

WORLD HAPPINESS 2022



India's Happiness Professor
Prof Rajesh K Pillania

Happiness Strategy Foundation

World Happiness 2022

India's Happiness Professor

Dr Rajesh K Pillania

Happiness Strategy Foundation

www.happinessstrategyfoundation.org

Praise for World Happiness 2022

“

This is a beautiful book that inspires love, joy, goodness, and happiness.

”

Tal Ben-Shahar, PhD.

Best-selling author and a leading global expert on happiness,
Taught the most popular course “Positive Psychology” at Harvard University.

“

I congratulate India’s Happiness Professor Dr Rajesh for bringing out an excellent 2nd edition of World Happiness 2022 to make diverse people understand happiness is in the way they are - happiness is in being not in having. This book is another testimonial of his hard work and innovative approach to bringing happiness to the world.

”

Dr. Saamdu Chetri

Rekhi Foundation for Happiness & Founder Director, Gross National Happiness (GNH), Bhutan.

“

I am delighted to know that the 2nd edition of World Happiness, World Happiness 2022 by Dr. Rajesh Pillania is out with a foreword by Prof. Kotler. As in previous editions, Dr. Pillania’s compilation of 100 photographs and other related narrations is superb and I am sure it will be well received. I compliment Dr Pillania for championing the cause of happiness so very well. Best wishes for the success of this edition as well.

”

Prof Prem Vrat

Founder Director IIT Roorkee,
Chairman Board of Governors, IIT(ISM) Dhanbad and IIT Mandi.

“

I congratulate Prof. Pillania for creating awareness about the importance of happiness in our lives. If individuals are happy nations are happy, more productive, record fewer crimes and are in better health. Great initiative by Rajesh.

”

Pradeep Kashyap

Founder, MART, Known as Father of Rural Marketing in India.

Praise for World Happiness 2022

“

I love Prof Pillania's passion for humanising “happiness” in every visual in this book. It reminds all of us to cherish the smallest moments which are truly the catalysts to face the challenges and opportunities in our lives and most importantly be grounded at all times!

”

D Narain

President, Bayer South Asia and Global Head of Smallholder Farming.

World Happiness 2022

Gurugram, India.

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Acknowledgements

This work is a result of generous guidance and support from many people, and we most humbly acknowledge them.

First of all, we are extremely grateful to management legend Professor Philip Kotler for writing an insightful foreword for this book. His kind words of encouragement mean a lot.

We are very grateful to all the participants worldwide for participating in this 2nd annual World Happiness Photo Contest. It was quite humbling to get such good participation from people from all over the world for this second edition.

We are extremely grateful to our esteemed global jury consisting of Dr Tali Sharot, Director, Affective Brain Lab, Professor of Cognitive Neuroscience, University College London, and Affiliate, Wellbeing Research Center, Oxford University; Ms Mandy Seligman, Photographer and Positive Psychology Expert, Founder of seeinghappy; Mr Luciano Manzo, President and CEO, Make-A-Wish International; Dr Laura Giurge, Assistant Professor of Behavioral Science, London School of Economics and Political Science (LSE), and Contributor to HBR, Forbes, WSJ; Mrs Noof Aljneibi, Director, Emirates Center for Happiness Research & CEO, Happiness and Well-being, UAE University; Mr Greg Barton, Head of Digital Content, Reader's Digest Asia Pacific and Photographer, Designer; Ms Anne Mawathe, Chief Producer Visuals, Reuters Africa Former and Africa Health Editor, BBC; Ms Ximena Morfín, Photo Editor, ELLE México; and Prof Rajesh Pillania, CEO, Happiness Strategy Foundation, India.

We are grateful to Order of Australia recipient, Lea Waters AM, PhD, one of the world's leading experts on positive education, positive organisations and strength-based parenting and teaching; Professor Cassie Mogilner Holmes, UCLA's Anderson School of Management, award-winning teacher and researcher of time and happiness and author of Happier Hour; Dan Buettner, Founder of Blue Zones, New York Times bestselling author, public speaker and National Geographic Fellow; and Ms Natalia Alonso, Editora / Editor-in-Chief, Selecciones Reader's Digest, España, for sharing their insights in brief.

We are grateful for the research and logistics support of Nitish, Ajay and Kapil. We are grateful to the editorial and design team. Last but not least, we are grateful to, our readers for reading and supporting our work.

Foreword

I have been invited to write a brief foreword to World Happiness 2022. The book has 100 winning photographs from the second annual World Happiness Photo Contest 2022, happiness insights from happiness experts and happiness exercises. This book reminds us of the happiness all around us, to cherish it and make happiness a part of daily life. I appreciate the contributions of Prof Rajesh K Pillania in happiness and in bringing out World Happiness 2022. I am told this is his 11th book on happiness and related aspects. I wish this book brings some smiles to the readers' faces.

My recent book, My Life as a Humanist, proposed that more people will experience happiness if they approach life as a humanist. A humanist loves and respects people regardless of their race, sex, age, or orientation. We welcome other people as a source of wonder, excitement, struggle, and hope.

Life, of course, consists of many emotions. Kubler-Ross acknowledged the role of disaster and pain in our lives. When pain happens to someone we care about, we experience grief. We may go through denial, then anger, then acceptance and then depression. We emerge hopefully with a new feeling about being alive. We respond more readily to acts of kindness, caring, and even amusement.

We don't expect to be continuously happy. We would be bored and be boring to others if we were continuously happy. We would be bored and be boring to our friends if we are continuously sad.

Happiness comes from having purpose and goals. If you want to live a happy life, decide what you think is important and set goals and a plan. Take setbacks as providing learning lessons that make you better at achieving your goals. My advice: Spend more time enjoying other people and appreciating their distinctiveness, their company and their humanness.

Professor Philip Kotler,
Professor Emeritus of Marketing, Kellogg School of Management.

Dedicated to

“ This book is
dedicated to
the idea of a happy,
sustainable and
prosperous world. ”



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Introduction

“

Happiness is the meaning and the purpose of life, the whole aim and end of human existence.

”

Aristotle

“

Happiness consists more in small conveniences or pleasures that occur every day, than in great pieces of good fortune that happen but seldom to a man in the course of his life.

”

Benjamin Franklin

Homo sapiens' search for happiness goes back a long way. Happiness was always needed and required. However, the current times probably need it the most as we have just come out of the COVID-19 pandemic besides increasing levels of stress and depression seen in various studies around the world. Happiness is all around us, in small things in life. Happiness is in small daily pleasures as stated by Benjamin Franklin too.

Pictures or photos are long recognised as a powerful medium of expression. We all have places, people, hobbies, events, and so on that bring us happiness, and submissions were sought on these lines for the photography contest by Happiness Strategy Foundation. The contest received participation from around the world. The final photographs are selected by an esteemed global jury namely of Dr Tali Sharot, Director, Affective Brain Lab, Professor of Cognitive Neuroscience, University College London, and Affiliate, Wellbeing Research Center, Oxford University; Ms Mandy Seligman, Photographer and Positive Psychology Expert, Founder of seeinghappy; Mr Luciano Manzo, President and CEO, Make-A-Wish International; Dr Laura Giurge, Assistant Professor of Behavioral Science, London School of Economics and Political Science (LSE), and Contributor to HBR, Forbes, WSJ; Mrs Noof Aljneibi, Director, Emirates Center for Happiness Research & CEO, Happiness and Well-being, UAE

University; Mr Greg Barton, Head of Digital Content, Reader's Digest Asia Pacific and Photographer, Designer; Ms Anne Mawathe, Chief Producer Visuals, Reuters Africa Former and Africa Health Editor, BBC; Ms Ximena Morfín, Photo Editor, ELLE México; and Prof Rajesh Pillania, CEO, Happiness Strategy Foundation, India.

