

Lecture - 04 : Sustainable Happiness Theory

Hello viewers, welcome back to this NPTEL course on sustainable happiness. Now, to continue with this we have already discussed about the Lombiski theories and how positive activity help makes the person happy etcetera. So, now, the question is whether the people can actually attain the level of sustainable happiness. So, when we deeply analyze and reflect and contemplate our activities etcetera. So, we must ask this question to our self that. Whether can I achieve sustainable can I really achieve sustainable happiness in similar whether the people can actually attain a level system level of happiness sustainable happiness.

So, then what makes the person happy and unhappy or how do these happy people or unhappy people they look like or how do they differ. So, let us little bit elaborate on these things. So, the first thing that comes to mind is the difference between their objective circumstances and in which that means, how the that is what is the situation the context is that that makes the person happy and unhappy, what is the basic difference between these two things. So, difference between their objective circumstances and that could cause a difference in the level of happiness.

So, yes definitely as we have already discussed the life circumstances is important and our intentional activities in another factor and our personality attributes and characteristics. So, the first thing that comes to mind that how can we differentiate between happy and unhappy people automatically it comes to our mind that their that what is their objective being happy or unhappy and what causes the difference between them. So, for example, like for example, the context is like that whether we are you are married or not. So, your marital status is important your age is a factor in for example, in the old age people in the old age people become they start grumbling about their things etcetera how happy or unhappy they are the age is an important factor their sex their gender is also important their culture in which culture they are brought up they are re-adopted they are. So, their and their income level how independent financially they are all these factors are the life events or circumstances which also significantly affect and influence the happiness in our life.

So, it is shown that however, that these factors do not explain the variations in people's level of well-being. So, however, these factors do not explain actually these are the causes we identify these are the causes may be because of their age, because of their cultural background, because of their medical studies they are they are not happy in the because the because the their in-laws in their in-laws house they are not happy because of these these factors etcetera. So, these are the situation that we identify, but however, these factors are not always explain the variations in people's level of well-being. Even in spite of staying

in a very bad circumstance also people are seems they appear to be happy, they are contented, they are you know satisfied etcetera. So, always these factors do not explain properly clearly about the reason, but however these are some of the causes of difference.

So, happiness and unhappiness is due to the subjective experience and the control of the world by the people. How do the first thing is that how do we experience that live event that is our subjective experience and how do we interpret interpret it. So, the subjective experience of the people and their control of the world by the people how do they interpret that event in their life. So, that is the narration that the interpretation of that event. event in their life by the people and they interpret their environment differently.

So, even in the same even in the same situation two people different two people they elaborate they interpret the same situation two different ways. So, that means, their interpretations of their environment also varies differently. They are leading towards the exploring leading and it makes the ah pathway towards exploring the subjective individual thoughts because it relates to how do we interpret them our analysis our thoughts and the behaviors and the motivations. So, whether the person is happy or unhappy. It is primarily dependent on the subjective experience, their life events, how do they interpret that life events and that also helps us in exploring the subjective individual thoughts.

They are happy because they think in this way. They are happy because they behave, they react, they respond in a different way. They are happy because their level of motivation and intention is this. So, these are the primary factors as we have already discussed the cognitive states, our thought process, our attitude and then our emotions, motivations, our affective states and our behavioral perspective. Behavior is that reflection manifestation of these thoughts and ideas and emotions in the practice.

So, happier people see the world in a more positive and happiness promoting way. However, when we differentiate between these two categories of the people, like often we say that he is very optimist and he is very pessimist. So, optimist people seems to be very happy and pessimist people always grumble. So, these are the you know general general conceptions about it. So, but let us, but we assume that happy people are very positive, they are very helpful, they are they are very you know they are very democratic, they are very you know submissive all kinds of things.

So we attribute, So we align, you know we attach more positive components to positive people, they seem to be happy The unhappy people, their thought, their analysis, their response patterns, their emotions they differ. We can identify what causes happiness and what causes unhappiness. So these are for example unsustainable happiness, these are some of the behaviours that are causes for unsustainable happiness like for the temporary, its for

temporary. How to like hangover impulse the drinking you know why the people are engaged in any kind of addictions they want to forget that overcome that phase of you know sadness through some addiction, you know through all kinds of drinking and addictive behaviour gives a kind of sense of hangover and that they feel relaxed etcetra but that actually not the authentic solution for that things so by the stress of the some So, for example, for example, when we stress also ah for example, suppose we are stressed and in order to ah you know get rid of or avoid that stress instead of deeply analyzing or encountering that stress. try to avoid that kind of situation and we engage our self in other kind of activities like you know when we are stress primarily either we are more we are taking more food or where we go for the shopping mindless shopping this and that.

