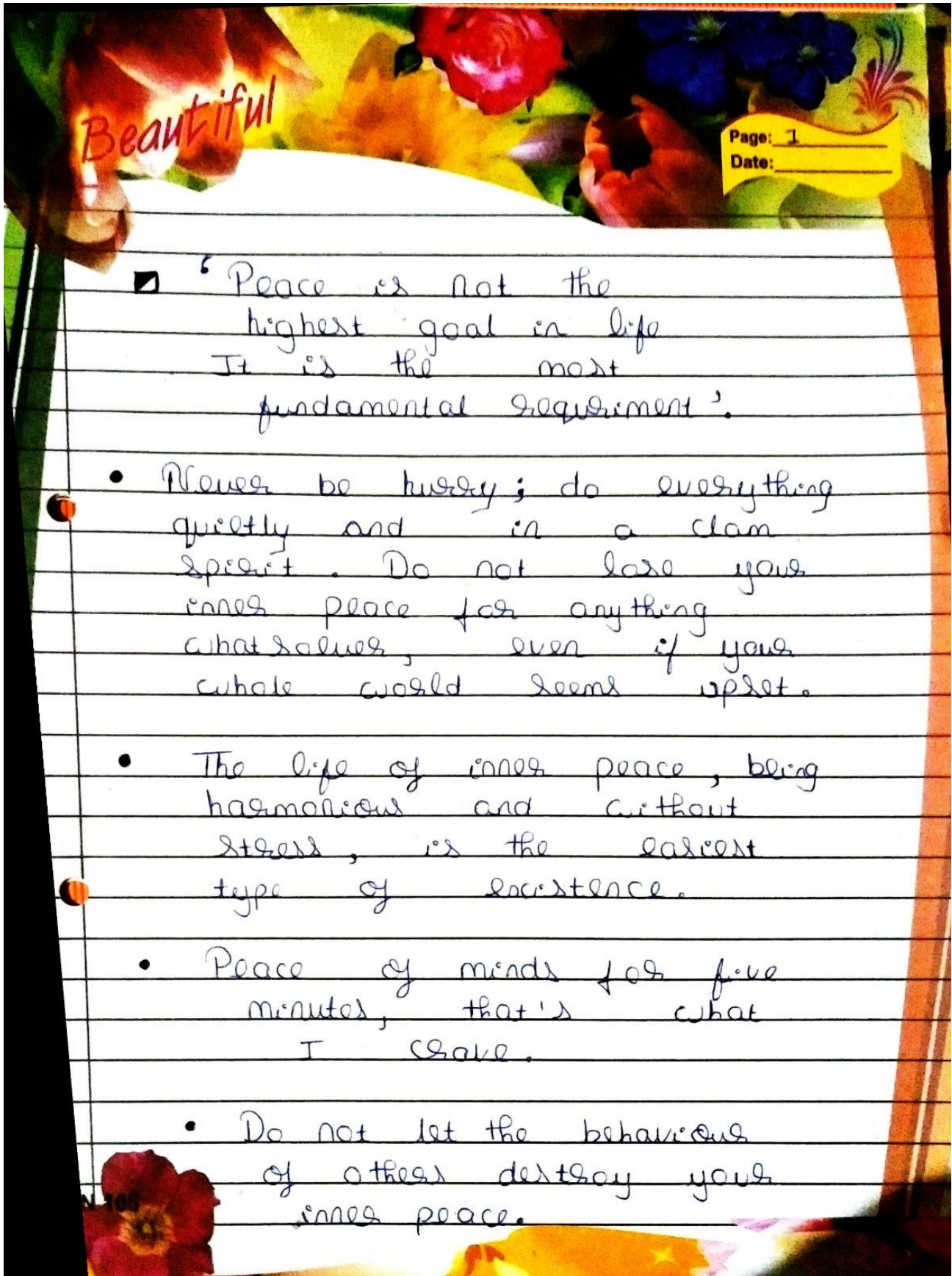
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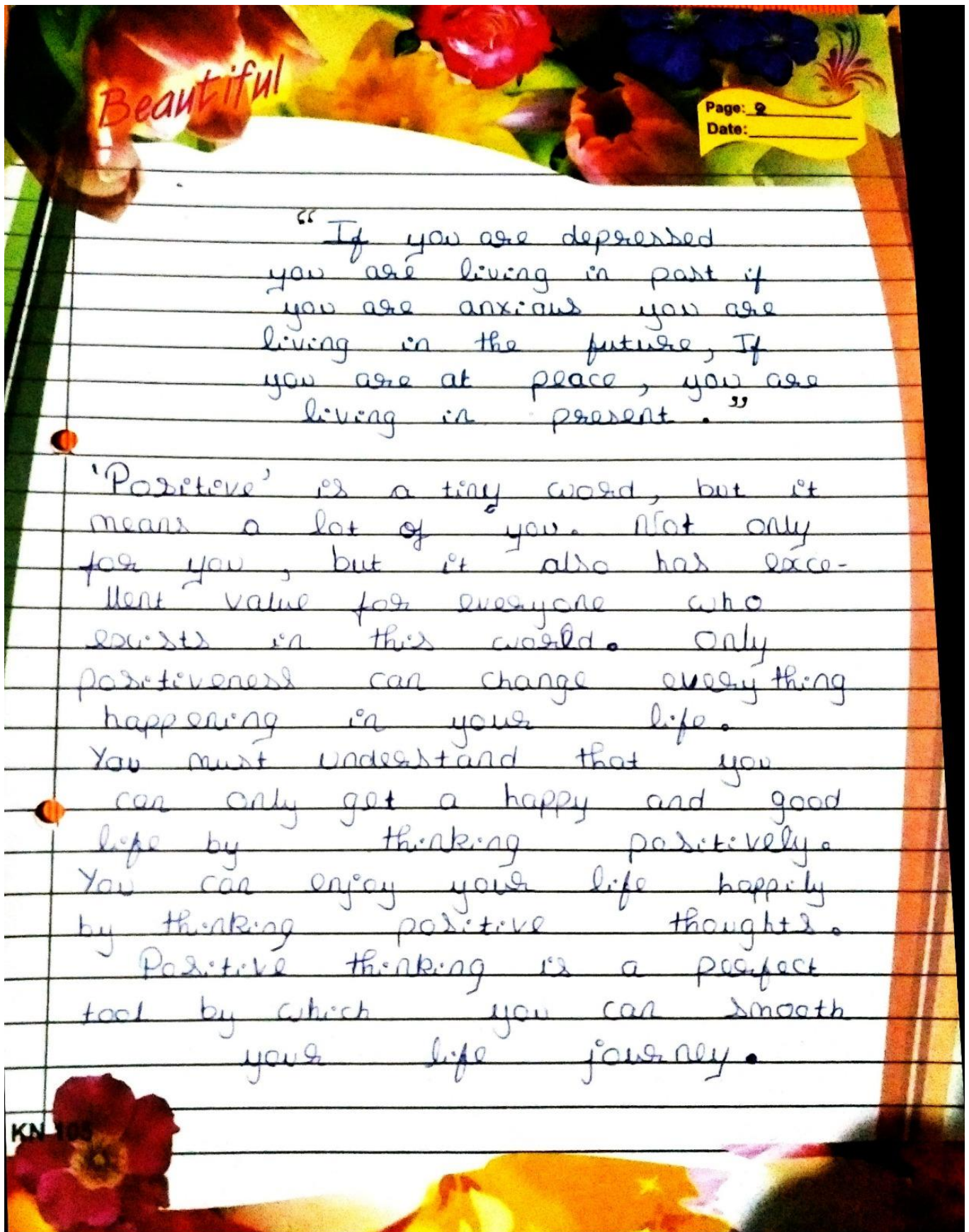
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