

The Science of Happiness and Wellbeing
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Lecture - 02
Can We Define Happiness?

Good morning, friends again, in the introductory class we talked about the various areas that we are covering and one of the standard practices that we follow when we start a course is to define the subject. So, the most logical thing that we are expected to do and which you would be expecting from us is to ask this question what is happiness and how do we define it.

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The slide features the 'Concepts covered' logo in the top left corner, which includes a stylized orange 'C' and the text 'Concepts covered'. In the top right corner, there are two logos: the Indian Institute of Technology (IIT) Kharagpur logo and the NPTEL logo. A horizontal orange line separates the header from the main content. The main content area contains a bulleted list of topics. In the bottom right corner, there is a video inset showing Prof. Priyadarshi Patnaik speaking. The slide has a blue and black geometric design at the bottom left.

- How do people define happiness?
- Insights into their range
- How do countries define happiness?
- Key insights about how happiness is defined
- A quick look at other related concepts

In most other subjects we have answers to this question or rather a very clear well-defined answer to this question that what is the subject about what is the course about and we do manage to define the concept that we have essentially dealing with. But happiness is like the term life far too broad, far too encompassing, far too big to be really defined in a clear articulate way just like that. So, what is it that I am going to do today?

Today I am going to focus on how different people define happiness rather than saying how we define happiness and once we do that, we get a lot of insights. Then we start looking at how different languages define it and, in that context, we start gaining cultural insights. Of course, we

will be in the next class focusing more deeply at the cultural aspects especially in the context of spiritual traditions and then later on in the context of philosophical traditions.

But we need a little bit of preparation for that and so this talk is going to be generic. At the end of the talk, you will definitely get a link which will ask you about your definitions of happiness. And our scholars noting it down for the interaction that a link will be shared with you where you will be asked to define your concept of happiness. So, these are the things that we are going to cover today, how different people define happiness which looks at the personal perspectives on happiness.

Will start looking briefly at how within the Indian context we have a whole range of languages and we have a whole range of traditions and how happiness is defined there and what are the key insights we derive from that. Then we look at a couple of generic definitions of happiness which exist and some of the other relevant related concepts. However, before we begin let me share with you friends that happiness and well-being are often used interchangeably.

In the coming class I will try to clarify that yes in spite of the terms being used interchangeably and a certain degree of ambiguity existing as to how to define them there are clear cut differences between the two and we will touch upon that but today here in this session let us just focus on the concept of happiness.

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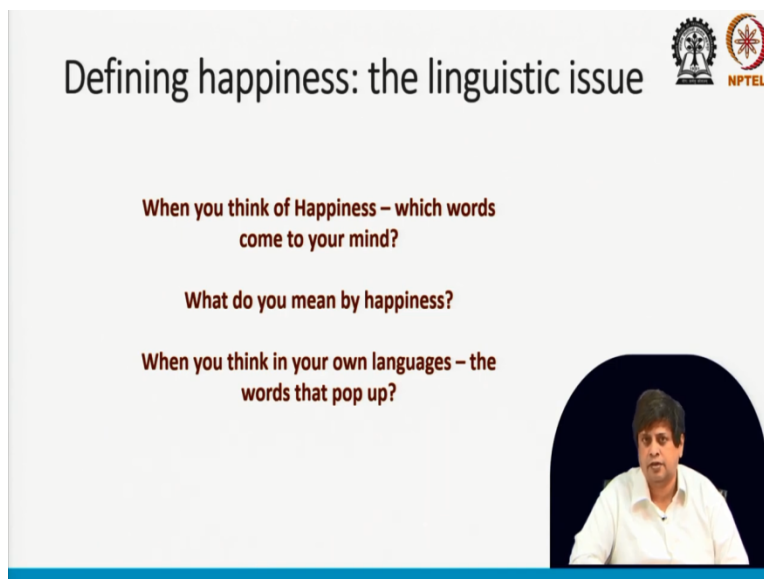


Keywords

- Culture
- Definitions
- Happiness
- Language

The slide features a logo with a stylized 'K' and the word 'eywords'. In the top right corner, there are two circular logos: one with a gear and a person, and another with a star and the text 'NPTEL'. A video inset in the bottom right shows a man in a white shirt speaking.

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Defining happiness: the linguistic issue

When you think of Happiness – which words come to your mind?

What do you mean by happiness?

