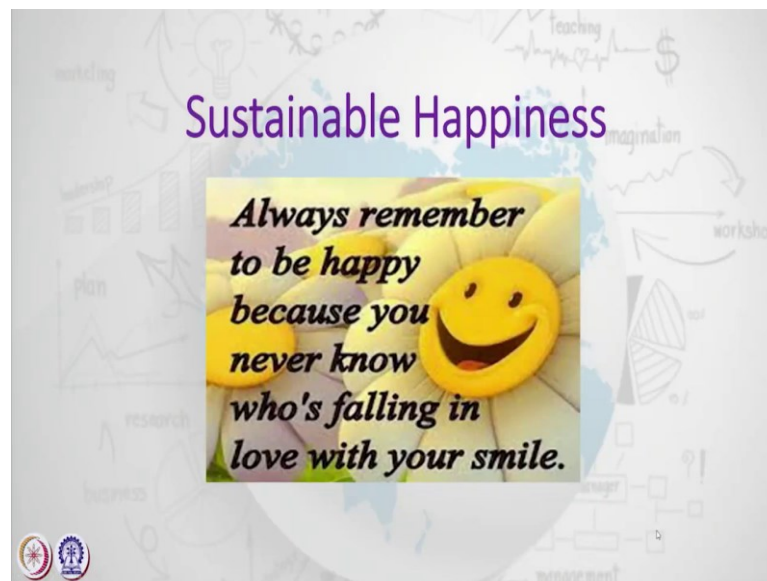


Education for Sustainable Development
Prof. Atasi Mohanty
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Lecture - 60
Sustainable Happiness

Hello friends. Welcome back to this NPTEL course on ESD: Education for Sustainable Development. So, we are in the end of towards the end of this course. So, today we will be discussing the last topic of this course that is Sustainable Happiness. So, I hope that this PPT, this last session as well as the whole course can bring you happiness with regard to sustainability. So, let us discuss some something some principle, some basic guidelines about sustainable happiness.

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And, how all of us we can adopt it in our lifestyle and, we can not only make ourself happy, but also others happy. So, now let us start the sustain our discussion on sustainable happiness. As the you know as the slogan here says always remember to be happy because, you never know who is falling in love with your smile.


So that means, to be to have a smiling face all the time before not just before the stranger, but also to the known persons that in the workplace everywhere just to. So, this smile in a just a smile in your face it shows that how happy we are not just externally, but also internally.

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➤ Most people have the same monotonous routine every day, leading to moments of frustration, anger and hopelessness. The ecological issue necessitates the development of innovative solutions to turn our civilization into a more sustainable one swiftly.

➤ **NEED**

1. **Exhaustion**- The monotonicity of today's world has left us exhausted. People are usually overburdened with much work which leaves them with a feeling of sadness and sometimes isolation.
2. **Expectation**- As we know that expectation is the root cause of all suffering. People expect way too much, and when they do not get what they expected, it leaves them unsatisfied.



So, now let us discuss what is this happiness all about. So, as you know the all of us in our day-to-day hustles, day to day activities you know sometimes we get bored because of the some monotonous routine work, sometimes we get frustrated because of because we could not achieve you know our targets or the goals or maybe that we are facing so, much of so, many hurdles in our goals.

And, sometimes we get hopeless because of you know failure maybe because of failure or maybe because of some shortcoming some time gap. Or, and this pandemic has become the you know has the you know is a best example of can say is the true example is the evidence of these kind of things monotonous life, disconnected from the social relationship or you know lack of you know communications and face to face communication.

And, maybe that yes ecological imbalances also that some kind some sort of ecology ecological imbalances; of course, pollution has decreased a little bit pollution on the that is impact on the climate change has reduced because of this lockdown.

You know pollution the environment, the air pollution has reduced that is one thing of course, and vaccine is again. We are also engaged in you know discovering this inventing this vaccines that is an it is an innovative solution. And, we have got also you know very good network, we become strong in our technological support technological self sufficiency and network that is also an advantage.

The thing is that this yes this pandemic even though it is a disaster, how have we encased it, how have we leverage it for our benefit. So, that is a it shows a kind of positive mindset, positive minds and optimism all these things. So, sustainable happiness automatically it includes a kind of how to be happy which will last forever, last for longer period, not just it is not just temporary, but also long term happiness.

