

Smile: An expression of Happiness

One experience different feelings at different times and our face is the mirror of those feeling. Be it joy or sorrow it is easily depicted on ones face. Smile is powerful tool that can be used to disconnect from all the negative feelings. It's impossible to have a nice smile on your face if you are feeling bad. The reverse of the statement is equally true, as it is impossible to feel bad if you bring a broad smile on your countenance.

It is hard to smile with help of our lips and one may never have a good smile by just stretching the lips. Rather a good smile is when one is able to smile with the eyes. A good smile is when, even if one covers the mouth to hide the smile, the face is able to depict that the person is smiling. There is no doubt that eyes are able to show the happiness and that is what will make the smile a treat to watch.

We may consider different models, with perfect bodies or perfect face cuts, but not associate them with a nice smile. A good smile is also contagious; it should be something that can bring smile to people who views it. Again it will be possible only with help of your eyes and your face, as smiling by just using your mouth will always look mechanical and fake.

Indian film industry over the decades has discovered leading ladies with mesmerizing smiles. The best test for any actor is when one can portray different emotions without saying anything. Emotions of happiness and joy are really tough to enact on the screen and one person who was able do it in an incomparable style was 'Madhubala'. Her presence on the screen, with her ecstatic smile, was enough to bring joy to anyone watching the film. There might be many others during the same era and even later with better acting abilities or having a nice smile. But hardly anyone could match her vivacious presence on the screen.

In current generation different actors have different styles associated with them. One with whom we can associate happy face is 'Anushka Sharma'. Her level acting might be up and down in different movies but her ability to beam a broad smile on her face in such a joyful manner is simply unique to her. She has the talent to be serious one moment and out of nowhere suddenly have a grin across her face. While smiling she seems perfectly at ease, and has a glow in her eyes that makes her smile look even better. Her acting skills, while acting for serious scenes, might not be as good as other heroines but when it comes to showing the happiness within on the face, hardly anyone could match her euphoric style. Her round face with chubby cheeks and big eyes all add to her lively smile. The big eyes of her become small as her face supports a big smile.

Though different people will have different smile but it will display the same emotion of happiness and what makes it a delight to watch is not how the smile looks but how happy one feels. A good smile will come when one can smile like a child. A child will smile or laugh when he really is happy and at that point will not think of anything else.