When you think in your own languages – the words that pop up?

The slide has the same logos as the previous one. The video inset shows the same man in a white shirt speaking.

So, these were three activities I did in some of my classes and I would like to share the results with you. When you think of happiness which words pop up to your mind? You see the moment somebody asks you something certain things certain words certain images get evoked immediately. I asked my students and I will be sharing the response with you.

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So, these were the words which came up satisfaction, peace and this is a word cloud so the words which are large are the words which got more hits or more people preferred to use those responses. Enjoyment, fun, healthy, smile, shanti you can see even Indian words being used, satisfied self-fulfilment, Khushi again another Indian word excited about life leaving even some people equated happiness with life as you can see.

And you find that whole range of minor surprising associations are there like food serving, equilibrium these are self-fulfilment, jumping around so good relationship, mental peace all kinds of very very different concepts definitely linked concepts essentially dealing with positive emotions but they are available. When we reframe the question, what do you mean by happiness? Probably that is their definition you find that there is a distinctive similarity in the trend as well.

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So, you have again satisfaction, joy, peace, family okay but the other things like friends relationship cheerful even food again coming in spiritual enjoyment mental peace. So, when you are looking at these two slides you realize that a whole range of positive emotions of different categories that come into the picture when we start trying to making an attempt to define happiness. We did another activity which was to look at our own tradition.

Because see any experience that we talk about, we talk about with the use of language. In fact, in my other class the next class I will be talking about language and the way that language can be used in a very significant way to understand the different nuances of happiness study done by somebody else at MIT. But today will focus a little bit on what we discovered during our own explorations.

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What we find consistently across this range this is very similar if you translate it to the earlier group as well. Is that these try to capture a wide range of definitions of happiness? We cannot have a single definition of happiness, we would have a series of definitions of happiness and these various definitions would help us discover certain patterns and that is what we are going to look at today alright.


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Language	Common terms					Unique terms
Bengali	Anand	Khusi	Maja		Sukh	
Bhojpuri	Anand	Khusi			Sukh	
Braj Bhabha	Anand	Khusi			Sukh	
Bundelkhandi	Anand	Khusi			Sukh	
Chhattisgarhi		Khusi			Sukh	
Gujarati		Khusi	Maja		Sukh	Prasannata, Jaisa
Hindi	Anand	Khusi	Maja	Santosh	Sukh	Prasannata
Kannada		Khusi		Santosham		
Konkani	Anand	Khusi	Maja			Suregar
Malayalam	Anandam			Santosham	Sukham	Prasannam
Marathi	Anand		Maja		Sukh	Changala
Marwari		Khusi	Maja			Raxi
Nimadi		Khusi				Prasannata
Odia	Anand	Khusi			Sukh	
Punjabi		Khusi				Changa
Rajasthani		Khusi				Nihal
Sindhi		Khusi				Raxi
Tamil	Anandam			Santosham		Mokizhchi
Telegu	Anandam			Santosham	Sukham	Ragunara, aahladham
Urdu		Khusi				Khatrat

Defining happiness: the linguistic issue

- Khusi
- Anand
- Sukh
- Santosh
- Maja

Based on a survey of more than 600 students at IITKGP by R R Behera, Chandan and P Patnaik, 2018.



So, we did a study with more than 600 students at IITKGP and later on we reported it in one of our papers and then I will give a quick reference to that. But as you can see the whole range of languages that we had looked at, we find a significant degree of similarity or commonality probably because they have evolved from same language groups but more importantly because these votes come to the mind in the context of happiness irrespective of the language groups.

There can be always in each language a wide set of words there can be 5, 6, 7, 10 words. But the fact that these two words were chosen give us a interesting insight that across the linguistic groups and across the cultural groups the ethnicities. People kind of agree on the associated emotions the associated definitions that they have of the concept of happiness. So, here I have identified for you Khushi, Anand, Sukh, Santosh, Maja, Anand Sukh Santosh from Sanskrit Khushi Maja from I would say Urdu and Hindi speaking community.

There are also certain specific words unique to Tamil may be unique to the Assamese culture we have not indicated but these are the common ones that we are looking at.

