

‘Rajesh has emerged as India’s Happiness Guru and with his untiring energy, I am sure, India and the world will benefit from each other’s trend of rising Happiness.’

Padma Bhushan Dr Mrityunjay Athreya,
DBA (Harvard, 1967)

INDIA HAPPINESS 2022



Prof Rajesh K Pillania

‘I applaud Rajesh for preparing this book on happiness in India.’

Management Legend Prof Philip Kotler

India Happiness 2022

India's Happiness Professor

Dr Rajesh K Pillania

Happiness Strategy Foundation

www.happinessstrategyfoundation.org

Praise for India Happiness 2022

“

I am happy to hear about the first India Happiness Coffee Table Book. A society's greatness is signalled by how happy, healthy and educated its people are. As a member of the World Happiness Foundation, I applaud you for preparing this book on happiness in India.

”

Management Legend Prof Philip Kotler

“

Stunning and moving! Bringing the joy and thoughtfulness we've come to love from Rajesh Pillania, India Happiness 2022 captures a society's beautiful moments.

”

Dr. Marshall Goldsmith

The Thinkers50 #1 Executive Coach and

New York Times bestselling author of The Earned Life, Triggers, and What Got You Here Won't Get You There.

“

India Happiness 2022 is an outstanding contribution to the literature in the happiness field in Asia, building on the previous publications of the author over the last few years.

”

Professor Sir Cary Cooper, CBE

50th Anniversary Professor of Organizational Psychology & Health,

Alliance Manchester Business School, University of Manchester;

Immediate Past President of the CIPD, President of the Institute of Welfare &

Chair of the National Forum for Health & Wellbeing at Work

Praise for India Happiness 2022

“

Dr Pillania is a global rising star of happiness. He commands a very wide spectrum of the concept of happiness. India Happiness 2022, an outstanding piece of work, is his tenth publication on happiness. Among many happiness professionals, today he champions the walk on the path of happiness. His dedication to working on happiness is paramount and commendable. I wish him to be the signature of happiness in the world.

”

Dr Saamdu Chetri

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

“

This lovely book helps us see, experience, and appreciate the beauty that is all around us. This is an important path to a happier life.

”

Tal Ben-Shahar, PhD.

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

“

Rajesh Pillania, India’s Happiness Professor, has made seminal contributions to the study of happiness in India. His latest publication India Happiness 2022 adds to his previous contributions by helping us to realise in different ways the happiness that is all around us. Read it and be happy!

”

Dr Jaideep Prabhu

Jawaharlal Nehru Professor of Business and Enterprise, Judge Business School,
University of Cambridge, England

Praise for India Happiness 2022

“

India happiness 2022 is another wonderful contribution by World Happiness Guru Prof Rajesh Pillania. I really recommend this book as it will help you know what to remember from the past, what to enjoy in the present, and what to plan for in the future.

”

Dr Dominique Turpin

Emeritus Professor of Marketing Strategy, IMD Switzerland & Singapore,
Former President and Dean of External Relations, IMD Switzerland.
Chairman of DAA Capital, Board member of international public and private institutions

“

India's "Happiness Professor" Rajesh Pillania beautifully reminds us of the joy in everyday moments and small things. It will bring a happy smile to your face!

”

Ravi Venkatesan

Chairman of The Global Energy Alliance for People and Planet (GEAPP),
UNICEF's Special Representative for Young People and Innovation,
Former Chairman of Microsoft India, Bank of Baroda and Cummins India and co-chairman of Infosys Ltd.

“

I have enjoyed knowing Dr Rajesh Pillania and watching his progress over the last few years. He has zeroed in on one of the core goals of human beings, namely, Happiness. I am struck by his total concentration on Happiness trends and strategies in India, one-sixth of humanity. I have enjoyed speaking and interacting at his Happiness Festivals. He has emerged as India's Happiness Guru. With his untiring energy, I am sure, India and the world will benefit from each other's trend of rising Happiness.

”

Dr Mrityunjay Athreya

Padma Bhushan

DBA (Harvard, 1967), India's Management Guru & Mentor
Recognized as one of the founders and pioneers of the Indian Management Movement

Praise for India Happiness 2022

“

India Happiness 2022 by Rajesh, India's Happiness Professor, encompasses a delicate subject in a variety and multidimensional way. Happiness has been probably the highest ranked subject on the agenda of philosophers, scientists, thought leaders, and many others for many years. Seeing that it is now faced in such a professional way where pictures speak more than words is refreshing. I wish you all continued success and prosperous development of your work.

”

Luciano Manzo

President and CEO Make-A-Wish International

“

The beautiful photos of India Happiness 2022 make this coffee table book a very rich exhibition of the Indian joyful soul.

”

Francesc Miralles

Co-author of IKIGAI

“

Rajesh, India's Happiness Professor, is doing remarkable and pioneering work on happiness in India. India Happiness 2022 is an interesting read full of insights and exercises for practising happiness.

”

Manoj Kohli

Country Head - SoftBank India, SoftBank Group International, New Delhi, India.

Former Managing Director and CEO, Bharti Airtel

Praise for India Happiness 2022

“

ānanda, (happiness, joy or bliss), finds a mention in all prominent ancient Indian philosophies as the ultimate goal of life and is associated with the highest state of an individual. Prof. Rajesh Pillania has been at the forefront of the Happiness movement through various initiatives & thought-provoking books & publications - and India Happiness 2022, his latest publication is recommended for thought-provoking insights from this Happiness Guru of our times!

”

Prakash Apte

Chairman (Non-Executive) Kotak Mahindra Bank Ltd,
Former Chairman (Non-Executive) Syngenta India

“

Rajesh Pillania, India's Happiness Guru, put together a book that makes people smile, stop and think, and feel a little happier. I love the book and wholeheartedly recommend everyone to browse through it and read what catches the eye. It brightened my day!

”

Professor Jochen Wirtz

Vice Dean, MBA Programmes, NUS Business School, Singapore

“

I compliment Prof Rajesh Pillania for editing India Happiness 2022 which builds on his earlier popular publications on the theme of happiness. Dr Pillania is an established authority on the subject of happiness and I find this coffee table book an excellent contribution through photographs and pearls of wisdom centring around happiness. My best wishes for the success of his mission which he so passionately is pursuing on this very relevant social theme.

”

Prof Prem Vrat

Pro Chancellor, Professor of Eminence & Chief Mentor, The NorthCap University,
Gurugram. Founding Director IIT Roorkee, Former Professor & Acting Director- IIT Delhi

Praise for India Happiness 2022

“

Dr Rajesh Pillania, India's Happiness Professor, has made significant contributions to happiness research in India. India Happiness 2022 is another very interesting book by him.

”

Sangram Singh

International Wrestler, Actor, Motivational Speaker,
Fitness Expert, Philanthropist

“

Dr Rajesh, India's Happiness Guru, has made tremendous contributions to happiness work in India! India Happiness 2022 is a fabulous book – review it and you will learn something important about happiness.

”

Susan Huber

Director of Well-being in Higher Education at the Center for Healthy Minds,
University of Wisconsin-Madison

“

Dr Rajesh, India's Happiness Professor, has done seminal work in happiness in India. India Happiness 2022 is his tenth publication on happiness and is a good source for learning about happiness in India.

”

Prof T N Kapoor

Emeritus Professor and Former VC, Panjab University, Chandigarh, and
Founding Director MDI Gurgaon

Praise for India Happiness 2022

“

My compliments on bringing out India Happiness 2022, I loved every picture in it and soaked in the wise words that many industry leaders have written. To me, happiness is an immeasurable feeling that you can get from the smallest of things or occurrences. Unfortunately, many of us tend to think one requires great wealth and fortunes to get happiness but a look at your collection of pictures will tell one otherwise. Happiness in every good thing that we do, our acts which bring a smile to a face, experiences where small acts have helped someone are the treasure you carry with you for a long time. I do hope spreading happiness becomes one of the main aims of our education with which Rajesh is intimately involved.

”

Sid Sharma

President & CEO, InterGlobe Air Transport

“

Everyone wants to be happy, yet they look out to search for happiness. Dr Pillania has captured different moods, occasions and opportunities to feel happy 24x7 in a simple and practical way. It's a delight to go through India Happiness Coffee Table Book 2022. There is no better time than today to be happy.

”

Rajiv Mangal

President & CEO, Tata Steel (Thailand) PCL

“

Quality of health, education and innovation shape the happiness of a state or a country. Excited to see that Dr. Rajesh Pillania, an International Happiness Guru, has edited the Coffee Table Book “India Happiness 2022” with diverse images. Flip through the pages to catch your sparks for happiness. This book may help you take steps toward building healthy communities of practice, embracing reality, and sustainability of happiness.

”

Dr. Kirankumar S. Momaya

Institute Chair Professor, Competitiveness, Shailesh J. Mehta School of Management, Indian Institute of Technology (IIT), Bombay

Praise for India Happiness 2022

“

I have observed dedicated hard work and tremendous efforts in the happiness work by Rajesh over the years. India Happiness is his tenth publication on happiness. He is India's Happiness Professor and a rising star in the global happiness space.

”

Professor Raj Agrawal

Director - Centre for Management Education, All India Management Association (AIMA).

“

Happiness is an Agenda which should be brought to the table in every home and Institution. This Coffee table with captivating smiles and nuggets of wisdom around art to remain happy does this task very effectively. Kudos to Prof Rajesh Pillania for his brilliant work!

”

Dr Vinita Sahay

Director, Indian Institute of Management (IIM), Bodh Gaya

“

India Happiness 2022, the latest book by Rajesh Pillania really attracted my attention. This is a book worth reading.

”

Professor Satish Kapoor

Former Chairman, University Business School, Panjab University, Chandigarh

Praise for India Happiness 2022

“

To witness promoting happiness in a country where its people appreciate little doses of happiness on daily basis, gives me hope that the world is going to be happier.

”

Noof Aljneibi

Director of Emirates Center for Happiness Research

“

Prof Rajesh, India's Happiness Guru, has made significant contributions to happiness work in India. India Happiness 2022 is another interesting piece of work. Read it to build on your happiness!

”

Dr Sanjeet Singh

Professor, Indian Institute of Management (IIM), Lucknow

“

India Happiness 2022 is another gem by India's Happiness Guru Prof Rajesh Pilania. I have been a witness to his evolution and contribution to the exciting field of Happiness research and practice.

”

Dr Harsh Sharma

Professor and Director, Centre for Public Policy, Governance and Performance,
Administrative Staff College of India (ASCI)

India Happiness 2022

Coffee Table Book

Gurugram, India.

