

Is True Happiness Possible?

The news about India ranking a dismal 133rd among 153 countries on the happiness index (World Happiness Report, 2018), down by 11 spots from her ranking in 2017 is shocking. It ranks 81st in the Global Corruption Perceptions Index. It appears that rampant commercialism has taken hold over ethics, empathy, and enlightenment and that our education system is no longer addressing ethicality and happiness.

We now fail to rank high on the happiness index on moral grounds. As we struggle for happiness, the true challenge contemporary Indians face is that of carving out a space for authentic autonomy or responsible freedom. 'Pack' management might work as a magic wand for meeting this urgent task. By pack, says Dr. TK Mishra, Ramanujan College (Speaking Tree, June 8, 2018), "I refer to pressures, attitudes, choices and knowledge. Finding satisfaction with such factors would imply an individual's happiness level."

Pressure: Pressures arise out of seeing future challenges, insecurities, and the stress of dealing with everyday life. For some, a neighbour's success or happiness is the cause of pressure. Also, our mind is never steady but fleeting, prone to suspicions, a slave to desires, and marked by our ego. In such a scenario, we acutely feel the pressure from bosses, siblings, relatives and friends. Even a feeling of why doesn't the entire world surrender to me forms a source of stress. Bringing back the focus to your own self and doing your current tasks helps in reducing stress, and helps you to be calm; eventually, you achieve work-life balance. "Today, autonomous development of an authentic self is almost gone. We are under incessant pressure to evolve into an attractive, sellable brand," says Yanis Varoufakis, a professor based in Athens.

Attitude: "Attitude is a little thing that makes a big difference," said Winston Churchill. Developing a positive attitude, empathy, and a sense of thankfulness is a challenge. The key to developing positive attitude is yoga and meditation. We need to strike a balance between wandering within and without. Diving deep inside for valuable insights is as important as appreciating the beauty of the rose and rainbow outside.

Choice: It is choice, not chance that determines our happiness, for all through life, we are engaged in making socio-economic, personal choices. How can we enjoy real choice, understand the trickery of enticements, and regain our priorities necessary to our happiness? When we make our choices



रामानुजन कालेज में भी होगी 'खुशी' की पढ़ाई

■ राकेश नाथ

नई दिल्ली। एसएनबी

अब दिल्ली सरकार के स्कूलों के बाद दिल्ली विश्वविद्यालय से सम्बद्ध रामानुजन कॉलेज में भी हैप्पीनेस की पढ़ाई होगी। कॉलेज के प्राचार्य डॉ एसपी अग्रवाल ने बताया कि बताया कि शुक्रवार को इस स्कूल का उद्घाटन किया जाएगा।

डॉ अग्रवाल ने बताया कि यह स्कूल कॉलेज में सेंटर फोर ऐस्थेटिक्स एंड वैल्यू द्वारा शुरू किया जा रहा है। इसमें कॉलेज के प्रथम वर्ष के विद्यार्थी खुशी पर शोध करेंगे। इसके अलावा अन्य कई प्रोग्राम भी शुरू किए जाएंगे। इसमें बाहरी के विद्यार्थी भी शामिल हो सकेंगे। कॉलेज ने इस स्कूल के लिए विदेशी कोर्स से फ्रीडवैक लेकर भारतीय संदर्भ में करिकुलम को तैयार किया है। इस स्कूल में विद्यार्थी सीखेंगे कि कैसे वह जीवन के तनाव से लड़ें, चयन प्रबंधन और मनोभाव पर शोध करना सीखेंगे। बता दें कि दिल्ली सरकार ने अभी हाल में अपने स्कूलों में हैप्पीनेस का करिकुलम तैयार किया है और स्कूलों में इसकी कक्षाएं शुरू की गई हैं। देश में हैप्पीनेस का इंडेक्स 110 वें स्थान पर है। स्कूल

कॉलेज में हैप्पीनेस स्कूल का उद्घाटन आज

में हम विद्यार्थी को जीवन में तनाव होने पर कैसे खुश रहना है कि यह सिखाया जाएगा। इसके लिए स्कूल में शोध भी होगा। स्कूल निदेशक प्रो टीके मिश्रा ने बताया कि स्कूल में चार क्षेत्र में शोध होगा, उसमें प्रेशर मैनेजमेंट, एटिट्यूड मैनेजमेंट, च्याइस मैनेजमेंट और नॉलेज मैनेजमेंट विद्यार्थियों को सिखाया जाएगा।