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STUDENTS' OWN MEANING OF HAPPINESS		FOCUS
CODE	EXAMPLES	
Autonomy	Doing whatever I want, When I am free to do as I want to do, I feel happy.	Self-driven, short-term, hedonistic.
Doing good to others	Bringing happiness to others, Whenever I help somebody.	Other-centric.
Enjoyment	Being able to enjoy every moment of life; Something that gives me enjoyment and joy.	Self-driven, short-term, hedonistic, peak.
Fulfilling Desires/Needs	Fulfilling the desires no matter whatever the expectations; Happiness is when your life fulfills your needs.	Self-driven, short-term, hedonistic.
Good life	When you know life is good.	
Healthy Life	Healthy body and peaceful mind.	Physical and mental wellbeing.
Luck	Occurrence of events or any particular things in a advantageous way.	Externally driven.
No stress/worries	The instances where you are free of any worries; having no worries and enjoying the present.	Non-peak.
Personal Achievements	Achieving my personal goals; When I work hard and accomplish something.	Self-driven, long-term, hedonistic.
Relationships	Living among people you love is happiness; Family, Friends, Love.	Other-centric, long-term.
Respect	Getting good recognition among my peers; get respect from others.	Self-centric, long-term.
Satisfaction with life	Feeling of satisfaction; feeling a sense of satisfaction.	Self-centric, long-term.
State of Mind	It's a state of mind with joy, positive energy; Happiness is a state of mind.	



Types of:

- Self vs other driven
- Short vs long term
- Physical vs mental
- Pleasure vs. meaning
- Peak vs. non-peak
- Within vs outside



If you go one step further and look deeper into it, we find that; if you ask them what is the definition of happiness for them which we did in a separate study. We found that there were specific kinds of components or sub components of happiness that would be identified. Let me put it slightly differently. It is not exactly the subcontinent but things very often which are associated either with the condition of happiness or as the cause of happiness.

For instance, autonomy, some people equate autonomy with happiness especially the youthful community as opposed to the older community for whom collectivism is more important if you are looking at the different generations in India, the older generations are more collectivistic. By collectivism I mean people who think in terms of relationships and groups rather than as individuals.

So, when you are taking a decision maybe in a village the entire family might take a decision and the consent of the entire family is taken into consideration. Whereas in a city population very often we take our own decisions irrespective of or not really exploring not trying to find out how others feel about it necessarily. So, this thing is there, so autonomy gets linked strongly to that especially for the youthful community that we did the survey with.

But there are other things which are more generalized like when you do good to others you feel good, feeling good is synonymous with happiness is synonymous with enjoyment fulfilling

desires and needs with a good life, health, luck. Having no stress and no worries especially for the student communities success personal achievement, relationships, respect, satisfaction with life, mental state and I say again I have shared with you.

They are a wide spectrum that we are looking at but if we focus and examples have been given here you can look at it. But the focus is that they could be either other centric or self-centric happiness in the context of others or in the context of the self. They could be in terms of short term or long term you are talking about happiness which is for a few hours few days few months or we are talking about happiness over a long period of time.

Hedonistic okay where the focus is on the self and it could be peak, a peak experience means that it is highly intense or it could be a non-pick which is the intensity is low. For example, if we are looking at ourselves, we are biological organisms and we have a certain amount of fixed amount of energy available to us at a particular period of time. It is like a battery, so let us imagine that we want to put on the light at full force it is going to last for 6 hours.

But we decide that no we will have the light in with just maybe one Watt and then we will be informed that we can continue in this state for maybe 40 hours, 50 hours. So, obviously because the; energy is something which is limited. If there is an intense excitement, intensity it peaks and then it declines it cannot last for a long period of time because the energy is depleted. However, there are other kinds of my mental states like tranquillity, calmness, repose where you are able to continue in this particular state for a longer period of time.

So, these categories come in within that particular context. So, it is either driven by the self or the by the other I mean your happiness is something with which you have control over you are dealing with it or its driven guided created by somebody else. It could be either sort or it could be long, it could be driven derived from physical conditions, material conditions or from mental conditions.

For example, eating an ice cream gives you a sense of happiness, you see that it is physically originating kind of a mechanism that you see over here. On the other hand, if I say that if I close

my eyes and think about a beautiful landscape then I feel happy or if I meditate, I feel happy, then you see that your dependence on a I mean external stimulus or a physical material condition to make you happy something which no longer exists or it is minimized.