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We are extremely grateful to our esteemed jury consisting of Padma Bhushan Dr Ajai Chowdhry, Foundering member, HCL; Ms Mandy Seligman, Photographer and Positive Psychology Expert, Founder of SeeingHappy.org; Padma Shri Geeta Dharmarajan, Founder and President of Katha, 1988; Padma Shri Ms Mamang Dai, Sahitya Akademi Award and Verrier Elwin Prize winner poet and novelist; Mr Dilip Cherian, Often tagged “India’s Image Guru”, Co-founder of Perfect Relations; Mr Aditya Arya, Eminent commercial and travel photographer, Founding Director, Museo Camera, the largest not-for-profit photography museum in South-East Asia; Mr Ashraf Wani, Bureau Chief, India Today Group, Jammu & Kashmir.

We are very grateful to Dr Saamdu Chetri, Rekhi Foundation for Happiness and Founder Director, GNH, Bhutan; and Ms Nancy Hey, Executive Director, What Works Centre for Wellbeing, The UK’s national body for wellbeing evidence, policy & practice for sharing their expert insights. A big thank you to esteemed leaders from the industry namely Amit Gossain, Managing Director, KONE Elevator - India & South Asia; Anurag Srivastava, President Corporate Strategy, Aditya Birla Group; Chetan Garga, Managing Director, Board Member - Allstate India (ASPL); D Narain, Senior Bayer Representative - South Asia; Harish K Kohli, President and Managing Director, Acer India (Pvt) Ltd; Irendra Chhabra, Global Head - Spend Management and Back Office, STARTEK; J C Laddha, Managing Director, Century Textiles and Industries Ltd; J Rajmohan Pillai, Chairman, Beta Group; Lokesh Chaturvedi, Chairman and Managing Director, Mizuho Global Services (I) Pvt. Ltd; Marzin R Shroff, Managing Director and CEO, Eureka Forbes Ltd; Mehmood Khan, Social Entrepreneur & Former Global Leader Innovation, Unilever; Mukta Arora, Managing Director, Elanco Innovation and Alliance Centre, India (IAC); Naveen Munjal, Managing Director, Hero Electric; Parag Kulkarni, Managing Director, AO Smith India Water Products Pvt Ltd; Praveen Rawal, VP- APAC (GCC) & Managing Director -India, Singapore and SEA, Steelcase; Ram Gopal, Chief Executive Officer, Barclays Bank India; Rama Shankar Pandey, Managing Director, Hella India Lighting Ltd; Sandeep Das, Regional Managing Director South Asia, Intertek; Sanjay Bhutani, Managing Director-India & SAARC, Bausch & Lomb India; Shailender Kumar, Managing Director, Oracle India Pvt. Ltd; Vinod Sood, Co-Founder & Managing Director, Hughes Systique Corporation; Vivek Mehra, Chairperson, SAGE Publications India for sharing their insights. We are grateful to the editors and friends from the entertainment industry namely Anil S, Chief of Bureau, The New Indian Express; Anurag Mishra, Executive Editor, Jagran New Media; Ashutosh Sinha, Senior Editor, The Economic Times; Harssh A Singh, Radio Host 92.7 BIG FM, Actor, Singer; Jimmy Tangree, RJ and Head 91.9 Friends FM; Rajesh Barnwal, Editor, ETHRWorld;

RJ Devanggana, Radio Jockey, 93.5 Red FM and Show Host, Saregama India Ltd; RJ Shakti, Radio City, Chennai; Tripti Narain, Editor – Videos, Indian Express Group for sharing their insights. We also are grateful to all the experts for their kind words of encouragement for the book.

We are very grateful to all the participants from all over India for participating in this inaugural contest. It was humbling to get such good participation from people from all over India for this inaugural edition.

We are very grateful to all our readers for their continued support and interest in our work. You can reach the editor Dr Rajesh Pillania at rajesh@pillania.org

Team IHPC 2022
India Happiness Lab
Happiness Strategy Foundation

Preface

I have a background in strategic management with a focus on innovations and international strategy. I enjoyed researching, teaching, training and writing on strategic issues from a business perspective. However, I wanted to contribute more and, in that search, I started my research journey on happiness more than 10 years ago.

It was a challenging task to decide where to start. I realised happiness is in giving and humour is a great tool in creating happiness. I noticed that very few people have access to formal education in management, including strategic management. The attempt to democratise management concepts using humour resulted in three books namely *Strategic Humour: Democratizing Strategy*, *Startup Strategy Humor: Democratizing Startup Strategy*, and *Learning Strategy in a Fun Way with The Big Bang Theory* and many articles in popular media. As I got more time and experience, I chose to focus on relationships as relationships are very important for a happy life. This resulted in another book titled *Love Strategy: A New Perspective on Love, Relationships, Life and Strategy* which used humour in the context of a group of friends in a campus setting to show how to build good lasting relationships. This book was followed by Amazon's bestseller *Happiness Strategy: Strategy and Happiness for Everyone*. These works were followed by *Happiness Diary: My Experiments with Happiness*, *India Happiness Report 2020*, *India Cities Happiness Report 2020*, and *World Happiness 2021*. *India Happiness 2022* is my 10th book/edited book/report. It was very humbling to receive praise and endorsement for many of these works from leading global thinkers and industry stalwarts. These research outputs also became an integral part of my teaching and training and I could make some positive difference in the classroom and training sessions. This journey on the path to happiness of more than 10 years has been a very fulfilling journey.

On *India Happiness 2022*, at the outset, most humbly let me accept that it is very challenging to talk about India happiness because India is a huge and diverse country with a long association with happiness. With so much knowledge and tools for the application of happiness, India has a huge advantage in happiness which it should leverage for the happiness of the world and for the happiness of India itself. *India Happiness 2022* has 50 winning photos from the first annual *India Happiness Photo Contest 2022*, brief insights from two international happiness experts, brief insights (within the 100-word limit) from 22 industry leaders and 10 media people, and 10 ideas and exercises for experiencing happiness.

I sincerely hope *India Happiness 2022* brings some smiles to your face and that we all see and appreciate happiness all around us in our daily life.

Prof Rajesh K Pillania
 Gurugram, India

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Dedicated to

75 Years of

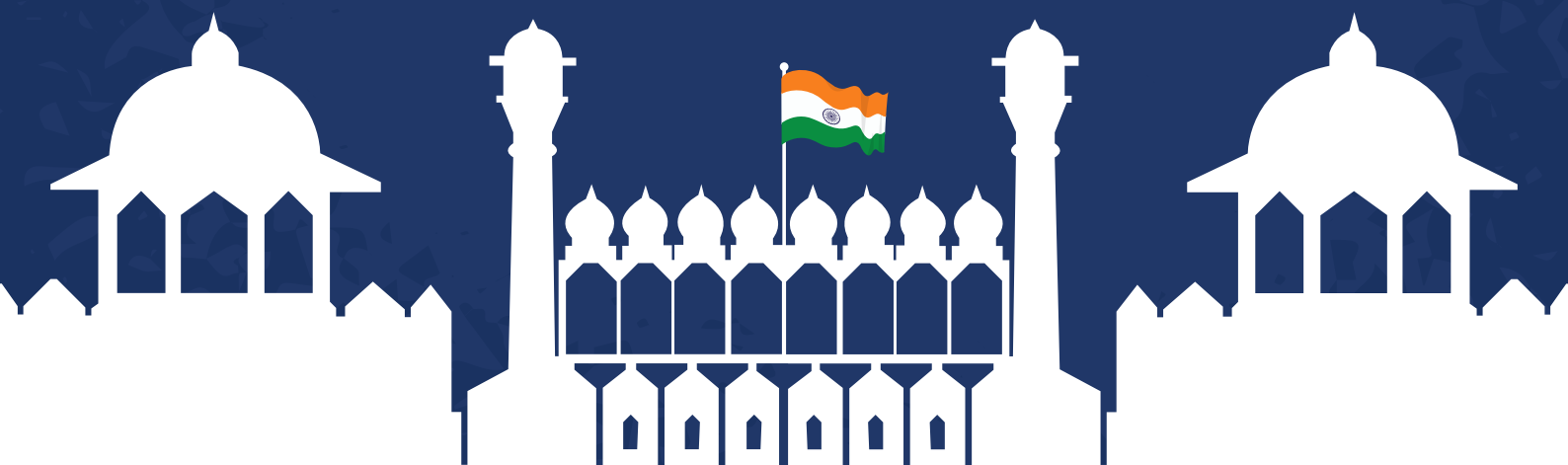
Independence

&

The Idea of a Happy,

Sustainable and Prosperous

India



Introduction

The Pursuit of Happiness

“

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.

India and Happiness have a long association

At the outset, most humbly let us accept that it is very challenging to talk about India happiness because India is a huge and diverse country with a long association with happiness.

Let us look at some important quotations from different points in Indian history.

“

The real happiness of life is in doing 'karma'.

”

Rig Veda (the first Veda out of four Vedas), Vedic age (c. 1500 – c. 500 BCE).

“

Yat tad agre viham iva pariname Mitopamam tat sukham sattvikam proktam atma-buddhi-prasada-jam” Meaning “Satvik or Pure happiness which in the beginning may be just like poison but at the end is just like nectar and which awakens one to self-realisation is said to be happiness in the mode of goodness.

”

Bhagavad Gita, Chapter 18, Verse 37

“

Happiness is when what you think, what you say, and what you do are in harmony.

”

Mahatma Gandhi

“

Man thinks foolishly that he can make himself happy, and after years of struggle finds out at last that true happiness consists in killing selfishness and that no one can make him happy except himself.

”

Swami Vivekananda

“

The most important lesson that man can learn from life, is not that there is pain in this world, but that it is possible for him to transmute it into joy.

”

Rabindranath Tagore

“

Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.

”

St. Mother Teresa

The above six quotes are just a few quotes from Vedas, Bhagavad Gita, Mahatma Gandhi, Swami Vivekananda, Rabindranath Tagore and St. Mother Teresa on happiness, and there is a huge volume of knowledge and literature on happiness from many revered people from various walks of life that is shared in various sources including scriptures going back to the Vedic age (c. 1500 – c. 500 BCE). Not only ideas, philosophies, and literature, but various applications of these for the practice of happiness such as compassion, meditation, and yoga, were also created and practised over a long time in this ancient Indian civilization. Truly, happiness and India have a very long association (India Happiness Report, 2020).

Any attempt to talk about happiness in India is like a drop in the ocean due to the vast reserves of knowledge and tools for application for happiness in India. With so much knowledge and tools for the application of happiness, India has a huge advantage in happiness which it should leverage for the happiness of the world and for the happiness of India itself.

India Happiness 2022 Book



In the midst of death, life persists; In the midst of untruth, truth persists; In the midst of darkness, light persists.



Mahatma Gandhi, (Young India, Oct. 11, 1928).

We have gone through an unprecedented COVID crisis. In these times, it is ever more important to stay happy. Following the Gandhian spirit, for ‘India Happiness’, we would like to focus on the things that bring happiness to our lives, and in that spirit, the inaugural India Happiness Photo Contest 2022 was organized by Happiness Strategy Foundation. It 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.