Among the winning one hundred photos, the maximum number of photos are of relationships of family and friendship, followed by nature, animals, pets, ideas of freedom, sports and COVID-19. This was also observed in the overall photos received for the competition. The dominance of relationships in happiness photos goes well with the longest study on happiness which highlighted relationships as the main source of happiness.

The winning one hundred photographs, insights from happiness experts and happiness exercises are shared in the next one hundred and ten pages. We sincerely hope some of the photos might bring some smiles and happiness to your life. Besides winning photos, the book also has some insights on happiness by experts and some ideas and exercises on happiness to be used in daily life.

This is the second edition of the annual World Happiness and we will put our sincere efforts into learning and improving with each annual edition.



WINNING PHOTOGRAPHS

**of World Happiness
Photo Contest 2022**

#1 My Granddaughter



WINNER Mr Karar Ali Sabih

Karar is a photographer. He is a university student studying management and economics. He is a fan of portraiture and street life, a holder of many international and local awards and a participant in many exhibitions as well.

#2 A Simple Smile



WINNER
Mr Subhadip Biswas

**Subhadip likes to smile and try to put smiles on everybody's faces around him.
Photography is one of his hobbies.**

#3 Joy



WINNER
Mr Somnath Pal

He is an amateur photographer. He loves to photograph people and their daily life.

#4 Love and Caring for a Young Child



WINNER

Mr Prabas Kumar Sahoo

Prabas is a passionate photographer trying to capture actions and images of society.

Instagram profile: www.instagram.com/prabas.clicks

#5 The Boys Found Happiness in the Wind



WINNER
Md Naeem Hossen

Naeem is a street, lifestyle and landscape photographer.

Facebook profile: <https://www.facebook.com/naeemislam.076>

#6 My Forever, Daddy



WINNER

Mr Heeseng Chong

Heeseng likes to create memories.

#7 Happy Worker



WINNER
Sourav Das

Sourav is an independent photographer. He has pursued his education with a Master's degree in History Hons. He also has a diploma in documentary photography.

#8 Innocent Smile



WINNER
Mr Sandeep Nema

Sandeep is a pictorial photographer for the last 20 years.

#9 Happy Friendship Life



WINNER

Ms Htet Myat Soe

Htet is a photographer.

Facebook profile: <https://www.facebook.com/ayoe.naturalart.7>

#10 The Strongest People



WINNER
Mr Praveen Rajput

Praveen believes happiness is not the absence of problems, it's the ability to deal with them.

Expert Insights on Happiness

Practical tips for parents to build the strengths of their children

Prof Lea Waters

Strengths are the positive qualities in your kids (and you!) that give you energy, help you reach your potential and help you be a good person. Everyone has strengths, which means when you look for the strengths in your kids it is like panning for gold that you know is already there. Research shows that kids who have strength-based parents have higher confidence, higher resilience and less anxiety. Here are three ways to help your kids learn about their strengths.

Strengths spotting: Think about the strengths that underpin your child's actions and let them know what you see. Spot the kindness that underpins their sharing with their friends, their self-control to finish the homework on time rather than watch TV and the persistence they're using in sports training.

Strengths letter: Write a letter to your child letting them know about the strengths you see in them and how these strengths will help them cope with challenging times as well as help them to thrive during the good time.

Strengths role model: It always helps to see how other parents and kids are using their strengths.

Order of Australia recipient, Lea Waters AM, PhD is a psychologist, researcher, professor, published author, internationally-celebrated keynote speaker and one of the world's leading experts on positive education, Positive organisations and strength-based parenting and teaching. Visit leawaters.com to discover how parents and children of all ages apply character strength every day.

#11 Childhood Happiness



WINNER

Mr Safayet Hossain Shanto

Safayet is a student and an amateur photographer. He usually captures photos with a mobile phone and camera. He is always happy with photography.

Facebook profile: <https://www.facebook.com/safayethossainshanto2017>

#12 Happiness in Small Things



WINNER

Mr Abhilash Biswal

Abhilash is a student. He loves to take pictures and make videos.

LinkedIn: <https://linktr.ee/abhilashbiswal02>

#13 Moments



WINNER
Ms Ankita Mukhopadhyay

Ankita is a photo enthusiast. She loves to travel to new places and explore new cultures.

#14 The Most Innocent Smile



WINNER

Ms Chou Hui Wen (Patty Chou)

Instagram profile: <https://www.instagram.com/NVSNV/>

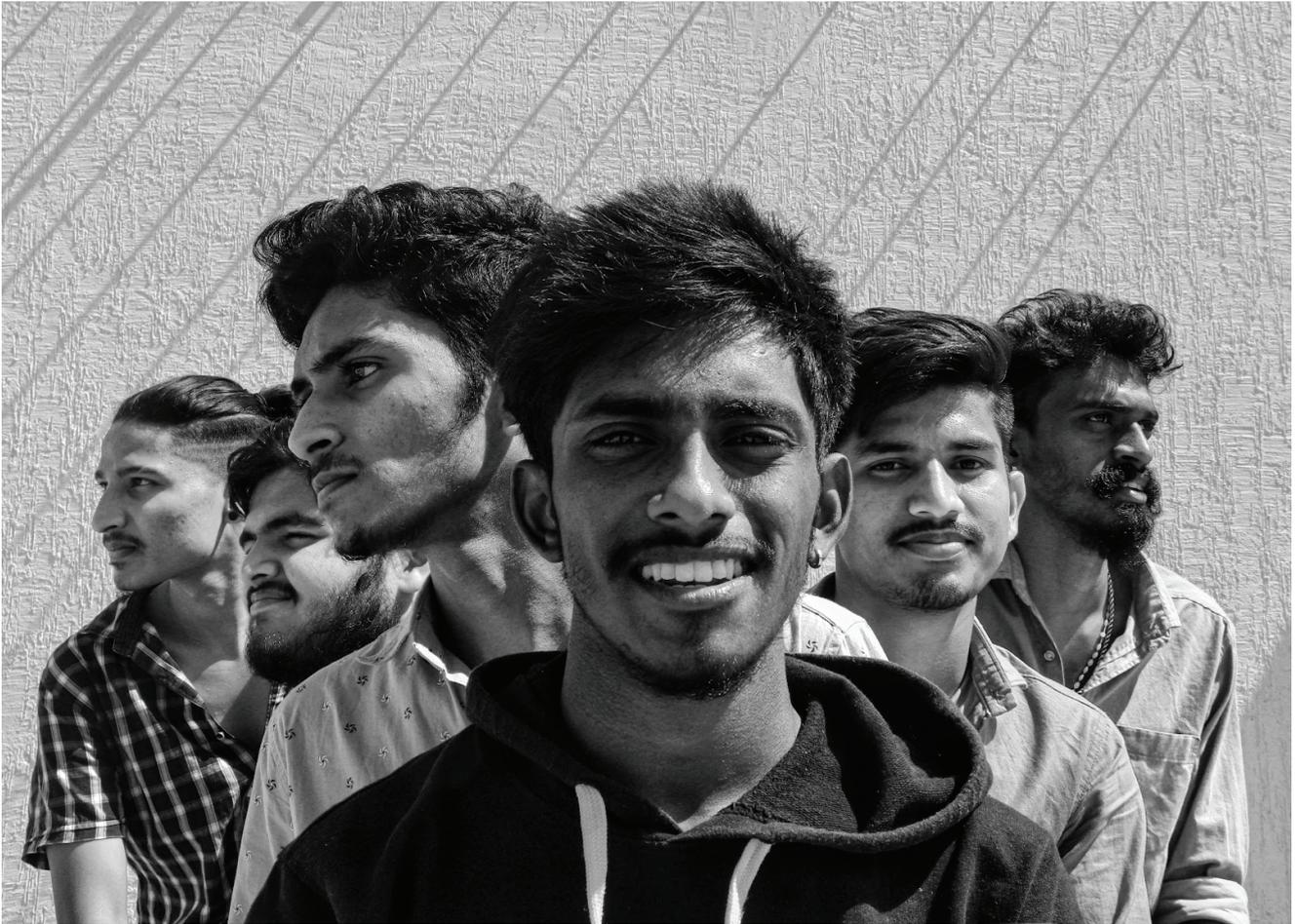
#15 Blessedness



WINNER
Mr Kishor Mandal

Kishor is a trained photographer. He has skills in documentation and product photography. He is a traveller and seeks knowledge from society.