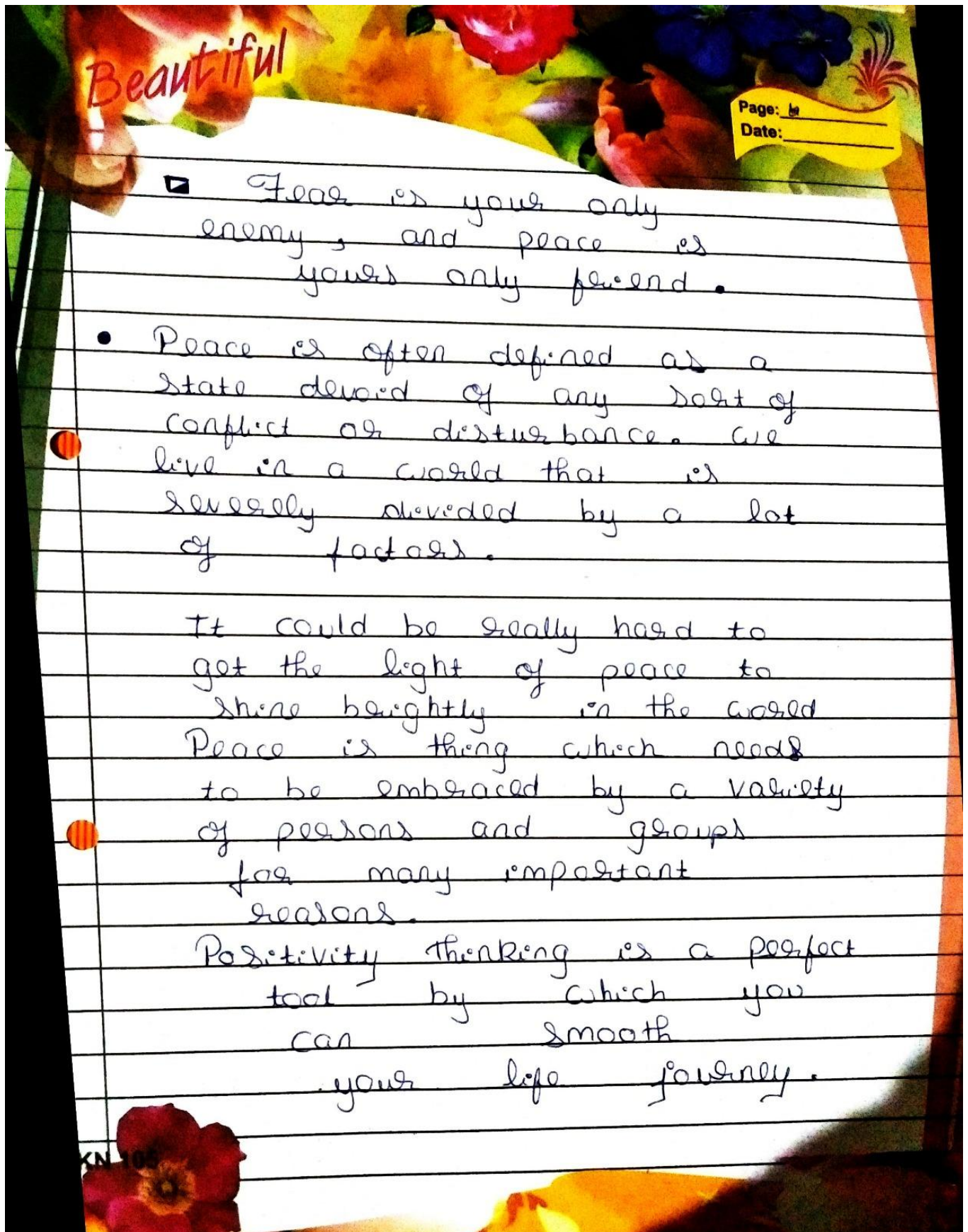
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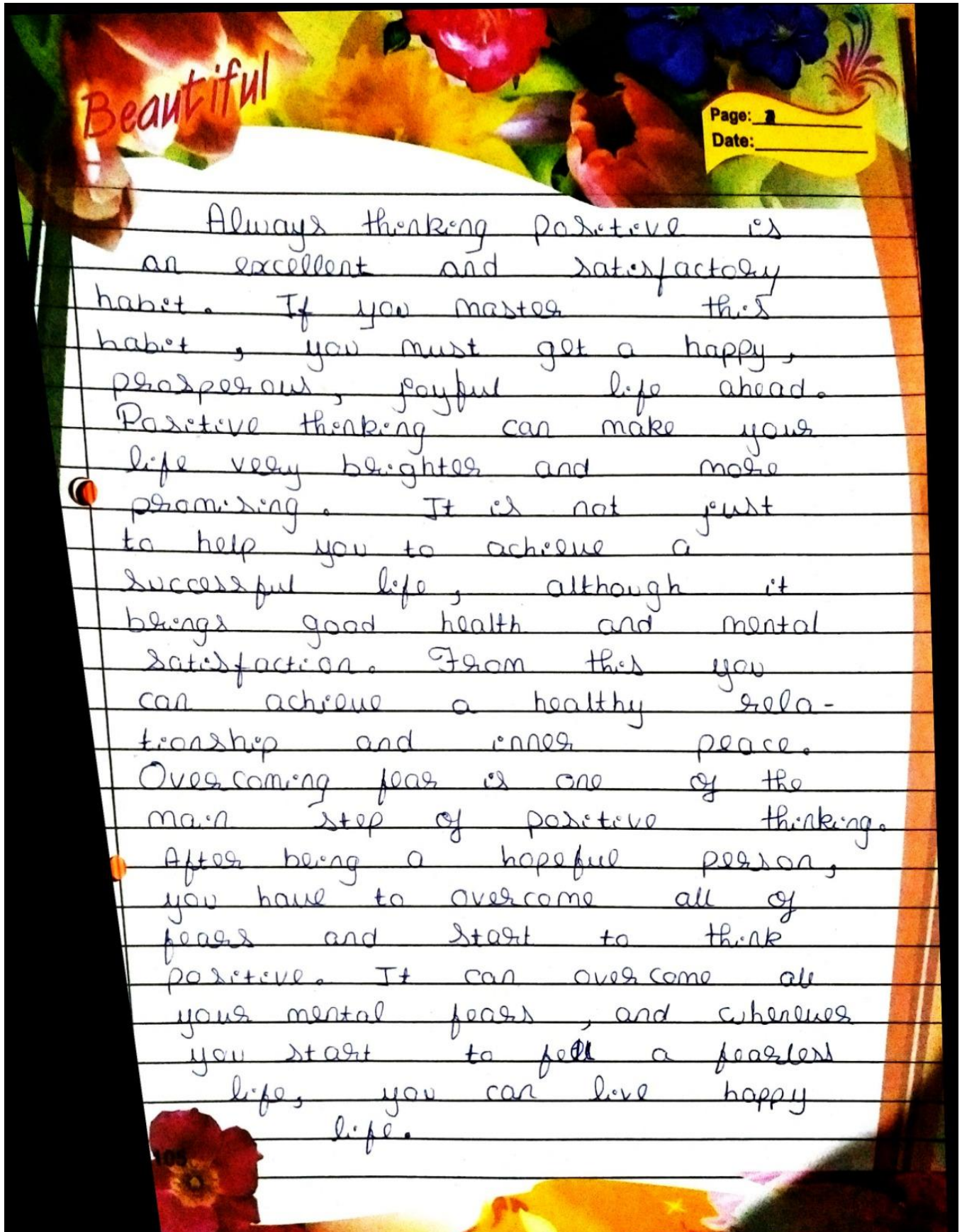
SUBJECT :- Peace and Positivity