So, some people that when they are out of the they buy many things to overcome the stress of debt. So, similarly overeating that is guilt of weight gain and freedom of the road that is climate change. So, these are some of the unsustainable happiness practices, whereas sustainable happiness practices are you know more rational, more judicious that is act of kindness, because in act of kindness you know they have a sense of the deeper friendship even though you do not know the person. So, compassion, empathy, effort in learning. So, effort in learning when we make effort in learning something new, something new subjects and that is really gives a kind of satisfaction of an achievement, achievement sense of achievement and accomplishment.

Some similarly using strength that is realizing the potential, suppose by utilizing your strengths, your power, your access to resources etcetera through these through which you can help anybody. Then you can help that it gives an immense pleasure of that is then you can realize actually the real potential that you have and how you have helped the person. Meaningful work, the sense of sense of vocation, meaningful work suppose you want to venture into new job, new profession etcetera. You have learned something new that gives a kind of sense of you know yes I can practice it is I can earn something new from this from this work from it gives us a intuitive idea about you know. selecting or making a choice of a second career or pursuing a new job etcetera.

Appreciating beauty, appreciating beauty there is a care for the environment like when we appreciate we try to spend a time and enjoy the enjoy in the real world in a journey in the you appreciate the natural beauty and we try to we want to spend time more time to enjoy this ecosystem environment etcetera. It gives a kind of sense of you know caring for the how much caring we are for our environment for our nature for our mother earth etcetera. So, these kind of happiness you might have observed you know being even being at home And talking to talking to one of the friend or our siblings or our parents with a cup of tea, spending time together, maybe at the in the breakfast or the dinner or spending time in the vacations or spending time with our old friends. These are very meaningful and happy

moments because we we do really enjoy those moments and these few moments of togetherness, sharing our thoughts, caring for each other, listening to each other all these things it becomes very meaningful for our life experiences. So, from here one is that in order to get some happiness we are engaged in negative activities ah because we want to get rid of some stress etcetera.

Another way is that ah we can easily overcome the stressful situation by analyzing reflecting and contemplating on the things and at the same time with the small things doing some small things enjoying small events and ah with the with the positive attribute of say of you know caring and sharing and with a deeper friendship the feeling and motivation etcetera we can make that small event and we can make it more noteworthy and you know life memory our life event memorable life event in our life. So, these are the small. So, how to identify it primarily depends on the subjective interpretation of the event how do we. experience, how do we analyze our experience, how do we learn from out of it and how do we plan for it and how do we engage our self in different activities. So, from here we can identify every anybody can we can identify that we can draw that what are the sustainable happiness footprints in our life.

In we are engaged we are we are engaged in different activities, we have the family life, we have the job life, professional life, we have the social life, we have the different emotional life etcetera. Out of which then again we have to pick and choose that what events, what things, what life experiences and events makes me happy and which are going to be sustainable over over a period of time or my lifespan and or for my for my next generation also. So, we have to identify and it can happen only through deep reflection and contemplation. So, now research suggests that happy people use multiple adaptive strategies. Here happy people they use multiple adaptive strategies because the moment you are happy see at the moment you might have observed the moment you are happy means your cognition your cognitive aspect your brain becomes more active your thought process more become more active you become more creative.

you become more innovative. So, you always keep on exploring the new ideas, new thing what could be the next option, what could be the next other alternatives, what could be the other resources, you becomes automatically you become innovative and creative. So, happy people they that is a it enhances increases their flexibility, hence they have the multiple options options of choices for to use the different strategies. So, first things are the construal, construal is the research says that involved research is that involved in having happy and unhappy people reflect on the similar hypothetical situation. Suppose some events of hypothetical situation is being given to them.

So, how do they react, how do they respond to that event, how the happy people respond,

how the unhappy people respond. So, from these kind of research or may be the analyzing some actual life events. It is revealed that happy people views these events as more pleasant, happy people any life event they interpret always they always focus on the positive aspect, positive side of that life event. Happy people view these events more pleasant, unhappy people view these same events as unfavorable. The event is same, the situation hypothetical situation or actual life event is same.