#16 Friendship!



WINNER

Mr Hitesh Nandibatlu

Hitesh is a photographer. He is in search of visual composition and stories.

Instagram profile: <https://www.instagram.com/hiteshnandi/>

#17 Mother's Love



WINNER

Mr Atul Kumar Yadav

Atul is a student of photography. He enjoys capturing moments.

Instagram profile: <https://www.instagram.com/s.hutter.up/?igshid=YmMyMTA2M2Y%3D>

#18 Smile



WINNER

Mr Yasser Alaa Mobarak

Yasser Alaa Mobarak is an award-winning photographer from Alexandria, Egypt. He has won photography prizes from Travel Photographer of the Year, National Geographic and Sony Awards.

Website: <http://cargocollective.com/yasseralaamobarak>

#19 Blue Skies, Bubble Breaths



WINNER
Ms Sara Markese

Sara is a champion of play, personally and professionally. Photography allows her to capture the joy and immense beauty of the tiny and the fleeting, the magical in-between spaces.

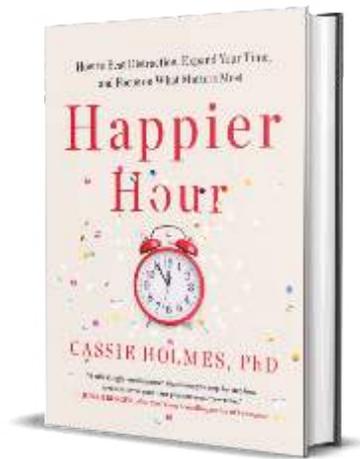
Instagram profile: https://www.instagram.com/tiny_havens/

#20 Nature



WINNER
Ms Yamini Thakur
Yamini is a student in class 10.

Expert Insights on Happiness



IT'S TIME FOR HAPPINESS

Prof Cassie Mogilner Holmes

Time is the medium in which we live behaviorally and psychologically. How we spend time comprises our constant stream of experiences; our thoughts are temporally contextualized in the present, future, or past; we continually manage time through our daily schedules; and, ultimately, our time to live is finite. It is thus critical to understanding how to spend the time we have and appreciate the time we spend, in order to enjoy greater happiness in our days and higher levels of satisfaction in our lives.

Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most shares empirically-based advice for how to invest the time of our lives to look back on our days with joy, and on our years without regrets. Most fundamentally, this requires spending time with the people we love and paying attention during these times. To recognize and motivate us towards what matters most, we must take a broader perspective of time—thinking in terms of years and life overall, rather than each upcoming hour. It turns out that this bird's-eye view can helpfully inform how to spend these hours, making them happier hours.

A Professor at UCLA's Anderson School of Management, Prof Cassie is an award-winning teacher and researcher of time and happiness and the author of *Happier Hour*. Previously, Cassie was a tenured faculty member and award-winning teacher at the Wharton School at the University of Pennsylvania.

#21 Happy Times



WINNER

Mr Tu-Hsun Chaing

Tu-Hsun is a photography fan. She is a primary school teacher.

Instagram profile: <https://www.instagram.com/tuhsun/>

#22 Go Team Go!



WINNER

Mr Christopher Alan Hignite

Christopher loves nature and capturing its beauty everywhere he goes. His second passion is capturing candid pictures of Special Olympics athletes.

#23 Grandmother's Hand in the setting Sun



WINNER
Ms Lai Xiao Yan

Lai likes to take pictures of the scenery and put them in the photos.

#24 Care



WINNER
Mr Ajesh SR

Ajesh is a doctor by profession. He loves to travel, photograph and write.

#25 That Moment



WINNER

Mr Chen Han Huang

Instagram profile: https://www.instagram.com/o.haaaank___/

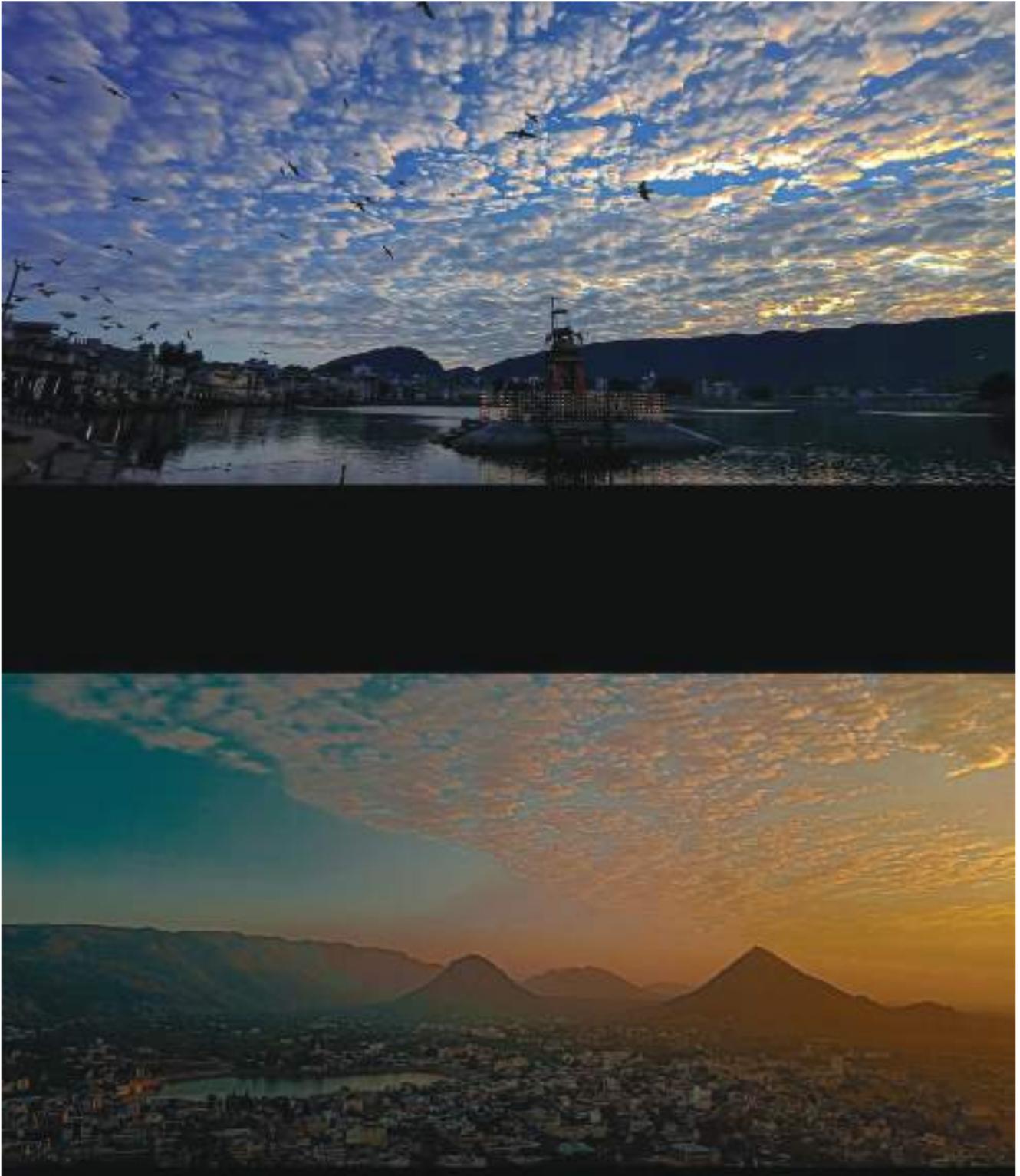
#26 Colors of Joy!



