

# EXPLORING HAPPINESS



# RESOURCE PERSON



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# How are you feeling?

Enraged	Furious	Frustrated	Shocked	<b>M</b>	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	<b>O</b>	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	<b>O</b>	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	<b>D</b>	Pleasant	Joyful	Proud	Blissful
<b>M</b>	<b>O</b>	<b>O</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>T</b>	<b>E</b>	<b>R</b>
Disgusted	Disappointed	Glum	Ashamed	<b>E</b>	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	<b>T</b>	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	<b>E</b>	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	<b>R</b>	Relieved	Restful	Tranquil	Serene

WHY ??





What is **HAPPINESS** ??



## **Happiness is Not: Feeling Good All The Time**

- Recent research suggests that if you focus too much on trying to feel good all the time, you'll actually undermine your ability to feel good at all



## **Happiness is Not:** Being Rich or Affording Everything You Wan

- Imagine you unexpectedly get a INR 5,00,000/year raise. While you would certainly be excited in the short term, it would only be a matter of time before your expectations change to fit your new budget.



## **Happiness is Not: A Final Destination**

- It takes regular effort to maintain happiness. Most established techniques for becoming happier—keeping a gratitude journal



# So, What is Happiness?

## **HAPPINESS**

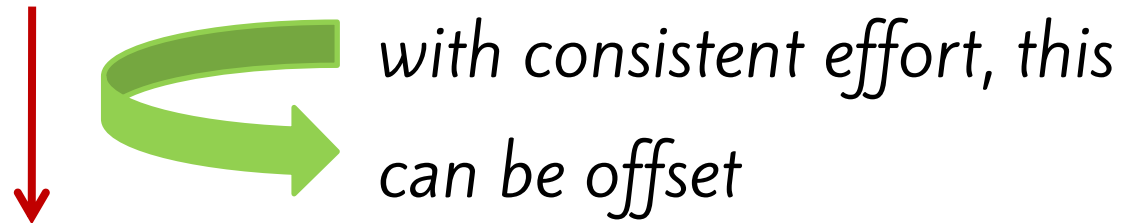
Combination of

How satisfied you  
are with your life

How good you feel on a  
day-to-day basis

# HAPPINESS

- ❖ Our general happiness is more genetically determined than anything else



We have the ability to control how we feel—and with consistent practice, we can form life-long habits for a more satisfying and fulfilling life

# HAPPINESS INFOGRAPHIC

## The Science of HAPPINESS

Created by  
**happify**

Science-based activities & games for a happier, healthier life at [Happify.com](http://Happify.com)

### WHAT IS HAPPINESS, ANYWAY?

We all have deeply personal (and different!) definitions of happiness.  
But here's how scientists see it:

*Happiness is a  
combination of*



How satisfied you  
are with your life

+



How good you feel on a  
day-to-day basis

**40%**

of your happiness is  
controlled by your  
thoughts, actions, and  
behaviors



It varies from  
person to  
person, but  
approximately  
...