But, what is the type of interpretation? So, happy people they interpret in more you know with a positive note and unhappy people they interpret in with a negative note. So, then social comparison, social comparison says that finding says that happy people are less sensitive to the feedback about another person or his or her performance favorable or unfavorable feedback. happy people like for example, when we are we are participating in social events or any or you are giving some presentation or we are part of the any project some feedback every moment some some or other feedbacks are we are receiving. So, happy people they they listen to the they listen to the feedback carefully. They just select identify the authentic feedback those are which can actually and work on it.

So, that they can improve their work their performance etcetera and reject other negative feedbacks. You know because in the feedback also range of feedbacks are there some feedbacks are biased, some feedbacks are attitudinal, some feedbacks are irrelevant, some feedbacks are very constructive and positive. So, happy people actually they can rightly identify select the positive feedback work upon it gets and then their work and reject or ignore simply ignore the negative feedback. But whereas, unhappy people they get very much affected by this negative feedback. positive feedback they always craze for the positive feedback etcetera, but in case they get I mean unfavorable negative feedback they have they become very sensitive over sensitive and they upset they has become stressed ok.

So, when so, performing better on a task all the participants become more confident about their skill definitely when you are you listen the positive aspects of your performance etcetera when performing better or get the positive feedback definitely it tendens our work. So, however, happy people were unaffected while the unhappy unhappy people were negatively affected. So, for example, with the feedback happy people yes when they get the positive feedback yes that that increases their enhances their confidence level it is ok, but they they they listen to the feedback and primarily identify the authentic feedbacks and try to improve their work. Whereas, the unhappy people when they get any feedback any feedback negative feedback they get negatively affected. So, unhappy people seem to feel positive emotion when a deeper when a peer has done worse than them unhappy people feel positive emotion when peer has done worse than them and even if they both got the negative feedback.

So, for example, for example, the it is an attitudinal problem for example, in the classroom 2 people 2 students they have got the they have got the equal marks they have got you know They have got the negative both the both of them they have got the negative feedback from the teacher or examiner etcetera. But, however, out of these two people when the one person is unhappy. So, he becomes happy when the even though he has he has not well done well he has not performed well even though he has not done very well and got the negative feedback. But, if his peer his friend has got the lower mark than him they become happy. That means, their interpretation of like that oh I am ok because oh people have there who have also done worse than me.

So, who have not done performed who have done who have performed worse than me. So, I am ok it is a kind of I am ok. So, they try to you know protect their ego they satisfy their ego even that means, the Because, they want to you know protect their ego in the sense that even though I am I have achieved the low score, but even then lower than me also the people are there they are also my friend he or she is also has secured the lower marks. So, it is a kind of and they have and both of them they have received the in spite of the fact that they have received the negative feedback. So, they always try to get some excuse some excuse for you know satisfying their ego that that means, that to protect their ego that.

Because, no they do not want to hurt their ego in the sense that they have not performed well and instead of rationalizing it, instead of encountering facing it, they just try to justify it in the other way that is it is called it is actually called as the defense mechanism. So, how do we want to defend our ego and the self. Another thing is that decision making, decision making process is that when the people are happy they make life altering decisions. So, happy people they take time they take time in making decisions they always they always analyze the ifs and buts and the pros and cons and strengths and weaknesses and alterations and all impact of different decisions and the life events they make all kinds of analysis. That is these are which are the life altering decisions and they tend to be satisfied with the possible option.

They make possible possible options, they analyze each and every option and rationally, logically, objectively analyze the outcomes of the training etcetera. But, however, they try to make the best choice out of the alternative. Suppose, they have the 5 alternatives, they want to make the choice which is good. which is good overall good and overall good and it is overall useful and overall it is positive. Only and they only express the only express the negative emotion when their sense of self is threatened.

So, like only they become negative when their individuality or sense of self get threatened. So, in that occasion only they express the negative emotion, otherwise they always seek

for the alternative solutions alternative strategies to resolve the issues, resolve the things or make or any making any big decision for you know for changing their life events, changing their jobs, changing their life events, changing their situations etcetera. Whereas, conversely unhappy people who are generally unhappy with options offered to them. In the same situation when the person is unhappy even if you give them 50 choices, 50 alternatives, 50 choices alternative solutions strategies they are they are happy they are not at not they are not happy they are always they grumble they think is that they generally unhappy with the options whatever options offered to them. So, only they become here so happy and unhappy people also differ how they make the decision in the face of the many options.