So, this is the background like this is the background, the reason that most people all of us where facing the same boredom, monotony, frustration, anger, hopelessness; all kinds of negative emotions, negative effect because of the n number of changes in our social and demographical and ecological structure environment.

So, these are the reasons and more another thing there therefore, all of our human needs are primarily during this kind of pandemic or the disaster phase, we can say the primarily our socio emotional needs are very strong.

So, we that means, this during this period as we can see the social dysconnectivity, lack of investment in social relationship, isolation you know isolation; all this kind of you know all this kind of things are you know it has you know it has deprived us from the sustainable, social life, social you know social life, social cohesiveness, social network, that is one thing.

And, another is also emotional, emotional health; we have also been deteriorated affected by the our emotional health, mental health in the sense in the sense that we got disconnected and we could not reciprocate, we could not communicate, we cannot share our thoughts and emotions. So, that is the root cause of you know all kinds of you know maybe some kind of you know conflict or dilemma not just within our family, but also in the environment, in the workplace.

So, because lot of people they have many expectations from us and which we could not; we could not you know achieve this thing, we could not achieve these thing for them, we could not help them. So, we could not fulfill our expectations from our you know from our employees, employers from our coworkers, colleagues and from our even from our family member. So, these are; so, there are there is a social emotional needs have been enormous during this pandemic.

So, in this context it is not just we are not just talking about how to reduce our stress and how to update our; that means, enhance our mental health as a coping mechanism, conflict management to how to reduce; that means, distress our self, how to maintain the work life balance, how to adjust adopt our self in the online environment in enhancing our adaptability skill, in online platform, in virtual business virtual education etcetera.

But, again how cannot just we can overcome all this discomforts and hurdles etcetera, but again how can we develop resilience, how can we build up resilience, how can we leverage the situation in learning new skills and competencies, enhancing our self, confidence, self-efficacy, self-respect and you know happiness altogether for the future also for the future as well.

So, the sustainable happiness primarily concerns with you know concerns with you know how can we achieve not achieve the happiness not just temporary happiness, but also long-term happiness which is sustainable in nature. So, let us see how the sustainable happiness has been defined.

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➤ Sustainable happiness can lead to a more **sustainable lifestyle** and greater **life satisfaction**—and sometimes it's right at our fingertips. Other times it involves reawakening to the joy that comes from simple pleasures or generating options for a lifestyle change.

DR. CATHERINE O'BRIEN
"SUSTAINABLE HAPPINESS IS HAPPINESS THAT CONTRIBUTES TO INDIVIDUAL, COMMUNITY, OR GLOBAL WELL-BEING WITHOUT EXPLOITING OTHER PEOPLE, THE ENVIRONMENT, OR FUTURE GENERATIONS."

The slide includes an illustration of a woman in a yellow polka-dot shirt using a smartphone, and another illustration of two people holding large smiley face icons. A small video inset in the bottom right corner shows a woman speaking.

So, sustainable happiness can lead to a sustainable lifestyle. So, we have already discussed about sustainable consumption, sustainable lifestyle, sustainable production all kinds of thing. So, sustainable happiness automatically leads lead towards the more sustainable lifestyle and greater life satisfaction and sharing the you know sharing the happiness among others, community wellbeing.

And, it also you know it also involves a kind of paradigm shift in our outlook, in our vision, in our mission; not just about the not just about our life, but the life of the community life of our fellow beings, life of our happiness of our coworkers.

So, it is altogether thinking about the community happiness, community wellbeing and it is more permanent in the sense, that it has to be sustainable in the sense that without exploiting others resources like human resources or environmental resources or financial resources etcetera, without explore exploiting any kind of resources.

How can we retain this our happiness, how can we share it, how can we sustain it over a period of time and how can we prepare, how can we contribute significantly towards the common welfare, wellbeing of our fellow being fellow beings. So, across the state across the national level regional level as well as the globally also.

So, we have already discussed about the global citizenship similarly. So, sustainable lifestyle, sustainable consumption, sustainable production, sustainable happiness, it is a kind it will bring a paradigm shift not just in our self, but in our community, in our society everywhere.