Images are a powerful medium of communication. 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. We received participation from all parts of India. The final photographs are selected by an esteemed jury. The winning fifty photographs are shared in this book. We sincerely hope the photos might bring some smiles and happiness to your life. Among the winning photos, we see maximum photos of human relationships (family, friends, colleagues), followed by nature, solitude or my time, sports and pets. This trend is similar in the overall photos received for submission. For this book, we also sought insights in 100 words on India’s Happiness from learned people from various walks of life. The deep insights on happiness from these people have added a lot of depth to the book.

This book is an attempt to create more awareness and focus on happiness in India.

The Way Forward

A small beginning has been made through this inaugural annual India Happiness 2022 book. It is a challenging journey, and the focus will be to keep learning and improving.



WINNING PHOTOGRAPHS

of India Happiness Photo Contest 2022

#1 Smiles are Precious



WINNER
Ms Jyoti Rajora

Jyoti is an undergraduate student. She likes to do voluntary work.

Instagram: [soulspace_2.0](#)

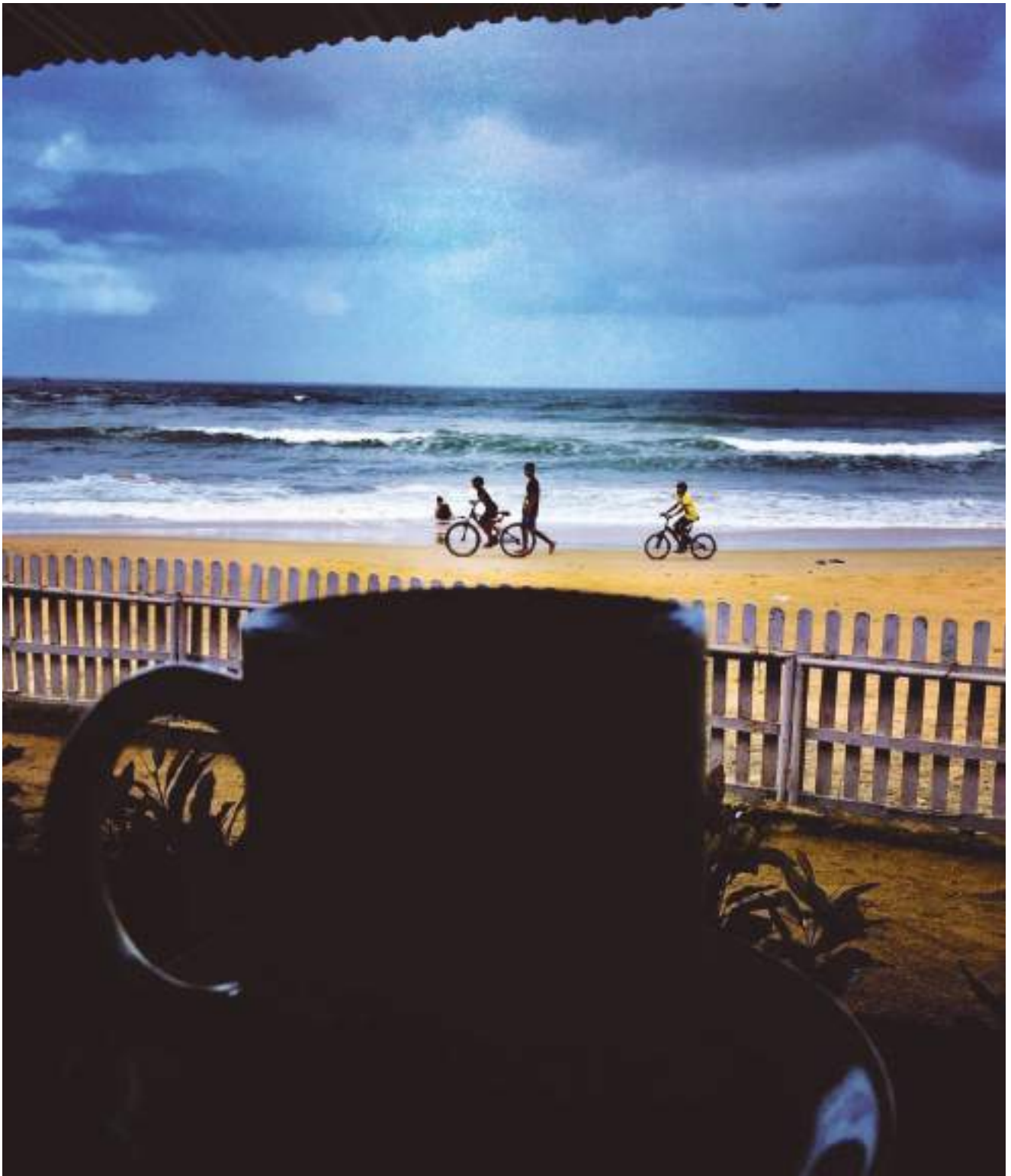
#2 Unconditional Love



WINNER
Dr Anshu Lochab

Anshu is an Assistant Professor in Management. She has a 1 year and 3 months old child who is becoming her happiness in today's hectic environment.

#3 A Tale of Monsoon, Goa



WINNER

Ms Priyanka Sinha

Priyanka is a lawyer with another perspective.

Instagram: priyankasinha_23

#4 Meri Maa



WINNER

Dr Alaknanda Menon

Alaknanda is a professor of strategy and Program Chairperson, MBA Real Estate Management, SBM, NMIMS, Mumbai.

#5 The Best Friends



WINNER
Mr Digen

Digen is a street photographer.

Expert Insights on Happiness

Five Workable Ideas for Happiness

Take Notice- Search for and notice the good stuff in life, look for the daily acts of kindness & learn to deal effectively with the negative feelings, it's all useful information! Learn to breathe well to manage physical and emotional reactions.

Positive Mood- Find people, things and places that give you joy, smile, listen to music, be creative, play with your kids, and find beauty and peace - hobbies can be great for this.

Connect with others and Give- Spend time thinking about what brings meaning to your life and those who share similar visions and values. Care especially for those people and they will care for you. Practice making small happy connections with others - build your relationships.

Get things done, get absorbed in the activity and keep learning- Do hard important things with others, break down tasks, be creative, celebrate small victories and be prepared to change - find a job you like, with people you like, that provides enough to live well enough.

Build physical and emotional reserves- Get outside in a natural environment with others, be active every day, sleep & rest well, avoid smoking, and eat your fruit & vegetables.

Nancy Hey

Executive Director

What Works Centre for Wellbeing

The UK's national body for wellbeing evidence, policy & practice

India Happiness Insights by Leaders

“

Happiness to me is when you strive to make an impact in the lives of others, be it through the work I do in the field of Food, Nutrition and Health for the communities at large or in my personal life with family and friends. The impact made is what makes me happy, including when I see budding colleagues, entrepreneurs, or leaders in my ecosystem whose lives I could touch. I believe that by caring for ourselves and our communities collectively, and celebrating small wins of people around us, we can make India the happiest country in the world.

”

D Narain

Senior Bayer Representative - South Asia

“

Happiness is a highly subjective state, and it is imperative to comprehend the true value it provides to each individual, to help draw positive evaluations of one's life and accomplishments. Happiness can have a variety of depictions and some important ones in my opinion would be 'valuing time and one's personal space', 'being compassionate and kind', 'maintaining a positive and happy spirit'. At the workplace, it would be 'understanding employee well-being', 'making room for failure', 'encouraging creativity and taking risks' and just being 'supportive'. It is important to make sure we are surrounded by people that allow us to be ourselves.

”

Shailender Kumar

Managing Director, Oracle India Pvt. Ltd.

“

Every Indian is in pursuit of Happiness and yet, very few find it. We don't realise that Happiness is in our own minds. We can either choose to be happy or unhappy. We are all victims of our circumstances. But good and bad things happen to everyone. It's not the circumstances that determine our happiness, but our response to them that determines our state of happiness. We make our choices on whether we learn from tough situations or just complain and become miserable. Make your choice - do you want to be happy or unhappy because that's exactly what you will be?

”

Marzin R Shroff

Managing Director and CEO, Eureka Forbes Ltd.

Smile



When we are happy, we smile. Interestingly, when we start smiling, we also start feeling better. For our brain, it works both ways.

**Smiling really can make people feel happier, according to a new paper published in Psychological Bulletin.
(Science Daily, 2019)**

Notice how often you smile. Increase the frequency of your smile i.e. smile more often, please.

#6 Happy Colleagues



WINNER
Ms Malsawmtluangi

Malsawmtlunangi is a teacher at Women's Polytechnic, Aizawl.

#7 Happiness in Family



WINNER

Mr Sagar Gondaliya

Sagar is an amateur photographer doing photography as a hobby.

Instagram: [saagar_ocean](#)

#8 Joys of Childhood



WINNER

Mr Sushant Khosla

Sushant is seeking happiness through the kaleidoscope of life.

Instagram: [khosla_sushant](#)

#9 Happiness with Peace



WINNER
Ms Sayali Patil

Instagram: [@vimalai_art_photography](https://www.instagram.com/vimalai_art_photography)

#10 Love in the Air



WINNER
Ms Ritu Chaudhary

Ritu is a working professional with a desire to learn new technologies and utilise them for excellence.

Expert Insights on Happiness

Love and Live

Happiness is a western concept founded in the 1500s and began its usage frequently after the 1970s, including the 'pursuit of happiness' written in the American constitution. The human energy vibration hertz, under quantum mechanics, does not indicate the level of happiness like other emotions.

Happiness is within - internal. External things bring only fleeting happiness. Thus, happiness becomes a choice and not a goal. Happiness lives with every action either in thinking or doing. To be happy serve others, live in harmony with nature, and realise human wisdom and potential. Love brings joy, followed by peace - Happiness. Love and live enlightened.

Saamdu Chetri

Rekhi Foundation for Happiness and
Founder Director, GNH, Bhutan

India Happiness Insights by Leaders

“

India a land of 1.4 billion people regales itself on brief moments of happiness. The country has many people who have big dreams but the billion small dreams trump the big ones. I have seen that sense of unparalleled happiness in the many humble formats wherein somebody by the roadside gets a square meal or when someone aspiring for a modest brand gets to lay their hands on a fake. Happiness is but transient but the many small occasions making for wholesome fulfilment are many hence let's try spreading happiness through those many genteel small moments touching millions of lives.

”

Praveen Rawal

VP- APAC (GCC) & Managing Director -India, Singapore and SEA, Steelcase.

“

The purpose of our lives is to be happy. While we may relate the happiness quotient of our lives through financial stabilities, success, etc., it's not confined to emotions or success instead it's a state of mind and a way of life. Despite all hurdles, one can stay happy as it can be attained through everyday phenomena like staying fit, having a hobby, learning, eating right, sleeping well, and a small act of kindness. Every morning, we must choose happiness and constantly renew this state of mind! So Stay Happy, Radiate Happiness and make India Happy!