Like happy people if you have the choices you have the many choices alternative choices they make a rational investigation rational justification of which one is better in which aspect it must be it must that means, they think for others they think from every side. From the you know from life perspective, from financial perspective, from the well being perspective, from the you know you know you can say from the consensus perspective that whether it is good it is good for it appears to be good for good to me, but it is not good for others. So, they take into account other factors and the well being of others. Whereas, the unhappy people they just think about only their well being only their need satisfaction. So, research suggests that happy individuals are relatively more likely to be satisfied with the solution that is good enough ok.

Like for a happy people even if when you are giving them 10 multiple choices and out of There are so many you know there may be constraint may be some constraint in every alternative. So, by analyzing all these things then at the end when they select a solo strategies then if that is good enough for the timing etcetera they become happy. Yes it is for right now for the timing it is ok, but unhappy people they try to maximize their happiness in the sense that no I have to get this one only. So, they primarily focus on their absolute choice, best choice, this is the best choice, this is the only absolute best choice that I want to unless and until they get that they are they because they still remain unhappy ok. So, unhappy people tend to maximize the benefits of their decision, whatever they have taken the decision they try to maximize the benefits.

And, they always try to make the sense make the absolute best choice which is the most effective the best choice that they has they have decided they have to achieve that only they do not want to compromise they do not want to you know they do not want to you know be flexible and dynamic you know for the time it is good for me it is good for others that they are not going to compromise. come to the consensus. So, ah then ah ah similarly, so although maximizes decision may ultimately produce the objectively superior results. So, ah maximizes experience great regret and diminished well being relative to the satisfies.

Like for example, ah for example, so here in this context when in this context that happy people who who are happy right now with the with the possible choice with the good enough solution it is ok for me it is ok kind of thing they are happy now they have satisfied.

Whereas, the other in the other other side that is the unhappy people they try to get the maximum benefit out of it that is called as the maximizes. They experience, but right now they are very happy because I have got the best, but later on in later on in life. So, this experience this maximizes the experience greater regret may be sometimes after sometimes which has diminished which affect their well being also well being relative diminish the well being relative to satisfies. So, the happy people who have just make the we have just made the choice of good enough it is this option they have opted for that now for the time being it is for me they are rather their happiness restricting. So, over a period of time and objectively that means, their decision ultimately produce the objective superior result and whereas, the maximizer though so, who that means, who actually who primarily focuses on the best and focus only the best things etcetera may be in the later time in their life span they may face they may face they may regret sometimes they may regret you know regret and they have which affect their well being also relative to things.

Like when we compromise something and accept it for the timing it is good for us and instead when the people who are maximally stressed. And want to have the best of this may be in terms of job in terms of posting in terms any kind of any kind of object or the things or the commodity whatever. So, when they make the best now this is the best my car is the best, my TV is the best this kind of best choices when we make in the later life they also experience some kind of regret which also affects the well being. So, another is the intrusive dwelling. Intrusive dwelling is that the self reflection and dwelling on yourself intrusive when we Deeply analyzing and inside us analyze the pros and cons etcetera that is dwelling on our self our internal analysis.

So, self reflection self reflection and dwelling on yourself like for example, for in case of any kind of failure in case of any life event negative life event failure. So, we keep on blaming our self self blaming analyzing our self it is my it is my fault it is my things I could do is self blaming kind of thing. So, self reflection and dwelling on yourself is more than done is more often done by the unhappy people. So, unhappy people they have a tendencies to self blame, they have a tendency to self you know to to get into the that means, to they are the victim of actually inferiority complex, because they dwell maximally on themselves, they do not objectively that is they do not objectively look at the environment, they do not get the way out to release their stress etcetera. So, self-dwelling, self-reflection over that means, the over that means, over self-reflection So, contemplation or over blaming that ends up in self blaming that helps us you know.

