



HAPPINESS

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OUR MEMBERS



Madhvi Agarwal



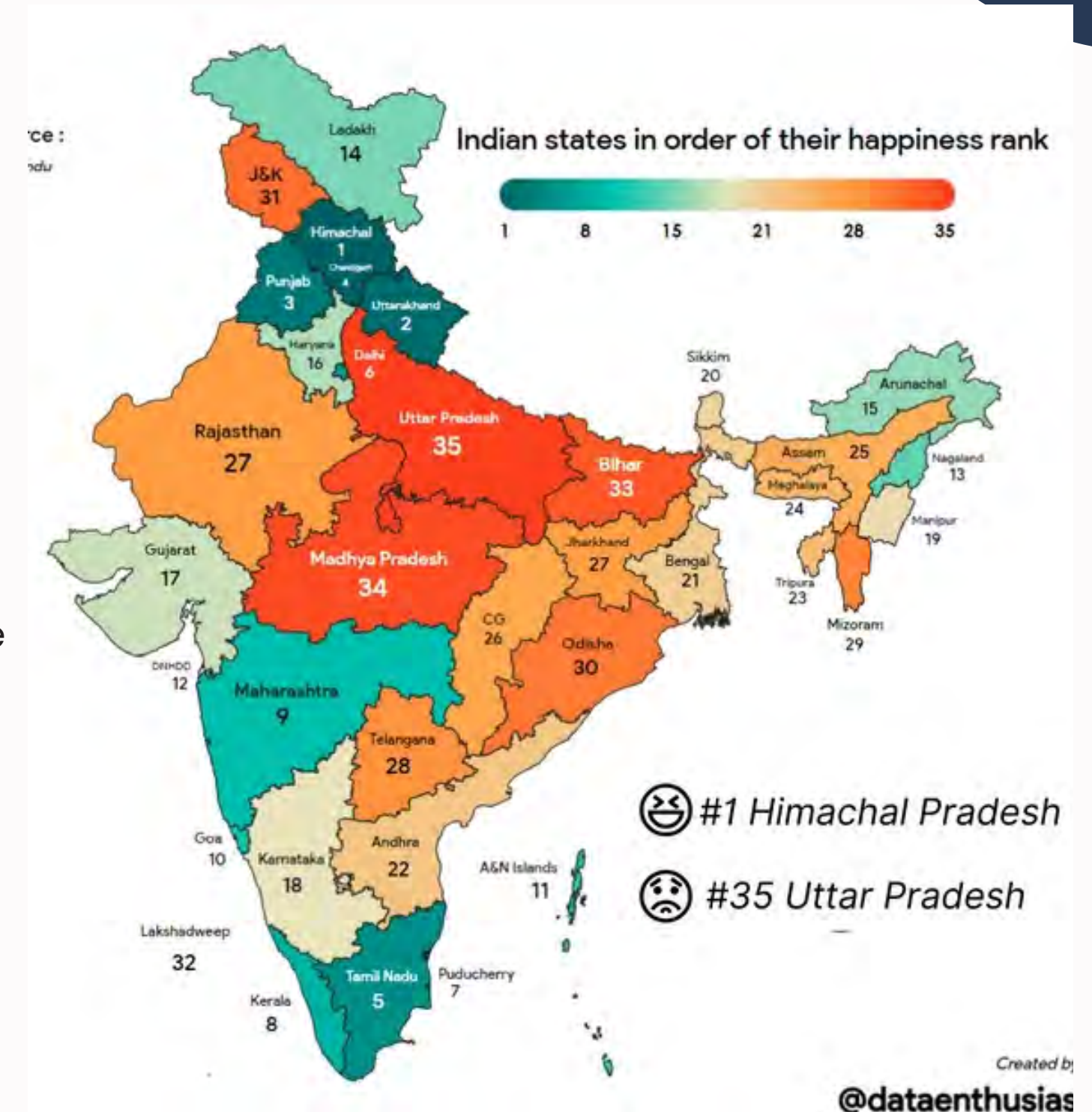
Adreeja Ray

The Indian perception of Happiness

Happiness: Consider that in Hinduism there are two types of happiness. The first happiness comes from achievement and pleasure, from the Good Life. The second is happiness which comes from God.