WINNER
Mr Dibakar Roy

Instagram profile: <https://www.instagram.com/bkr.roy/>

#27 Duality



WINNER
Mr Shivam Billore

Shivam is a student and a writer. He is studying peace and conflict studies.

Instagram profile: <https://www.instagram.com/khamakhashayar/>

#28 Reminiscing my Childhood



WINNER
Ms Yosha Sandra

Yosha is a 17-year-old rising sophomore at UNC-Chapel Hill. She is currently in a gap year and during this time, she is working on building her photography portfolio.

#29 Simple but Happy



WINNER Ms Amal Aglan

Amal is a member of FIAP. She won many competitions and first place in the Nikon competition. She believes portraying people is one of the most important themes in photography.

#30 Simple Life



WINNER
Mr Srimanta Ray

Srimanta is an Assistant Professor in Bengali. Photography is his love, lesson and life.

Instagram profile: https://www.instagram.com/srimanta_ray/

Expert Insights on Happiness

The World's Happiest Places

Dan Buettner

What do Denmark, Costa Rica, and Singapore have in common? Their people feel secure, have a sense of purpose, and enjoy lives that minimize stress and maximize joy. Here's how they do it.

According to me, there are three strands of happiness namely pleasure, purpose, and pride that braid together in complementary ways to create lasting joy. The places where people live encourage these strands. To illustrate the power of place, John Helliwell, one of the report's editors, analyzed 500,000 surveys completed by immigrants who'd moved to Canada from 100 countries over the previous 40 years, many from countries considerably less happy. Remarkably Helliwell and his colleagues discovered that, within a few years of arriving, immigrants who came from unhappy places began to report the increased happiness level of their adoptive home. Seemingly their environment alone accounted for their increased happiness.

Costa Ricans enjoy the pleasure of living daily life to the fullest in a place that mitigates stress and maximizes joy. Scientists call this type of happiness experienced happiness or positive affect. This country is not only Latin America's happiest; it's also where people report feeling more day-to-day positive emotions than just about any other place in the world.

Dane's happiness is typified by their purpose-driven life. Like all forms of happiness, it assumes basic needs are covered so that people can pursue their passions at work and leisure. In Denmark, a country that has most consistently topped Europe's happiness rankings for the past 40 years, society has evolved to make it easy to live an interesting life.

And true to Singapore's reputation for having a drive for success, Singaporeans—with all their ambition and accomplishments—represent the "life satisfaction" strand of happiness. Singapore has most dependably ranked number one in Asia for life satisfaction.

When you consider all variables that contribute to happiness: food, shelter, education, health, meaningful work, strong social connections, philanthropy—where your life is most statistically significant. For example, when people coming from unhappy places move to countries like Denmark and Canada within a year they report the happiness level of their adoptive home. This can often mean a doubling of happiness.

The happiest countries provide a clean, walkable and prosocial environment where people's basic needs of food, shelter, education and healthcare are covered.. Public policies promote trust, equality and quality of life. People here have no better genes, discipline or individual responsibility than populations elsewhere. They're happier because where they live—their nations, communities, and neighbourhoods—give them an invisible lift, constantly nudging them into behaviors that favor long-term well-being.

Dan is the Founder of Blue Zones, New York Times Bestselling Author, Public Speaker and National Geographic Fellow.

#31 Blue Sky Sunset



WINNER
Ms Leung Tung Fan

Facebook profile: <https://www.facebook.com/Ada-Leung-%E6%A2%81%E5%86%AC%E5%87%A1-500567426738133>

#32 Small Things



WINNER
Mr Anush Hatodiya

#33 Tree of Love



WINNER

Mr Paulo Leong

Paulo likes to share impressive moments through photos. He believes photos can tell stories.

Facebook profile: <https://www.facebook.com/paulo.leong1>

#34 Freedom of Happiness



WINNER
Mr V D Antony

#35 Smiles of Life

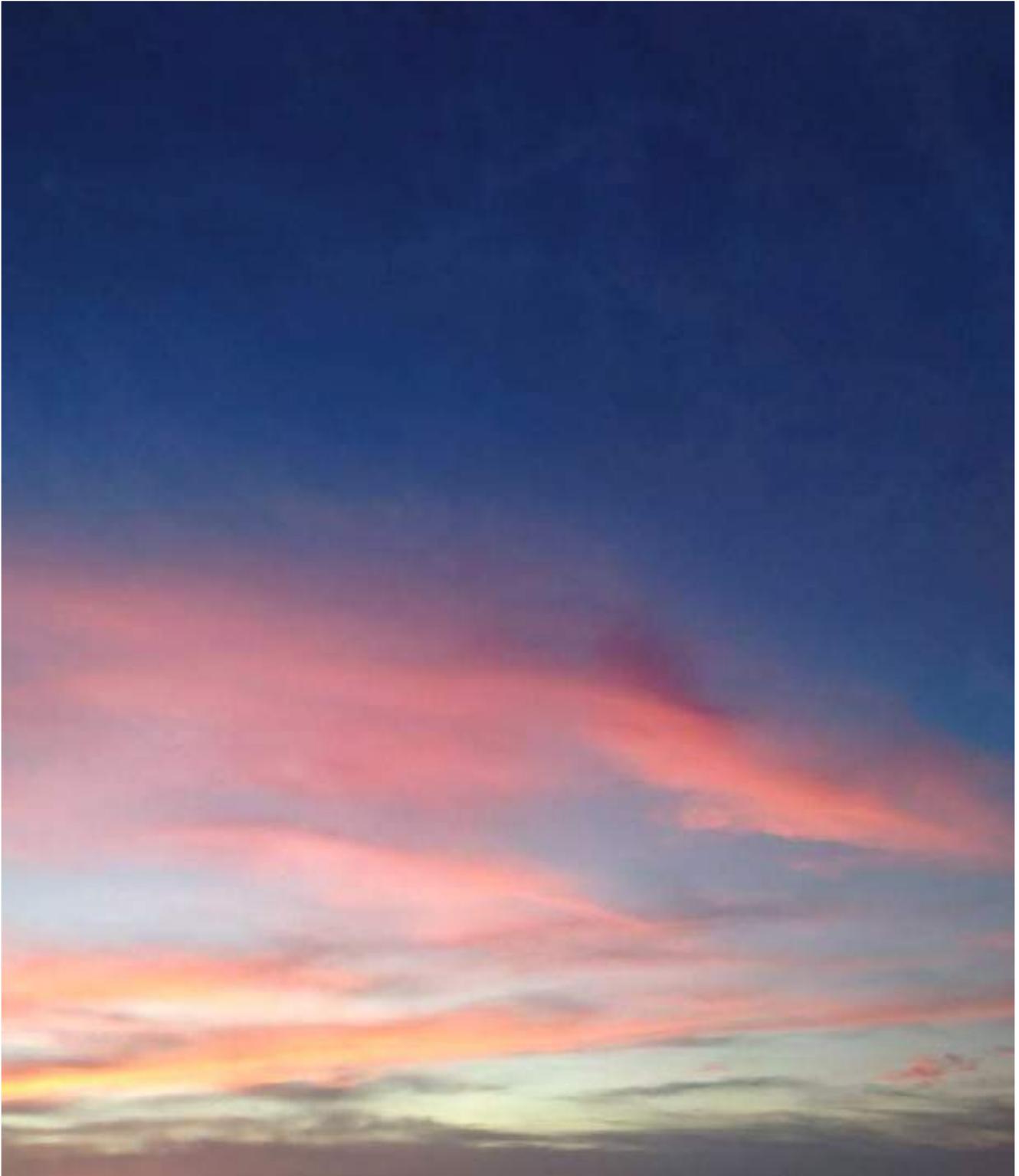


WINNER

Mr Abhishek Jain

Abhishek is a medical officer.