And, this researcher Catherine Obrien, Catherine Obrien she is also she has been a propagator and advocate may of this sustainable happiness. She has been continuously working on this sustainable development and how sustainable development can lead us towards the happiness.

And, how can we retain the happiness and make it more sustainable and you know what would what should be the pedagogy and educational approach towards sustainable happiness. So, there are n number of theories, but I have adopted this Catherine Obrien's theory of sustainable happiness and Catherine Obrien's define sustainable happiness, that sustainable happiness is the happiness that contributes to the individual, to the community or the global wellbeing without exploiting the people, other people, the environment or the future generations.

So that means, without exploiting our resources, natural resources that has been kept for the future generations, environmental resources as well as the human resources without exploiting how can we make our self happy as well as the whole community happy and it is a it is valid, it is relevant for all the global citizens ok.

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➤ Sustainable happiness and well being

Happiness and well-being are integral to building sustainable futures

Focusing only on the goal is difficult, it's not how we are wired to think, and can lead to distress and anxiety

For the long haul, there are some habits of mind which will help to stay on track and achieve sustainable happiness

3 Simple Ways to Sustainable Happiness

- 1 Relax your nervous system
- 2 Be tender with yourself
- 3 Create happiness for other people's happiness

The slide features a world map background, illustrations of diverse people, a person with a backpack looking at a smartphone, and a small inset video of a woman in a patterned top.

So, now sustainable happiness and wellbeing, how these two concepts are very much connected. So, happiness and wellbeing are two these two concepts are very much integral, integral in not in building a sustainable future; that means, it is relevant not just in the context of you know context of work life, in the context of family life, in the context of social relationship, but in the context of you know self sufficiency and personality development as well.

So, focusing on the goal is difficult, but it is not how we wired it to think and can lead to the distress and anxiety. So, how can we think of not just our wellbeing, but community wellbeing and for that matter what we need to do how to, how can we develop the sustainable habits of mind sustainable you knows of sustainable competency, sustainable you know skills etcetera. So, these are some of the things; that means, we have to achieve.

So, that these are the 3 simple ways of sustainable happiness as you can see yes we can say relaxing our yes relaxation technique through you know meditation, through yoga, through pranayam, through all kinds of things that is the relaxes relaxation of our nervous system. Second is the second is that be tender with yourself; that means, self-love, self-awareness, self-care you know interpersonal relationship, that establishing a bond, a strong relationship with our inner self inner self.

So, we must be very clear about our thoughts, our emotions, our likings, dislikings, strengths, weaknesses; that means, we know our self better and we have a very good bond, very good relationship, strong bond with for our with our inner self. So, that is called the interpersonal intelligence, if we are very happy with our self, we accept our self with our likings and disliking, shortcomings and weaknesses and strength and weaknesses everything.

So, we accept ourself we love ourself, we care for ourself. So, self care also is also another aspect of happiness. So, to be tender with caring about yourself; that means, our inner self then again is the to practice to practice happiness for other people's happiness, yes to make the happiness as a day-to-day practice as a daily habit as a habits of mind as an you know interpersonal relationship, you know we can say key to the interpersonal relationship. So, these are the 3 ways of happiness.

Now, here I want to say happiness can be of can be defined as in different terms like for example, when we achieve our goal we can say the goal achievement is equivalent to happiness. Some people say that yes gaining having the materialistic gains like you know as a per the Maslow's hierarchy of needs, if we have achieved as a social status, social respect and very good secure job social stats; that means, we are happy; that means, all these are mundane, these materialistic gains also it can lead to the happiness.

But, again above that it has a different levels, it has a different intensity and quality. So, above that when we move above it like for example, when we move towards the self actualization like we think not just for ourself, but for the society for the people, for the community, for the country; so, then we go beyond our own benefits.

So, there this kind of happiness is called the eudaimonic happiness. But, when our happiness is related to our subjective experience, our desires, our goals, our needs and our fulfillment, life satisfaction all things; these are called all the eudaimonic happiness.

These are which are mundane which are which are more you can say materialistic in nature which are short term also, we can say short term. So, as because we get we achieve certain things, we achieve the career goals, we achieve the materialistic gains, we become rich, we become say these are the reasons, you know these are the reasons of our happiness that is called the mundane happiness, that is eudaimonic happiness. But when we move beyond, we think beyond this happiness.