प्रो मिश्रा ने कहा कि सूचना और आंकड़ें मुफ्त में इंटरनेट पर उपलब्ध हैं। साथ ही आज के युवा विद्यार्थियों को मुश्किल हो रहा है कि कौन सा सूचना उपयोगी है और कौन सा सूचना उनका शोषण कर रहे हैं और कौन से उनके हित में हैं। आजकल की कॉर्पोरेट कंपनियां अपने लाभ के उद्देश्य उत्पाद की सूचनाएं इंटरनेट पर डाल देते हैं और हम उसका शिकार बन जाते हैं। इससे कैसे बचना है, इस पर शोध की आवश्यकता है। कॉलेज का दावा है कि यह दुर्भाग्य है कि ऐसे सेंटर भारत में केवल एक ही जगह रामानुजन कॉलेज में स्थापित है, जबकि ऐसे सेंटरों को हर कॉलेज व अन्य संस्थानों में खोले जाने की जरूरत है। प्रो मिश्रा ने बताया कि मानव संसाधन विकास मंत्रालय ने कॉलेज के सेंटर को नेशनल रीसोर्स सेंटर घोषित किया है।

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through our mind, we have profit or material gains, but when we are heart centric, we attain happiness and make spiritual progress. Balance is attained when our heart does the backseat driving in all our decision-making. We must understand our self — our strengths, values, and skills, and use soul-searching questions to decide our path, for our soul never misguides us in managing choices.

When we create a distance from nature and from its creator, our swabhav, nature, is distanced from our self or soul.

Knowledge: This is the process of consciously creating, sharing, filtering, using and managing information. We are bombarded by information on the internet but do not have the capacity to consume all the information available there.

So, the dilemma is: what part do we process and what part must we ignore? Big tech companies manipulate our choices for the sake of their profits. Will life be enriched by the choices they offer? "Now that knowledge is taking the place of capital as the driving force in organisations worldwide; it is all too easy to confuse data with knowledge and information technology with information," says Peter F Drucker. We must, therefore, develop our own filter and choose only authentic and relevant information. In short, to achieve real happiness, we need to understand what is wrong with our notions of happiness, and why we can't keep negativity in check.

Eventually, we must learn to cultivate a still mind to manage our pack of choices with a smile.

What can give happiness to all ?

The yardstick to measure happiness or ascertain the source of happiness is not the same for all age groups. If, for youngsters, elements like passion, love, profit motive, plenteousness and sensual pleasure might quantify or bring happiness, these may be very different for older age groups.

For elders, peace of mind, purposefulness, purity in life, prayer for common welfare maybe priorities

that bring the happiness experience. And the two sets of criteria — one for youth and the other for elders is usually not interchangeable in most cases.

Youngsters are generally comfortable with risks, challenges, the digital world, and anything adventurous. For many, the profit motive is a guiding factor and they work hard to achieve that plenteous feeling. Sensuous pleasure, for many, is an important measure of happiness. But we often see today that with such a fast pace of life filled with various activities, the young today have neither time nor energy to nurture trustworthy relationships and forge lasting friendships. In working hard and playing hard, there is the danger of missing out on some of the important aspects of life that are not quantifiable.

As far as the elderly are concerned, they too have been through the ups and downs of youth. But now, they are looking for peace of mind. They are now not in a position to make drastic changes either in their lifestyle or outlook. But they are open to doing whatever it takes to bring in elements like peace of mind, purposefulness and purity in life. They pray for wellness of all and derive joy in acts of compassion.



Spirituality, however, could ensure and sustain success in obtaining deeper satisfaction — more like true happiness — to youth as well as elders. Yoga practice could help to find the necessary balance of mind-body-soul.

Reading good philosophy gleaned from scriptures and cultivating faith in the Supreme are also factors that can engender your progress toward contentment and true happiness.

Without this kind of spiritual dimension in our lives, we could get obsessed with physical pleasure that might undermine our capacity for self-reflection, self-regulation and Self-realisation. This will also slowly help us overcome negative emotions and nurture good relationships.

“Think Tank for Public Policy: New Hope for Ethics in India”

Samridhi Nain and Ishan Saha, Final Year Students of B.A. Philosophy (Hons), Ramanujan College have planned to build a “Think Tank” on public policy under the aegis of Ethics Centre, Ramanujan College. The focus here would be on abridging information gap between policy makers (benefactor) and the public (beneficiaries) to make policy making better. Historically, this exercise can also draw philosophical insights or impetus from policy perspectives or governance principles of eminent rulers like Asoka and Akbar.