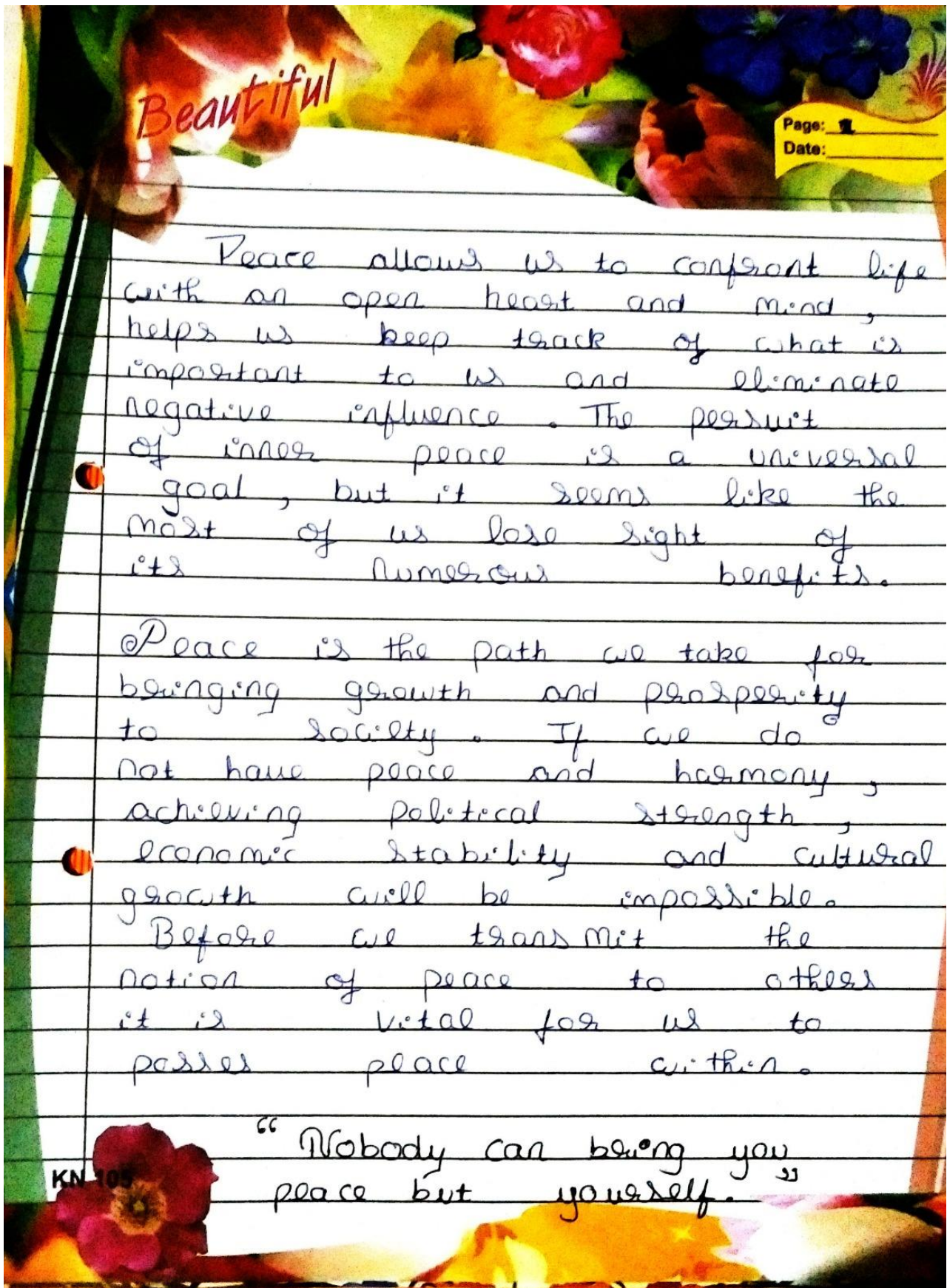
Project Director :- Mina Vyas

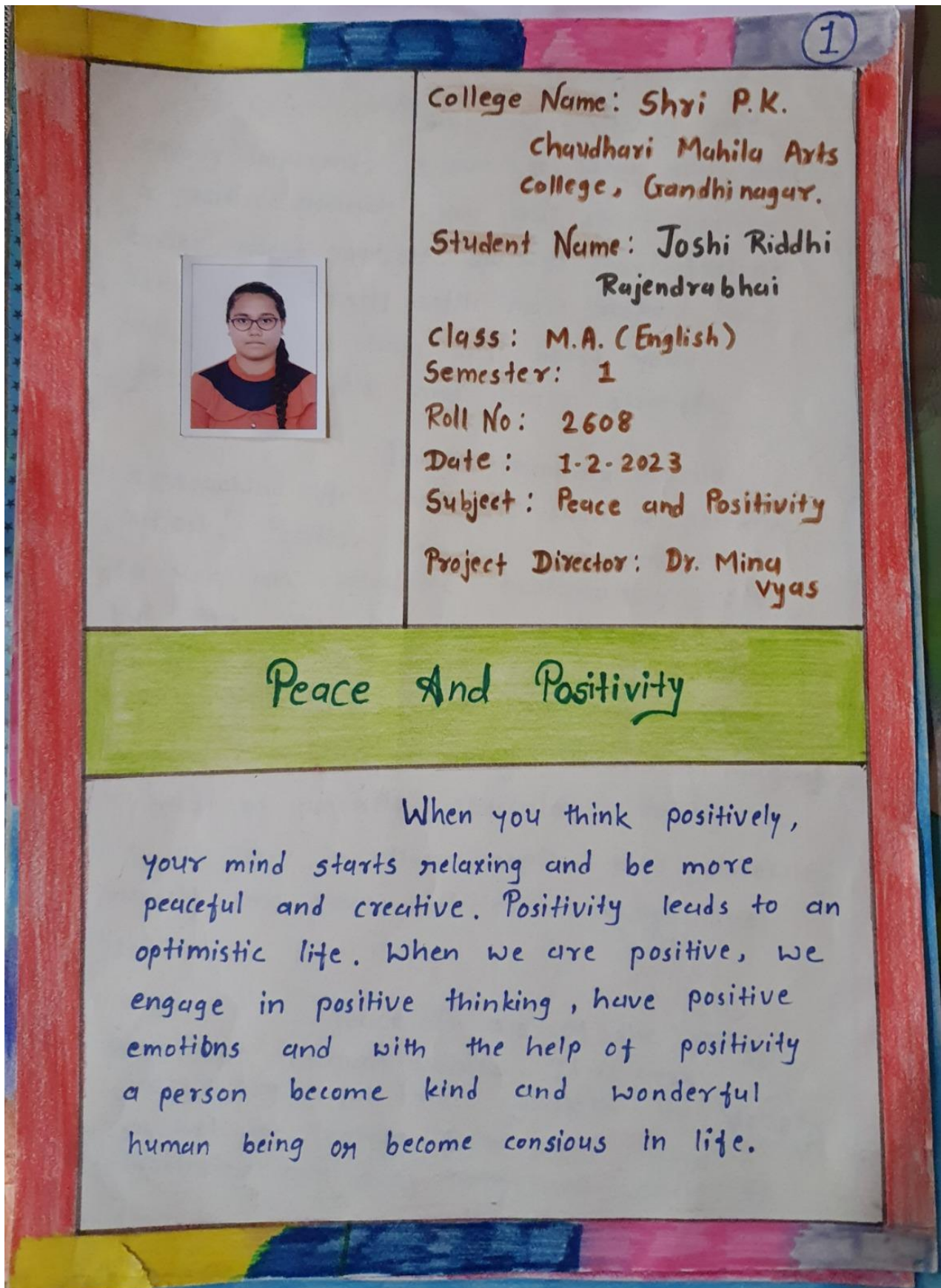










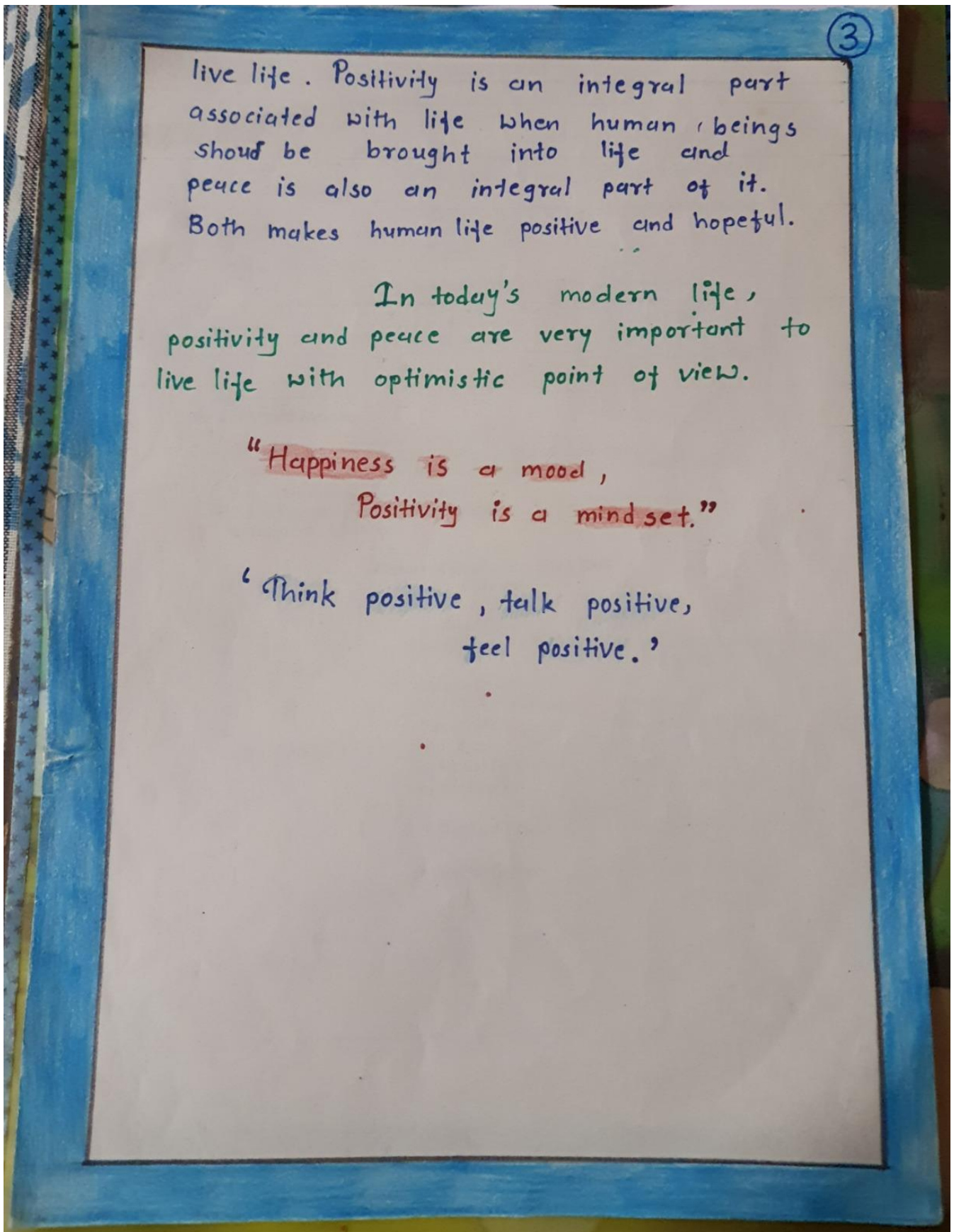


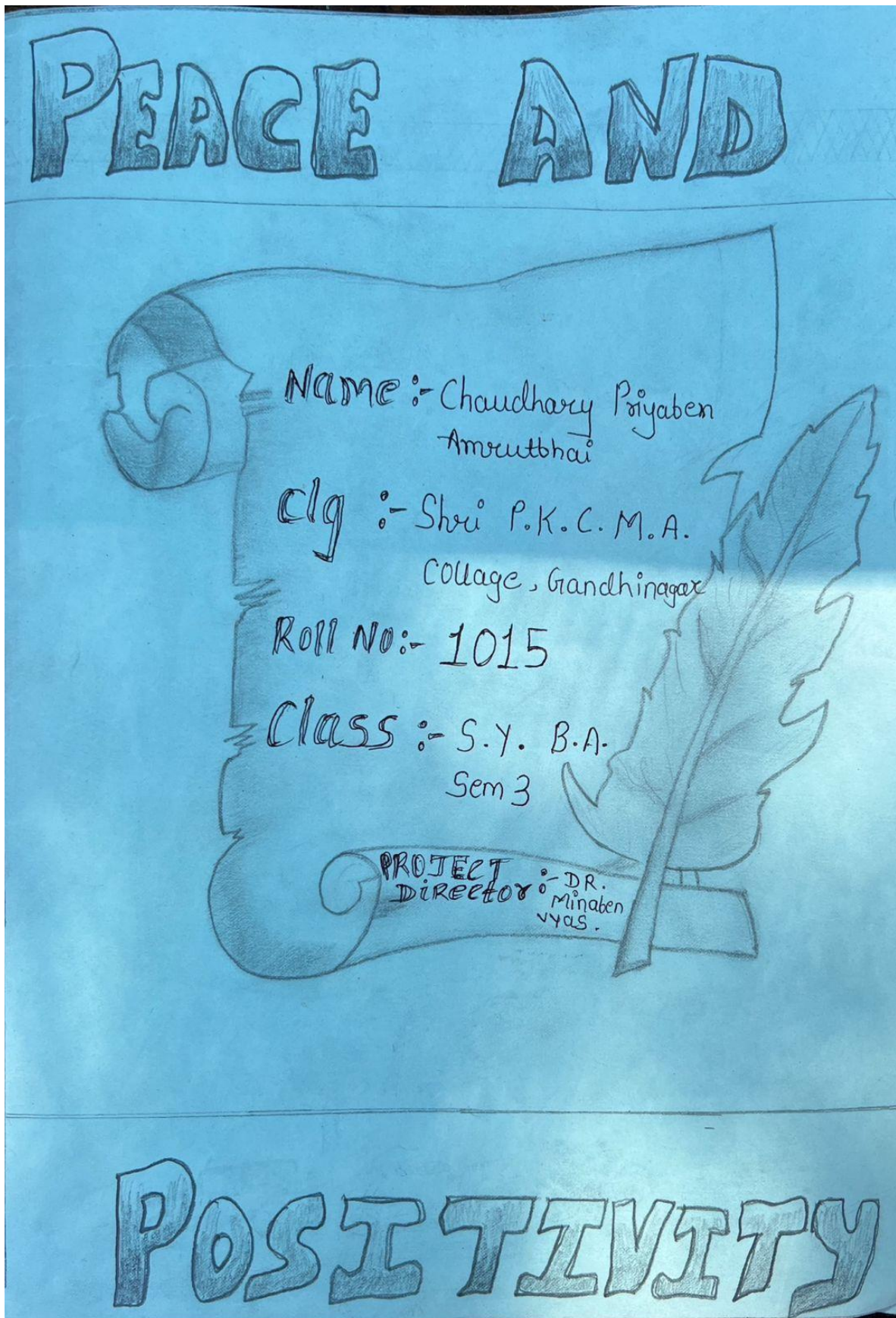
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Peace and Positivity are equally important in our life. When you develop a positive attitude, you will start feeling better about yourself. You will start feeling like treat yourself with more respect and love, and this turn will boost your confidence levels and inner strength.