Similarly, it could be physical or it could be mental you derive happiness from playing a game you derive happiness from let us say watching a movie at a very basic level but maybe you can go to other extremes as well. So, it could be strongly linked to the five senses or it could be linked to certain things which are inferred by the five senses but they are within your mind. For instance, a state of repose a sense that everything is fine with me I am happy and eating an ice cream and happy.

In the second one sense is involved tongue is involved, in the first one mental appraisal of my condition right now is involved, it could be dependent on pleasure it could be dependent on meaning I am doing something which is hard work but at the end of it maybe I am able to grow a tree. So, I am no longer focused on the hard work that I am putting in, I am focused on the result the outcome of it.

And that gives me a sense of happiness or I am again going back to having good food and this pleasure gives me happiness. So, it would be pleasure driven, it could be meaning driven. We have already discussed peak versus non-peak high intensity as opposed to continuing and low intensity and happiness within and happiness outside could be interpreted in two different ways. We are happy based on our internal conditions; we are happy based on what happens outside of us.

Or we are conditioned to be happy without reference to others okay irrespective of what is happening outside and we are happy because there are happy things that are happening to us. There are people who suffer a lot physically we know of a speech deeply spiritually oriented people who in spite of those physical external conditions are able to still be happy. So, that would be an example of that.

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Sl. No	Terms	Meanings	Origin	Context
1	<i>Ananda</i>	Happiness, joy, enjoyment, sensual pleasure	Rig Veda, <i>Atharva</i> Veda, <i>Yajurveda</i> , <i>Samhita</i> , <i>Ramayana</i> , etc.	Non-peak; short term; external; secular
		Pure happiness, one of the three attributes of <i>Atman</i> or <i>Brahman</i> in <i>Vedanta</i> philosophy	<i>Vedanta mimamsa</i>	Peak; long term; internal; spiritual
2	<i>Sukha</i>	Comfortable, happy, prosperous	<i>Ramayana</i>	Non-peak; short term; external; secular
		Infinite happiness/joy by destroying all vices like anger, ego, deceit, and greed	Jain <i>agamas</i>	Peak; long term; internal; spiritual
		Worldly happiness	<i>Anana Sutta</i>	Non-peak; short term; external; secular
		Ultimate happiness or <i>Nibbana</i>	<i>Dhammapada</i>	Peak; long term; internal; spiritual
3	<i>Shanti</i>	Tranquility, peace, quiet, peace or calmness of mind, absence of passion, averting of pain, indifference to the objects of pleasure and pain	<i>Mahabharata</i> , <i>Katha Upanishad</i> , <i>Bhagvat Puran</i> , etc.	Peak; long term; internal; spiritual

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Terms for Happiness in Ancient Indian Texts



If you are looking at the Indian tradition and I do not mean just Hindu tradition but the early Indian tradition. You have languages like prakriti, you have like Pali, you have Sanskrit you have some of the earlier languages and you have those three distinctively emergent spiritual traditions of the Vedic tradition and the Upanishad tradition the different philosophies related to that, you have Jainism and Buddhism you have Charvak.

But Charvak which we will talk about in the next couple of classes is something which is still not very distinctively to be seen. And then you find that there are many terms which are used in all these contexts like Anand, sukh, shanti they are used in as you can see and you find that they again connote a wide range of experiences and we have quickly created the context for them like peak or non-peak short term long term external or secular.

Because they get linked to another unique aspect which we did not touch upon earlier which is a spiritual orientation or a non-spiritual material as opposed to a spiritual orientation. And you find that when you are looking at even the same term in different contexts it has been used differently slightly differently. So, with the historical unfolding of events and different cultures associated with that these changes have also taken place.

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4	<u>Tusti</u>	Satisfaction, contentment	Manu's law book, Mahabharata etc.	Non-peak; short term; external; secular
5	<u>Tripti</u>	Satiated, satisfied with, satisfaction of sensual pleasures	Atharva Veda, Satpath, Brahmana, Kathas, Taittiriya Upanishad	Non-peak; short term; external; secular
6	<u>Ullasa</u>	Joy, happiness, merriness	Kathas	Non-peak; short term; external; secular
7	<u>Prasanna</u>	Tranquilized, calm, quite, composed Whose desires are calmed, content,	Upanishads, Mahabharata etc. Bhagvat Purana	Peak; long term; internal; spiritual
8	<u>Harsha</u>	Bristling, erection (esp. of the hair in a thrill of rapture or delight) Joy, pleasure happiness	Mahabharata Katha Upanishad, Mahabharata, etc.	Non-peak; short term; external; secular
9	<u>Santosha</u>	Satisfied, pleased, comforted, satisfaction, contented, to be satisfied	Maitrya Upanishad, Mahabharata etc.	Non-peak; short term; external; secular
10	<u>Swasthaya</u>	Health, ease, comfort, contentment, satisfaction	Mahabharata, Ayurveda, etc.	Non-peak; short term; external; secular