Being philosophy students, they say, “We aim to provide information on policy making adding several perspectives to it, including ethical. This will help laymen realize whether or not the claims made by a politician in a rally are actually feasible or have they been concocted in imagination or will probably stay there. “We aim to establish a feedback platform through which all the feedbacks can be collected over a certain policy and sent to the stakeholders to be considered while they draft certain policy or a bill. This feedback will be incentivised as they will be provided information on all the drafted policies which are available on the government websites.

We also seek to analyse the impacts of the policies and draft them in a database for the public to see the success or failures of that policy implemented. We also wish to analyse whether the failures can be overturned into success by the suggestions and if successful, then if that success model can be replicated or implemented on a cause similar to that. Further, we wish to combine the physical data and information and present it on a digital platform to reach among the wider masses.” Information, to them, is the strongest tool to end the cycle of exploitation of the public at the hands of someone for political gains by the use of unethical and 'political' tricks. Through this, they say, “we will be able to help the urban population realize their true rights and the procedures that need to be followed to claim the pothole-free roads. While doing so we can help the rural population realize that they deserve quality roads, infrastructure, education and employment at their places and they are not needed to migrate to big cities where they might end up being ignored or not listened to”.



Hello Happiness

The A-Z of happiness deterrents we need to shake off:

Someone rightly said, "Happiness is the progressive realization of worthy goals". You feel happy when you are progressing towards something important to you. Having wished hello happiness on your goals, you can detox and shake off the following A-Z stuff that often holds your happiness:

Artificial Intelligence, 'anti-nationals', avocado claims
Bribes, board exams, builder mafia, BMI obsession, ballet flats, Block chains
Chamchas, child abuse, corruption, core-strengthening, crypto currency
Dalit-bashing, dictatorship, dynasty, data spill over, death penalty, dirty roads
Exclusion, extreme thoughts, encroachment, e-everything, eggless eggs
Fake news, fanatics, fashion fascism, focused problems
Gaurakshaks, GST flip-flops, green cover-up, GM baingan
Homophobia, hyperventilating TV anchors, horse-trading, hashtag overkill
Illegal everything, intellectual prostitutes, instant reactions, intermittent dieting
Jugaad, JEE, judicial overreach, Jio institute genre of excellence
Killing Kashmiris and Kashmir, Kiki mania, kale frittata
Lynching, 'liberal' as dirty word, late-night-show vulgarity, landslide
Mobs, mahagathbandhan, multiplex extortion, millennials, militancy
NPAs, Nirav Modi, negative people, nepotism, Netflixation, negative videos
OMG! OTT weddings, on-line sales, Omega-3, obesity
Pakistanphobes, parliamentary paralysis, plastic, probiotics, perfectionist mania
Quotas, quinoa, queue less Indians quantum, quantum robots
Rapists, Romeo squads, overplayed RaGa, ragi for all seasons, reality TV
Stalkers, shoulder cut-outs, sermons, social media nuisance, suicides
Terrorism, tricksters, transgender, trust deficit, turmeric latte, totalitarian, taxes
Urban mess, unsolicited calls, unicorns, unethical earnings, urban naxals
Vikas promises, Virushka hashtag, vegans, viruses, vomiting after drinking
Walkouts, workouts, weight-loss mania, workaholic
XXXL sizes, X-rated politicians/businessmen, exes
Yogurts exclusive dinner,
Z security, Z Gen arrogance, Zomato ratings



The A-Z of happiness boosters we need to shake hand with:

Having wished hello happiness on your goals, you can greet and shake hand with the following A – Z stuff that often boosts your happiness.

