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**Date**: 4/13/25

**Cohort**: (Francom, French, McMahan)

*In what follows, reflect on your learning and personal growth at this point in our course. Consider this week’s readings, multimedia sources, presentations, discussions, activities, etc. To your best ability attempt to integrate these experiences into our own developing understanding of the ‘Good Life’.*

At this point in the course, I have come to learn more about countries that I already held various preconceived notions about. India seemed to me as a very overpopulated country with lots of disorder and unkempt. However, this week I got to learn about the other side of it, and how the juxtapositions within the country make it valuable. India is known for its chaos, but is also a place many travel to find peace and discover something about their individual selves. It is also thought that India is being rapidly modernized, but the adoption and alteration into Indian culture of various western principles shows a unique way that India is moving towards contemporaneity. This week made me think of the role that control has over happiness. I have always needed to be in control of everything and make specific decisions for myself about what I eat, what I wear, and where I go in the day. Many communities in India do not have the ability to make many of these decisions for themselves, but many manage to find happiness regardless. I also have been thinking about how the conditions you grow up in impact your values. Some communities in India may have always grown up in the chaos and with a lack of control, and know nothing different so they find no issue in it.