”

Naveen Munjal

Managing Director, Hero Electric

“

As said by Mahatma Gandhi “Happiness is when what you think, what you say and what you do are in harmony.” Happiness starts when people feel they are heard, they are seen, and they matter. It is contagious. This is very relevant in corporate life, personal life and society. I feel a happy nation starts with happy office life and it is the responsibility of every company to measure the happiness quotient of employees to contribute to a happy India.

”

Harish K Kohli

President and Managing Director, Acer India (Pvt) Ltd.



Definition of Happiness

Happiness has been defined in various ways by various experts over centuries. A simple but comprehensive definition of happiness is as follows:

Happiness is enduring life satisfaction consisting of overall positive emotions and meaningful life.

Or put it in an equation,

Happiness = Overall Positive Emotions (ie. Positive emotions- Negative emotions) + Meaningful Life

Or put more simply,

Happiness = Pleasure + Meaning

To put it in practice, list down what gives you pleasure and meaning in the Happiness Exercise Table.

Happiness Exercise Table:

Defining Happiness for You

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

#11 Summer Fest



WINNER
Mr Vishwansh Rajput

Vishwansh is a college student pursuing BTech in Computer Science.

#12 Bliss Hanging out with Parents



WINNER
Ms Lovely Arya

Lovely is a Communication Coach & Trainer, freelancing her way to freedom, happiness, money and success.

LinkedIn: @lovelyaryaofficial

#13 Bond of Mother & Child Love



WINNER

Mr Vineet Kumar Singh

Vineet is working with an automotive company as an indirect item buyer.

#14 Perfect Smile



WINNER
Ms Aman Yadav

Aman is a college student. She is a flora and fauna lover who loves to explore new places and interact with new people.

#15 Flowers



WINNER

Ms Ashchint Kaur Wade

Ashchint is a management student. She is a very creative person.

India Happiness Insights by Leaders

“

Happiness is an emotional state of well-being characterized by satisfaction, joy and positive emotions. In India, Happiness has a diverse spectrum. Scriptures like Vedas, Upanishads and Bhagwat Gita provide excellent guidance on leading a happy life and attaining eternal bliss. It is, perhaps, the oldest wisdom that differentiates between internal and external happiness. As Bapu once said, “Happiness is when what you think, what you say, and what you do are in harmony.” Instead of trying to fit square pegs into circular holes, it is important that India opens the eyes of the world toward balancing “Inside-Out” and “Outside-In” happiness through spirituality.

”

J C Laddha

Managing Director, Century Textiles and Industries Ltd.

“

We aspire to be a \$10 trillion economy. It is equally important to nurture an ambition to be among the world’s happiest. This entails us going back to our spiritual roots to realize that the eternal and intrinsic inclination of a human being is to perform seva. Through compassion, trust and gratitude, we can hope to cultivate tolerance. Such inclusiveness brings a deeper sense of belonging and a willingness to share and give. India has had a magnificent past and it is within our hands to bend the current arc of our history towards an even more glorious future.

”

Ram Gopal

Chief Executive Officer, Barclays Bank India

“

Happiness to me is having good health, good relationships and ultimately being at peace with oneself and in the environment, one is, rather than constantly wanting more. Nature is always a soothing experience and exploring things like Forest Bathing to be immersed in nature’s sounds, smells and healing properties is deeply calming. The other aspect of being happy is to be suitably rested and keeping time to do ‘nothing’, allowing one’s mind to wander and explore different thoughts and experiences.

”

Chetan Garga

Managing Director, Board Member - Allstate India (ASPL)

India Happiness Insights by Editors & RJs

“

The smallest things that make us happy are when we do things and spend time with others. It could be family, friends, communities or even pets. Every small reason for happiness adds up to a whole lot more. The experiences of spending time together can sometimes stay on for a lifetime and leave us with a feeling of belonging to one another. That is what makes us feel positively towards everyday living. Ultimately, for me, real happiness is when everyone around me is happy. It is the sharing that comes with happiness that leaves smiles all around.

”

Ashutosh Sinha

Senior Editor, The Economic Times

“

India is the fastest growing economy and the land of spirituality, philosophy and vibrant culture. All this makes us the greatest nation in the world but our happiness index ranking is not encouraging. As Buddha said: Both happiness and sadness are our responsibility. Therefore, if structural changes are made to all aspects of our lives, we can thrive and truly be 'happy'. Happiness should be defined as contentment in all areas of life – both work and personal. I conclude in the words of Gandhiji: Happiness is what you think, what you say and what you do are in harmony.

”

Anurag Mishra

Executive Editor, Jagran New Media

“

Happiness is a state of mind and one has to do what one loves & loves what one does, to bring about a quotient of happiness, and it needs to be centred around every individual. The happiness quotient is derived from good health, prosperity, sustainability, low stress & being content. But happiness differs from person to person and is also linked to productivity. Happy individuals coming together from across make a happy nation. A happy India needs to be a swasth India, a productive India & a sustainable India.

”

Jimmy Tangree

RJ and Head 91.9 Friends FM



Choose Happiness

Happiness is a choice. Though genes and circumstances matter, but we can still choose to be happy in any situation. Our happiness is our choice.

From the moment you wake up till you go to bed, focus on your attention: Is it choosing happiness? Is it focussing on unhappy things?

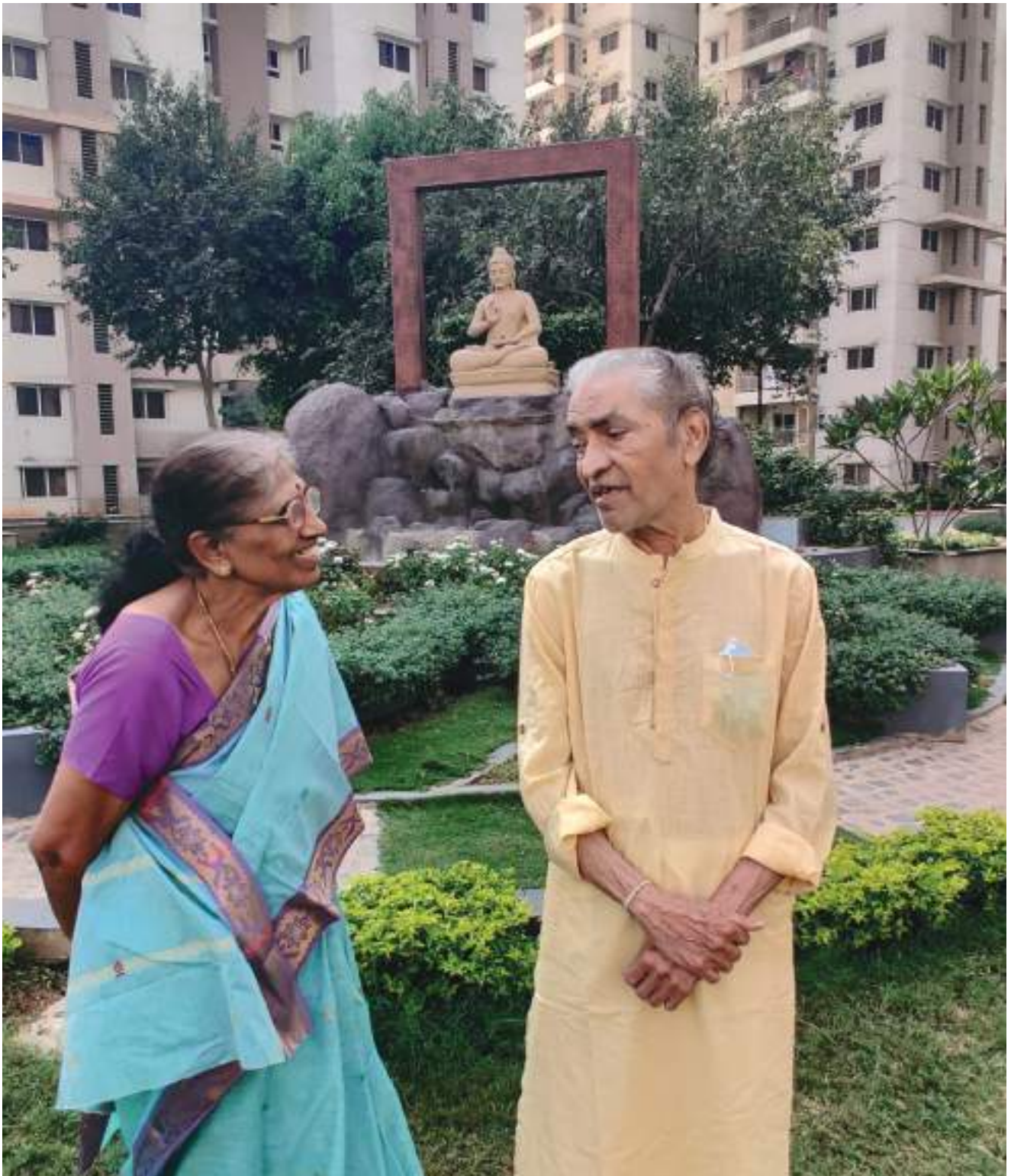
Do it for a week and see the trend. Try to move this trend to more focus on happiness.

Happiness Exercise Table:

Where is your Attention?

Time of the day	Attention focus on happiness	Attention focus on unhappiness
Morning (5-9 am)		
Before noon (9-12am)		
Afternoon (12-5pm)		
Evening (5-9 pm)		
Before going to bed		

#16 I'm Always Here



WINNER Ms Sarada Matta

Sarada is a mother of two teenagers with a lot of enthusiasm for art, especially photography. She won't miss any opportunity to explore with her camera.

#17 Family is Everything



WINNER
Ms Yogita Sharma

Yogita is a school teacher for children. For her seeing the smile on the face of her family is happiness.

#18 Start Your Day with Vitamin Tea



WINNER

Ms Nandini Sharma

Nandini is an undergraduate student.

Linkedin: nandini-sharma-058628202

#19 Beauty of Nature



WINNER
Mr Lokendra Singh
Instagram: [thetravolver_](#)

#20 Happy Me



WINNER

Ms Aparajita Yadav

Aparajita is a student in the 9th class. Family and friends make her happy.

India Happiness Insights by Leaders

“

Happiness is one's own choice. Given identical situations, two distinct individuals can either be very happy or unhappy. I owe this understanding to my last few years living in Brazil. While our eastern philosophy teaches us mindfulness, I have seen real examples there - People forget their past problems and are not too anxious about the future. Living in the present. Enjoying every event. Singing and dancing. Celebrating every moment with a sense of gratitude makes me happy every day. Yes, I am happy, irrespective of whatever life serves me.

”

Anurag Srivastava

President Corporate Strategy, Aditya Birla Group

“

According to the 2022 World Happiness Report (WHR) by the United Nations, India ranks at a whopping 136, behind countries like Saudi Arabia and Mexico. The volatility of India's population growth lends a big hand in the country ranking low on the WHR. High-ranking countries like Finland and Denmark have adopted various measures such as investing in their education systems and making sure that the populations are relaxed, which in turn ensures a low crime rate. In order to be one of the world's largest and happiest economies, India must take note of such trends and reconsider its approach.