Attitudinal zest, affirmative mind-set and sunny disposition
Being more human, benevolence, brighter side of life,
Clarity of conscience, conscience keeper, clarity of purpose in life
Disciplined eating, learning, sleeping and exercising, devotion
Excitement in engagements, ethicality, emotional health as enthusiasm's engine
Forgive and forget an antidote to pessimism, focused on futuristic solutions
Gratitude feeling towards the other/s, grateful to the Supreme for generosity
Health of emotions, hygiene and health of body and mind, humility, honesty
Inspiration to look inward, invitation to greet, infotainment
Journey for eternal joy, journey of present life to be enjoyed, joy ride
Kindness, kindness improves our mood, kindness opportunity
Legacy of humanity, living a legacy, love instincts, lovely thoughts, life lessons
Meaningful life, motivators of life, magnanimity, magnificence
Nordic countries, nice to see nature, nice to everyone, niceties of life
Optimistic life, optimism enduring to see the success till end, open-mindedness
Parent's joy, pursue passion, playfulness, partying, proactive person, peaceful
Quality life, quality in every area of life, quantum satis
Recognise other's existence accomplishments, responding calmly, resilience
School of happiness, say no to negative people, simple life, sincere smile
Turn off the TV, treating defeat or success with equanimity,
Uniqueness in life is a gift of God, utilitarianism in ethics
Values of integrity and humility in life, values education
Work out that exercise, wellness mission,
Excellence for the feeling of fulfilment
Yield to Yoga, youthfulness state of mind,
Zest for life, zest for journeying, and celebrating

- Dr. T.K. Mishra, Ramanujan College

A Certificate course on “Science of Happiness and its Implementations”

About the Course: Course of Happiness is designed to teach the science of positive psychology, which explores the roots of a happy and meaningful life. Students will be engaged with some of practical lessons to discover how to apply key insights from cutting-edge research to their own lives. The course will offer students real-life techniques for nurturing their own happiness and they will learn a new research-tested “happiness practice”—and the course will help them track their progress along the way.

Objectives and Outcomes:

- Identify key psychological, social, and biological factors in happiness
- Understanding the key principles of happiness.
- Understand the relationship between happiness, and “pro-social” qualities, such as compassion, altruism, and gratitude.
- Practice research-tested techniques for boosting happiness.
- Focus attention towards the positive for more creative, motivation, health and overall success and happiness.
- Describe the principles behind why specific activities boost happiness

Note: For each module there shall be 4 lectures and 4 activities hours. Teaching medium shall be presentation/expert lectures/Video lectures etc. Activities may include: case study, Drama, Yoga and individual/team presentation of activities mentioned in the Modules.

Duration of Course: 12 Weeks (3 Months)

Examinations Type: Objective/short notes/essay writing/case study.





Evaluation: It may have the following components:

a) Project and Presentation b) Daily Assessment.

Grading system: A⁺ - Excellent, A - Very good, B⁺ - Good, B - Average.

Module:1

Introduction to Happiness in various dimensions (Philosophy, Psychology, Physiology, History, Sociology, History, Economy, Geographical and Spirituality).

Module:2

Understanding Happiness in everyday life: a. Personal Happiness, b. Social Relationship, c. Professional Happiness

Module:3

Research findings on Happiness: a. Philosophical Research, b. Psychological Research, c. Physiological Research, d. Sociological Research.

Module:4

Research based activities for the enhancement of Happiness:

- a. Mindfulness Exercise, b. Meditation, c. Relevant Literature /Story /Novel/Films,
- d. Physical and Mental Activities, Games, Mindful breathing, Dancing, e. Yoga, aerobics.

Module:5

Developing habits: a. Gratitude, b. Humbleness, c. Compassion, d. Kindness, e. Forgiveness, f. Optimism, f. Relationship, g. Regulated life style etc.

References:

Title: ध्यान तथा इसकी पद्धतियाँ

Author: स्वामी विवेकानन्द

प्रकाशक : रामकृष्ण मठ

Title: YOGA, an instruction booklet

Publisher: Vivekanand Kendra Prakashan Trust.

Title: E.N.E.R.G.Y.:Your Sutra for Positive Thinking

Author: Chaitanya Charan Das

Publisher: Create Space Independent Publishing Platform



How to make a happy classroom

Happiness is a sense of being at peace with oneself. It is an inner feeling of calm, which comes from contentment and satisfaction. Independent of the external circumstances, happiness is my connection with my real emotions and feelings. Fulfilling my duties in various capacities with honesty, dedication and sincerity makes me happy. Putting a smile on someone's face, making a difference in their lives, make me happy. Simple joys of life make me happy: reading a good book, spending time with friends, a good night's sleep, sipping a hot cup of tea while it rains, giggling children, a meal cooked by my mother, festivals, meeting a long lost friend, a student remembering my classes, the bright sun in a winter morning, watching the snow from fall, fresh dew drops on flowers, and many more. One does not need to accomplish astounding feats to feel happy, but being connected with one's soul is the true source of happiness.



- Aparajita Mazumdar, Assistant Professor (Political Science), Ramanujan College

To witness the beauty of nature, or to achieve something desired, can be pleasurable. But, happiness is not just pleasure or material well being. We human beings are more than just animals. We have a rational nature – a soul, if you may. And to be happy is to have a soul content and in harmony within and without.