So, that ends with negative result that is unhappiness more happiness. So, unhappy people primarily they stick to and the self this is called the rumination, self rumination. So, this start analyzing everything that is is my fault it is my self blaming kind of thing. So, when led to the belief that one has failed something and the unhappy person dwells on it and fails to fails at further task. So, that so, they lose the confidence in this cell in process of self blaming and dwelling on the self.

So, they they start you know they start losing their confidence. and confidence in confidence in taking up the new task. So, and however, this given the distractions from these intrusive thoughts unhappy people tend to behave more similarly. However, openly they may not instantly behave unnaturally. So, however, this critical mechanism what is the critical mechanism for underlying the difference between happy and unhappy people they do namely because one could turn into a happy that is happy person.

Now, similarly looking at this critical mechanisms. So, it can it comes because it is the primarily to psychological interpretation. So, through this by finding out analyzing the critical difference between these two things differences that the happy people and unhappy people. So, one can one could turn a happy person into an unhappy one by instructing her to ruminate about the herself. That means, for example, even though the person is neutral by you know we can by misguiding misleading that person to ruminate or instructing her to self blaming to get kind of you know find out finding the flaws in himself that is it is kind of you know that is simply in the simple language by brainwashing. By brainwashing somebody, somebody suppose the in case of the failure, in case of unhappy events etcetera, if you keep on blaming, if you keep on keep on keep on emphasizing or instructing the person to ruminate about herself.

drawbacks or lacunas or gaps or gaps in the in the achievement or any loopholes or any disadvantage situation. If you if you just brainwash that person continuously to self ruminate then that person you can make the person unhappy. So, primarily it is a kind of you know you can say psychological you can say training or psychological training. brainwashing or psychological bias you can say by by instructing. So, that is why we say that even though even in case of the failure also always try to protect the self-respect and the confidence of the persons etcetera by by focusing on the positive events positive results positive things to strengthen their ego strengthen their confidence and the motivation So, that is a so the critical mechanism is that how a person become unhappy and how the person become happy.

And so and so it is it says that it is a psychological process and by we can also make a person happy we can also make the person unhappy by that means, by instructions by training. So, we can similarly we can convert a unhappy person to be happy. So, it is here

it has the implication for the training. So, when reflecting on the past experience unhappy people exaggerate the things. The same event same life negative event has been experienced by both the people, but unhappy people they exaggerate on the negative emotions and negative event and the inherent positive emotions linked with the positive events.

Whereas, the happy people and the other way they even though though they ultimate they at the end ultimately they conclude that even though all these are negative events have happen in my life, but ultimately at the end of the day they conceptualize everything, comprehend everything and come to the conclusion that ultimately I have learned, I have gained this thing from this, this lesson from this thing. So, ultimately so happy people they know how to convert all the negative life experiences into a constructive and positive component. or a life experience. So, happy people do the opposite thus increase their happiness. The given the given the any negative events any negative experience events.

So, they are so, the here happy people are more positive in the sense that they are resilient positive and you are when you are happy and positive definitely your brain functioning is also very constructive and functional. So, it also it gives you an ideas and thoughts and analytical analysis and creative ideas that what at the end what I have gained, what I have learned. So, that in this way happy people always increase interpret the all the negative events into the positive way and that strengthens their emotions, their emotional intelligence, their tolerance, their patience, their and they become more resilient. So, happiness so, here you can say so, how positively person feels about his or her life offers a common ground to be the people of diverse culture, creeds, sex, generation and geography.

So, happiness again it is very much contextual. So, if that is where you are living, what is your culture, what is your background, that who are the people around you, what is your environment all these factors are also equally important. So, happiness is not only an individualistic characteristics, but also community characteristics because when you are alone. When you are alone you may be happy or unhappy, but you are your happiness is being primarily determined by the people you are surrounded with, by the cultural practices, by the family members, your by your social networks, may family, friends etcetera all these other your background factors also is important. So, that is why so, happiness is not individualistic in nature in the sense that. I am happy because I have secured 90 percent, I am happy because I have purchased by this thing bought these things, I am happy because I have you know I have procured these things, I am happy because you know I possess these things.

So, these are individualistic, but happiness goes beyond that. Happiness not only it is an individualistic characteristics, but it is also community. It is a community characteristics,

it is collective characteristics which highly depends on the social connections, cohesion and local amenities. So, what I am surrounded with, the facilities I am surrounded with, the people I am surrounded with, the community I am surrounded with. So, these are the other background things are also important for happiness. So, social connectedness and happiness are very important because how much socially connected we are.