”

Sanjay Bhutani

Managing Director-India & SAARC, Bausch & Lomb India

“

Having stayed in the USA for the better part of my growing years India took centre stage when I returned. Happiness was breathing the same air as the ones I loved. My life was a massive struggle but I found joy in working with farmers and understanding my nation. Adjusting was tough and understanding how things worked was even tougher. But every step of the way I experienced pure joy as India transformed from a struggling nation to a leader in its own right. There still remain a billion dreams to fulfil and my area of focus is education.

”

Vivek Mehra

Chairperson, SAGE Publications India

India Happiness Insights by Editors & RJs

“

Being a senior journalist has its own advantages and it's absolutely important to keep an eye on the bigger picture and not be distracted by trivia. The pandemic has shown us how we can come together to help each other out. Personally, happiness constitutes not chasing perceived goals set by society. Get addicted to life through travel and experience the world. Basking in past glory or letting the past spoil your present doesn't augur well for anyone. Love what you do, rather do only what you love. Be a maverick. That's the happy me!

”

Anil S

Chief of Bureau, The New Indian Express

“

In 2005, I was talking with a colleague and casually mentioned that my junior was not happy. My colleague asked me: “Are you happy? Tell me, who is happy?” I didn't have an answer. And that should not be surprising. According to the World Happiness Report 2022, India ranks 136th – tenth from the bottom of the list. But there must be a way to find happiness and be happy. To me, happiness is ‘doing what makes me happy’ and finding out ‘how to make money out of it.’ I love editing and I get paid to do it. I feel happy!

”

Rajesh Barnwal

Editor, ETHRWorld

“

Happiness is a state of emotional well-being, a positive evaluation of one's life and accomplishments. Responsibility, love, positivity and sharing are the keystones. You must hold yourself responsible for the tasks you have committed to perform, experience love with family or fellow beings, and stay positive in the face of disappointments. It doesn't mean life is always wonderful, it means that you strive to remain happy, in spite of the odds. Finally, share your success with people around you, because our Indian tradition puts a strong emphasis on family and community – Only then can you be a truly happy person.

”

Harssh A Singh

Radio Host 92.7 BIG FM, Actor, Singer



ASH Paradigm

Even for small journeys to new places, we need directions. Without the proper directions and activities, there are more chances of not reaching our destination.

We also need directions for living a happy life.

The starting point is to identify what makes a happy life for us. The second point is to identify what we need for survival in this life. The third point is to identify the activities we do.

The Happiness, Survival, Activity (ASH)* Paradigm suggests looking at each activity we do and ask our self: Is this activity helping me in my survival and in my happiness?

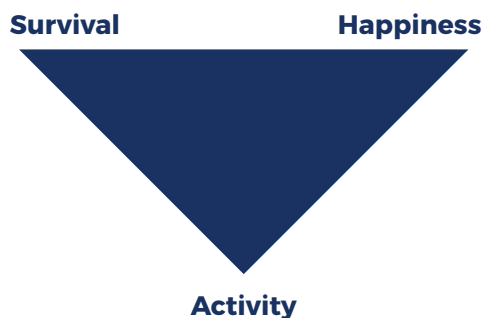
We should try to align our survival and happiness. It is a challenging task, but by taking small steps daily, we can achieve it.

The best situation is when the activity is helping in both survival and happiness. We should focus and do more of this activity.

The worst situation is when the activity is neither helping in survival nor in happiness. We should stop doing this activity.

The most difficult choice is the activity which might be helping in survival but not in happiness. We should keep it, for now, reduce it slowly and work on how to align our happiness and survival.

From today, start looking at each activity from the ASH paradigm. The Happiness Exercise table is a good way to do it.



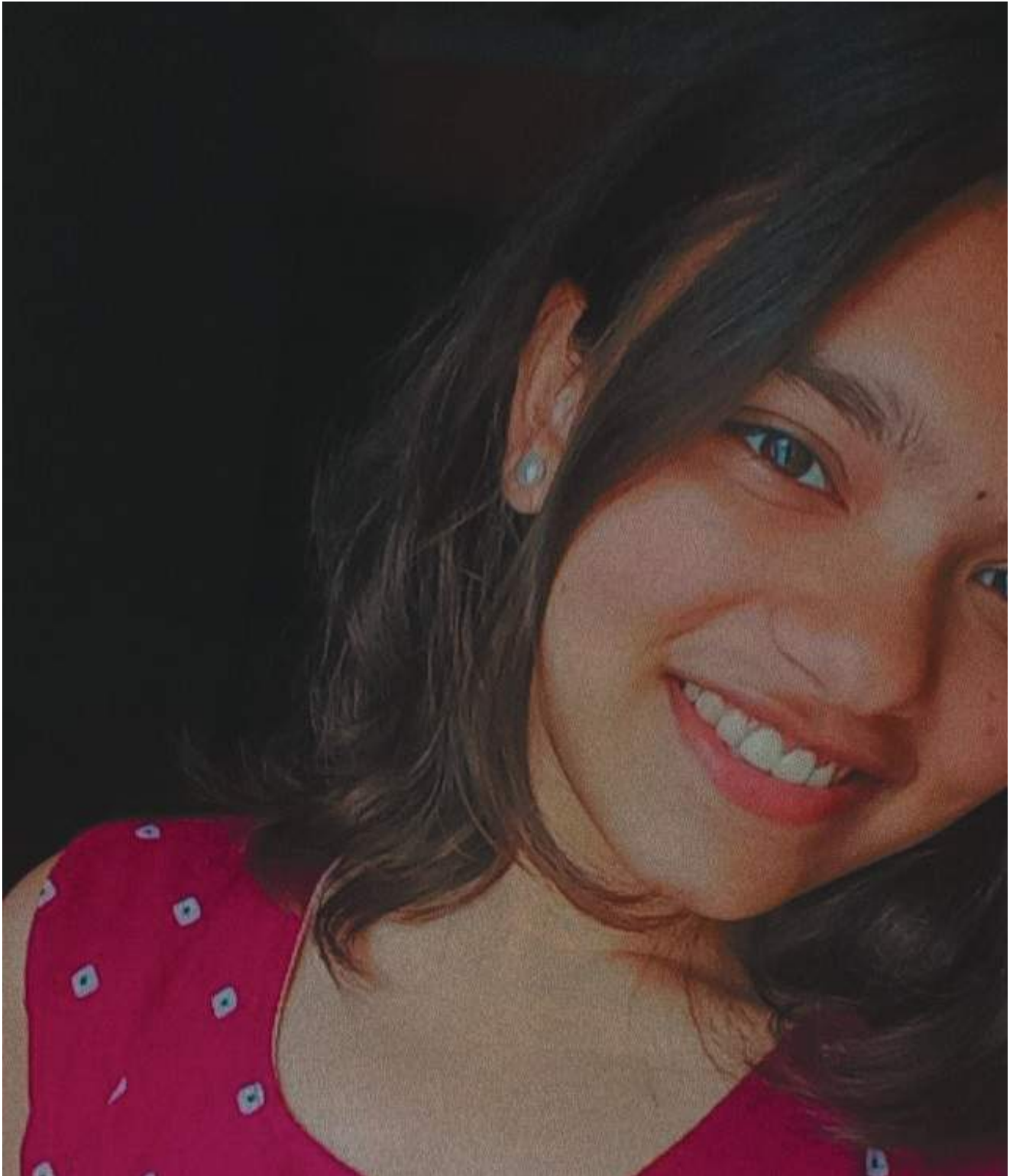
Happiness Exercise Table:

—— Choosing the right activity every day for ASH ——

Activity	Helping in survival	Helping in happiness
.....
.....
.....

(* I have deliberately chosen the acronym ASH which means the remains after a fire to make us remember that Death is a reality and so should realise, appreciate and cherish each movement of life and stay focussed on what really matters in life.)

#21 Smiling Angel



WINNER
Ms Jhanvi Gupta

Jhanvi loves smiling and smiling is her favourite thing to do.

#22 Happiness in the Future Environment



WINNER

Mr Mujeeb Rahiman Kattali

Mujeeb is working at SAFI Institute of Advanced Study as an Assistant Professor in Management Studies.

#23 Cutiesss



WINNER
Ms Saloni Nagpal

Saloni is an undergraduate student.

Instagram: [saloni_2824](#)

#24 Happy Childhood Days



WINNER
Ms Arpita Dhanda

Arpita is a student in school. Playing with her brother Ketan and other kids makes her happy. She is studious and jolly.

#25 Will and Way



WINNER
Mr. Siddhant Vijay

Siddhant is a photographer and cinematographer doing photography for 5 years.

Instagram: [ohsidd](#)

India Happiness Insights by Leaders

“

Happiness, the word in today's modern society, is perceived as a state of feeling pleased. However, in ancient times and languages, it represented “luck” & “chance” in Old Norse, “equal” in Old English and “wise” in Welsh. A happy mind would interpret these old meanings as a code to a beautiful life. Creating your own luck & chance, treating everyone equal, is what makes you wise and as a result, happy. Our vibrant nation is an amazing confluence of tradition & technology, let us draw a leaf from there and embark upon a fulfilling journey of experiencing true happiness.

”

Vinod Sood

Co-Founder & Managing Director, Hughes Systique Corporation

“

India happiness is a diminishing curve- surveys put us towards the bottom of the ‘happy countries’ list. As Indians, are we chasing a utopian concept? Bapu had once said “Happiness is when what you think, what you say, and what you do, are in harmony” ...when the nation was in extreme turmoil! So, happiness is not based on the external but on the internal. Happiness is a CHOICE that is presented to each Indian every morning - once an Indian chooses to be happy, India's happiness starts becoming real.

”

Sandeep Das

Regional Managing Director South Asia, Intertek

“

In today's VUCA (Volatile, Uncertain, Chaotic and Ambiguous) world, for businesses to succeed in the long term and remain sustainable, it's a must to tap on the collective power of India Happiness through #HappyWorkplaces. For India to take #TechnologyJump and to make #AtmaNirbharBharat a reality, we need Leaders prioritising workplace happiness, as that will be a precondition to challenge and push human productivity to the global best from its current low level. For India, there is a Business Case to bring India Happiness in our Businesses and hence efforts in this direction must take the shape of a people movement.

”

Rama Shankar Pandey

Managing Director, Hella India Lighting Ltd.

India Happiness Insights by Editors & RJs

“

Happiness has been defined in a varied manner in India right from psychologists to mystic gurus. Different people have different ideas of happiness. Everyone's constantly in search of certain exuberance and joy. We all have been happy at some point but no one's been able to sustain it. If we're able to stay away from negativity, ignore small discomforts and if we're able to find optimism, joy in small moments, maybe, we become happy and are able to sustain it just a little while longer. In India, we celebrate happiness around us. Don't think, live with optimism. Just. Be. Joyful.