- Dr. Anumita Shukla, Assistant Professor (Philosophy), Ramanujan College

Impact of Technology on Happiness

Happiness is simply defined as the state of body and mind to be happy. It is a combination of several attributes such as satisfaction, joy, well being, cheerfulness, love, optimism, freedom, good health etc. Internet, technology and various handheld devices has a great impact on human behaviour now a days. No studies have actually shown the degree of impact of all these gadgets in our routine life. We have all the time to spend with these gadgets but no time to acquire inner happiness that we may find by spending a rich time with our family, relatives, friends and even with ourselves. Happiness seems especially prominent in current empirical psychology. Happiness is the principal criterion of well-being. Technology hampers the ability to be happy. Reports claim that rate of depression increases linearly with growth in technology. "Technology: Gain or Loss for Human Beings" is the major question to answer. Adaptation to technology is being done at a rapid rate, that we do not even have seconds to think about happiness. We are in a rat race where everyone is moving without a motive in which people are devoid of content and self-satisfaction. So we must maintain an equilibrium between technology and happiness.



- Arun Agarwal, Assistant Professor (Computer Science), Ramanujan College

Don't laugh loud! Don't do this and that! This has created huge impact to the physical and mental being. We inherited happiness yet we have misplaced it somewhere in our super-sense (ego). It requires courage and fearless mind to step out from "Don'ts" to "Doing/Being". Happiness is an Activity/Being.

- Archana Jamatia, Assistant Professor (Philosophy), Ramanujan College



Happiness is a subjective state of experiencing positive emotions, drawing its unique meaning from something outside (getting a chocolate) or within the individual (spirituality). Happiness is not a goal to achieve but a journey to live through. Being happy is an art of focussing on the positives of the smallest of the things to biggest endeavours in life. Happiness makes a life worth living!

- Divya Bhanot, Assistant Professor (Applied Psychology), Ramanujan College

Psychology defines happiness as a mental state of well-being or content and if Buddha is to be followed here then according to him, 'A disciplined mind brings happiness,' and to an extent, it does sound true too because only a disciplined mind will be able to handle anything and everything put in its path through an analytic approach and succeed.

- Ishan Saha, Student (Philosophy), Ramanujan College

Buddha believed that 'Mind is everything. What you think you become,' and that's what has been the core aspect of my life philosophy regarding happiness too. If I tend to keep contemplating on the sorrows of the world, the tragedies, and the drama, then I shall be a mind full of sorrow too but on the other hand, if I was to look closely and notice the small moments of happiness then I will be a jovial and happy person because I would know that no matter what, happiness can be found even in the darkest of times if you just look around for it.

- Samridhi Nain, Student (Philosophy), Ramanujan College

Every living entity has their own specific nature in which they can be happy. For example, a fish is happy when she is in water once we take them out of water they cannot live. Thus one can feel happiness if they are in their natural state. Happiness is a state of mind and consciousness and above the mind there is intelligence. Human form of body among them are considered to be more civilized and intelligence. So transcendental intelligence is to be used to control the mind and hence senses to regain its natural position of consciousness. Thus without transcendental Intelligence and steady mind there is no possibility of Happiness.

- Dr. Virendra Kumar, Assistant Professor (Mathematics), Ramanujan College





Happiness depends upon our own thoughts that create emotions. So happiness is something found in us within. To find happiness we need to work upon positive thoughts. Elements of love, delight, gratitude, interest, excitement, enjoyment, calm etc. gives us positive feeling and make us happy.

-Dr. Nagender Pal, Assistant Professor (Commerce), Ramanujan College

In our everyday life, we often encounter questions like: Are you happy; what makes you happy; how can one be happy in today's stressful life and many more. Happiness seems to be the most searched feeling in today's world. We will find answer

to these questions if we introspect oneself. Happiness is an inner feeling of being satisfied with one's life. It's a positive emotion, a feeling of joy, an expression of good life, experience of being contented, finding one's life to be meaningful and worthwhile. It's a broad and subjective experience and thus cannot be explained from a single view point. So how can we find happiness? Happiness is always around us, we just need to look through an open heart. A smiling baby can make you smile, a sound sleep gives you happiness, an achievement however small brings meaning to your life, even a clear road brings a smile on your face, seeing your loved ones happy makes your life worth living, water droplets on green grass and a soft breeze can give you satisfaction, gossiping with friends adds positivity to your life, winning a free voucher can make you feel excited, a cup of hot coffee can be blissful. Happiness is anything that brings even a bit of enthusiasm in one's life and can be experienced anywhere at any point of time.



