

Want

*To be*

Happier

in

2024

**HAPPITUDE Laboratory**

**Maharshi Dayanand University, Rohtak, Haryana**

(A State University established under Haryana Act No. XXV of 1975)

'A+' University Accredited by NAAC

then watch

your

# Mental Diet

Mental diet means food for  
your brain and mind.

# Mental Diet

your thoughts

are sourced from

what you watch

what you read

what you listen to

who you follow

who you spend time with

# what you watch



# what you read



# what you listen to

**NEWS**



**FAKE NEWS**



who you follow



Follow



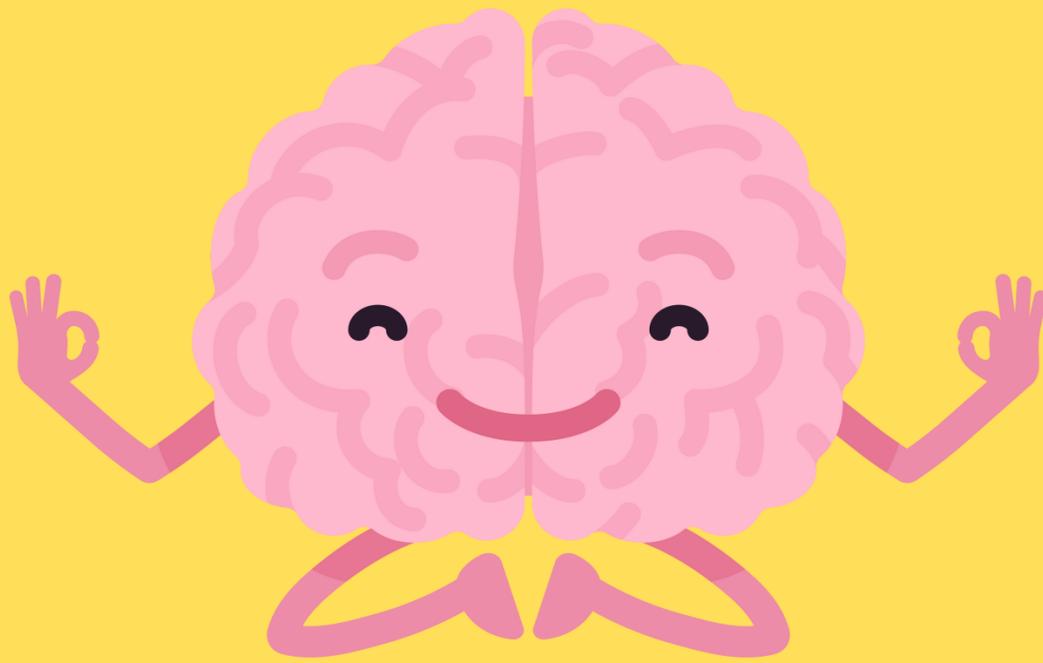
**SUBSCRIBE**



LIKE

# who you spend time with





Aim for a  
**healthier and happier mind**  
this year  
by **removing junk** from  
your mental diet

so

- **control your thoughts**
- **make positive affirmations**
  - **meditate**



Take a  
healthy mental diet  
and be  
**HAPPY**

**Happitude Laboratory**

M.D.University, Rohtak, Haryana, India.



**TAKE CARE  
OF YOUR  
MIND**

and

**HAPPINESS**

**We will be happy to help you**

**Every Saturday**

**from 1:00 pm to 4:00 pm**

**at**

**Happitude Laboratory**

Second floor, FDC building

M.D.University, Rohtak, Haryana, India.