”

Tripti Narain

Editor – Videos, Indian Express Group

“

There is nothing called perfect happiness. We all are living in a fast-paced environment. In today's time, we have little bouncing joys in our life. In the words of Buddha, both happiness and sadness are our responsibility. And my stand will be on a positive culture at work, home and a little added kindness will help each of us win the pursuit of happiness individually and as one nation too.

”

Rj Shakti

Radio City, Chennai

“

Happy India for me starts by keeping myself and the people around me happy. With India being 136th rank in the world's happiness index, I think there is a lot of work that needs to be done on an individual level. Making small efforts to bring happiness around should be our first step towards it. I would like to conclude by quoting Shri Shri Ravi Shankar that “purity in heart, clarity in mind, sincerity in action and contentment is the formula for happiness.”

”

RJ Devanggana

Radio Jockey, 93.5 Red FM and Show Host, Saregama India Ltd.



Know your Happiness Hormones Happiness Quiz

» Dopamine is called the reward hormone.

A) True B) False

» Finishing a task leads to the release of Dopamine.

A) True B) False

» Oxytocin is called the love hormone.

A) True B) False

» Touching your pet leads to the release of Oxytocin.

A) True B) False

» Endorphins are called the body's natural painkillers.

A) True B) False

» Laughter leads to the release of Endorphins.

A) True B) False

» Serotonin is the mood stabilizer.

A) True B) False

» Sun exposure leads to the release of Serotonin.

A) True B) False

» The four happiness hormones get metabolised soon.

A) True B) False

» Stress releases Cortisol, which beyond a limit, is not good.

A) True B) False

Answers are given on the page after winning photo 50.

#26 Lovely Morning View



WINNER
Mr Vinod Mittal

Vinod is a dry fruit seller and a part-time guide.

#27 Angelic



WINNER
Ms Aarushi Rajpal

Aarushi is a student.

Instagram: @arxjpxl

#28 Finding Happiness in Nature



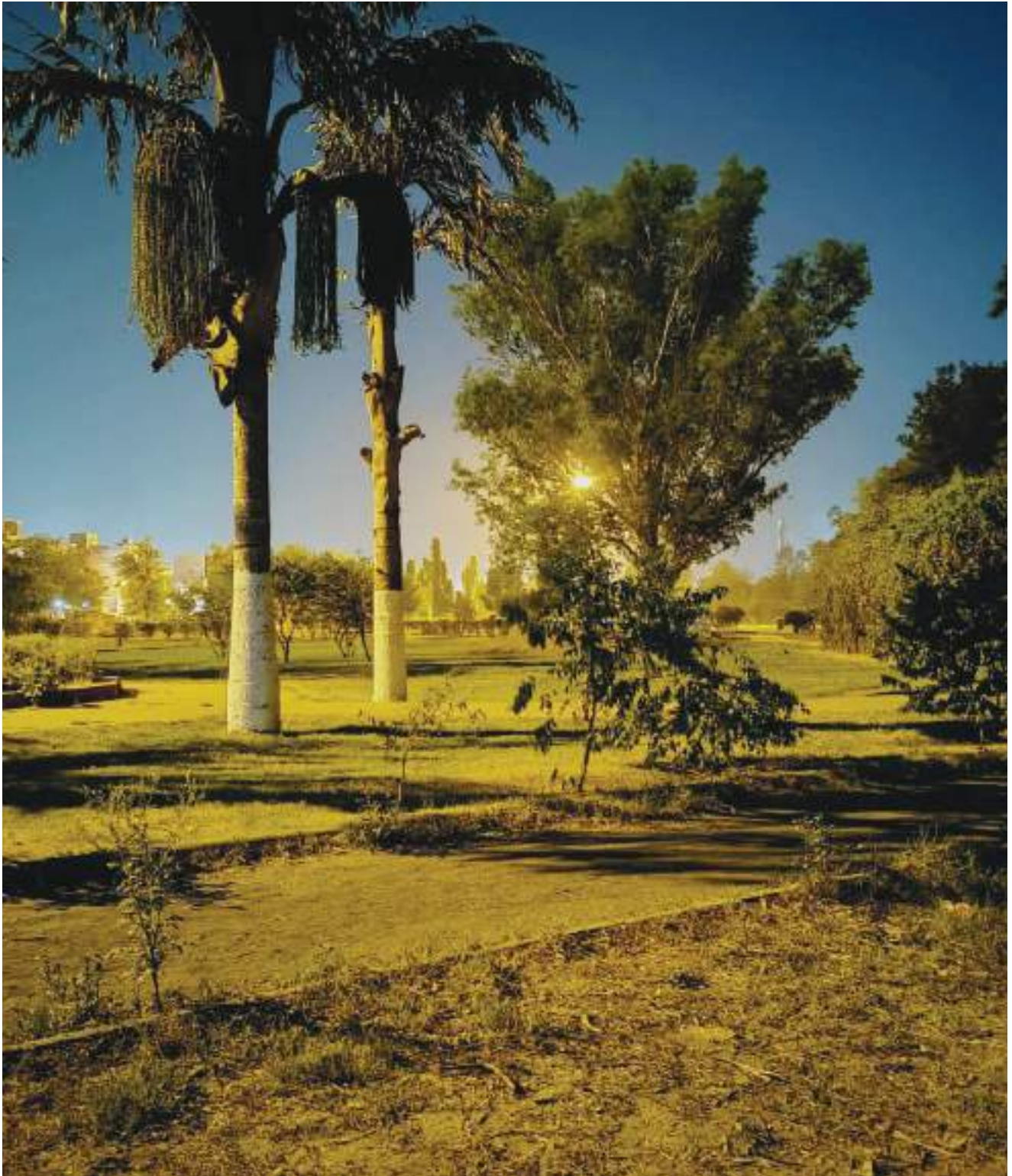
WINNER

Mr Mellam Kishore Babu

Mellam loves Photography. He is always energetic and eager to learn new skills.

Instagram: @Kishoreroxtar

#29 Lovely Nature



WINNER
Mr Rakshit Mittal

Rakshit is a tourism entrepreneur and loves to travel.

#30 Hope



WINNER
Ms Surabhi

Surabhi is pursuing a PhD. She finds happiness in almost everything with positive vibes.

India Happiness Insights by Leaders

“

Our great nation is full of wonders, beautiful landscapes and people with different cultures and thought processes. There are many things that can make us a happy country. To achieve this, we need to start measuring our happiness index by understanding the ingredients that make people in different parts of India happy. Governments, society, media and organisations should work towards activities that make people happy, from good infrastructure to positive news. I am sure India will play a very important role in the future of the world, from economic growth to long-term sustainability and also making our country happier.

”

Amit Gossain

Managing Director, KONE Elevator - India & South Asia

“

Over the two decades of my professional journey in India and abroad, leading people, one theory that I have evolved is that the best outcomes are achieved when employees are engaged with their hearts with us. Happy hearts lead to happy outcomes. India may be poor, but our simple souls are rich with happiness and that's the real treasure of my country. Let us all be ambassadors of happiness, wherever we go and whoever we touch in our personal and professional lives. Happiness is the “Sanjivini booti” that will cure our stress and ailments of this new age.

”

Mukta Arora

Managing Director, Elanco Innovation and Alliance Centre, India (IAC)

“

Non-material inside-out factors of life play a major role in Indian happiness. High-quality social relations and a positive view of the self are key to an Indian's happiness. Policymakers should carefully consider the effect of policies on happiness. With the right kinds of policies, India could become a laboratory to study happiness. Much of it is determined by culture, surprising levels of happiness come from close family relations which helps Indians enjoy happiness even in relative poverty. Policies that promote public cooperation and equality are the key to Indian philosophy and are great indicators of well-being such as longevity.

”

J Rajmohan Pillai

Chairman, Beta Group



Five Mistakes in Happiness Journey

First Mistake: I will be happy after some success in future such as after getting good marks or a job or a promotion or buying a home or getting marriage etc.

The right approach: Be happy now and put in your best efforts. With happiness, you might get the results sooner.

Second Mistake: I know about happiness.

The right approach: Many of us suffer from “I know syndrome”. Most of us know so many things about happiness. Knowing is not enough. However, what really matters are doing, and acting on what we know.

Third Mistake: Waiting for Nirvana and big happiness.

The right approach: Many of us want to jump into big happiness and nirvana and give up after some time. However, one needs to start small. A small change in habit is doable and the cumulative benefits over a time period are substantial.

Fourth Mistake: Money = Happiness.

The right approach: We need money to get the basic necessities of life. Money can help in overcoming the sorrows of lack of these things. However, money cannot buy happiness. In fact, money beyond a point brings more unhappiness.

Fifth Mistake: I do not have time for happiness.

The right approach: Everyone has sufficient time. The problem is the mismanagement of time. By focusing on what really matters in life, reducing time eaters (gossip, social media, TV, ego trips), and using time savers (outsourcing, delegating, seeking help) one can find the time.

#31 Live Like it's Your Last



WINNER

Mr Aakash Parashar

Aakash is a work in progress learning to accept the flaws in life and forging his own path to happiness.

#32 Pool party with Friends



WINNER

Mr Deepak Shukla

Deepak is an MBA student.

#33 Have Fun from Workloads



WINNER
Ms Isheeka Mittal

**Isheeka is a student in school. She loves to spend time with family and friends.
Sometimes loves to study also!**

#34 Rafting with Parents...!



WINNER
Mr Sarthak Rana

Sarthak is a College student. He loves to travel and explore new places.

#35 Training Kids gives Happiness



WINNER
Dr Satish Mittal

**Satish is a professor and trainer in the area of finance and accounting.
He is a jolly person.**

India Happiness Insights by Leaders

“

I grew up in Jabalpur, in a factory colony, which was an amalgamation of people from across the country making this remotest place their home. They welcomed and embraced the spirit of oneness, and to me, that was lasting imagery of India. Being a wildlife photographer, my wife and I frequent national parks regularly and are welcomed by ever-smiling people most of whom earn just enough to sustain themselves but are happy inside and it's clearly visible on their faces. India is happy at its core. Abundance has robbed it of some happiness but there is abundant happiness at its core, in MY INDIA.

Parag Kulkarni

Managing Director, AO Smith India Water Products Pvt Ltd.

”

“

It is a state of mind whether one wants to be happy or miserable and a lot of background thinking and activities go into it. I have always been lucky to live life on my own terms and my choices on border terms fitted in the journey plan of life! I learnt very early that a healthy mind develops in a healthy body! Every day one has to make choices which decide the course of action! What kind of value system one develops, the environment one lives, optimistic views on journey plans and the people one is surrounded by are one's own choices!

Mehmood Khan

Social Entrepreneur & Former Global Leader Innovation, Unilever

”

“

In India, compared to older individuals, the new generation has more fun, laughter and optimism. The uncertainty caused by the pandemic, financial dependence, family and friends, and work pressure are all major sources impacting the state of happiness. India's biggest strength is that we celebrate all festivals with everyone irrespective of religion, caste, and creed with pomp and show, the biggest sign of being happy. In the corporate world, there is a myth that a higher salary and consistent patting on the back bring happiness, this is partially true while the major factors are respect, trust, fair treatment and listening.