- Ramya Jain, Assistant Professor (Commerce), Ramanujan College

How to achieve happiness



Happiness is the most aspired and sacred pursuit of life which goes on evading us as long as we remain self-centred and self-absorbed. Material possessions and achievements give us short moments of happiness. A positive outlook, eliminating all negative feelings for others and concentrating on the good in others, help us in embracing all and develop a feeling of love and respect for others. Love motivates to do good to others through our various actions that bring us greater contentment and happiness. Still a lasting happiness remain a distant goal that can be achieved only by enlightened beings who know themselves, the meaning of their lives and their connection with the eternal source of love and happiness that is divine.

-Dr. Madhu Batta, Associate Professor (English), Ramanujan College

Happiness is a choice!

Happiness perpetuates happiness, and constructs our well-being. We are what we choose. If we choose our apprehensions, uncertainties and worries, we perpetuate them. If we choose to be discontented and unhappy, we perpetuate them too! Consciously or unconsciously, it has become our habit to perpetuate negativity that needs to be rejected by accepting happiness as a habit, and find creative solutions of our everyday problems in it. When we're happy, we not only balance our life, but also flourish it.

- Dr. Zairunisha, Assistant Professor (Philosophy), Ramanujan College



Happiness is perceived by different people in different ways.

For some happiness is the emotional state of wellbeing while for others it may be prosperity and gains in terms of material wealth. In contemporary times, majority of us attach our happiness to material achievements. But what is true happiness and what it lies in still remains hidden and unanswered. According to many, happiness is a stable state of mind and soul and it comes to those who realize the falseness of ego and the joyous and peaceful nature of the soul. But still there are certain techniques which may enable us to experience joy like living in the present moment, detachment from the past experiences, maintenance of physical fitness, practicing virtues etc. Despite all this, the key to happiness lies in investing time in our own self and discovering the true being.

-Neha Yadav, Assistant Professor (Environmental Studies), Ramanujan College

Happiness is a state of mind. It blossoms when one feels contented and fulfilled. It can't be forced. Instead it can be brought about by thoughts and actions which lead us into the light of love, compassion and care and beyond the darkness of hate jealousy and acquisitiveness.

-Dr. K. Latha, Associate Professor (Commerce), Ramanujan College



Happiness V/s Enjoyment

Now a day's people are living a life of comforts and luxuries, but there is still stress in their minds.

We are providing every comfort to our body, but we have forgotten the soul. Unless and until we feed our soul, we will not get true happiness. We are living a life which is driven by the market. We are not leading an authentic life which is driven by our passion. We don't even bother to know about our own passion.



Enjoyment is temporary while happiness is a permanent thing. You can feel only momentous joy after having a glass of wine, listening good music or while appreciating other forms of arts or buying property cloths, car, jewelry and luxury items etc. It will give you pleasure for a short time. While if you do something to fulfill the need of your soul, you will feel peace of mind and that peace is real happiness. Nature of human soul is related to the act of sacrifice. Selfishness kills the attribute of sacrifice and creates stress

and other diseases in your body. The selfishness and corrupt practices are like viruses that you inject in your body. That disturbs the whole process of happiness in you. The basic principle of happiness is to strike balance between your heart, mind, lust and soul.

-Dr. Zafar Aijaz Abbasi, Administrative Officer, Ramanujan College

Happiness is not about being joyful all the time or denying negative feelings. It is about making the most of good times and learning to tackle effectively with bad times too.

Happiness is an inner satisfaction that comes from within even if an individual is living in adverse and poor condition.

For e.g., a beggar's child playing near footpath will be much happier than the billionaire's son despite of having home, food and other basic necessities for living. This is because happiness is not materialistic and cannot be bought by money. If you are satisfied from within then only you can be happy.

So being happier is not about trying to experience pleasure all the time or avoiding unpleasant emotions like anger and sadness. It is about being realistic about what life brings and making the best use of good times and finding ways to bounce back during hard times.