#36 Freedom in a Democracy



WINNER
Mr Chen Yuyong

Chen believes that when one sees the clouds in the sky, one thinks of democracy and freedom.

#37 Happy Family



WINNER
Ms Susan Cook

Susan is an amateur photographer and takes photos while walking and visiting places of interest.

#38 Love to quarrel, still a Family for Life



WINNER
Ms Zewei Ku

Facebook profile: <https://www.facebook.com/TVBS.Hook>

#39 When Nature Visits You



WINNER
Mr Wilson Louis

Wilson is a filmmaker. Feature films, short films and photography are his hobbies.

#40 Mother and Son



WINNER
Mr Xie Jiarong

Xie is a student.

Expert Insights on Happiness

Happiness

Ms Natalia Alonso

Looking out the window of a hospital room next to my newly operated mother's bed.
Happiness?

- Breathing without the need for extra oxygen.
- Good night's rest.
- Going to the toilet by yourself.
- Soothing words.
- Walking.
- Reading a book.
- A hand that caresses yours.
- Someone to take care of.
- Someone who cares about you.
- Having peace of mind.
- So easy and difficult at the same time.

Universal feelings throughout the World and throughout the ages, crossing borders, social classes and economic levels.

Natalia is Editora/ Editor-in-Chief, Selecciones Reader's Digest, España.

#41 Happy Soul



WINNER
Mr Deepak Nalawade
Deepak loves nature and birds.

#42 Pure Joy



WINNER
Mr Ralph Lightman

Ralph is a dedicated photographer and finds the most joy in capturing nature in its truest form.

Instagram profile: <https://www.instagram.com/lightmanphotographer/>

#43 Besties in Sydney



WINNER

Ms Leung Tsz Ching

Leung is a 2nd-year student studying overseas.

#44 Priceless Start of a Day by Random Smiles



WINNER
Mr Joyal S

Joyal is an 18-year-old photographer. He is into street photography, wild photography and travel content.

Instagram profile: https://instagram.com/joyal_kalayil?igshid=YmMyMTA2M2Y=

#45 Perception



WINNER

Mr Debarun Biswas

Debarun is an amateur street photographer. He is a student and currently preparing for competitive exams for a job.

#46 A Smiling Beauty



WINNER
Mr Gaurav Patel

Instagram profile: https://instagram.com/a_lost_photographer?igshid=YmMyMTA2M2Y=

#47 Sympathy



WINNER Ms Dimpal Pancholi

Dimple loves photography, travelling and painting. Photography is a gift she is grateful to have. She feels the photographs taken by her are always exhilarating to the people to take some of the other messages from them.

#48 Mother & Son



WINNER
Mr Shireesh Guru

Shireesh loves beauty in any form, be it nature, architecture, animals, humans or an interplay of all of them. Photography is his hobby.

#49 Grandpa & Grandma



WINNER
Ms Ophelia Lee

Ophelia is a high school student. She likes photography.

Instagram profile: https://www.instagram.com/buddha_cast_ghost/?hl=zh-tw

#50 Squirrel's Harvest



WINNER

Mr Jing Yuan Huang

Jing Yuan is a high school student. He is planning to study abroad in the future. He likes to travel and capture different cultures in his photos.

Happiness Exercise

Definition of Happiness

Happiness has been defined in various ways by various experts over centuries. Before one starts one's happiness journey, it is important to know and define happiness for oneself. A good definition makes the journey smoother and easier. A simple and practical definition of happiness is as follows:

Happiness is pleasure and purpose.

Or in a simple equation format, it is

Happiness = Pleasure + Purpose

This simple and practical definition of happiness applies to most of us. However, each one of us is different. One needs to personalize it. To personalize it and put it into practice, one needs to list down what gives one pleasure and purpose in the Happiness Exercise Table.

Happiness Exercise Table:

Defining Happiness for Oneself

PLEASURE List what gives you pleasure	MEANING List what is meaningful
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Also, one's definition of happiness evolves with time and one needs to revisit this definition after every three years or after some major life events.

(Source: Adopted from Prof Pillania's article in online Times of India (2022) and India Happiness, 2022)

#51 Happiest Pair in My House



WINNER
Ms Sivashanthi

Sivashanthi is a professional photographer. She likes to photoshoot weddings, meetings etc.

YouTube channel: <https://www.youtube.com/watch?v=yhYUUm0LY8>

#52 Seaside



WINNER
Mr Chan Long Him

Chan is a Form 6 student in Hong Kong with dreams and hopes for the future.

#53 The Door to Everything



WINNER
Mr Robert Pardi

Robert is a three-time Author, Speaker, Life Coach, and Adjunct Professor. After his young wife passed away from metastatic breast cancer, he re-imagined his life to achieve new dreams.

#54 Watching Over Old San Juan



WINNER
Ms Krista Howard

Krista is capturing life one picture at a time through her passion for photography.

#55 Smiling Camel



WINNER
Mr David Pujadó

David is a photographer from Barcelona. He loves portraiture.

Website: www.davidpujado.com

#56 Dancing Like Peacock



WINNER
Ms Sweta Rani

Instagram profile: https://www.instagram.com/_sweta_r22/

#57 Nap



WINNER
Ms Yun Wu

Yun is a mother of two kids.

#58 Naïve Smile



WINNER

Ms Jiacheng Chen

Twitter profile: <https://twitter.com/KSlove0128>

#59 Trying



WINNER
Ms Pasunuri Santhoshi Rupini

#60 Satisfied Sisters



WINNER
Ms Marwa Sakr

Marwa loves arts and photography and is practising photography. She has attended courses and workshops on photography and art history.

Instagram profile: https://www.instagram.com/marwasakr___/

Happiness Exercise

Leadership with Happiness

In today's time and in the times to come, families, organisations, societies, countries and the world need leadership with happiness. Leadership with happiness is the need of the hour. Leaders must use the benefits of happiness for themselves and the organisations they work for.

There are multiple research studies establishing the various benefits of happiness. Happy people are better leaders. Leaders should look at happiness more seriously for multiple reasons and some are listed here.

First of all, happiness is useful for a leader for her own benefit as can be seen in the benefits of happiness. With happiness, a leader's own performance can improve a lot. A leader can use happiness to take care of negative aspects of today's life such as stress, and depression as well as use happiness for its positive benefits.

Second, by leading with happiness, the leader can improve the performance of other people and of the organisation by taking care of negative aspects of today's life and using the positive benefits of happiness.

Third, in the current challenging times and times to come, a happy organisation with happy people and good performance is in a better position to be more resilient to face unforeseen challenges.