Irendra Chhabra

Global Head - Spend Management and Back Office, STARTEK

”

“

Happiness, a state of mind, which affects our state of actions, attitude and behaviour, can best be discovered through our inner selves. In my own experience in India, the best way to train our inner-self in order to attain a permanent state of peace and happiness is through the process of self-consciousness best described in “Shrimad Bhagavad Geeta”. The highest state of mind is when one rises above the attachment to materialism and worldly emotions considering them as temporary and ever-changing, that is when One unites with the Universe and that is the source of eternal happiness.

Lokesh Chaturvedi

Chairman and Managing Director, Mizuho Global Services (I) Pvt. Ltd. (Till July 2022)

”



A Happy Day

Research in brain science shows, that its concentration works best for 45 minutes so it's good to take a few minutes break after every 45-60 minutes. Those few minutes should be used for things that make us happy as suggested below.

Rocking Start of the Day (First 15 Minutes)

- » **Be Thankful for still being alive!**
- » **Make your bed**
- » **Meditation for 5 minutes**

Workout/Yoga/ Sports

Breakfast

Work

Lunch

Work

After work fun time in gym/ sports/ family/ friends/dinner

Throughout the day:

- » Don't forget to smile and take a few minutes off to do some fun stuff... maybe a dart game in your office, a few deep breaths, 1-minute meditation, just a quick walk, listen to a song, grab a drink, a quick chat with a friend and so on.
- » Stay focused on what really matters and save time for yourself.
- » In any stress/failure situation, after you have done your best, get your learning from it, and let it go. It will also pass. Just take a few deep breaths, laugh and move on.

Smiling Closure of the Day (Last 15 minutes)

- » **Write your gratitude**
- » **5-minute meditation**
- » **Smile**

Source: Happiness Strategy book by Prof Pillania (2017)

#36 Child Artist



WINNER

Mr Utkarsh Gupta

Utkarsh is a college student. He loves photography.

Instagram: [_fotoscaped_](#)

#37 A Ray of Light in the Dark



WINNER

Mr Aditya Singh

Aditya is a dedicated student who always gives his best to be a better version of himself.

Instagram: [_imperio_crucio](#)

#38 Happy Days at Home



WINNER
Ms Deepika

Deepika loves talking about personalities as for her it's so fun to understand people, and how they work! She thinks positive in her life and loves positive responses.

#39 True Happy



WINNER

Ms Gagan Deep Kaur

Gagan's skill and hobby is photography based on natural topics.

#40 Nature Photograph



WINNER
Mr Rahul Kumar

Rahul loves taking pictures of natural beauty. His motto is to save nature (Earth) and promote nature. He believes it is the responsibility of all of us common citizens to increase the number of plants around us.



Self-Evaluation on Happiness

Before we start the happiness journey, we need to see where we stand today. For this, we need to rate ourselves on these 11 sutras for happiness and add the score. The higher the score the better it is.

HAPPINESS SUTRAS	SCORE
A Meaningful Life (with Purpose)	1 2 3 4 5 6 7
Availability of Leisure time/ Pleasure	1 2 3 4 5 6 7
Acceptance & Forgiveness (both of self & others)	1 2 3 4 5 6 7
Savoring & Gratitude	1 2 3 4 5 6 7
Compassion & Kindness (both for self & others)	1 2 3 4 5 6 7
Living in the Right Balance of Past, Present & Future (with Mindfulness)	1 2 3 4 5 6 7
Building Strong Relationships	1 2 3 4 5 6 7
Keeping Good Health (both physical & mental)	1 2 3 4 5 6 7
Philanthropy & Social Connect	1 2 3 4 5 6 7
Embracing Spirituality & Meditations	1 2 3 4 5 6 7
Equanimity of Mind (Humility & Resilience)	1 2 3 4 5 6 7
TOTAL SCORE	

Source: Happiness Diary by Prof Pillania (2020)

#41 Bonfire



WINNER
Mr Satvik Gupta

Satvik is a student.

#42 Sports is Happiness

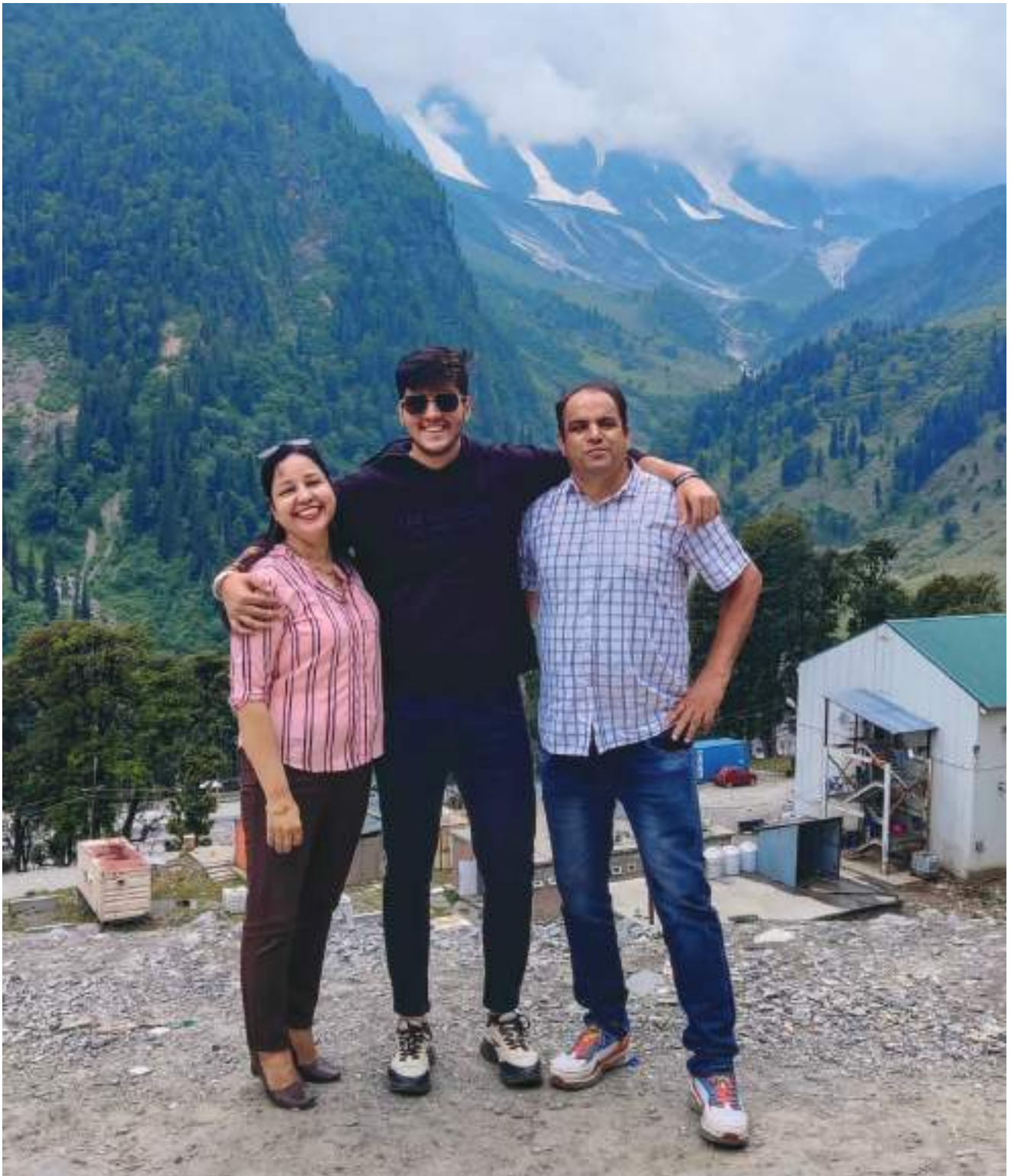


WINNER

Ms Seema Ashutosh Bilves

Seema is an advocate and sports lover. Her work and sports give her immense pleasure.

#43 My Small Happy Family



WINNER
Mr Yash Sharma

Yash is very optimistic. He loves spending time with his loved ones.

#44 The Trip to Himalayas



WINNER
Mr Ishan Pahuja

Ishan is a student in school, working towards a happy life along with good work-life balance.

#45 Home, away from Home



WINNER

Ms Shruti Chaudhary

Shruti is a law graduate. She likes clicking photographs of nature and her surroundings.

Instagram: [shrutichaudhary16](#)



Savouring & Gratitude

We should be grateful for what we have got in life. We should savour it. We should look at all the good things, however small they may be, that happen to us daily and show gratitude for that and savour those good things. We should show daily gratitude to the unknown or known higher power who has created this beautiful life and world. The practice of gratitude is centuries old in India. Research in positive psychology shows the positive benefits of gratitude.

Three simple ways to Savouring & Gratitude in life:

- » Every morning be thankful for getting another day of life!
- » Throughout the day enjoy small things in life.
- » Every night before going to bed write three things that happened that day for which you are thankful.

For Savoring & Gratitude today,

I am doing:



Acceptance & Forgiveness

(both of self & others)

We all know, that when we carry a lot of baggage, it is difficult to walk and it reduces our walking speed. Similarly, in life to move ahead, we need to get rid of the burden of carrying grudges, anger, self-pity, and regrets.

Research shows that feelings of anger, carrying grudges, self-pity and regrets are not good for our mental health and overall health.

We need to first accept ourselves and others also with their imperfections. We are humans and we have imperfections and that is ok. We need to forgive ourselves and forgive others. It doesn't mean we stop improving, it means certain things which we cannot change, we accept them, make peace with them, and move forward in life.

Three simple ways to acceptance & forgiveness in life:

- » Stop taking mistakes/imperfections of self/others so seriously. Instead, laugh away these mistakes.
- » Give self and others the benefit of doubt and look at it from others' perspectives / different perspectives.
- » Give yourself and others another chance and stay positive.

Exercise

Today, first talk to yourself and forgive yourself and make a fresh beginning by replacing your anger, regrets and self-pity by appreciating and acknowledging the good things in you.

Today, also call people you are angry with to tell them you have forgiven them but what they did was not right and they should not do it again. Do it for your own benefit.

#46 Yellow



WINNER

Ms Veronica Rodrigues

Veronica is an undergraduate student. She clicks in her spare time.