- Sumit Suhag, Ramanujan College

खुशी

खुशी सिर्फ़ ग़म का अभाव मात्र नहीं है अपितु एक ऐसा ज़रिया है जो ज़िंदगी के घर्षण में चिकनाहट का काम करता है। हम जितना सोचते हैं ज़िंदगी उससे ज़्यादा जटिल होती है लेकिन खुशी के कुछ बूँदों से ज़िंदगी का यह धरातल हरा-भरा, प्रसन्नचित हो जाता है।

लिवरपूल यूनिवर्सिटी में मनोवैज्ञानिक प्रोफ़ेसर पीटर किंडरमैन कहते हैं, "हमें नहीं मालूम कि लोग इसलिए खुश होते हैं कि उनकी ज़िंदगी से हर नेगेटिव चीज़ हट गई है, या फिर उन्होंने खुश होने के लिए कुछ और भी किया है।"

सार के रूप में, विश्व के अनेक दर्शन में सुख की प्राप्ति की बात कही जाती है। इस सुख की प्राप्ति से और कुछ नहीं अपितु खुशी ही मिलती है। खुशी का होना ज़िंदगी में दुःख का परिचय भी कराती है और तब हम समझ पाते हैं कि खुशी की कीमत क्या है....जीवन जीने का एक दृष्टिकोण सकारात्मक भी होता है जो आपको खुशी की ओर ले जाता है...



डा॰ अलोक पांडे, सहायक प्रोफ़ेसर (हिंदी), रामानुजन कॉलेज

Happiness – State of Wellbeing

Happiness is an emotional state of wellbeing. Experiencing happiness is the ultimate form of self-love. People in general attain happiness on various counts. We can say with certainty that the cause for individual happiness is subjective, i.e., different individuals may not get happiness from the same outcome. However, happiness is the state of bliss and this experience in itself is not subjective.



The talk on happiness is a matter of great elation for me. Until recently, happiness as a concept was discussed and deliberated by only a few psychologists. It feels soothing that such discussions are now increasingly becoming a part of the essential deliberations world over. It is also being reflected in curriculum across the world and people have started taking interest in this concept.

Happiness has a direct bearing on our body, mind and soul. It is a secret medicine to dwell in complete bliss and harmony, devoid of excessive anxiety and stress. I have experienced the greatest form of happiness in serving others; a smile on someone else's face is the most precious gift one can give to others. The greatest irony today is that some people experience happiness by watching others suffer, and this seems to be rather pervasive in all domains of life. We need to come out of this low level of consciousness to experience complete bliss. Let us all work together to serve those who need us, lessen their sufferings, augment their wellbeing, and this will give us the eventual eternal joy!

Share, care and empathise!!

- Dr. Vibhash Kumar, Assistant Professor (Commerce), Ramanujan College

Happiness is so peaceful to feel but so dry to talk. Indeed, happiness is an intrinsic feeling, inexpressible in words. It is like the spirit of faith, which cannot be rationalized or restricted to fixed set of conditions. So in simplest word happiness is an "Art of Feeling" that can be experienced only"

- Ashwini Kumar, Assistant Professor (Applied Psychology), Ramanujan College





Happiness is an Art" said Galieli, "one of the simplest forms of Art, an Art which does not need any instruction and the only Art which leads to perfection of every other Art form." I would like to further add to this wonderful definition of Happiness, that Happiness is not only a leading factor to perfection but a surviving one, in simple words Happiness is not just an important factor for perfection but an integral part to perfection because when we analyse what Perfection really is, it is nothing but finding a scope of improvement in every situation and that cannot be possible until one is in a happy state of mind. Therefore, Happiness is not as complex as we take it to be, it is as simple as a ray of sunlight on a winter morning or a downpour on a harsh heated afternoon. Life can be defined as Disguised Happiness and Happiness can be defined as Revealed Living. Happiness does not hinder because of Problems, but somehow Problems arise because we stop being Happy.

We wish this journey turns out to be the biggest cause of Happiness for all of us.

Stay Happy Stay Living!

- Shubham Yadav, Student (Philosophy), Ramanujan College

कोशिश

खून उबलता है
जवानी में जिस रफ्तार से,
उसी गेयर में असली मज़ा है गाड़ी दौड़ाने का।
साँसों और सिलवटों को खुलने का मौका ना मिलने पाए।
बंधे रहेंगे दोनों
और झटके में चीखों के साथ ही आगे पीछे होंगे।
मैं खाते-खाते एक टुकड़ा तेरी ओर फेंकूँ,
तू जवाब में दौ उड़ाना।
आधा खाकर आधा गिराने में,
बच्चों की तरह बदन पर लगाने में।
बहुत मज़ा आता है ना।
कभी शीशे के उस पार देखना,
'लाइन' लगाकर
पंजों के बल बैठे होते हैं, अधनंगे से
सड़कों पर,
गरीब के बच्चे।
राल टपकती है जीबों से जिनकी,
भूखे ही होते हैं अक्सर।
कायनात से खोए
उनके कासे में,
चाँद सी रोटी का एक टुकड़ा रख कर देखो।
टूटे तारों सी आँखें चमक उठेगी,
आएगी इक लंबी सी मुस्कान।



