

**The Science of Happiness and Wellbeing**  
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**Module No # 07**

**Lecture No # 40**

**Summing up: Social Innovation and Project Ideas for Social Transformation**

Good morning friends this is our last session together and I hope that you have enjoyed this short journey which was created with a lot of love and care by professor Mandal and me for all of you. The last session is kind of a summing up session it is a short session compared to the other sessions and at first glance it may not seem very relevant but we are looking forward to your interacting, with us in the context of what you have learned and the way that ideas can be shared.

So this is where I quickly try to link up the various sections the kind of things that we did why we did that and I the way we have hope that they have converged and made sense for you. We also talk about the concept of social innovation which we talked about briefly in the introduction of lecture 38. And, project ideas for social transformation which also include technology related insights and projects something which we talked about very briefly during lecture 38.

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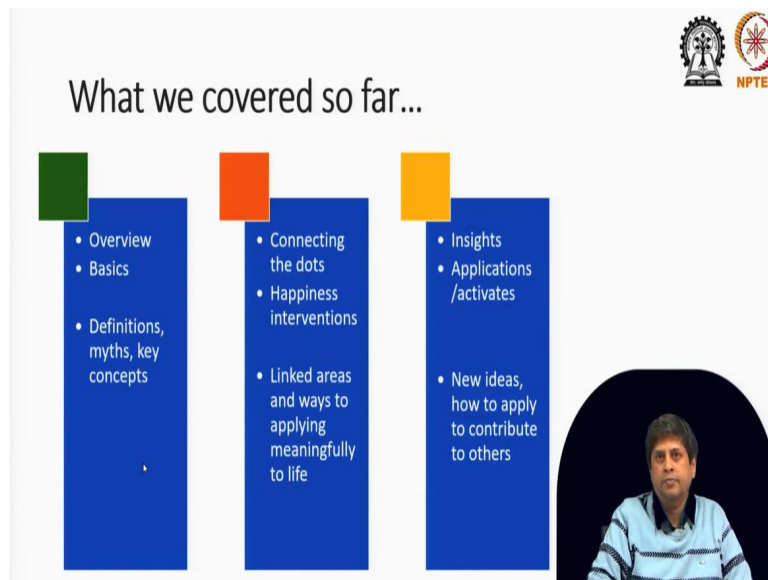
**Concepts covered**

- Social innovation
- Projects by students – some case studies
- What can you do?
- Connecting with us

So these are the social concepts will be covering we will cover social innovation and will also talk about some projects by students. We will talk about innovation in general we will talk

about local innovations as well and well at the, end of it connect we suggest how you can connect with us.

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But to before we do that we will start with what we have covered so far and what we have been able to achieve by these interactions with you. If you remember we started with the overviews and the basics where we dealt with definitions and key concepts and connecting the dots was about the way happiness was linked to various other areas. And, then of course happiness interventions which primary focus on the ways that we can transform our lives into more meaningful lives.

Insights and applications very often also shared with you findings which are surprising, which are new and the way happiness can be in various ways a part of our life. And more importantly a part of the life of others for whom we care.

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SN	TOPIC	FACULTY	FRAMEWORK
1	INTRODUCTION TO THE COURSE: WHY HAPPINESS MATTERS AND WHAT WE SHALL DO IN THIS COURSE	PP	OVERVIEW
2	CAN WE REALLY DEFINE HAPPINESS?	PP	OVERVIEW
3	HAPPINESS AND WELLBEING: DO CULTURES & ENVIRONMENTS CALL THE SHOTS?	PP	OVERVIEW
4	'DOING' HAPPINESS: PHILOSOPHICAL AND EXISTENTIAL QUESTIONS	PP	OVERVIEW
5	HAPPINESS – ANTECEDENTS AND IMPLICATIONS	PP	BASICS
6	ARE WE HAPPY? THE SCIENCE OF HAPPINESS: BASIC ISSUES	MKM	BASICS
7	MYTHS THAT KEEP US FROM FINDING HAPPINESS: THE GREAT MISCONCEPTIONS	MKM	BASICS
8	HAPPINESS – THE UNANSWERED QUESTIONS	MKM	BASICS
9	IS THERE AN EVOLUTIONARY PURPOSE OF HAPPINESS? (EVOLUTION AND HAPPINESS)	MKM	BASICS
10	IS HAPPINESS GENETICALLY DETERMINED? (BELIEF AND GENE)	MKM	BASICS
11	HOW EMPATHY MAKES US HAPPIER? (EMPATHY)	MKM	BASICS
12	HAPPINESS AND MORALITY	MKM	BASICS
13	EXPLORING THE SELF AND THE OTHER	PP	BASICS
14	PRO-SOCIALITY AND HAPPINESS – GENEROSITY, GIVE AND TAKE	PP	BASICS
15	PRO-SOCIALITY AND HAPPINESS – VIRTUES AND STRENGTHS	PP	BASICS