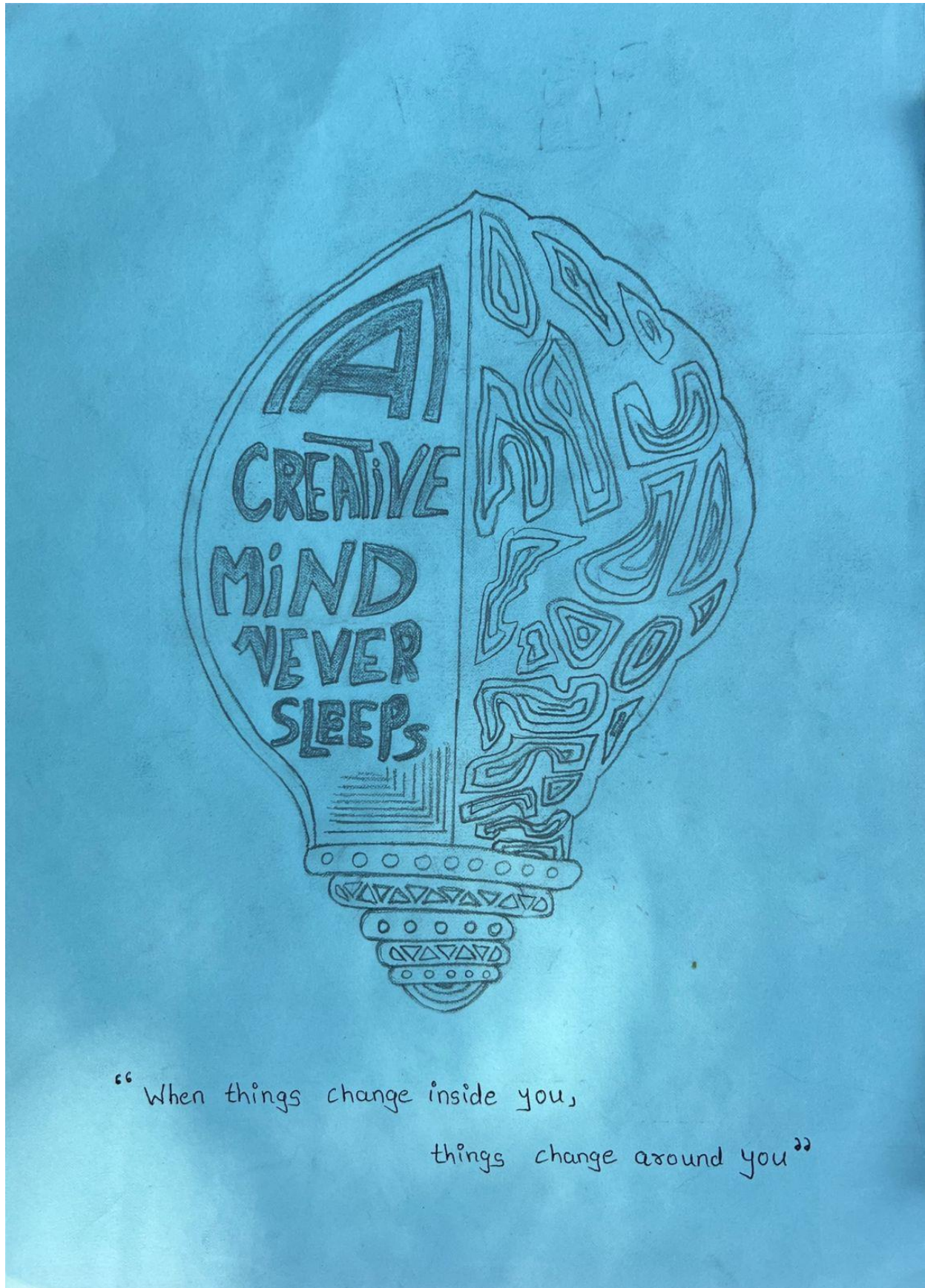
Positive thinking means approaching life's challenges with a 'positive outlook.' Positive thinkers are more apt to use an optimistic explanatory style, but they are depending on the way in which people attribute events can also very depending upon the exact situation. Instead positive thinking means - making the most of potential obstacles, trying to see the best in other people, and viewing yourself and your abilities in a positive light.

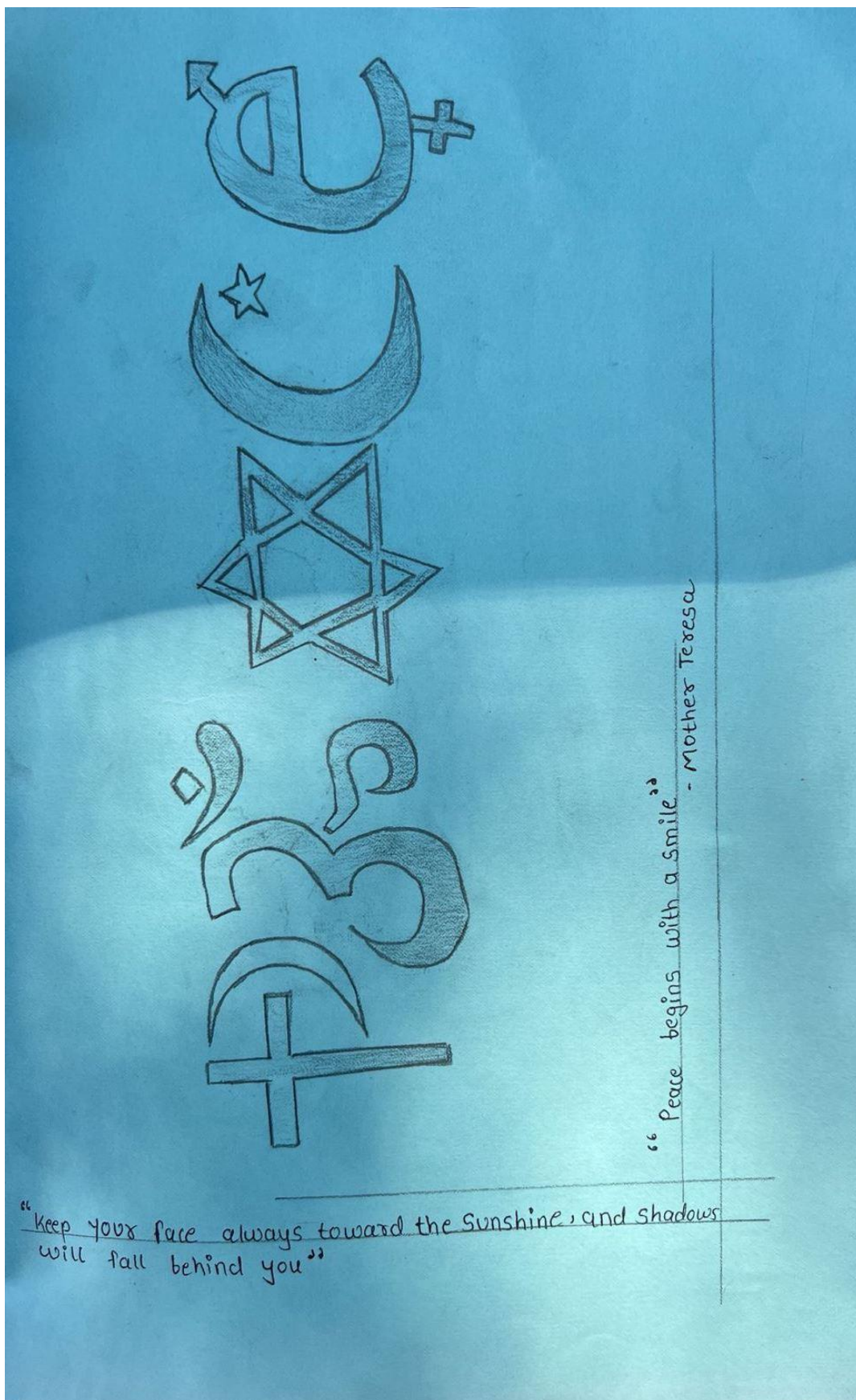
Peace is one of the most important human values. It is very necessary for the growth of society as well as nation. Both peace and positivity are very important unit to