Since leaders have a lot of influence, they are in a position to create an organisational architecture and culture focussing on the happiness of their people. When such an organisational architecture and culture focussed on happiness is in place, it is easier for people to find happiness aligning themselves with the organisational culture.

We all are leaders in some ways such as being head of a family, informal group or an organisation. Let's take a leadership happiness test.

A Leadership Happiness Test

Ask yourself:

1. Are you happy?

- If yes, then how can you sustain it, and improve upon it,
- If not, find out how can you be happy.

2. Are you leading with happiness?

- If yes, then how can you sustain it, and improve upon it,
- If not, then find out how can you lead with happiness.

#61 Turning for the Happiness Next Life



WINNER

Ms Meishengkai Liu

Meishengkai is a 17-year-old international student from Beijing studying in Toronto. She is writing her liberation journal by recording everything memorable with her camera.

#62 Fun Time



WINNER **Mr Nirek Sharma**

Nirek is a happy-go-lucky kid. He is eight years old and studying in Grade 4. He likes Beyblade, football and the Young Sheldon series.

#63 Epidemic Blurred Happiness



WINNER

Mr Tien Hsiang-Heng

Tien is an international high school student who has a passion for photography and has won a national film competition this year.

#64 Mushroom Lady



WINNER

Mr Yeshwanth Pasupunoori

Instagram profile: https://www.instagram.com/y_e_s_h/

#65 Wish for World Peace



WINNER
Mr Peng Tai Hong

Peng is the art director of ANN art studio.

Instagram profile: https://www.instagram.com/carter007_photo/

#66 Fine Weather



WINNER

Ms Chih-Ling Chang

Chih-Ling is an 18 years old college student, majoring in industrial design. She loves to take pictures of animals.

#67 Feeding the Stray



WINNER
Mr Dinesh Ajetroa

Instagram profile: <https://www.instagram.com/dinesh0866/?hl=en>

#68 Chasing Game



WINNER
Mr Cheng Tik Him

Cheng is a designer.

#69 Happy Family



WINNER
Mr Yang Tzu Hao
Yang is upbeat and relaxed.

#70 Freedom



WINNER
Mr Vincent Chan

Vincent believes in never giving up.

Happiness Exercise

From “I Know Syndrome” of Happiness to the “I Implement Now” Test

In the world, we give too much importance to the concept of ideas and knowledge. We have idolized the concept of idea with quotes like, “Nothing is more powerful than an idea whose time has come,” by Victor Hugo and many more quotes by many others. Similarly, there is a lot of premium put on knowledge and there are many quotes on knowledge such as “knowledge itself is power” by Sir Francis Bacon. Both ideas and knowledge are very important and the world needs a lot of ideas and knowledge. At the same time, the harsh reality is, that although the idea and knowledge are important, one can get more benefits from these by implementing them. Without implementation, ideas and knowledge have limited benefits. Knowing is not enough, it is the implementation that matters.

Many of us suffer from the “I know Syndrome” of happiness. It is good that we know about happiness. We first need to cross-check whether it is correct or not. Once we know it is correct, we need to realise knowing is not enough for happiness. We need to implement what we know. It’s only when we implement, we find out what works for us and what does not because we all are different with different definitions of happiness. Next time, when you have this great feeling you know about happiness, do an “I Implement Now” test. First, find out if it is correct or not and if correct, then start implementing it.

#71 Laughter



WINNER Ms Priscilla Okoh

Priscilla feels she is awesome and happy-go-lucky. She shares that life dealt her some tough cards but she always wins!

#72 The Happiness of Children's Growth



WINNER
Mr Jacob Tai

Jacob loves his family and enjoys their growth with children of friends. He feels Taiwan is small but complete in every detail.

#73 Ramble



WINNER
Ms Chen Yuting

Chen is a student from SHU.

Instagram profile: https://www.instagram.com/baokaka_/

#74 Magic in Moments



WINNER
Mr Utkarsh Raj

Utkarsh likes to capture moments because they always have some magic.

#75 Paddling a Loch



WINNER

Mr Stephen Adshead

Stephen is 28 years old. He spends most of his time enjoying all things outdoors and reading.

Instagram profile: <https://www.instagram.com/stephenmilesadshead/>

#76 The Peaceful Forest



WINNER
Mr Yashasvi Pandey

Instagram profile: https://instagram.com/consequat_ind?igshid=YmMyMTA2M2Y=

#77 Birthday



WINNER
Ms Zhong Hui-Xuan
Zhong likes to take pictures.

#78 Shining time



WINNER
Ms Hoi Tung Chan

Hoi is a junior student. She is a cat lover.

Instagram profile: https://www.instagram.com/waffle_1007/

#79 Healing Mind Park



WINNER Mr Zhou Minde

Zhou is a college student. He shares that he is used to photography because most of the photography courses are taken from high school to university, and he often uses monoculars to practice.

#80 Happiness - Available from a Sunset near You



WINNER
Ms Urvashi

**Urvashi is a college student with a biology major. She loves to click photos.
She is a flora and fauna lover.**

Happiness Exercise

Creating Happy Homes for Next Generation

Home is an integral part of life for us, particularly those reading this book. We spend a lot of time at home, particularly when young kids. To create a happy society, organisation, country and world, home is one of the most important places to focus on.

We look at many things while creating a home. One thing we need to focus is on creating a culture and space of happiness. For doing this we don't need expensive big houses. What we need is a choice and staying focussed on that choice - a choice to create a happy home. Creating a happy home comes down to our choice and staying focussed on it. We already have shared a definition of happiness, which is also applicable in the context of a family and home.

Research shows and we also observe in our daily life, when we buy a new mobile phone or computer, the majority of us do not change the operating system that is already there on it. Taking this learning, we need to create an operating system i.e. culture of happiness in our home. When kids grow up in this operating system of happiness, there are more chances of them getting a good head start on a happy life.

Happy Home Test

Ask yourself:

Q: Have you created a culture of happiness in your house?

Answer A: If yes, how are you going to sustain it and build upon it?

Answer B: If not, how are you going to create a culture of happiness in your house? What are the steps you are going to start taking today?

#81 Feeling Sleepy



WINNER

Mr. Sourav Karmakar

Sourav is a 41-year-old postgraduate in Mass Communication. From the very beginning of his studies in journalism courses, he has been practising various styles of photography. Presently he is into outdoor photography.

#82 Cuddle to Nature



WINNER
Ms Neetu Gupta
Neetu is a Reiki Master.

#83 Real Beauty comes with a Smile



WINNER

Ms Aruna Gireesh

Aruna enjoys outings and taking colourful snaps. She loves exploring places, people, traditions and customs.

#84 Happiness of Swimming



WINNER
Ms Yu-Jing Yang

Yu-Jing is a senior high school student. Happiness is her pursuit. She loves recording the details of her daily life and taking photos.

#85 Endless Love



WINNER Ms Peirui Huang

Peirui is a 21 years old college student. Most of her photography works are about her family and daily life. She loves cinema and shooting negative films. She is on the way to filmmaking. Her dream is to become a movie director.

#86 Indian Wedding



WINNER
Ms Niharika Singh

Niharika is a creative enthusiast, photographer by passion and researcher by profession.

#87 Beautiful Dreamers



WINNER
Ms Ellie Hsu

Instagram profile: <https://www.instagram.com/ellietjh/>

#88 Field of Smiles



WINNER
Ms Patricia V. Lewis

Patricia's love for this craft of photography is her utmost pleasure while anticipating and exploring what glorious joys to behold next, capturing and preserving enjoyment and beauty.