Now, nowadays there is a tendency of you know tendency of people in the in the social networking in the digital platform social networking the socially active in the digital platform. Yes, digital platforms you know the digital platforms being connected what being well connected in the digital platform socially that is good that is good for the profession that is good for the things. That means, if you that means, you do not take that so digital social networking as an excuse of making you yourself happy that is an that is an you know that is a you can say that is a misconception that is a kind say that is kind say you and it is a mistake it is a mistaken it is a you can say. It is an it is a it is false perceptions can say it is a false perception. So, there is a growing awareness of the role of the social relationship play in happiness, connecting with others and and becoming you know which becomes when it prevents us becoming isolated which makes you it makes it also.

may be the key to the long term well being is being surrounded with people being connected socially even in the digital platform is good. But at the same time you have to learn the abilities the skills the skills and the activities how to be happy even if when we when I am alone. So, for that matter I have to be engaged positively I have to engage myself in positive thoughts positive actions etcetera. So, here I want to focus on two things one is that some people are when they are alone they are happy and some people they are unhappy they that means, they are very much stressed they cannot leave alone they are very much stress when they are lonely when they are lonely. So, here two things that some people they cannot stay alone they cannot they get upset they get stressed when they are alone.

So, they always want to be surrounded with people and etcetera that is one thing. Another some in some cases some people even though they are alone they are not upset they are not they are not stressful. Rather just for example, this pandemic this pandemic it is all of us where we were we were confined in our home in etcetera. We are we were living either living in the family or we are staying alone etcetera. In that situation some many of the people they get depressed depressed upset etcetera that is the negative impact of this loneliness.

Whereas, some other people when they are staying alone when they were staying alone they become more creative they may become more engaged more happy. and they they got the opportunity to reflect on their own work on life experiences etcetera. So, here two things are important being lonely and staying alone. Some people they love to be love to

stay alone because they they want their own company they They spend time they spend time when they spend time with themselves their own self they enjoy the moments because they reflect every moment what they are they reflect on their activity they engage what they think what they think. So, they have now they have developed a kind of intrapersonal relationship intrapersonal relationship then they know they want to spend more time with their own self and they enjoy that thing.

So, being alone they do not being alone staying alone. It does not upset them rather they get an opportunity to know themselves more to become more happy to be engage more creative things more creative works activities and to plan accordingly for the future etcetera. Whereas, when when when the other people who are more dependent on other things dependent on you know hedonic things hedonic things like you know. friends circle, material goods, things, gadgets, these and that. So, when they become alone, so they cannot just tolerate, they cannot just be, they cannot just be you know happy or they can just cannot be, cannot tolerate that situation, they become stressed, they become you know that if the situation becomes intolerant, they become stressed, depressed and etcetera. That means, they are so much dependent on the hedonic things that Even when they are spending time with themselves, when they are alone they cannot tolerate the situation, they cannot handle the situation, they cannot you know manifest or they cannot get the advantage of being alone and manifest in different activities.

So, next is that so, neighborhood so, here we have already know our because happiness is also contextual is collective in the sense neighborhood amenities also it makes us happy. We have like in our colonial we have the gardens, we have the ponds, we have the you know parks different parks, we have the you know platforms for social gathering etcetera. So, neighborhood amenities also like available to green space parks. access to transit cultural resource centers etcetera it also makes us the makes the it also influence the subjects individuals subjective well being.

Similarly, happiness visioning. So, happiness visioning means what a local happy future you might look like that your aspirations your future vision for yourself. So, and again improving, so there are happiness reasoning, when you visualize the how should I be, and how so how do I look like when I become happy, this this situation, just you just imagine imagine your future in a very you know very. in a fantastic way is a fantastic way is in the fancy way. So, happiness that is the vision, happiness visioning focuses on improving seven specific domains of happiness. First thing is that when we become happy means it has to be all around is and it has to be overall, it has to be holistic in the sense that our family relationship is good, financial situation is good, our we enjoy our work, our community and friends are also very helpful, I enjoy that community staying in that locality.