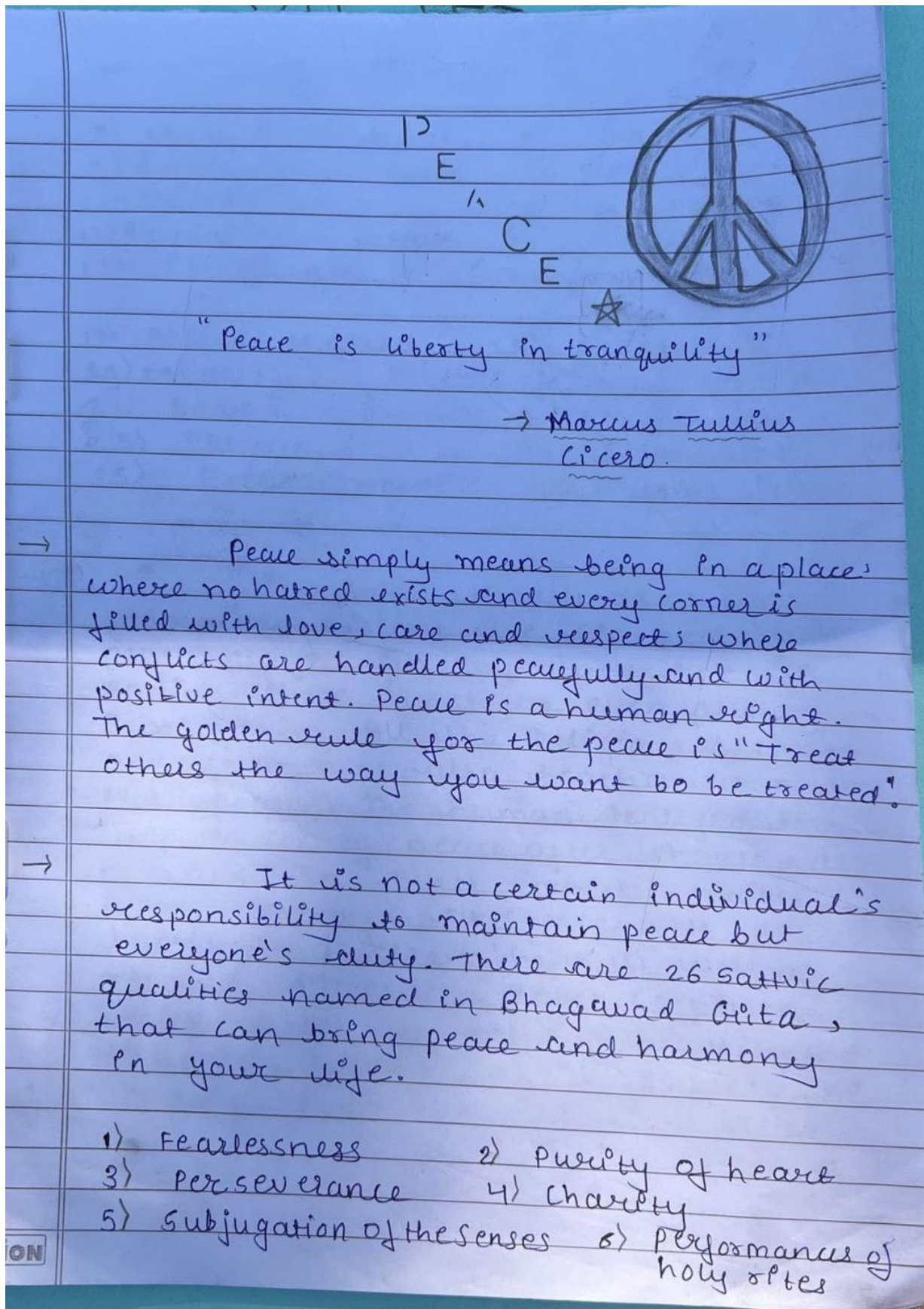












"Positivity is to find goodness even in bad condition."

→ Positivity is the practice or tendency to be positive in life. In other words, it is the practice of focusing on the good in any situation. This thinking can have a big impact on your physical and mental health.

→ Positive thinking is important as it helps us with stress management and can even improve our health. A positive outlook is an incredibly powerful asset to have, as positive thoughts breeds positive results. Benefits of a positive attitude include success, happiness, health, and believing you can overcome any obstacle.

→ Positive thinking does not mean you do not notice the bad things in life. It means you try to find a solution in a productive way instead of whining about it. Negative thinking gives rise to anxiety, stress, frustration and more. However, positive thinking

helps you avoid all this and focus on staying healthy and doing better in life. It is essential for us to fight depression which positive thinking help with. It also gives us more confidence. It boosts our self-esteem and helps in becoming more confident and self-assured.

→ There are many ways to built positive thinking. To begin with, we must inculcate the habit of reading motivational and inspiring stories of people who are successful. It is important to never let negative thoughts thrive in your minds and work towards putting end to this habit. You can do so by replacing your negative thoughts with constructive and positive reviews. Start to pay attention to your ideas and don't pay heed to negative thoughts. Further it is helpful to use affirmations. Finally always stay guard and gatekeep your mind to make important changes in life. In other word don't be afraid to take actions. Keep yourself busy and do different things to remain positive.

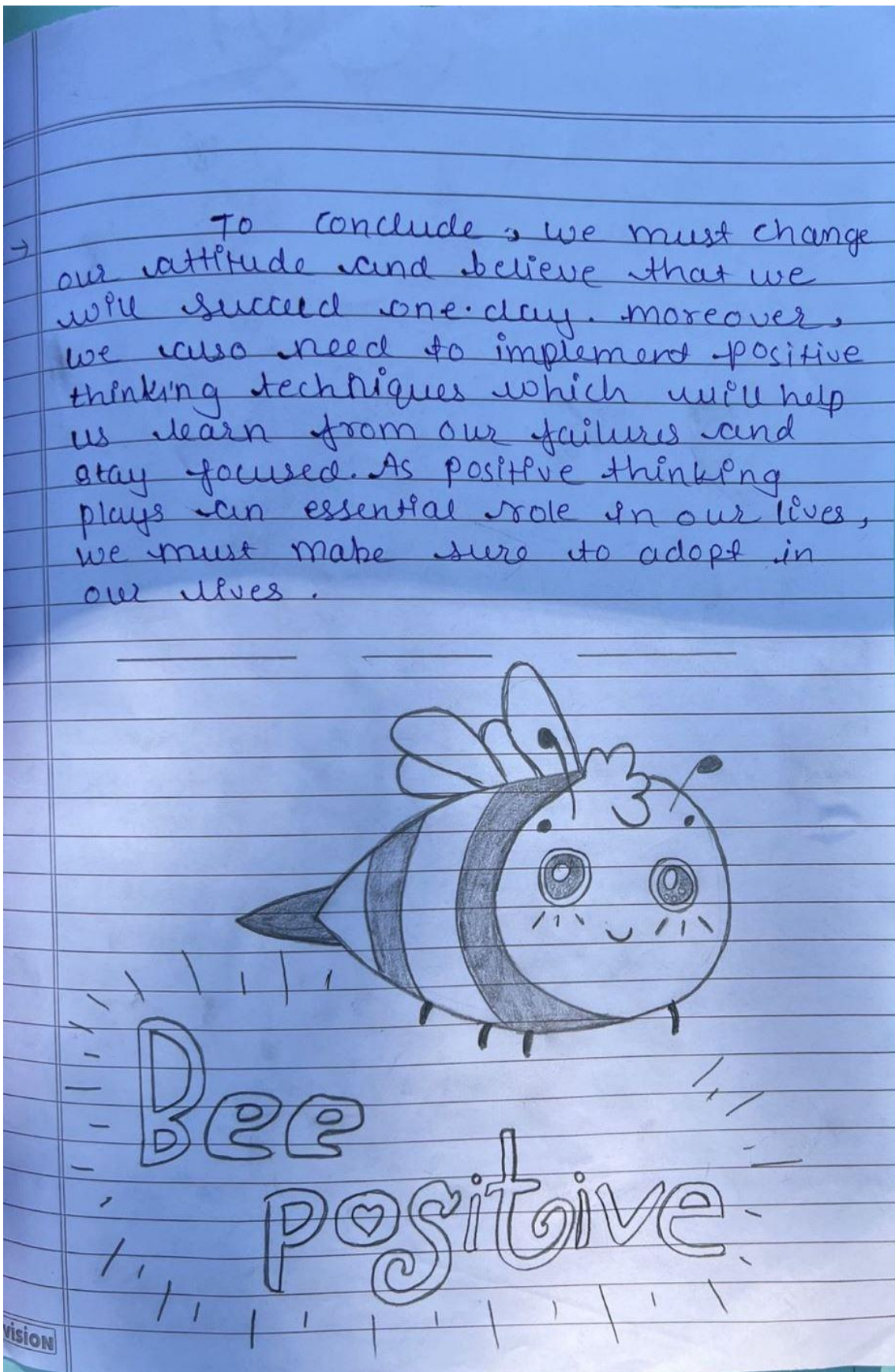
To sum it up, peace is accepted in different ways in different cultures.