So, when in spite of irrespective of our own benefits, thinking about own self and etcetera, when we think about the social development, community wellbeing, happiness of others when we try to serve others serve others and share our thoughts and feelings with them and try to you know develop their lifestyle, their standard, their standard of living, there bring happiness to them then we become satisfied.

So, all our great peoples like great statesman's like you can say Rabindranath Tagore or you can say Nelson Mandela or you can say Ramakrishna Paramahams, Vivekanand all the all these people are now they think for the society, they think for the global citizens, they think for the people, they think from the world, they think for the planet not just not for here themselves. So, that kind of happiness is called eudaimonic happiness.

Eudaimonic happiness; that means, without having any personal benefit or ignoring our individual benefits and self goal, self achievement goals when we think of going beyond our individual territory or environment and think about the com common welfare wellbeing of the planet, of the whole nation, of the country, of the globe, of the global planet itself. So, that is called the eudaimonic happiness.

So, that is primarily related to the individuals when the individual moves towards the self actualization stage. So, that is called the eudaimonic happiness stage and self actualization actually gives us that kind of when the individual moves towards that set it also changes our frame of mind, changes our mindset, changes our outlook, changes our paradigms, thinking paradigms. So, then we move towards the that you know towards the eudaimonic happiness that is serving the people, serving the community.

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☐ Sustainable happiness is happiness that contributes to individual, community and/or global well-being without exploiting other people, the environment or future generations. (O'Brien, 2005)

Happiness = ?

Before we chase it,
let's define it clearly.



www.Gseconds.org





So, now so, you can say so, that is why the sustainable happiness is the happiness that contributes to the individual community or the global wellbeing without exploiting other people environment or future generation, that is the standard or definition of sustainable happiness given by Obrien.

As you can see again happiness is a choice, happiness is not the result nothing will make you happy unless; that means, sometimes what happens when we are actually truly happy to a truly satisfied person, truly believe in eudaimonic or it is there in our personality, in our emotional attitude, emotional trade.

So, we think sometimes what happened some people you might have observed that they become happy without any reason, for them normal life day to day life regular life, but even then they are very happy ok.

So, very happy because they do not they do not have so much of expectation though they do not you know aspire for achieving so, higher goals. So, what without any reason with more than affairs within regular lifestyle they become happy. So, that happiness is can its more sustainable.

So, without having high expectation, high you know competition, high you know you know high; that means, achievement goal or you need gratification, high need or you can see instant need gratification, they become very happy without. So, without the simple thing we can say without any reason if you can happy and we can make others happy. So, then this is called you can say eudaimonic happiness.

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• One's subjective experience of happiness corresponds with numerous positive health outcomes (Seligman et al., 2005);

• Including lower blood pressure, the inclination to seek out and act on health information, and more robust immune systems .

1. Happiness protects our heart & mind...
2. Happiness strengthens our immune system ...
3. Happiness combats stress ...
4. Happy people have fewer aches and pains ...
5. Happiness combats disease and disability ...

I have decided to be **HAPPY** because it is good for my health. -Voltaire

CHOOSE TO BE HAPPY

Love YOURSELF enough to live a HEALTHY LIFESTYLE

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The slide also contains a small video inset of a woman in a patterned sari speaking, and two logos in the bottom left corner.

And of course, we care for our planet, we all by serving others, by helping others, by taking care of others. So, then that gives us immense happiness. So, that is the sustainable happiness which is also eudaimonic happiness. So, therefore, one subjective experience of happiness corresponds with the numerous positive health come; yes of course, health is also an important factor of our causes of our happiness.

Because, if you have facing we are facing any health problems or the illness or sickness maybe blood pressure, high blood pressure or poor immune system or you can say health you know health you know health you can say health problems in. So, that definitely health is very much affected to our happiness and mind. So, health a sustainable health or happy health or good health is also one of the significant factor.

So, if it is our health is ok, then yes this is the primary reason, primary factor of being happy and next is our work, next is our work life or next is our personal thing. So, happiness also protects our heart and mind like that is it the people you might have observed in the hospital the patients those who have who have the high willpower and they just ignore this they just ignores.