Behara, R. R., C. Maitly & P. Patnaik. 'Linguistic and Cultural Exploration of Indian Concept of Happiness.' Handbook of Happiness. Ed. S. Chetiv et al. (Springer, under publication)



1. Pursuit of a sense of equilibrium
2. Less emphasis of peak experience
3. Focus on long term happiness
4. Absence of the element of luck in the context of happiness
5. A holistic approach to mind and body



So, there are a set of other words that are also identified here in this context. And what you see over here is that these are five or six different things which come into focus when we are looking at the Indian concept of happiness or the early Indian concepts of happiness. After that we have the Muslim or the Parsi or the Sikh concept of happiness, we are not touching upon that here but here.

You find pursuit of a sense of equilibrium less emphasis on peak experience focus on long-term happiness. Absence of the element of luck we will talk about defining happiness in the world context and will say that luck plays a significant role and a holistic approach to mind and body these are some of the quintessential points that emerge from these early definitions. And compare them with the definitions by our students where a lot of peak experiences, lot of self-centric experiences also are included.

Now what is this element or component of luck that I am talking about? Luck is an external component you have no control over it and in the early periods etymologically happiness was associated with luck. What exactly did it mean? You see that imagine a time when you imagine the early phase of civilization when there are a lot of diseases any moment there might be an attack on your country any moment, you might die.

So, your very survival your good health all these things are not dependent on you they depend on external factors. So, good luck, good fortune these become the key components in defining happiness in that phase so that is something that we need to keep in mind. But as we have become more secure more civilized with less anxiety about external agents today the thrust or the focus very often is on the self that we are in control of our sense of happiness.

But even then, you find that across the countries in different countries and cultures the emphasis on different aspects of happiness is driven by the culture, the context, the philosophy, the ideology of those people. So, the definitions that we see over here are probably driven not only by the culture, the environment but also the philosophies the spiritual traditions and the ideologies within which these people evolved.

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Insights

Long – short
Intensity – less or more
Origin – body – body / body – mind / mind – mind
Sum of + and –
Hierarchy
Kinds

concepts

- Sum total of moments
- Relation to life and death
- Desire
- Cognitive vs. emotive
- Standard definitions
- Cultural definitions– variations
- Western vs Indic differences

Features

- Duration
- Intensity
- Sum total
- Hierarchy
- Types of
- Location



So, very quickly I would like to sum up what we have discovered so far that we can have something long term or short-term intense or less intense originating in the body and the sense of happiness in the body, originating in the body sense of happiness in the mind, originating in the mind and sense of happiness in mind let us say meditation. You can also have an approach to saying that the sum of my entire life makes me happy that is one approach to happiness.

Or you can say that at this moment I am happy or there are various point instances when I am happy. And then you can have hierarchy, then you can have smaller happiness which you give up

for greater happiness, let us say that if you do not eat one ice cream and you can keep your hunger in control then in the afternoon you will get two ice creams. If you do not you give up your game time right now and study hard then you will get into a good educational institute.

So, you are creating a hierarchy of happiness that okay those kinds of happiness are less important and there are other kinds of happiness which are more important. And then of course different kinds of happiness that we talk about and the key features we have already talked about are duration, intensity, sum total hierarchy types locations. And we realize that there is the when we are talking about meaningfulness the thought process in the context of happiness becomes more significant.



Because the cognitive component becomes you are kind of making an assessment of your life that becomes the cognitive component becomes relevant. On the other hand, the other way of understanding happiness is how you experience it the emotion aspect of it of course meaningfulness at the end of the day is a combination of certain cognitive components and the derived pleasure out of that happiness cannot exist without an emotive aspect to it .

Then of course there are cultural definitions and there are different perspectives that we can think of.