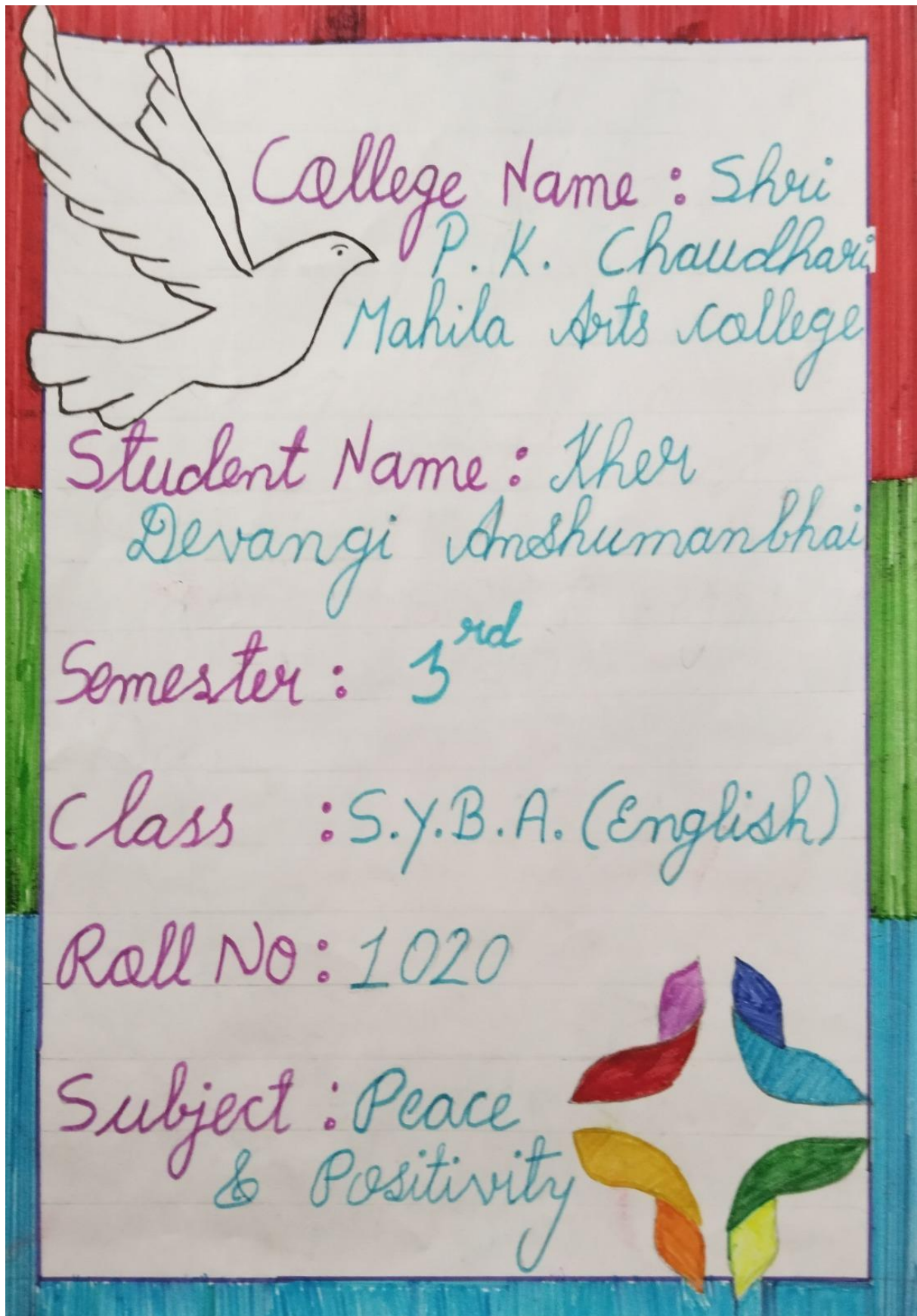
- Shanti (Indian; to maintain a tranquil mindset even in sufferings or conflict)
- Heiwa (Japanese; aligning oneself to the common good / social order)
- Shalom (Hebrew; right relationships or unity and prosperity, a sense of wholeness arising out of justice)
- Ubuntu (Zulu; self-assurance through linked humanity, one part of a whole).