1. Ananda: This term is made of the prefix 'A' and the root 'nand' meaning rejoicing. Happiness, joy, enjoyment, sensual pleasure, pure happiness are the meanings of the term as provided by Monier Williams. It is the most commonly used word in Vedantic literature. Generally, it covers the entire range of happiness at various levels but mainly refers to the ultimate happiness or bliss. It is also one of the terms used to describe the essential nature of the Self along with Sat (Existence) and Cit (Consciousness).

2. Sukha: This is the other most common term for happiness in Vedantic literature and folk culture. It means pleasant, comfort, easiness, prosperity, pleasure, happiness etc. according to the Monier Williams dictionary.



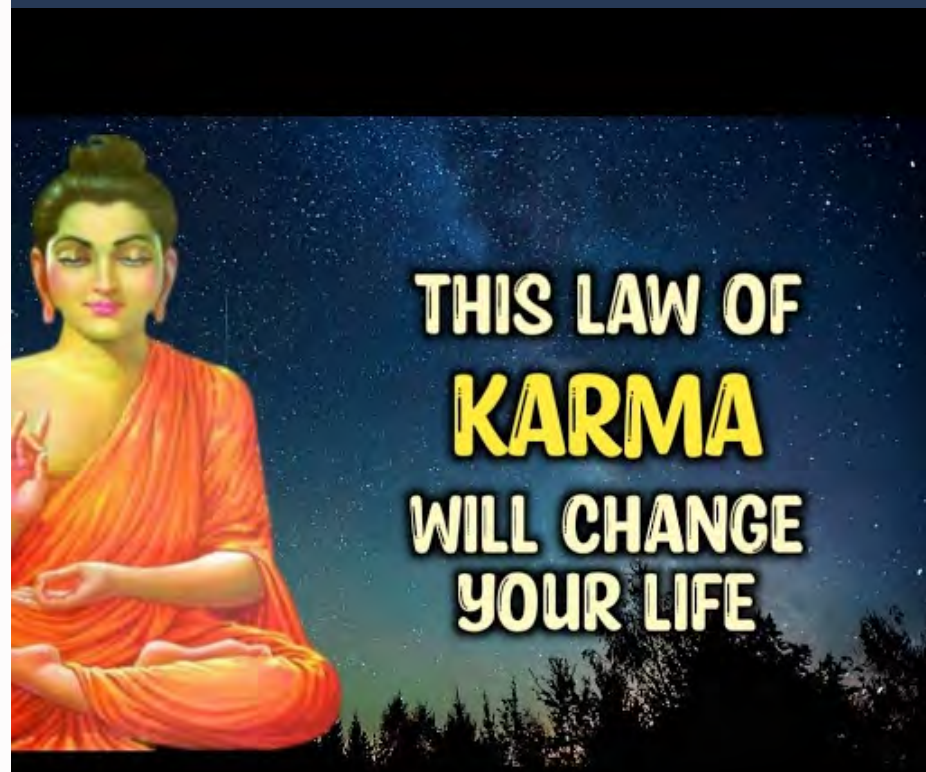
Spiritual Foundations

Dharma



Fulfilling one's duty and living a life of righteousness.

Karma



The law of cause and effect, where good deeds lead to happiness.

Moksha



Liberation from the cycle of rebirth and suffering.

Cultural and Festivals



Psychological aspects in culture and tradition:

- 1. Self acceptance*
- 2. Sense of belongingness*
- 3. Social validation*
- 4. Optimism*
- 5. Inclusivity*