I have kind of try to summarize here, what we did so far and why we did it so as to give you a basic idea of the relevance of the various components and the way that we network and connect them. The overviews covered the basic concepts which you need to understand if you are looking at the concept of the science of happiness. And the basics dealt with some if not all important components that are very much at the center of the study of, science of happiness.

And happiness in general from a cultural context, from a scientific context, in the context of morality from the context of the relationship between self and others from the context of the various practices which are linked to happiness and well-being.

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SN	TOPIC	FACULTY	FRAMEWORK
16	RELATIONSHIP – CONNECTED AND HAPPY	PP	CONNECTING DOTS
17	NETWORKING AND ITS RELEVANCE FOR HAPPINESS AND WELLBEING	PP	CONNECTING DOTS
18	CAN MONEY BUY US HAPPINESS? (MONEY AND HAPPINESS)	MKM	BASICS
19	HOW DOES OPTIMISM AFFECT HAPPINESS?	MKM	CONNECTING DOTS
20	DOES BETWEEN-NESS MAKE US HAPPIER? (SHARING AND BELONGING)	MKM	CONNECTING DOTS
21	WHICH BODY LANGUAGE SHOWS HAPPINESS? (HAPPINESS & BODY LANGUAGE)	MKM	CONNECTING DOTS
22	HOW DOES FAILURE MAKE US RESILIENT? (FAILURE & RESILIENCE)	MKM	CONNECTING DOTS
23	WHY IS SOCIAL INNOVATION IMPORTANT FOR HAPPINESS? (INNOVATION & HAPPINESS)	MKM	CONNECTING DOTS
24	CONFLICTS & STRESS	MKM	INTERVENTIONS
25	WHAT COPING STRATEGIES ARE EFFECTIVE FOR STRESS? (STRESS & COPING)	MKM	INTERVENTIONS
26	RECONNECTING HAPPINESS: BEYOND PANDEMIC	MKM	INTERVENTIONS
27	MEDITATION AND MINDFULNESS: AN OVERVIEW 1	PP	INTERVENTIONS
28	MEDITATION AND MINDFULNESS: PRACTICE TOOLKIT	PP	INTERVENTIONS
29	CREATIVITY AND HAPPINESS: RELEVANCE	PP	INTERVENTIONS
30	CREATIVITY AND HAPPINESS: TOOLKIT	PP	INTERVENTIONS



The second set of thrust areas where connecting the rods which is where they do not apparently directly show a significant, relations with happiness. But they have very important

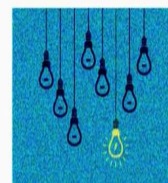
connection with happiness started with we started with relationships networking the significance of money in the context of happiness and the various misconceptions we have about it. The significance of positivity and the questions related to positivity including optimism bias.

And the concept of sharing and belongingness identity and nonverbal, communication resilience and the context of social innovation which professor Mandal has already talked about in the context of the various kinds of innovations that we find across India. And then of course the interventions which help us in the context of happiness like conflicts and stress coping strategies.

And the crisis that we faced in pandemic which is still not gone which is a lurking threat which tells us that in spite of all the medical and technological advance we can do ourselves we can put ourselves in very challenging situations and need to come out of it. Need to learn contingent strategies to not only survive but to make our lives meaningful and happy. And then of course intervention related to spirituality practices proving significant ones being meditation mindfulness, and creativity and innovation.