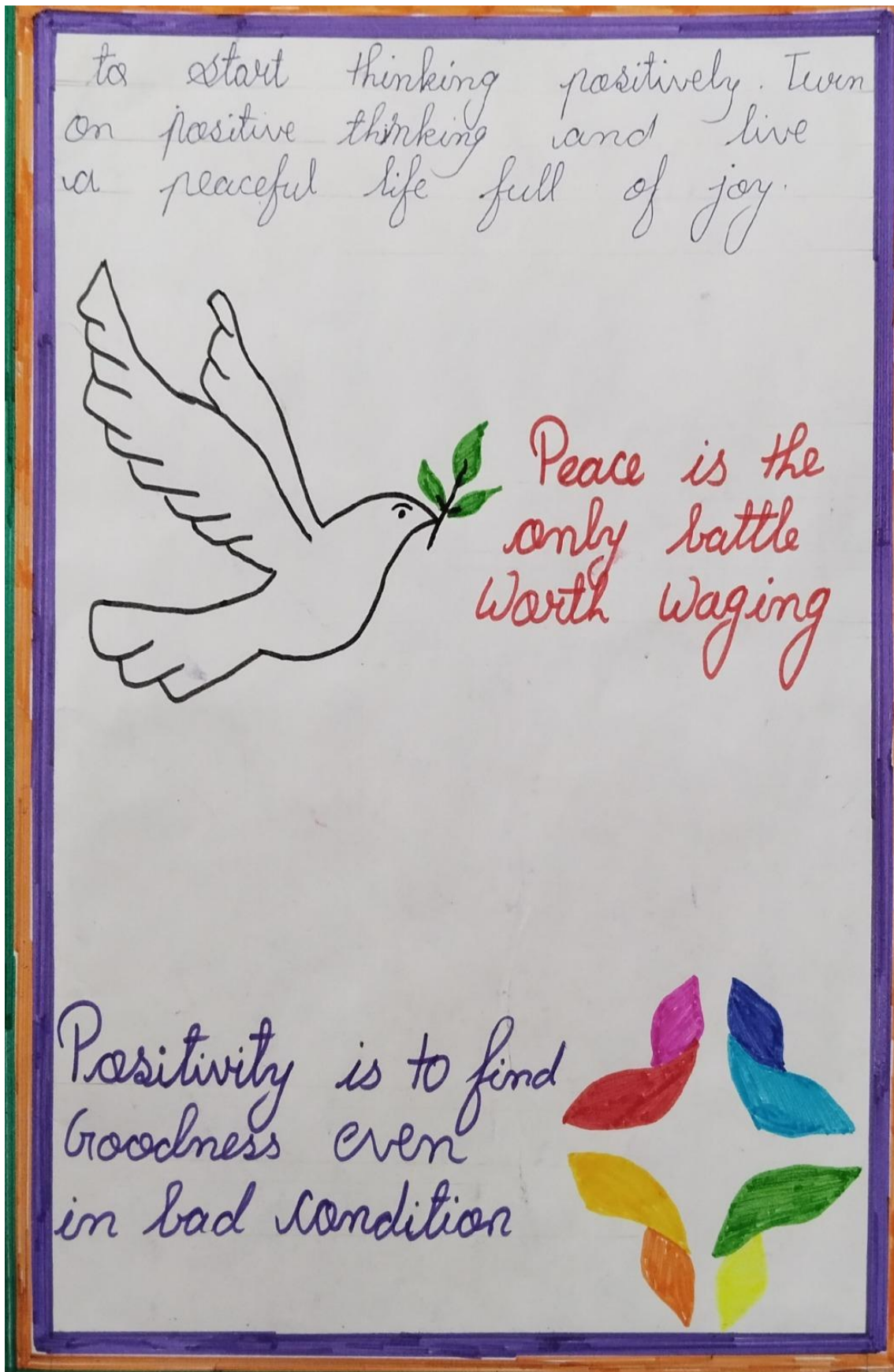
→ Thus, peace is essential to control the evils which damage our society. It is obvious that we will keep facing crises on many levels but we can manage them better with the help of peace. Moreover, peace is vital for humankind to survive and strive for a better future.

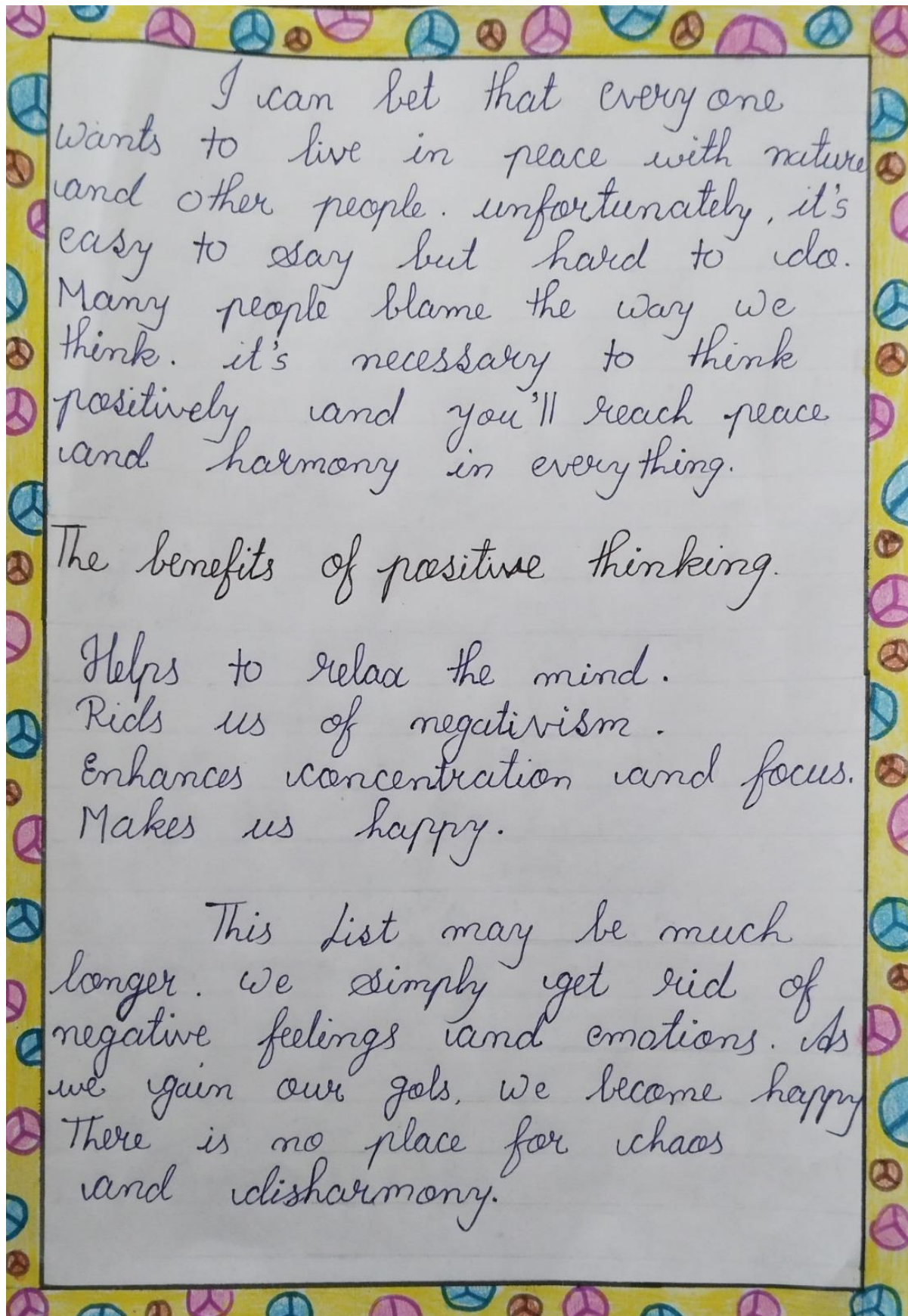
- | | |
|---------------------------|-------------------------------------|
| 7) Study of scriptures | 8) Self discipline |
| 9) Straightforwardness | 10) Non-injury |
| 11) Truthfulness | 12) Non-slanderness |
| 13) Freedom from wrath | 14) Renunciation |
| 15) Peacefulness | 16) Compassion for all
creatures |
| 17) Absence of greed | 18) Gentleness |
| 19) Modesty | 20) Lack of restlessness |
| 21) Radiance of character | 22) Forgiveness |
| 23) Patience | 24) Cleanliness |
| 25) Freedom from hate | 26) Absence of conceit. |

→ From the thousands of war from the history we learned that peace played an important role in ending these wars or even preventing some of them. All the religious scriptures and ceremonies also teaches us about the peace. The human realized the importance of peace after thousands of wars. In other words, while war destroys and disrupts, peace builds and strengthens as well as restore. Moreover, peace is personal which helps us achieve security and tranquility and avoid anxiety and chaos to make our lives better.









I can bet that everyone wants to live in peace with nature and other people. Unfortunately, it's easy to say but hard to do. Many people blame the way we think. It's necessary to think positively and you'll reach peace and harmony in everything.

The benefits of positive thinking.

Helps to relax the mind.

Rids us of negativism.

Enhances concentration and focus.

Makes us happy.

This list may be much longer. We simply get rid of negative feelings and emotions. As we gain our goals, we become happy. There is no place for chaos and disharmony.