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Definitions across the world

- Most universal concepts are not universal
- Perhaps the quest is universal, hence we call them universal concepts
- *God, meaning of life, happiness, beauty...*
- They are created through **culture, experience**, coloured lenses that we wear...
- So let us have a look:



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What I am going to do right now and I will continue in my next session is that most universal concepts are not really universal. So, even if you are talking about happiness across the world to my mind a clear-cut one set fit all kind of a definition does not really work and that is what I have been trying to do so far. The search for happiness probably is universal because it is derived from the pleasure pain principle that any organism has avoiding pain and moving in the direction of pleasure.

But like some of the fundamental questions that we ask God, meaning of life, beauty, happiness is also one such concept with variable answers. And they are created through cultural experience culture experience and the different kinds of perspectives including our individual perspectives the glasses the coloured glasses that we wear.

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Country	Term	Definition	Category	Estonia	Om	1.Happy feeling and deep satisfaction with one's own circumstances, a happy state. 2. The goodwill of fate; by chance or success depending on some outside force; something has gone very well or favorably for someone. 3. Luckily (omnisk). (As a postposition) good or favorable for someone (e.g., "Luckily for us, no one knew about it"). 4. The word is used in well-wishing for someone, congratulating a person.	C
Argentina	<i>Felicidad</i>	State of complete and ordered satisfaction that proceeds from the enjoyment of a desirable good.	A				
Australia	Happiness	1.The quality or state of being happy. 2. Good fortune; pleasure, content, or gladness. 3. Aptness or felicity, as of expression.	A				
Brazil	<i>Alegria</i>	1.The quality of happy. 2. State or condition of happy. 3. Feeling of felicity, contentment, satisfaction, jubilation. 4. Everything that makes one happy, content, jubilant, exultant.	A		<i>Omnik</i>	1. Feeling happiness, glad, and satisfied; expressing this. A person who is doing well in some way, who is lucky, and therefore has a reason to be glad and satisfied (also nigh noun). 2. A place or time of happiness, that is full of happiness, joy. 3. Favorable, good; (relatively) positive (about something which could also have gone badly or ended unhappily).	C
	<i>Felicidade</i>	Concurrence of circumstances that cause venture 2. State of the happy person 3. Luck. 4.Venture, good fortune. 5. Good success.6. the eternal happiness: blessedness. Entertainment, distraction (as in pastime), pleasure.	A				
China	幸福	1.Circumstances or a life that makes people have ease of mind.2. Referring to life or circumstances, etc., turning out the way one wishes.	B	France	<i>Heureux</i>	1. Someone who enjoys happiness, who possesses that which can satisfy completely. 2. Someone who is favored by luck or destiny. 3. Something that promises or announces good luck or fortune, that provides happiness or satisfaction; favorable, advantageous; beneficial. 4. Something that seems distinguished by the favor of luck or nature; that is remarkable, excellent in its category.	C
Ecuador	<i>Felicidad</i>	1. State of great spiritual and physical satisfaction. 2. Person, situation, object, or group of these that contribute to happiness. 3. Lack of inconvenience or trouble/mess.	A				

• Oishi, Shigehiro, Jesse Graham, Selin Kesebir, and Iolanda Costa Galinha. 2012. Concepts of Happiness Across Time and Cultures. *Personality and Social Psychology Bulletin*, 39(5): 559-577.



I will quickly take you through the fact that there are different definitions that exist across the countries I will not go into the details of it. But you have so many different terms this is something I will touch upon in greater detail in my next session when I talk about culture, language and happiness to a certain extent. But you find that whole range of words whole range of definitions exist.