**50%**

is genetically  
determined

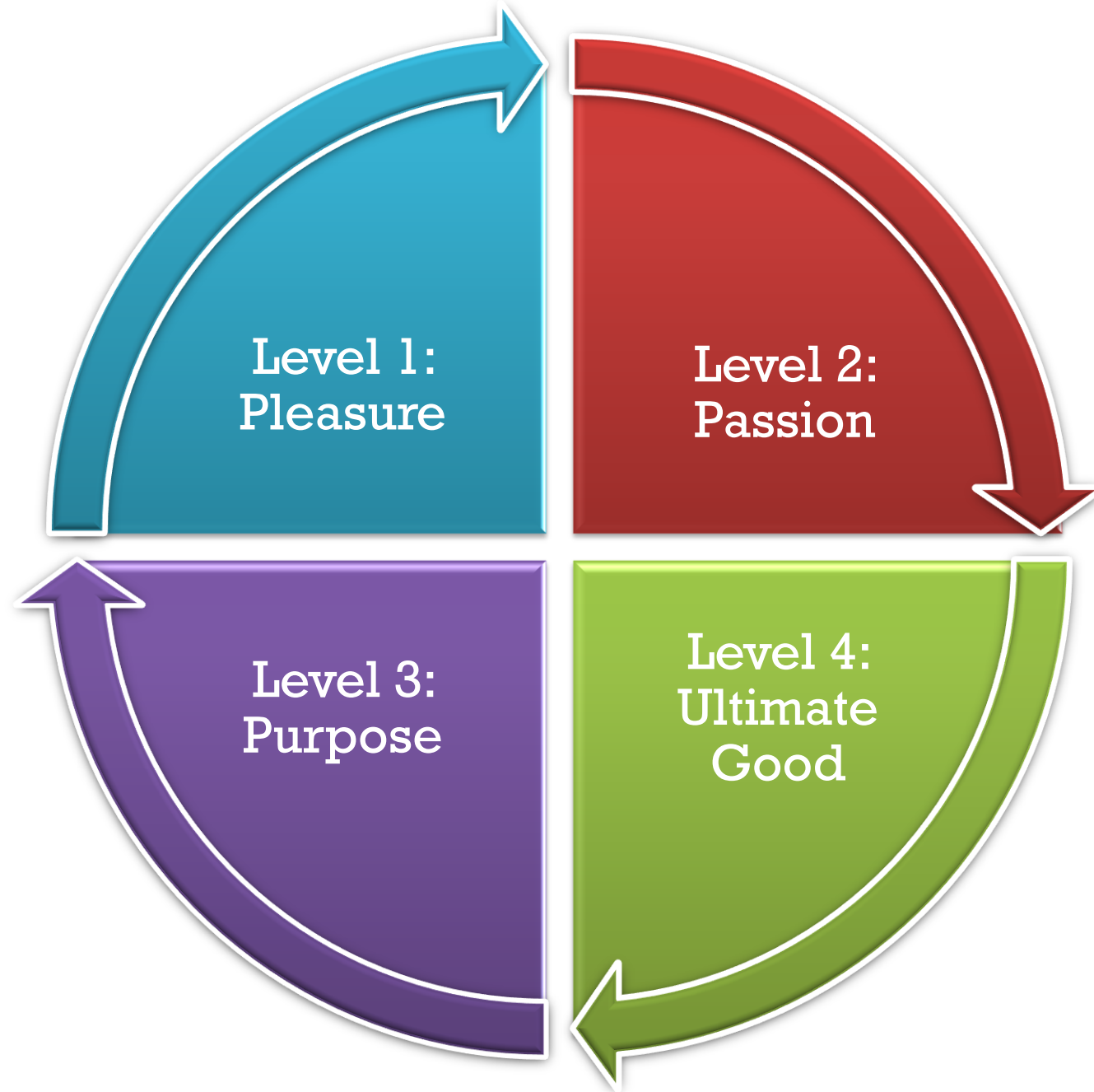


**10%**

is determined by  
your circumstances

Contrary to popular belief, **we get used to our circumstances over time**, so they  
don't play as large of a role in our happiness level as we might think!