health is good, health is then personal freedom I have the freedom and autonomy to do whatever I would like to and my personal values are also very conducive towards the happiness. So, happiness and health happiness again it is also related to health. So, health is a very important factor. So, the overall appreciation of one's health, one's life as a whole it is also very it is a very much important factor for subjective well-being and satisfaction. So, now, then the researchers they found that subjective experience of happiness corresponds with the numerous positive health outcomes.

including like when like for example, nowadays when we say that the why the youngsters they are having now they even the youngsters at the age of 30s 30 plus and 40s also they are having this health problem issues like blood pressure, heart problem etcetera. So, because they are stressed they are engaged in stressful experiences, they are stressful jobs. So, their so life become and that means their life experiences they are whatever they are over exhaustive, exhaustive in the in their work in their in the work pressure, in the family, in the family relationship etcetera. So, health is very important factor. So, health if a health is good that is why it is called as health is wealth including or lower the people who are having the lower blood pressure and incline to seek out for the health information or the robust and or the people those who have the robust immune system.

So, they are bound to be you know they are determination, will power is also you know they are very resilient it also will power is also very strong to make them more happy. So, happiness and sustainability and sustainability is an as we have already discussed sustainability is a process, is a flow, is a learning process, is an activity, is a lifelong lessons, lifelong learning. So, in the world of global like for example, when we talk about relate to sustainability and happiness for example, now at present what the global challenges that we are facing, we are facing the global warming, the climate change, the all kinds of inequalities, chaos, conflict, all war like situation all these challenging events we are facing all around all across the globe. So, now, in this context when we talk about like when we are facing in the very where we are living in a very unsustainable world with lot of challenges.

adverse situation and you can adverse situation etcetera. So, here it seems to be very you know it is it when we talk about happiness in this situation it seems to be very irrelevant very very insensitive, but however, our intention is that to how to you know how to transform the whole life situation transform the life situation life events or the society Or the people's events, people's life experiences from this unsustainability and the challenges that we are facing because of the unsustainable practices and how to transform it to the towards the happiness means towards the sustainability. So, sustainability you can say it is the prerequisite for happiness. So, how to transform it, how to transform the whole

situation, the global you know global events, occasion, situation, people's life. lives of people's lives they are everything from the unsustainable practice to sustainability then only. So, sustainability when we can convert them the whole life cycle towards the sustainability then we may assume that the people may be happy.

So, unsustainable from transformation from unsustainability to sustainability then only we can think of happiness. So happiness is a you know outcome ultimately outcome or you can say future goal you can say. So, from transforming from the unsustainability sustainability is the major goal major target and thereafter we can think of. If you want to make the people happy then you have to be sustainable. So, we can say sustainability is the prerequisite, it is the compulsory, it is a prerequisite, it is a mandatory component if we aspire to be happy in the society.

So, therefore, happiness is the heart of the what we are, what we do and that means, we have to develop, we have to create that awareness. That feeling among the people that if you want to really become happy both individually and in a collective way then we have to be sustainable. So, we have to be mindful, we have to be mindful about our practices, we have to be mindful about lifestyle, we have to be mindful about consumption, we have to be mindful about our environment and about society, our people, we cannot afford to be selfish, we cannot afford to be only think of our individual needs. So, in a consumer society, because now primarily we are living in a consumerism in the age of consumerism.

consumer society. So, where consumption and so, where people usually relate to consumption and happiness you know all these marketing people all these companies people they sell in the even in the digital platform they sell that their intention is to maximize the profit get the business maximum profit maximum gets the get the business more sustainable and sustainable in the sense that with maximum profit. So, they keep on advertising keep on persuading people motivating people through this sale this, you know, this, offer this and that kind and so on. But that is the symptom of the consumerism, that is the symptom of consumer society. But we become we to be how to be mindful in our consumption and practices and lifestyles etcetera. So, do not get so do not get confuse about confuse about the consumerism as the index of the happiness no.

So, these are so even though these are linked how to be how to select the right path to lead to a good life. and the good life and that is meaningful and that is healthy instead of goods life or as much as you can do as much as you buy as purchase that you become happy that is the mindless things. So, how to select the right pathway towards sustainability and which can ultimately lead towards the happy life that is again it is a question it is a it is a question to think about it is a more reflective thought process and it is a question to deeply contemplate on it. now sustainable happiness theory ah that is it is being primarily

propounded by Catherine O'Brien so in the next class we will discuss about it ah it will take some time next class we will discuss about it now i am concluding here only thank you very much