And they do not ruminate over whatever problems they are having rather they instantly rather instead of that they think about the you know how quickly can they can be released from the hospital, how quickly then they can join together join with their family members at the they plan for the future, you know future trips, holiday things etcetera.

So, they become they become very they quickly recover and they become very happy. So, happiness protects our heart and mind, it makes us more stronger, happiness also strengthens our immune system, happiness combat stress; that means, even if some people are you know you know their stress resilient; that means, they have very much high resilience to you know to bear the stress and to tolerate it and to channelize it and to think of the positive solution rather than getting affected by it negatively.

So, happiness combats the stress, it is a like you know our happiness, our immune system it is like the you know our different system to combat to fight with all kinds of the impact of the stress and other negative impacts negative factors. So, happy people have the fewer aches and pains, the you might have observed some many people there who are happy even though they are having some or other minor problems health issues they ignore it, they ignore it, they ignore it, they do not care.

So, that is even if everybody has some problems, it is inevitable a one or other problem, but if we think of it then we become unhappy. So, it is better to ignore it, yes of course, for the health factor we have we need to be very careful in health getting our ourself health check, health checkup, regular checkup or taking the precautionary measures etcetera that is ok.

But, with simple things if you get over we over think about this illness, overthink about this pain then it becomes more a its a you know you can say it is a chronic problem, it becomes a chronic problem for us.

So, that is a happy people they have the fewer aches and pains means they ignore it, they do not take into serious it into seriousness. So, happiness combats the disease and disability also, we might have observed some cases the where the people the people who are difference differentially abled or maybe they have some problems, disability or some kind of problems.

So, they try to overcome it, they try to overcome it like you might have observed some people having the those who are physically handicapped you know one or other way they try to they set the goal for you know mountaineering and mountaineering and they become successful in mountaineering.

So, that is that it also happiness; that means, because they have the will power has helped them in enable them in achieving that goal. So, happiness it is there in our thought process, it is our mind and cognition and our heart; that means, in our feeling. So, emotion and cognition here are most important factor for being happy and sustaining the happiness.

So, you can say so, all these that is why in positive psychology, it is said that how to develop the positive characteristics that is the positive attributes, personality attributes, starting from our positive attitude, beliefs, values to positive behavior, positive emotions all these things.

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• Happiness and Sustainability

• Happiness is at the heart of who we are and what we do...

In a consumer society, where consumption and happiness are inextricably linked, individuals confuse the "path to the 'good life' as the 'goods life' .

BLISS
DELIGHT
HAPPINESS
CONTENTMENT
SATISFACTION

3. Sustainable behaviour generates a clean environment and a stronger community.
2. Happy people are more likely to engage in sustainable behaviour.
1. Sustainable behaviour causes happiness in people.
4. Sustainable behaviour and happiness are both caused by a common factor: both are driven by PERSONAL TRAITS AND VALUES.

3. A clean environment and a stronger community increases happiness.

HAPPINESS IS A journey Destination

Happiness is not in our circumstance but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are.

So, sustainable so, happiness and sustainability. So, we can say happiness is the heart of the two are what heart of who we are and what we do actually our self identity, our self identity, our personality our you know our existence; actually it says that how happy we are means when we deeply contemplate on our past experience, on our present condition or on our future aspirations or the goals etcetera.

When we deeply contemplate over all our life span life experiences, then we think whether we are happy. Overall we are overall we are happy or not we are whether we are satisfied or not and what we could have achieved, how much value we give to ourself, our contribution, our life or you can say our worthiness.

So, happiness actually determines the individuality, the individual identity of every individual whether here they are whether they are depends on whether they are happy or unhappy and how do they define and explain their experiences, how they explain their life also and also their expectations for future. So, in overall when they define themselves; so, that also shows how happy or how happy they are.

So, in consumer society where the consumption has actually becomes factor key factor of happiness like which is more related to the you know materialistic gains, money then good job, career and you know we can say the work you know privileges, all kinds of thing. All the mundane things, they think that these are these having these things are consuming these thing kinds of things achieving these kind of things will make us make us happy, but this is kind of unique.

Gradually, if we become over indulged in all these kinds of consumptions consumer consume; that means, consume consumer oriented behavior then automatically becomes we becomes you know obsessed with. So, we become anxious because all every time we will continue to compare ourself with other people who are more richer than us or who are socially more successful than us.