Instagram: [lunatic_stardust](#)

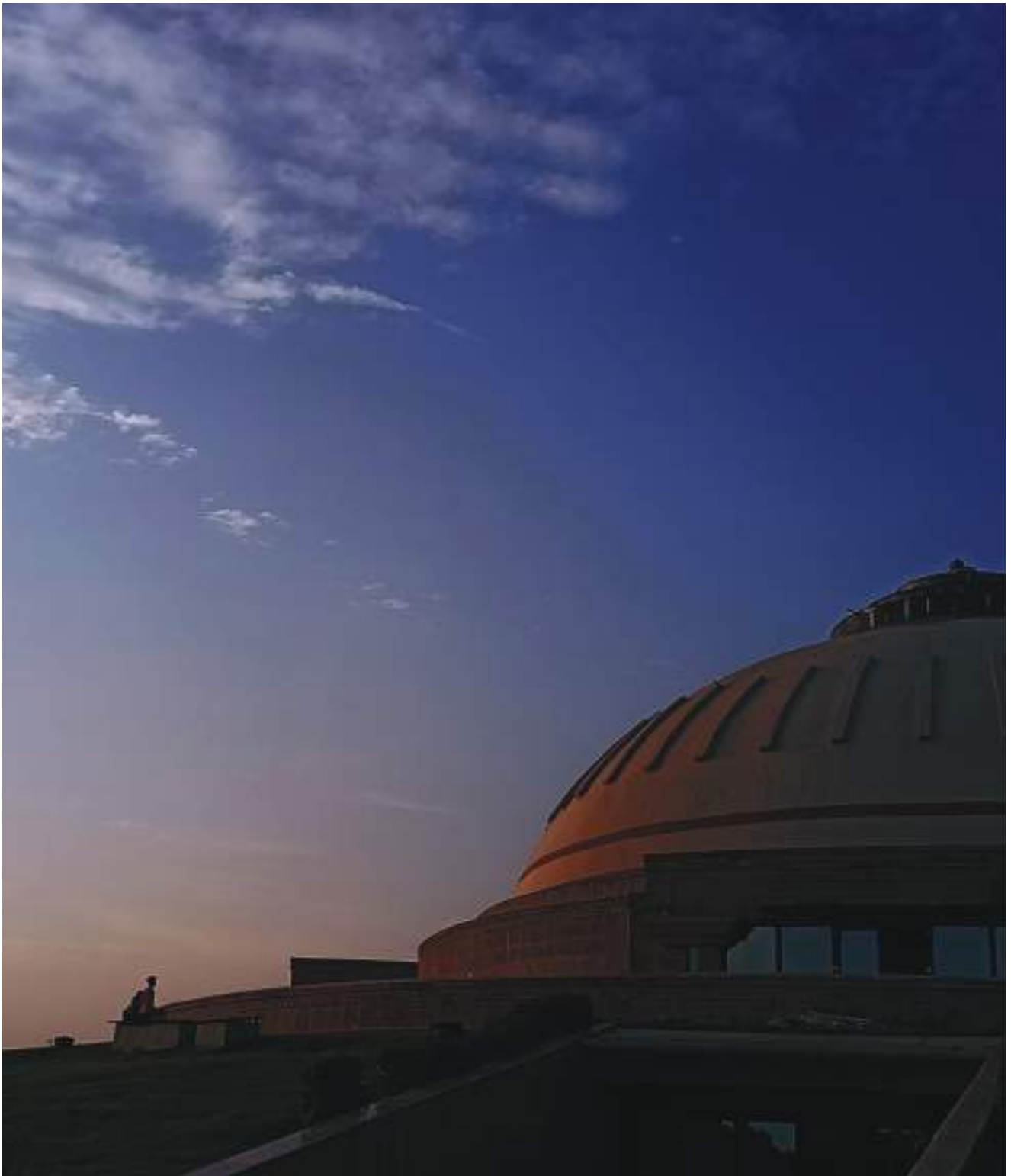
#47 My first Digital Art



WINNER
Ms Misty Jindal

Misty is a student.

#48 Perfect Sunset



WINNER

Mr Himanshu Nayak

Himanshu is a college student and a passionate photographer who takes pictures from his phone.

#49 Cute Cat



WINNER
Ms Aanvi Jain

Avani is a student.

#50 Take a Stroll



WINNER
Ms Prapti Kabra

Prapti is a first-year undergraduate student.

Instagram: [prapti-kabra-519b0a1a9](#)



Know your Happiness Hormones

Happiness Quiz Answers

» Dopamine is called the reward hormone.

A) True

» Finishing a task leads to the release of Dopamine.

A) True

» Oxytocin is called the love hormone.

A) True

» Touching your pet leads to the release of Oxytocin.

A) True

» Endorphins are called the body's natural painkillers.

A) True

» Laughter leads to the release of Endorphins.

A) True

» Serotonin is the mood stabilizer.

A) True

» Sun exposure leads to the release of Serotonin.

A) True

» The four happiness hormones get metabolised soon.

A) True

» Stress releases Cortisol, which beyond a limit, is not good.

A) True

References

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Pillania, R.K. (2019). Happiness Strategy: Strategy and Happiness for Everyone. New Delhi

Science Daily (2019). Psychologists find smiling really can make people happier. Weblink: <https://www.sciencedaily.com/releases/2019/04/190412094728.htm> (accessed on December 1, 2021).

Announcing

India Happiness Photo Contest 2023

Call for Participation in India Happiness Photo Contest 2023

We invite submissions for India 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-indiahappiness>

The submissions start from January 2023 and the last date for submission is July 1, 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 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 kind 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.happinessstrategyfoundation.org and can be reached at
info@happinessstrategyfoundation.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 Presents

2nd Annual India Happiness Festival 2022 December 10, 2022

India Happiness Festival is an annual festival of happiness in India. This festival aims to bring together experts from various fields to explore, discuss, and share insights on happiness in India. This is a long-term annual discussion platform on happiness in India. Our focus is to start small with a positive solution-oriented approach. By taking small steps, we hope to make some meaningful contributions over time.

The first edition of the India Happiness Festival took place successfully in 2021. The second edition is scheduled on December 10, 2022.

2nd Annual India Workplace Happiness Strategy Forum 2022 December 20, 2022

India Workplace Happiness Strategy Forum is an annual forum on workplace happiness strategy in India. This forum aims to bring together experts from various fields to explore, discuss, and share insights on workplace happiness strategy in India. This is a long-term annual discussion platform on workplace happiness in India. Our focus is to start small with a positive solution-oriented approach. By taking small steps, we hope to make some meaningful contributions over time.

The first edition of the India Workplace Happiness Strategy Forum took place successfully in 2021. The second edition is scheduled on December 20, 2022.

For more details on these two important events,
please write to events@happinessstrategyfoundation.org
and visit www.happinessstrategyfoundation.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@happinessstrategyfoundation.org

Happiness Strategy Foundation

Happiness Strategy Masterclass for Leaders (CXOs)

3 Hour Program

January 2023 in Delhi, Mumbai and
Bengaluru

Though we humans are in search of happiness for a long time, the VUCA times, increasing stress levels and COVID-19 have further highlighted the need for happiness and well-being. Happiness is gaining currency in the business world as research shows that happiness helps in productivity and innovation. We can look at happiness strategy from two broad perspectives namely minimal aspects of taking care of negative effects and maximum aspects of reaping advantages of happiness strategy for individuals and organisations. The master class follows an experiential learning approach where participants are involved in working on themselves to experience happiness.

Target Audience: The Happiness Strategy Masterclass is targeted at Senior Management and CXOs.

Dates and Places: The Happiness Strategy Masterclass is available in Delhi, Mumbai and Bengaluru in January 2023.

Fee: INR 20,000 plus GST.

Registration & Last Date: There are limited seats on a first come first served basis. Kindly submit the registration form by December 20, 2022. For information and registration, please contact: academy@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

Happiness Strategy Foundation

2 Day Happiness Strategy Training Program for Leaders (CXOs)

Gurugram, Mumbai, and Bengaluru; December 2022

Though we humans are in search of happiness for a long time, the VUCA times, increasing stress levels and COVID-19 have further highlighted the need for happiness and well-being. Happiness is gaining currency in the business world as research shows that happiness helps in productivity and innovation. We can look at happiness strategy from two broad perspectives namely minimal aspects of taking care of negative effects and maximum aspects of reaping advantages of happiness strategy for individuals and organisations. The two-day training program follows an experiential learning approach where participants are involved in working on themselves to experience happiness.

Target Audience: The Happiness Strategy training program is targeted at Senior Management (Board Members/ CXOs / Presidents / Directors / General Managers / Country Heads).

Dates and Places:

1. Mumbai: December 8-9, 2022
2. Bengaluru: December 15-16, 2022
3. Gurgaon: December 21-22, 2022

Fee: INR 50,000 plus GST.

Registration & Last Date: There are limited seats on a first come first served basis. Kindly submit the registration form by December 1, 2022. For information and registration, please contact: academy@happinessstrategyfoundation.org

‘Stunning and moving! Bringing the joy and thoughtfulness we’ve come to love from Rajesh.’

Dr. Marshall Goldsmith, the Thinkers50 #1 Executive Coach

‘India Happiness 2022 is an outstanding contribution to the literature in the happiness field in Asia.’

Professor Sir Cary Cooper, CBE

‘Read India Happiness 2022 by Rajesh Pillania, India’s Happiness Professor and be happy!’

Professor Jaideep Prabhu, University of Cambridge, UK.

‘This lovely book helps us see, experience, and appreciate the beauty that is all around us.’

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

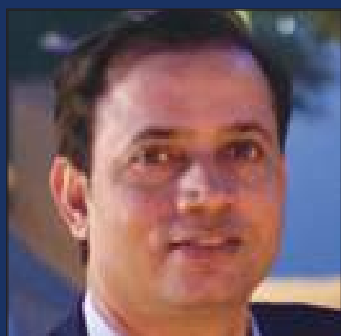
‘Dr Pillania is a global rising star of happiness. I wish him to be the signature of happiness in the world.’

Dr Saamdu Chetri, Founder Director, GNH, Bhutan.

‘The beautiful photos of India Happiness 2022 make it a very rich exhibition of the Indian joyful soul.’

Francesc Miralles, Co-author of IKIGAI.

The India Happiness Book 2022 is unique in many ways. First, it consists of winning photos from the first India Happiness Photo Contest 2022. Second, it is perhaps the first such Indian attempt in capturing happiness through photos. Third, though it consists of photos from all over India, it is deliberately kept brief and simple.



Dr Rajesh K Pillania is the leading researcher on happiness in India, popularly called India’s Happiness Professor. He has written ten books/edited books/report publications on Happiness and its various aspects such as Happiness Strategy book (2019); Happiness Diary: My Experiments with Happiness (2020); India Happiness Report 2020, India Cities Happiness Report 2020, World Happiness 2021 and India Happiness 2022. These works are the first of their kind in India. His research work is endorsed by leading global experts on happiness and industry stalwarts. He has taught thousands of students and executives about happiness strategy.

He is recognised for his extensive research, jointly ranked number one in average research productivity among management faculty (including IIMs/IITs) in India. He is a prolific writer, a popular teacher, and a highly sought-after trainer on happiness, strategy and innovation. His research and academic experience include Smith School of Business, University of Maryland, College Park, USA; Harvard University, among others. For more see www.pillania.org He can be reached at rajesh@pillania.org