अभिषेक कटारिया, विद्यार्थी, रामानुजन कॉलेज

From classroom to ethical values, Ramanujan College looks to keep students healthy and happy

From a centre called 'Centre for Ethics and Values' to 'School of Happiness' with classrooms interiors that give an impression of thought yard labs, students at Ramanujan College, University of Delhi have access to a range of learning activities and sports aimed at bettering the physical and emotional state of mind.

College Principal Dr. S.P. Aggarwal assures its precious human capital investment in the 'School of Happiness'. He says, "Its goal is to promote the role of 'Ramanujan Centre for Ethics and Values' for long term happiness and wellbeing of teachers and the taught." To him, Philosophy of an educational institution should guide as well as measure student's progress not only by its knowledge and intelligence but by its happiness and wisdom. Knowledge or intelligence alone doesn't bring or ensure happiness or wellbeing of its students; and that knowledge or technology shouldn't develop at the expense of wisdom or the quality of life.



"One of the wonderful things about studying happiness," says Dr. T.K. Mishra, the centre's director and associate professor of commerce at Ramanujan, "is there's no single discipline that's going to answer the big question of how to be happier." He adds, "Emphasizing selfless service to others, search for enlightenment, adherence to ethics would be the core values of the School. Besides organizing 'happiness' conference, goal of the School would be to develop life-skills amongst students."

To Dr. Mishra, the centre should focus on how to cultivate lives that are not simply free of disease, but are imbued with purpose, meaning, and optimism. "People are increasingly discovering that happiness is tied to a variety of social conditions—unemployment, human rights violation, modernity, the great revolution in communication," opines Jagannath Choudhury, associate professor of political science at Ramanujan and director of the centre for human rights. The big question is, how much can a person do to cultivate ability to be

happy on one's own, and how much is beyond control? "There's a lot of hope, sunshine around this stuff," acknowledges Choudhury. "So students, teachers, parents all will like it". "In recent years, researchers have repeatedly found that people who are happier in life do tend to live longer and experience less physical infirmity," adds Choudhury.

"To be happier, we need to know what allows people to attain and maintain good moral character and emotional health," adds Dr. Nagender Pal, assistant professor of commerce at Ramanujan. Indeed, people who are today diagnosed in their 50s and 60s with high blood pressure are likely seeing the result of processes that began much earlier. There are evidences that emotional and cardiovascular health is declining by the time people are in their late twenties, which is depressing. These are heavily patterned by low educational attainment. Social isolation, hopelessness, and worthlessness coalesce into physical effects. This is where it could be worthwhile to have honed a sense of resilience, gratitude and optimism, as much as that is possible.

One such initiative is the happiness assessment and lifestyle enrichment research on Pressures – Attitude – Choice – Knowledge (PACK) management that tries to address the impact of stress on students and their teachers. Students can get medical check-ups, an assessment of their mental, moral and physical status, and access a confidential mentor. In 2010, the college established 'Centre for Ethics and Values' and in 2018 'School of Happiness' and yoga rooms.

Internship programs on ethical management are held once a year, while yoga and meditation classes are conducted at least once a week. Students are, however, encouraged to use the ethics centre room as and when they need space "to take a break and breathe out their stress". The need for ethics centre was based on our goal of providing a holistic education to students, along with the "Ethics Fest" and Ethics Parliament" once a year. Apart from the daily classes, special seminars and workshops promoting ethics and values are held as part of experiential learning with many collaborating institutions attending them. Apart from organizing five international conferences on ethics in collaboration with external agencies like YMCA, Gandhi Bhawan, Baha'i House of Worship and publishing six 'International Journal of Applied Ethics', organized this year 2nd Ethicists and Educationists conclave in association with the Tibet House, New Delhi. While some of such workshops and seminars have a nominal fee, most of them are conducted free of charge.

The hope is that all these initiatives and activities will enable students' health and well-being and help them gain the balance they need.



Inaugural function of School of Happiness, Ramanujan College



Students' Annual Day Celebration

