

VEV731 - Class 2

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Class Summary: Understanding Happiness

In today's session, we explored different states of mind that contribute to happiness and performance. We discussed the **flow state and the clutch state**, where participants shared personal stories of being fully immersed in their activities.

The importance of **showing up consistently** was emphasized, with the example of Rohit Sharma's journey from a bowler to a batsman highlighting how persistence, practice, and coaching can shift perspectives and unlock growth.

We also looked at the **placebo effect**, reminding us how beliefs can influence outcomes. Another key takeaway was the idea of **distraction, traction, and action**—how awareness of where our attention goes shapes our productivity and emotional well-being. We discussed how people move through the **comfort zone, fear zone, learning zone, and growth zone**, and how consistent practice helps us progress.

The class touched on the **equilibrium state of thoughtlessness**, a space of inner calm, and reflected on the human capacity to feel pain—both our own and others'—as a sign of being alive and empathetic. Finally, we studied habit formation through the cycle of **cue, craving, reward, and response**, showing how small actions can rewire behaviour over time.

The session also touched on **behavioural design**, such as government policies that use **opt-in vs. opt-out systems** (e.g., organ donation, gas subsidy) to shape choices without people realising it.