FACTORS

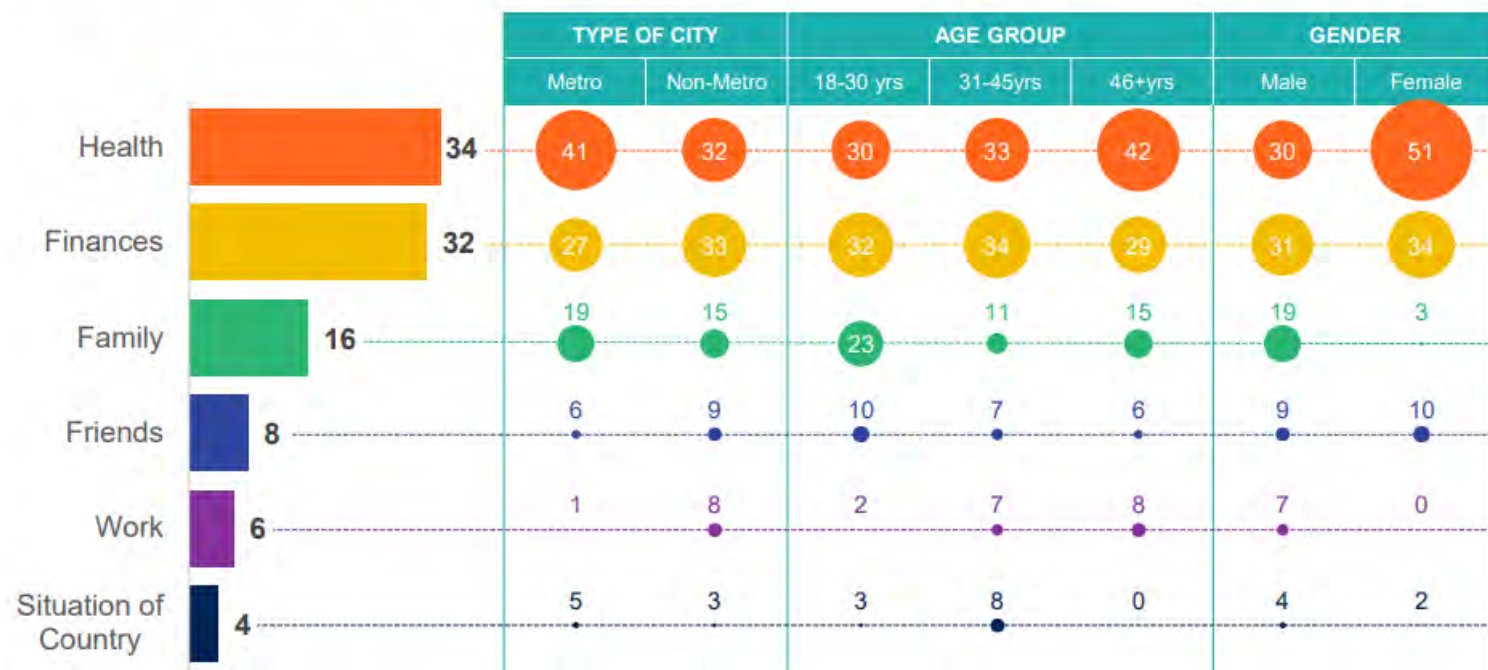
Influencing Happiness

Factors

- Health
- Finance
- Family
- Culture

Drivers to Happiness

% Contribution to Happiness



01

A major study (Ipsos Global Trends 2023) found that staying healthy, including both body and mind, is the most important factor for happiness (34%). This was true across many countries, including India. In fact, health was such a big deal in India that "taking care of your health" and "having a say in your medical care" were the most popular trends.

02

It makes sense that financial security is important for happiness in India. A survey (Ipsos What Worries the World 2023) showed that inflation (48%) and unemployment (44%) are the biggest worries for Indians. This highlights how much Indians value financial stability

03

The role of Family as a contributor to happiness at 16%. This could mean our relationships with family members, having a supportive family, or the joy we derive from family interactions.

04

Indian culture fosters a holistic approach to happiness. Traditions emphasizing duty, social connection (family & community), and service to others create a foundation for well-being. Practices like mindfulness and simple living cultivate inner peace, while a collectivist spirit reinforces the importance of community happiness.

Role of Health in Pursuit of Happiness

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." [WHO Constitution, 1948]

Physical Health:

- Increased Energy Levels
- Reduced Pain and Discomfort
- Improved Sleep
- Stronger Immune System

Psychological Health:

- Reduced Stress and Anxiety
- Increased Resilience
- Positive Emotions
- Improved Self-Esteem





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**THANK
YOU**