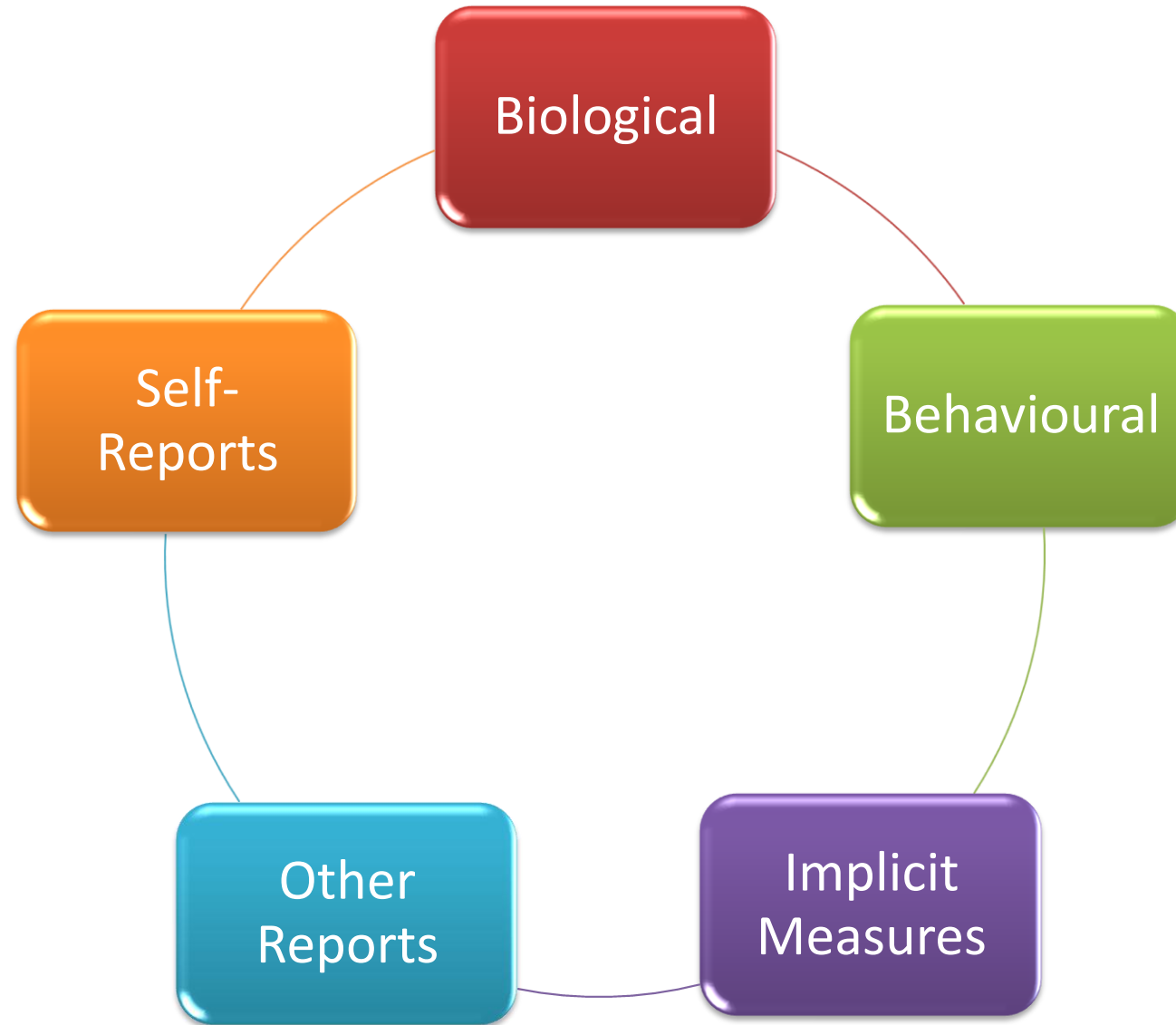
# THE FOUR LEVELS OF HAPPINESS





Measuring HAPPINESS

# Approaches to measure happiness





# BIOLOGICAL APPROACH

- ❖ Researchers have had only minimal success in identifying the biological markers of happiness
- ❖ Markers for happiness aren't the same as for depression
- ❖ Happiness and depression are not opposite ends of a single continuum



# BEHAVIOURAL APPROACH

- ❖ Researchers have used behaviors to estimate happiness.
- ❖ Behaviors such as frequency of smiling, laughing, and helping others have been examined
- ❖ When hundreds of tweets are analyzed, researchers find that Mondays are linked to low levels of happiness, and daylight saving time results in a happiness boost.





# IMPLICIT MEASURES APPROACH

- ❖ These have been successfully used to assess racism
- ❖ It typically assess reaction times in connecting positive and negative terms to oneself and others.
- ❖ Haven't proved to be effective in assessing happiness.



## OTHER REPORTS APPROACH

- ❖ Asking others to rate a person's happiness has been useful. For example, for young children, asking their parents and teachers to rate their children's happiness



# SELF-REPORTS APPROACH

- ❖ The most common way that researchers assess happiness is through self-reports
- ❖ Using multiple-item scales or a single question, simply ask people about their level of happiness
- ❖ People think about their happiness, and it is a subjective state, so it makes sense to ask them about it



Teaching **HAPPINESS**



# How to teach Happiness?

- ❖ Introduce children to positive emotions such as joy, empathy and love to broaden their way of thinking
- ❖ Children are taught techniques to deal with pressure, failure and negative emotions such as envy or fear
- ❖ Providing activities and opportunities for children to express their feelings, such as gratitude or appreciation
- ❖ Brainstorming with students, letting them express their ideas and plans regarding tasks and projects