#89 Perspective Over Orlando Skies

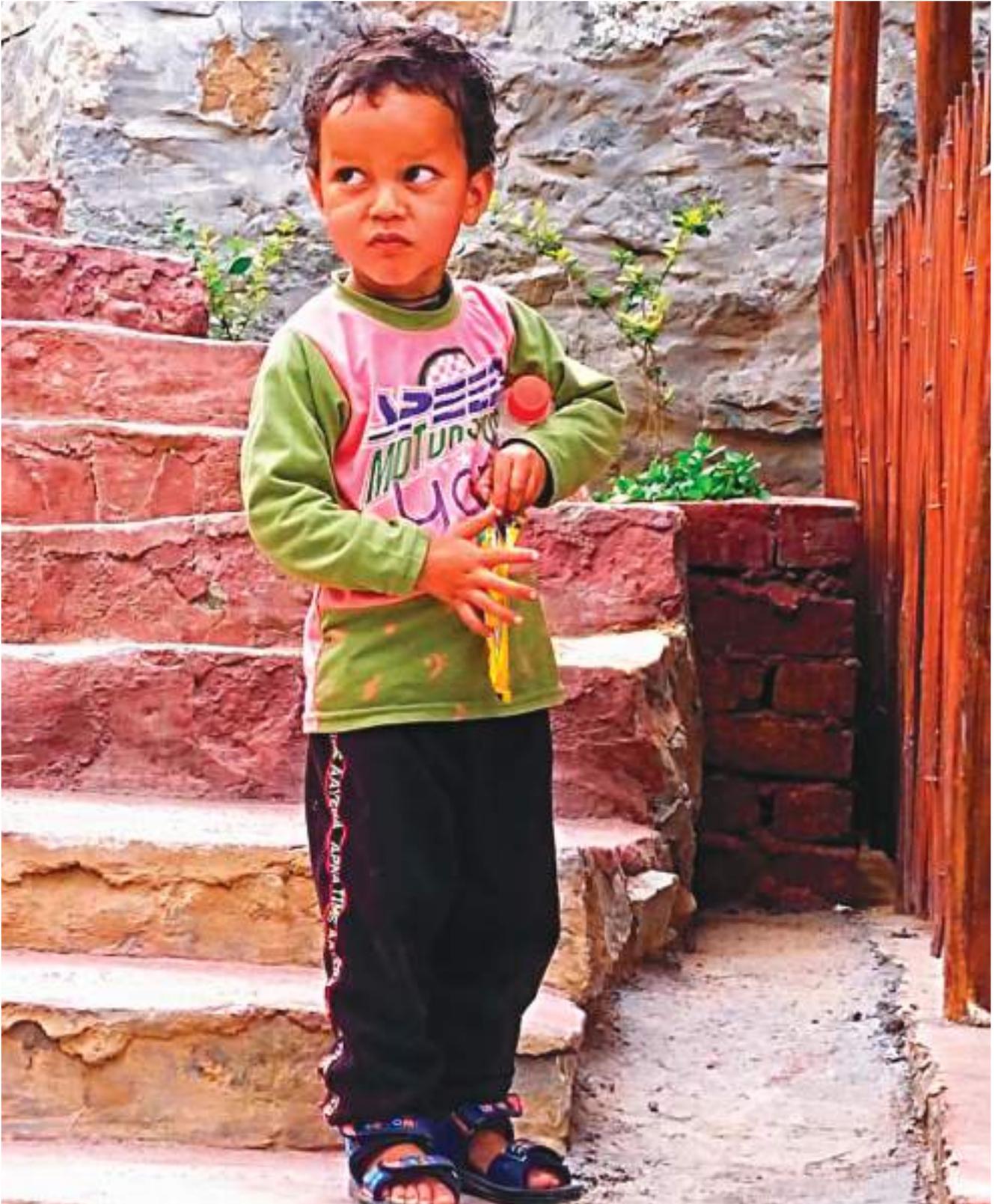


WINNER

Dr Christine Agaibi

Christine obtained Masters's and Doctoral training in Counselling Psychology in Ohio. She is an outpatient therapist in Pennsylvania and teaches resilience globally as a resilience scholar and consultant.

#90 Innocence



WINNER

Ms Nishchayata Budhiraja

Instagram profile: <https://www.instagram.com/omnificshots/>

Happiness Exercise

Reducing Toxic People in Our Life

Toxic people are not good for our happiness. However, unfortunately, in our lives, we have at times, toxic people. We need to take care of and remove these toxic elements from our lives to create a happier life. Our happiness is our choice and responsibility.

_____ Reducing Toxic People in Our Life Exercise _____

Step 1. Do you have toxic people in your life?

Answer: If yes, write down their names.

Step 2. Do you have the time, energy and patience to change these people?

Answer: If yes, go ahead and try to change.

If not, move to step three.

Step 3. Can you stop meeting these people?

Answer: If yes, stop meeting these people.

If not, move to step 4.

Step 4. Can you reduce the number of meetings with these people?

Answer: If yes, reduce the number of meetings with these people.

If not, move to step 5.

Step 5. Can you reduce the time duration of meetings with these people?

Answer: If yes, reduce the time duration of meetings with these people.

If not, move to step 6.

Step 6. From the meetings, take the learnings if any and try to improve in what is feasible but do not take negative things/words with you outside the meeting place. Leave these useless negative words with that person. It is still your choice to not take and not remember the negative useless things/words shared in the meeting.

#91 Air of Love



WINNER
Ms Lee-Yu-Chieh

Lee is 20 years old. She feels life is so beautiful.

Instagram profile: <https://www.instagram.com/jason859/>

#92 Epic



WINNER
Ms Naina Garg

Naina is studying in class 12. She loves photography and creates beautiful pictures and captures real-life moments. Her parents like her photographs.

#93 Scenery



WINNER
Mr Ahmad Yasin

Ahmad is 16 years old. He is into photography to entertain himself.

#94 My Triple Blessings



WINNER

Mr Akinwunmi Ogunnusi

Akinwunmi is the father of a wonderful triplet, husband to an amazing friend and an e-commerce operation specialist. He is a pianist and a simple guy who likes putting a smile on people's faces.

#95 Friends are Forever and Life-Makers



WINNER
Mr Suhan Parvez

**Suhan is a college student currently pursuing B. Tech in Electrical Engineering.
Photography is a hobby he is obsessed with.**

#96 In Service to Humanity



WINNER Mr Akin Akanni

Akin shares he is a simple man who cherishes God and humanity. He is ready to serve people selflessly. He believes doing good is godly and rewarding.

#97 Meaningful Moments



WINNER

Mr Richard Adebisi Ajayi

Richard is the founder of Copyright Events. He thinks it is a remarkable team of event professionals with an insatiable desire to surprise, delight and inspire people.

Website: <http://www.copyrightevents.com>

#98 Queen of Children's Stories



WINNER
Ms NG Shar Lee

Shar is a happy teacher.

Facebook profile: <https://www.facebook.com/sherlylife/>

#99 Bhaktapur Durbar Square



WINNER

Mr Achyut Bhattarai

Facebook profile: <https://www.facebook.com/krb.achyut>

#100 Wings Digital



WINNER
Mr Kaushal Patil

Instagram profile: https://instagram.com/wings_creations001?igshid=YmMyMTA2M2Y=

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Happiness Strategy Foundation

Announcing World Happiness Photo Contest 2023

Call for Participation in World Happiness Photo Contest 2023

Happiness Strategy Foundation invites submissions for World Happiness Photo Contest 2023. We all have a place or a thing or a person or an organisation that brings us happiness, or we have happy moments, or we have happy experiences, and so on. We are inviting participants to share these with us through this photography contest. For the details of the contest please visit: <https://www.happinessstrategyfoundation.org/contest>

The submissions start from January 2023 and the last date for submission is August 30, 2023

A brief on Happiness Strategy Foundation

The Happiness Strategy Foundation is a not-for-profit think tank for research on happiness and well-being and sharing the research findings with the masses and industry to make a meaningful contribution to the happiness of India and the world. It is based in Gurugram, India and is advised by leading global experts on happiness.