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	<i>Bonheur</i>	1. Happy event, favorable luck. 2. Perfect success in style or manner (literature and fine arts). 3. Inner state of perfect satisfaction.	C
Germany	<i>Glück</i>	1. Something which is the result of a concurrence of especially opportune or fortunate circumstances; especially fortunate or opportune coincidence, fortunate or opportune destiny of fate. 2. The personified imaginary "Glück"; fortune. 3. Pleasant and joyful state of mind, in which one finds oneself when they come into possession or pleasure of something they had wished for; state of inner satisfaction and high spirits. b. Single happy/fortunate situation, happy/fortunate result, experience.	C
Guatemala	<i>Feliz</i>	He who enjoys happiness, lucky. Opportune, favored by good luck.	A
India	<i>Khusi</i>	1. Bliss, relish, delight, delectation, boot, welfare, quiet, joy, hilarity, gusto, fun. 2. Glee.	B
	<i>Ananda</i>	Bliss or happiness	B
	<i>Sukha</i>	1. happiness, pleasure, gratification; 2. Comfort	B
South Africa	<i>Geluk</i>	1. State/condition of contentment; satisfaction of your wishes and desires; joy. 2. Fortune; fate; opportunity/chance. 3. Favorable coincidence; advantageous circumstances; prosperity gained without own effort.	D
Turkey	Turkey	1. Someone who has reached happiness; flourishing; prosperous. 2. Something that gives happiness.	D
Indonesia	<i>Relegie</i>	1. (noun) State or feeling of happiness peace (free from everything, which is upsetting); --worldly heavenly; life full of--; 2. <i>adjective</i> , lucky, being happy, hopefully we--and always in the protection of God almighty, I am really feeling--to be among family again.	B
	<i>Kesenangan</i>	1. On being glad; content; comfort; happiness; relieved, etc; 2. Things being liked; hobby	B
Iran	<i>Ghesali</i>	1. Good fortune; 2. To become successful; 3. Feeling of joy.	D
Italy	<i>Felicità</i>	1. Experiencing fully every fulfilled desire; a serene, pure, calm happiness; to enjoy and taste days of happiness; eternal happiness, heavenly bliss; happiness' wish (although today much less common than saying salute! or bless you (after sneezing), often in a joking manner). Sometimes, joy; (Cinec). Event that happens according to one's wishes. 2. Opportunity that went-ended extremely well (From the Latin, <i>felicitas</i>).	C
Romania	<i>Ferică -e'</i>	1. A person who is in a state of complete mental satisfaction/ contentment, full of joy. 2. That brings happiness, causes joy, that is good, favorable. 3. The first rank of holiness given to someone by the synod or the pope.	B
	<i>Fericire</i>	1. A state of intense and complete mental contentment. 2. A state of total satisfaction. 3.	B



And I am just touching upon them and you can get the details of it in the references that I have shared with you.

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In certain countries:
enjoyment of desirable goods, entertainment and **pleasure in life**; in other words, physical satisfaction or the hedonistic approach dominates. Happiness is also believed to be a function of **fortune or good luck**.
The external, the **material**, the **experiential** and the **short term** play a dominant role here.

In certain other countries it is associated with spirituality. For such countries, happiness is **bliss** in the protection of Almighty and about a **contented life**.
Restraint, contentedness, and a certain element of **collectivism** dominate here.
It is about achieving a state of **equilibrium**, and the **pursuit is long term**.

For some, the agent of happiness is **outside**, and it is not determined by our efforts at happiness only, but more by external factors.

For others, happiness is more about getting **opportunities** in life, successful and **flourishing**.

Environment, habitat, culture, attitude to life, history and memory

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Now what is significant is that if you are looking at these categorizations you find that different or even if you can find different groups clusters of countries clusters of cultures may be often related which have similar approaches dominant approaches to happiness like for some countries the focus is on enjoyment of desirable goods, pleasure in life, fortune or good luck is something which is at the backdrop.

Because you know that the material the experiential and the short term very often plays a significant role for such cultures. This could come from the anxiety that maybe life is short and there is nothing beyond this life let me enjoy it that could be the philosophy which drives this kind of definition of happiness. There are other countries among them India and some of the other neighbours as well Bhutan and other places Tibet and other places.

Where happiness is associated more strongly at least culturally with bliss contented life collectivism dominates focusing on something which leads to equilibrium and it is a pursuit of a long term happiness. Imagine an ideology imagine a frame of life where people think in terms of rebirth where they feel that there is a lot more to beyond this life then you are not in a hurry to enjoy yourself you say that I have got five more rebirths to go.

So, if I cannot enjoy something in this life, I can enjoy it in the next life. So, if imagine that kind of a mindset where you see that you are no longer very strongly motivated by peak experiences you could focus primarily on outside agents of happiness or you could focus on a concept of opportunities in life, success, flourishing. But the at the end of the day the environment the habitat the culture attitude to life history and memory the relationship between all these things kind of decide how you are defining happiness.

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- a state of well-being and contentment
- a pleasurable or satisfying experience
- *obsolete* : good fortune

• Syn:
beatitude, blessedness, bliss, blissfulness, felicity, gladness, joy, merriment, fuzzies

The formal definitions of happiness at the end I must say if you are going searching in a dictionary and then again, please take note of it, right now we are talking about the English word happiness. This entire discussion is about the concept of happiness and that is why we talked about it from a transcultural, trans linguistic perspective across languages across cultures to identify the different patterns.