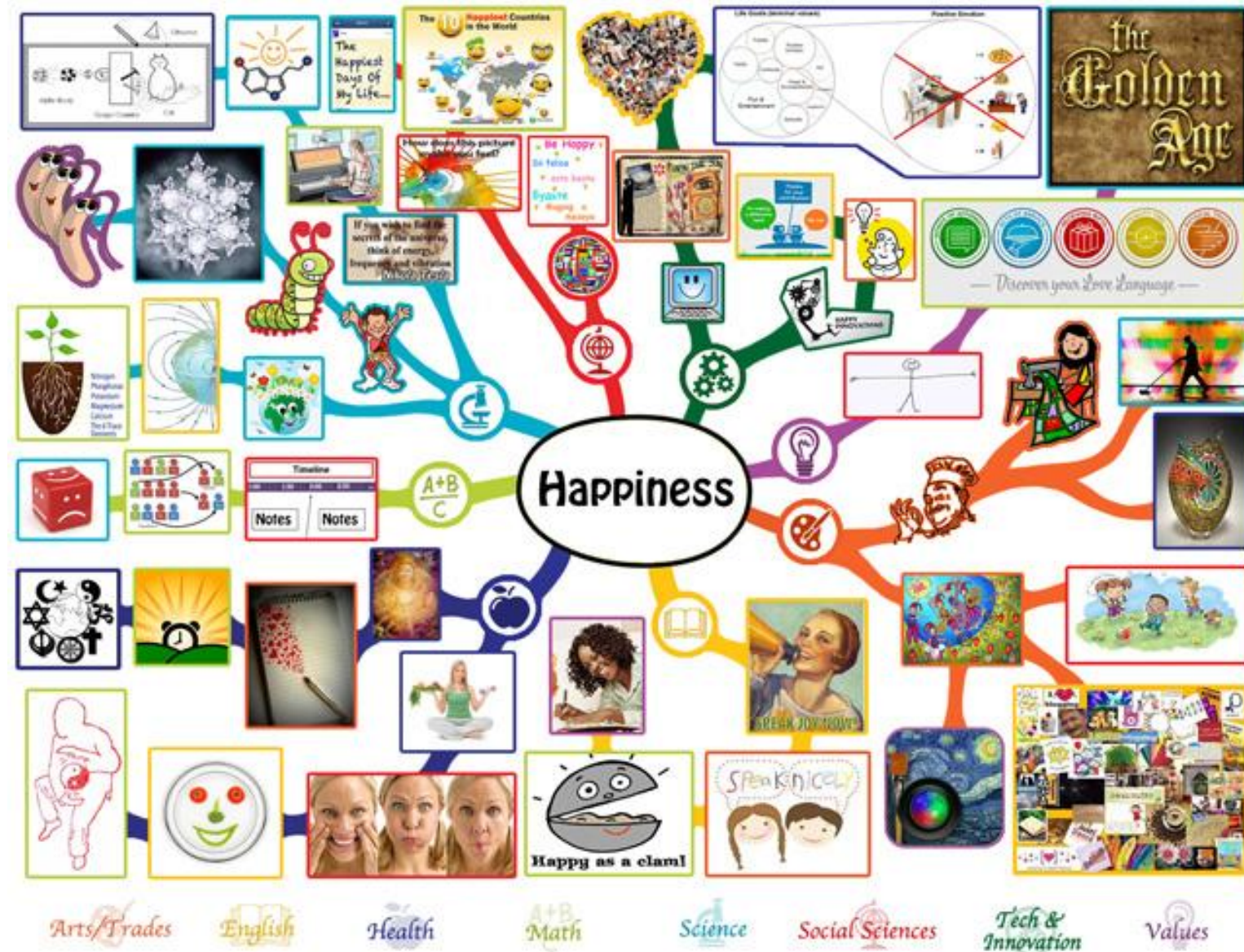
## ROLE OF SCHOOLS TO IMPROVE HAPPINESS INDEX OF STUDENTS:



- Value-based teaching.
- Cordial environment in school.
- Concern for each other.
- Organising co-curricular activities as per age group as well as local conditions.
- Observing behaviour of schools.
- Making classroom teaching activity based and playful.
- Better co-ordination between school and parents.
- Maintaining the profile of each student.
- Taking them out for visits outside to see the real world.



# Lesson Plan Mindmap for “Happiness”



# REFERENCES

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# THANK YOU