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SN	TOPIC	FACULTY	FRAMEWORK
31	ARE EMOTIONALLY INTELLIGENT PEOPLE HAPPIER? (EMOTIONAL INTELLIGENCE)	MKM	INSIGHTS
32	WHAT MAKES US HAPPY AT WORK? (HAPPINESS AT WORK)	MKM	INSIGHTS
33	HOW MUCH CAN WE NUDGE FOR HAPPINESS? (NUDGING & DECISION-MAKING)	MKM	INSIGHTS
34	CAN WE MEASURE HAPPINESS? THE CASE OF CITIES AND STATES	PP	INSIGHTS
35	HAPPINESS AND LEADERSHIP HABITS	PP	INSIGHTS
36	MEASUREMENT OF HAPPINESS	MKM	INSIGHTS
37	CONSUMERISM, HAPPINESS AND WELLBEING	PP	INSIGHTS
38	TECHNOLOGY, HAPPINESS AND WELLBEING	PP	INSIGHTS
39	DOING RESEARCH ON HAPPINESS	PP	INSIGHTS
40	SOCIAL INNOVATION AND PROJECT IDEAS FOR SOCIAL TRANSFORMATION	PP	ACTIVITIES



In the last session our focus was on insights emotional intelligence workplace the concept nudging which is so very powerful today in the context of happiness. And the way we talk about measurements and the relevance of measurements for our lives in business context which we talked about in happiness at work, consumerism and happiness. And the technological world where we live where happiness makes sense we also talked about doing research on happiness.

Because you see that many of you we hope would start exploring happiness in other contexts happiness in the context of your core fields of expertise or your core fields of study well-being in the context of those areas. And be it as a scholar be it as a faculty be it in the, business context there is always an opportunity to make use of the insights. And that is why we talked about it. Today's focus is as you might have already realized to give you a kind of a background on a context of what we did and why we did that.

And to kind of sum up by focusing on examples of various kinds of activities and innovations that; can be very relevant for our lives. It is true that, professor Mandal has dealt with social innovations specifically in the Indian context, innovations which I have put under the category of local innovations as well which make which can which can be very ordinary. Apparently ordinary but which have a significant impact on the lives of the people.

We will also talk about the some of the projects that we have done here and student projects which gives us the insight that any one of us and any one of you can pick up a happiness project and do it very meaningfully. And finally how you can connect with us and if we find your ideas interesting, how we can explore the possibility of taking it forward together.

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## Social Innovations

- Social innovations are **new social practices that aim to meet social needs in a better way than the existing solutions**, resulting from - for example - working conditions, education, community development or health.
- Social innovation refers to the design and implementation of new solutions that imply conceptual, process, product, or organizational change, which ultimately aim to improve the welfare and well-being of individuals and communities.

Ref:  
<https://www.oecd.org/regional/leed/social-innovation.htm>  
[https://en.wikipedia.org/wiki/Social\\_innovation](https://en.wikipedia.org/wiki/Social_innovation)



Social innovation is something which has been dealt with but I would kind of quickly go through the theorization of it and focus on some of the global, contexts where it is relevant. So the social practice that aims to meet social needs in a better way than existing solutions. For the example working conditions, education community development or health to give you a few examples it refers to design and implementation of new solutions that imply conceptual

process product or organizational change which ultimately aims to improve the welfare, and well-being of the individuals and communities.

Some of the key concepts here is kind of delinking with the concept of authority delinking with policy making bodies which necessarily government policy making bodies has the ability to go beyond that not it is not about commercialization it is not about copyright it is about inclusivity and sense of belongingness.

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## Areas of operation

- Education
- Health
- Community development
- Working conditions
  
- Open source (no ownership)
- With a social purpose

A few examples would probably, illustrate the point that I am trying to make. Education sector has significantly been influenced by this by many movements outside the country. Especially in the U.S where various kinds of innovative methods of education beyond the formal protocols that have been created are encouraged and inculcated that gives a lot of flexibility. And these innovations have great degree of significance in the context of in the education sector.

In the context of health also interventions have been created. NGO's have significantly worked in the context of innovation community development and working conditions these are all areas where innovative experimental explorations can take place. And the key components that operate here are open source there is no ownership, the technology the innovation, the social innovation belongs to everybody and with a social focus.