So, there automatically develops a kind of jealousy anxiousness or competence in our mind which again further makes us unhappy. So, that is a being complacent being satisfied, but giving that, but being ah, but leading a worthy life, value valuable life, worthy life.

So, that can give us more meaning. So, here also defining the happy life means again having a more meaningful life, having a more purposeful life, you have yes in our traditional day is what happens our especially in the family, joint families were there and mostly the you know how our parents have sacrificed their lives, their comforts, their desires, their life earning, savings for the upbringing of children or for establishing the children at (Refer Time: 23:37).

So, that kind of things you know that is the it means even though they were not enjoying their own life, but they have you know they have set the purpose like rearing of bringing of their child to be and making them more successful in their life, it makes them more happy ok. So, that means, so, here sacrifice sacrificing your own individual needs, they

your aspirations, your goals etcetera for the sake of others for the sake of sake of others that brings a kind of eudaimonic happiness.

So, you know you must all of us all of you must have watched this Baghban, Baghban movie how this parents, how the parents they have sacrifice their whole life and that has made them more happier. But, the moment they realize that the children they the children, their sons they did not care about their sacrifice etcetera, then the generation gaps starts begins.

And, in spite of having all well of well paid jobs and the modern amenities wealth everything even then they are not at all happy, because they did not care about their the sacrifice of their parents. So, that kind of is also happiness is also in this case you know its eudaimonic happiness is also related to more towards our values, our ethical standards, our you know universal values, global studies values and individual values, ethics and morality also.

So, that is we should not confuse a good you know is comfortable and good life not we should not confuse the good life or healthy life or comfortable life or you can say consumer based life; that means, with the you can say with the self-actualized life or really happy life. That means, happiness it is a scale, it is a level, it is a you can say it is a framework which can moves on and on, it gradually increases.

But, the highest level of happiness that in order to achieve it that is the eudaimonic happiness, we have to attain that self-actualization, the practices of self-actualization and higher level of you know morality, ethics, values and emotional creativity.

So, as you can see these are the different levels, first is the satisfaction, then contentment, happiness, then delightfulness and bliss; that means, when we talk about sat-chit-ananda, sat-cit-ananda, sat-chit-ananda the; that means, first is truth, then chit is mind and then ananda that is happiness.

So, that means, we will be able to achieve that blissful state of mind, that is the utmost level of the highest level of happiness that is the blissful state of mind. And, that and for achieving that we need to improve our you know our thinking process, our cognition, our level of emotions, our you know all kinds of you know value system morality, it is not

just and it not just related to it not at all related to all these worldlier mundane and regular; that means, materialistic based materialistic way of life.

So, here again happiness how it is related to one is that community in environment is also there, happiness is related to you know personal, traits and values and moralities etcetera, happiness is also related to sustainable behavior, consumption, production.

So, all these things our sustainable behavior, sustainable lifestyle, sustainable paradigm of thought sustainable thinking process, be sustainable behavior; all these things are related to happiness, because it is the ultimate goal, ultimate you know ultimate outcome, learning outcome of our life that is happiness at the end. So, that is the sustainable happiness and how to achieve this sustainable happiness ok.

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✓ Aim of combining the two terms are: to link happiness to sustainability, now and into the future; to emphasize the reality of our mutual interdependence...

✓ Sustainable happiness is a concept that can be used by individuals to guide their actions and decisions on a daily basis...

✓ At the community level, it reinforces the need to genuinely consider social, environmental and economic indicators of well-being so that community happiness and well-being are sustainable...

✓ At the national and international level it highlights the significance of individual and community actions for the well-being of all – now and into the Future...

Top

Bottom

The Meaningful Life (High Level) VERY FEW [3%]

The Good Life (Middle Level) AVERAGE

The Pleasant Life (Low Level)

Next, I can say so, this is a pyramid, this is a I can say this is a pyramid first individual life, pleasant life at the low level. Then having the good life, middle life that is a complacent life having all; that means, there is no deprivation, there is no you know we are not deprived of the minimum basic level of requirements in the life comforts in the life. Then, meaningful life when we have a higher we have set a higher goal, higher purpose and meaning for our life and we achieve it, that is becomes a meaningful life.

