

2023

(I)

Happiness is one of the most cherished desires. However, people misinterpreted the happiness by relating it with worldly ~~rich~~ wealth. If the material wealth gives happiness then the people of developed countries must be the happiest, but unfortunately they are not.

(II)

"voluntary simplicity" as a movement means reduction in the utilization of goods and services, which adversely impacts the environment. Moreover, it conveys a different meaning in a philosophical way. It includes enriching oneself by cutting away the distraction.

(III)

Growing consumerism of modern society is putting the people in self doubt. People undergo continuous struggle to achieve everything; whether they need it or not. Moreover, this activity has drastic impact on the environment.



(iv)

Reduction in consumption patterns is often associated with poverty. People start dealing them as a second citizen. In addition to this, this inculcates sense of inferiority in people. Over and above, people struggle to avoid such inconveniences.

(v)

Practicing simplicity might be challenging in terms of societal pressure.

On contrary, practicing simplicity does not only gives self satisfaction, but also provides healthy life. People get more time to spend with their families and with their friends.