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## Global examples

- Community centred planning
- Fair trade
- Habitat conservation
- Microfinance
  
- Micro-solar Dome Project, IITKGP
  - People participation
  - Employment generation
  - Solar innovation



So we will talk about it keeping in background what professor Mandal also has said global examples are about community-centered planning. Today we focus on a for instance rights based approach when we are talking about the U.N and India and we are talking about community development. We have realized that a welfare oriented well within quotes welfare oriented approach where the decision- making body is maybe the government or whatever has not really been very successful.

Rights based approach has come in where we take into consideration the accountability of the people who are operating and the owners of the ownership of the stakeholders who are at the receiving end. So the community centered planning to a certain extent is, linked to these concepts as well where the focus is on empowering the people who are welding the technology who are welding the policies who are doing whatever they are doing.

And social innovations innovative practices can be in terms of policies can be in terms of the way they operate and all those contexts. Fair trade especially where you see that smaller players are kind of left behind has come, into focus. And if you Google you will find a fair bit of material on how fair trade has become a global kind of an initiative in the context of social innovation.

The same goes for habitat conversation especially in the context of global warming environmental crisis that we face especially for animals, birds, species who are facing extinction because of human activities. And a very powerful area, where social innovation has made significant inroads is in the context of microfinance. There are many others of course but I have just taken up for brief discussion over here just 4 of them.

Microfinance is in I would say the non-conventional sector that we find small communities groups coming together. And even today we have micro-financing bodies which have played a significant role in transforming the way that people can be empowered with their own financial resources. I would like to quickly share with you a project we did with department of science and technology over a period of 3 years which was a distribution of more than 40,000 micro solar domes which can harness green energy and illuminate the houses of people who generally do not get electricity.

So as we were going through this we realized that there were plenty of opportunities for social innovation in terms of how people participated. We found that self-help group and groups and especially women very innovatively taking up responsibilities and deciding how it is taken up in consultation with the NGO's. Employment generation very innovative ways of using micro solar domes at night by the family members where there was no light earlier for employment generation.

And then of course social innovation in the context of solar innovations where they were empowered to start making changes or coming up with ideas of how these solar cells the solar tools. This technology could be used for various other contexts including fields including fishing and a wide variety of situations and locations where these innovations developed by the people ,owned by the people with the support of the technical team with the support of the government could actually make a difference in their lives.

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I would put it this way that when we are talking about local innovations which is for the Indian context so very befitting and appropriate. We have seen that we have solar street lights now in many places in many villages, the challenge is maintaining them. Micro solar dome I gave you an example of that water from air new initiative which has come again solar powered trains which has come up these days in recent days has come up in India.

Bio-toilets in trains and there are many more innovations what is fascinating what is interesting is that many of these innovations have not necessarily come from scientists and, technologists or inventors they have come from the people themselves. So that it makes a significant difference that people participate in the process of innovations. So professor Mandal must; have talked to you about water bottle toilets maintaining to generate water resources.

And the snowy in the Himalayan regions the rolling pots I am sorry the rolling pots in Rajasthan where water carrying water you would carry only, 10 to 15 liters of water and then you started using drums and use the wheel technology to roll them. These are all socially driven innovations what my focus here is on making you aware of the fact that whenever there is an interaction between people and government and these innovations some of these innovations not necessarily all of them.

Our field experience tells us that the majority of the, innovations for one reason or the other finally fail whether they are imposed by the government or whether even the activated by locally by people. But where they succeed they should be nurtured and taken forward and it is very relevant to do that.

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## Examples from IITKGP: Prototypes

- Nudge driven cycle stand and food wastage prevention
- Assessing the mental health of students
- Face-emotion assessment
- Happy classrooms
- Happiness and safety apps
- And many more...



So the reason for exposing you to the earlier section is to make you aware of the fact that when we are talking about just a moment. When we are talking, about local innovations social innovations in general we are talking about something which each one of us can do each one of you can do. These are not necessarily high cost things these are can be community driven this can be crowd sourced.

And that is why I kind of created a larger picture where we talked about many of these things even including the ones we talked about community center, global examples where microfinance is one of them where which I forgot to mention that. Even in our micro solar dome project there were a lot of places where the villagers created a system of micro-financing so that they could sustain the maintenance of the batteries of the domes after a period of one and half 2 years.