Like Gandhiji has brought us the freedom that is a purpose he has set for himself and for the whole country and that is more purposeful more meaningful and that is his life is

more meaningful because, and his happiness is of utmost eudaimonic happiness. Because, he has a great purpose in his mind for the happiness of the whole country so that means; so, this is the kind of levels; that means, the levels of happiness.

So, here when we think of combining this happiness to sustainability for the present not just for the present, but for the future and it also emphasizes reality and mutual interdependence. So, this sustainability in happiness are mutually integrated coupled with each other, that mean sustainable sustainability leads to happiness and happiness also brings sustainability in our behavior.

So, sustainable happiness we can say it is a concept that can be used by the individuals to guide their actions thoughts decisions on a daily basis ok. And, at the community level, we can say it reinforces the need to general genuinely consider the social, the economic, the environmental indicators of you know wellbeing. So, that the community happiness and wellbeing are sustainable are more assured, ensured for the future generation.

So, when we talk about now then happiness there is the gross national happiness, because just like GDP, there is an another gross national happiness. As per the UNESCO gross national happiness also it has the; it has the factors, it has a model, it has the probably 9 something some a more factors are there.

And, Bhutan is like for in Bhutan is the happiest country in gross national happiness, it has the highest quotient of gross national GNH that Gross National Happiness and gross national happiness there are certain parameters and they fulfill, they meet these criterias in the parameters ok.

So, similarly in European countries you know you know Finland is the happiest country. Finland is the happiness country because these people these people are not at all concerned about the materialistic gain or being rich or any kind of you know career goals are like money, they are not attracted towards the money and being rich or like this they lead a very simple life, but they believe in the eco sustainability, they believe in social relationships.

So, these people are very happy. So, Finland also in happiness index in Finland is the highest top ranking first ranking country, country in the happiness index. Similarly, after

that in Scandinavian countries are also Narve, Sweden, Denmark and then there have to Switzerland some of the countries there are also in the these ranking order.

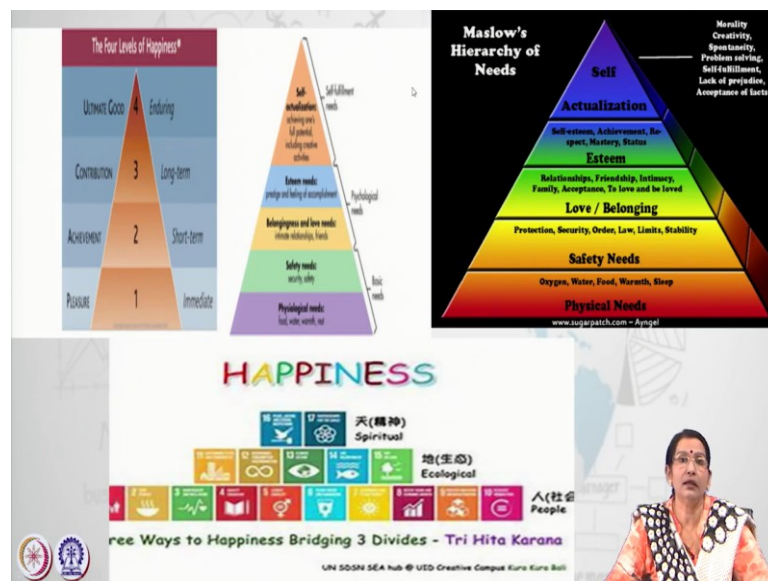
So, in Asian countries the Bhutan is the highest is the top most GNH; that means, happiest country in terms of GNH: Gross National Happiness quotient. So, at the both at the in national level and international level also, it highlights the significance of the individuals or community actions.

Because, this GNH or this community this GNH or the countries our GNHs index also it shows that how happy we are means, it also determines, reflects on our behavior, how the people, how the individuals, how the citizens are behaving such a way, how they are interacting with their environment, how they are ah; that means, how they are in investing in their interpersonal relationship, social relationship.

How they are resolving their social problems, how they are taking of their facing of their economic problems and enhance the economic growth, growth and sustainabilities all these kinds.

So, automatically it relates to our social interactions, economic behavior and environmental relationship also. So, automatically happiness so, therefore, happiness and sustainability these both these towards inter coupled, inter integrated, well integrated and interdependent in nature.