For making a positive difference it is engaged broadly in five kinds of activities. To generate awareness and interest in happiness, it organises happiness photo contests and introductory sessions on happiness. Its focus is on researching and democratizing happiness research. The research work has contributions and endorsements from leading global experts on happiness. It carries out happiness studies of organisations. To take happiness research to the masses it is engaged in organizing happiness events such as India Happiness Festivals. To share research and engage with the industry it organizes events such as India Workplace Happiness Strategy Forums and conducts training programs for leaders. It also engages in consultancy and advocacy on happiness.

For more please visit the foundation website: www.happinesstrategyfoundation.org and can be reached at info@happinesstrategyfoundation.org

Happiness Strategy Foundation

Happiness Strategy Retreats for Business Leaders

(CEOs / Board Members / CXOs / Founders)

May 5-7, 2023

“

Happiness is the meaning and the purpose of life, the whole aim and end of human existence.

”

Aristotle

Homo sapiens are in search of happiness from time immemorial. Philosophers, poets and religions have deliberated on happiness. There have been long debates and discussions on the very concept and definitions of happiness, the paths to happiness, and many other aspects of happiness. Whereas traditionally philosophers and poets used to talk about happiness, over the last three decades, researchers from multiple disciplines such as psychology, brain science, economics and others are studying happiness. A lot of progress has happened in the last three decades on understanding happiness.

The VUCA times, increasing stress levels and COVID-19 have further highlighted the need for happiness and well-being. We spend a major part of our daily life at the workplace or working from home. We can look at happiness strategy in the workplace from two broad perspectives namely minimal aspects of taking care or negative effects of the workplace and maximum aspects of reaping advantages of happiness strategy for individuals and organisations. Happiness is gaining currency in the business world as research shows that happiness helps in productivity and innovation.

The retreat follows an open discussion and experiential learning approach to explore, discuss, understand and apply happiness strategy at the individual and organisation levels.

Target Audience: The retreat is for current CEOs, Board Members, CXOs, and Family Business Owners.

Last Date and Registration: There are limited seats on a first-come, first-serve basis. Please submit your registration form by March 31, 2023. For details and registration, kindly contact: academy@happinesstrategyfoundation.org

Happiness Strategy Foundation

Measuring Your Organisation's Happiness

Centuries ago, the great Greek philosopher Aristotle put it rightly “Happiness is the meaning and the purpose of life, the whole aim and end of human existence.” This is right in even today's context as other aims or purposes ultimately point towards happiness. Since what we measure matters a lot for performance, it is important to measure what really matters i.e. happiness.

Historically poets and philosophers used to talk about happiness. However, in the last three decades, there is a lot of research on happiness and researchers from multiple disciplines are studying happiness. There is a lot of progress in happiness research. Today it is possible to measure the happiness of an individual or an organisation or a country.

We have been researching happiness for some time and have the required expertise and tools to measure happiness of your organisation. We would be happy to undertake a happiness measurement of your organisation.

For details contact: research@happinessstrategyfoundation.org

Happiness Strategy Foundation

Become an Institutional Member of India Happiness Lab

Though Happiness Strategy Foundation is engaged in various activities, its main focus is on research on happiness in India and sharing it with industry and the masses. We have been researching happiness for some time.

To streamline our research and engage more with the industry, we are inviting institutional members for India Happiness Lab. The purpose of this lab is to undertake research on happiness in India.

As an annual institutional member, we will acknowledge you in our select research outputs and will give you a discount on our products such as training programs on happiness and events, namely happiness festivals and workplace happiness strategy forums. There is no individual membership, it is only institutional membership.

For details contact: research@happinessstrategyfoundation.org

Happiness Strategy Foundation

In-company Training Programme

Happiness Strategy

We human beings are in search of happiness since time immemorial. The VUCA (Volatile, Uncertain, Complex, Ambiguous) times, followed by COVID-19, has created a lot of unhappiness and has increased the craving for happiness in the corporate sector. Since happiness of stakeholders improves competitiveness, it is important to focus more on happiness strategy. To be happy is emerging as one of the strategies of different levels of units such as countries, companies, and individuals, and there are emerging concepts like happiness advantage. Unfortunately, happiness is made to appear quite vague and difficult to achieve, which is not the right way. Using concepts from multiple disciplines, it is possible to achieve happiness and success in a simple and easy to do way for individuals and companies. The aim of this program is to democratize happiness for all and for all aspects of life and create a happiness strategy leading to overall happiness of individuals and organisations.

Target Audience: This programme is useful for and is open to middle to senior management, aspiring leaders/ leaders.

Content & Methodology of the Programme: This programme seeks to familiarize the participants with happiness and various tools, techniques and strategies to be and stay happy in life. The focus of this programme is on application/execution and not mere sharing of theories. To ensure that participants learn to apply the concepts, the programme will use interactive format, application exercises, and experiential learning.

Learning Outcome: After completion of the programme, the participant should be able:

1. To understand the limitations of looking for happiness in the wrong way.
2. To understand the business case for happiness.
3. To develop an easy to apply strategy to embrace happiness for long term.

Duration: Its available in half day, one day and two-day format depending on the organisation requirements.

Contact: For details, please contact at academy@happinessstrategyfoundation.org

'This is a beautiful book that inspires love, joy, goodness, and happiness.'

Tal Ben-Shahar, PhD., a global expert on happiness, author and entrepreneur.

'World Happiness 2022 makes diverse people understand happiness is in the way they are - happiness is in being not in having.'

Dr. Saamdu Chetri, Founder Director, Gross National Happiness (GNH), Bhutan.

The World Happiness 2022 is unique in many ways. First, it consists of winning photos from the second annual World Happiness Photo Contest 2022. Second, it carries insights from experts and happiness exercises. Third, it is deliberately kept brief and simple.



Brief Profile of Prof Rajesh K Pillania

Dr Rajesh K Pillania is the leading researcher and teacher on happiness in India, popularly called India's Happiness Professor. He has written eleven books and reports on Happiness such as Happiness Strategy, Happiness Diary: My Experiments with Happiness, India Happiness Report 2020, India Cities Happiness Report 2020, World Happiness 2021, India Happiness 2022 and World Happiness 2022. These works are the first of their kind in India. His work is endorsed by many industry stalwarts and global leading thinkers in happiness. He is on the advisory board of many esteemed international research journals, professional bodies and conferences consisting of leading international academicians, industry leaders and policymakers. He is recognised for his extensive research, jointly ranked number one in average research productivity among management faculty of IIMs/IITs in India.

He has taught thousands of students and executives about happiness strategy. He is a prolific writer, a popular teacher, and a highly sought-after trainer on happiness, humour and innovation. His research and academic experience include MDI Gurgaon, IIMs, the Smith School of Business, and Harvard University, among others. For more visit www.pillania.org and he can be reached at rajesh@pillania.org

The Happiness Strategy Foundation is a not-for-profit think tank for research on happiness and well-being and sharing the research findings with masses and industry to make a meaningful contribution to the happiness of India and the world. It is based in Gurugram, India and is advised by leading global experts on happiness. For details see www.happinessstrategyfoundation.org