So yes there are things which can happen very innovative ways and you can be a, part of this process and that is that is the reason we are talking about it here now. So examples from IIT KGP many of the prototypes that we created during our courses here like this course that we are running right now. Or many of the other courses which we have which focus on different other aspects of happiness and well-being.

Like I remember doing 2 projects with students which use the, principles of nudge so please go back to Professor Mandal lecture on nudge which was about creating awareness so that students kept their cycles in an orderly way. And food wastage prevention was a very successful thing which happened by just creating some very meaningful posters and posting them in the hostel walls where a lot of food was getting wasted.

Tools have been created for assessing the, mental health of students from our courses actually went about interacted with the counseling center the interacted with their students they interacted with the halls to come up with possible ways that mental health monitoring could take place especially against the backdrop of periodic depressions and in the worst case suicides that take place in various institutes across the country.

Not necessarily only institutes like IIT's but almost everywhere where people are highly stressed and the young people need some kind of assessment tool. Face emotion assessment tool was created I remember as a prototype where by open source algorithms which are available you use a camera and which detects facial emotions. So the prototype worked and it has various places where it can be used even in, classrooms to find out where in which classes people are happy or unhappy.

As they walk in or walk out of the classes or different locations which are happy and unhappy locations I talked about it earlier. We actually did it as a project there was a happy classroom project where students modified. The space the environment we talked about that as part of social innovation a little earlier modified the space and in this modified space moods were kind of regulated in one case the class was modified positively.

In the second place the space was modified in a negative way and the impact was assessed to understand how classroom environment can be made let us say are structurally or visually more attractive and happy. We have also developed happiness apps very much in tune with kinds of apps which, are available in plenty today and you just Google for happiness. And mindfulness apps they are guided meditation apps the mindfulness monitoring apps there are happiness monitoring apps.

So many apps which deal with our mental and our physical wealth well-being so certain apps were also developed as prototypes here. Why do we talk about it? We talk about it because with little or no financial, resources with just a little bit of effort by group of students by a student by a faculty group of faculty. A lot of things can be done which who knows out of 100 such small innovations one or two make a significant difference for a whole community of people or for a whole country of people for that matter.

So prototypes need to be created and I hope that the wide expanse of, components that we discussed in this course would give you insights into how to do innovations on your own?

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## Connecting with us

- Rekhi centre of excellence for the Science of Happiness, IIT Kharagpur
- IIM Lucknow
- IIM Ranchi
- Amity
- DTU
- IGDTU
- Indraprastha
- Chandigarh
- Megha Institute of Higher education
- And many more...

For more information on various types of work being done at the Happiness Centre at IIT Kharagpur visit:  
**[happiness-iitkgp.org](http://happiness-iitkgp.org)**

So at the end of this session I would like to say that yes we would at one point of time I would tell my TA's to do that to create links where you can come up with your very interesting ideas for innovations and share them with us. And we would be happy to have a look at, some of them so during this session you would probably get a link which would ask you to share innovative ideas and how you plan to do that?

And a kind of a prototype sorry a kind of a link would be created where you can share your ideas. But then how do you connect with us and what are the things that we are doing. So the Rekhi Centre of excellence for the science of happiness at IIT Kharagpur is one of the first academic institute centers of its kind to come up and in an IIT. And there are many other centers which are slowly coming up within the Rekhi Centre framework as well as outside of the center framework in various other places.

A few that we are networked with I have indicated under the Rekhi Centre framework like IIM Lucknow, IIM Ranchi, Amity University, Delhi technological University, Indira Gandhi Delhi technical university for women in their first university in Delhi. Chandigarh university, Megha institute of Higher learning which also has a medical institute and many more which are all linked. You can always access our website which is provided below you can in the link that will be provided share your thoughts your ideas for possible innovations.

You can apply to these places for possible internships whenever they are available and I hope that at the end of the day together we would be able to take up projects large and small to bring about a significant change in the lives of the people around us. And in the end also find a formula for our own happiness I hope that these sessions have been meaningful for you. And I hope that this discussion, about different kinds of innovations, happiness research and their relevance and implications and the way that you can connect with us is of some use to all of you thank you and we wish you a very happy journey through happiness.