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So, these are we can say the like for example, this these are the sustainable development goals that we have already discussed. The first these all these 3, 3, 6, 3, 3, 6, 4, 10; all these 10 goals are more related to human resource that is the people.

So, all these that sustainable in if we can achieve all these sustainable development goals of this below lowest level of the this one first level. So, then we can have a we can have very good human resource and our people become happy. So, we can have a sustainable society, sustainable society happy people.

So, thereafter when we can achieve all these 5, these 5 SDGs five is SDGs as mentioned here, then we can have a sustainable ecology environment. So, our so; that means, our environment will be more sustainable and. So, we can also establish a sustainable bonding with our environment, with our ecology.

Then above all then again these two, these last this global partnership and peace and justice in the society these two SDGs are primarily related to the spiritual growth, that is the eudaimonic happiness, the social; that means, the governance, the social and community wellbeing all these and.

So, that is why as ESD is the important factor for creating awareness among the people at set as for sustainability. Similar, global partnership is also we can say it is the backbone of is the pillar of achieving all other SDGs, that we have already discussed in global partnership here.

So, these two things we can say it is more of more of spiritual happiness, spiritual in nature; in the sense that ultimately these two factors matter, because matter because it can when we reach to this level and if the countries they can achieve these two oh SDGs above all.

So, above all so; that means, they have already achieved all these other 15 SDGs and ultimately they are they are very happy, because they now they can they serve this community with good governance, good networking, partnership, social justice, equality everything.

So, now we can say the country is the or the community is the very happy country. So, here happiness can be defined in this kind of hierarchy. So, these are also some of the 4

you know levels of happiness, that we can see: the immediate happiness, short term happiness, long term happiness and enduring happiness.

So, enduring happiness you can see it is the more sustainable happiness is the an immediate that is instantly, you might have observed in case of the children in case of the children. So, when they get instantly any kind of incentive like the chocolate or the lollipop or any kind of toy etcetera, they get instantly happy. So, that is the immediate happiness, short term which stays for some time, but the duration is a small duration short duration.

So, long term is for a period over a period of time, but enduring is that forever, forever that happiness is that, if you have done something good for others, helping out others that creates a kind of you know satisfaction which stays with us whole life ok whole life. So, that is a so, we can say so, for the short-term goals, we say achievement and for the long term we say the contribution or significant contribution towards an organization, towards a society, towards the institution etcetera.

But, when as when ultimate good we have done something universally good, that is which is enduring sustainable or for forever eternal good, eternal good then it becomes. So, these are the 4 levels of happiness and we can say these are the Maslow's theories of theory of hierarchies of human needs, as we can our already discuss physical needs, safety need, love and belongingness, then self-esteem; esteem is related to achievement, mastery starters all these things and above all this is the self self-actualization.

And, above self-actualization is also another level is there that is called the transcendental, transcendental; that means, beyond this life. So, when we go to the upper level of you know spirituality, spiritual growth we think we believe in this transcendent means if; that means, in our karma. So, our karma or our so, values beyond this life; that means, when; that means, the term when we want thinking of beyond this life that is transcendental life.

So, that is also that transcendental happiness can also be brought transcendental through this enduring or the you know doing something universally good or enduring and that means, eternal it can also give us eternal happiness doing something significantly good for the humanity and the universe.

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So, now the things these are same the same things. So, these the ladders the Maslow's hierarchical of theory hierarchy of needs human needs. Then, these are the levels and what are the things the activities related to this physiological things, activities and the safety, safety working conditions, workplace happy, workplace benefits, job security; these are related to our this level of human needs.

Social that is working relationship, professional association, belongingness, love etcetera; these are the social needs. And, how these are being fulfilled in these activities, then esteem needs self-respect, prestige, status that we get from our you know promotions you know prestige, social you know social status, recognitions, acknowledgement; all kinds of the thing rewards etcetera.

Then, self-actualization is the growth, advancement and creativity; not just the individuals at the individual level, but its individual's contribution towards the community and I have been also accept accepting the challenging job, setting the higher goals for the for the community, for the life, advancement you know you know knowledge and knowledge and achievement all kinds of there is the self-actualization. There is also beyond self-actualization that is also another thing, another stage is that that is the transcendental which have been added later on.

Thank you very much.