But if you are looking at the English word happiness state of well-being and contentment pleasurable or satisfying experience, good fortune which was the earlier meaning which later on has changed. The synonyms like beatitude, blessedness, bliss, blissfulness, felicity, gladness fuzziness, there are all kinds of synonyms associated with that.

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The slide is titled "Definitions" and features three bullet points listing different definitions of happiness. In the top right corner, there are two logos: one for IIT Bombay and another for NPTEL. In the bottom right corner, there is a video inset showing a man in a white shirt speaking.

Definitions

- *"what I experience here and now"* Daniel Kahneman
- *"overall appreciation of one's life as-a-whole"* Ruut Venhooven
- *"the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile"* Sonja Lyubomirsky


But if you are looking at more formal scientific definitions which have been given by eminent, let us say scientists, philosophers, thinkers then you find what I experience here and now if it is a positive experience, is happiness. A very very radically different approach by Venhooven; when he says overall appreciation of one's life as a whole. So, in the first case you are talking about moment to moment assessment of your and then adding up all the aggregates.

That is Daniel Kahneman's approach to it or you can take an approach where you are closing your eyes and saying that. Okay if I am taking the sum total of my entire life, would I like to leave it exactly in the same way or would I like to make slight changes, moderate changes,

radical changes. The experience of joy contentment positive well-being combined with the sense that one's life is good meaningful and worthwhile.

Sonja Lyubomirsky approach definition to happiness combination mostly a holistic assessment, reassessment, reiterative assessment of our life.

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The slide is titled "Key dimensions: Summing up" and features the NPTEL logo in the top right corner. It lists the following dimensions:

- Affective (emotional)
- Cognitive (mental)
- Positive
 - Contentment (low intensity)
 - Joy (intense)
- Long or short in duration
- Related concepts:
 - Life satisfaction
 - Subjective wellbeing
 - Eudemonia
 - Flourishing
 - Wellbeing

A video inset in the bottom right corner shows a man in a white shirt speaking.

There are other key dimensions that we need to touch upon the fact that there is always an affective and emotional aspect to happiness that is the most important thing but then there is a mental the cognitive aspect to us. It is essentially the emotion is essentially positive, if it is low intensity then you have something like contentment if you are high intensity, joy, thrill, excitement intense long or short duration.

And there are some key related concepts which Professor Mandal and I would be talking of as we go ahead, I will just touch upon them. Life satisfaction is like saying that okay am I satisfied, am I happy with my life. Subjective well-being as opposed to objective; well-being is where you are not talking about your material well what condition economic condition but you are talking about how you are mentally feeling about yourself.

We will discuss it in a little greater detail as we go ahead. Eudemonia Greek concept introduced by Aristotle meaningfulness, good life. Flourishing is where you feel that like a plant evolving

you are slowly evolving growing. And if you are evolving and growing developing in a smooth way that gives us a sense of happiness and then of course well-being we talked about the fact that this is something which is a little tricky we used interchangeably and we will discuss it a little later.

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The slide features a light gray background. In the top left corner, the word "CONCLUSION" is written in a bold, blue, sans-serif font, enclosed in a thin blue rectangular border. In the top right corner, there are two logos: the Indian Institute of Technology (IIT) logo on the left and the NPTEL logo on the right. Below the title, a bulleted list is displayed in a small, black, sans-serif font. At the bottom right of the slide, there is a circular video inset showing a man with dark hair, wearing a light-colored shirt, speaking. The entire slide is framed by a thin blue border at the bottom.

CONCLUSION

- How is happiness defined
- What are its key features
- The cultural and linguistic perspective
- Other related concepts

So, in conclusion how is happiness defined is something, we have looked at some of the key features, the realization that happiness is not something which can be universally generalizable has cultural and linguistic components that go into defining it, articulating it and reflecting different attitudes and we have touched up on other related concepts. I have a feeling that with this basic background as we move further into the concept of happiness.

And different things related to that making sense of it would not be very difficult. Remember again there would be a survey where you will be also asked the same question will share the pattern that emerges with all of you. And it would be really exciting to find that together we are also again the all the members here able to define happiness in our own way. So, we look forward to the next session next week, thank you.