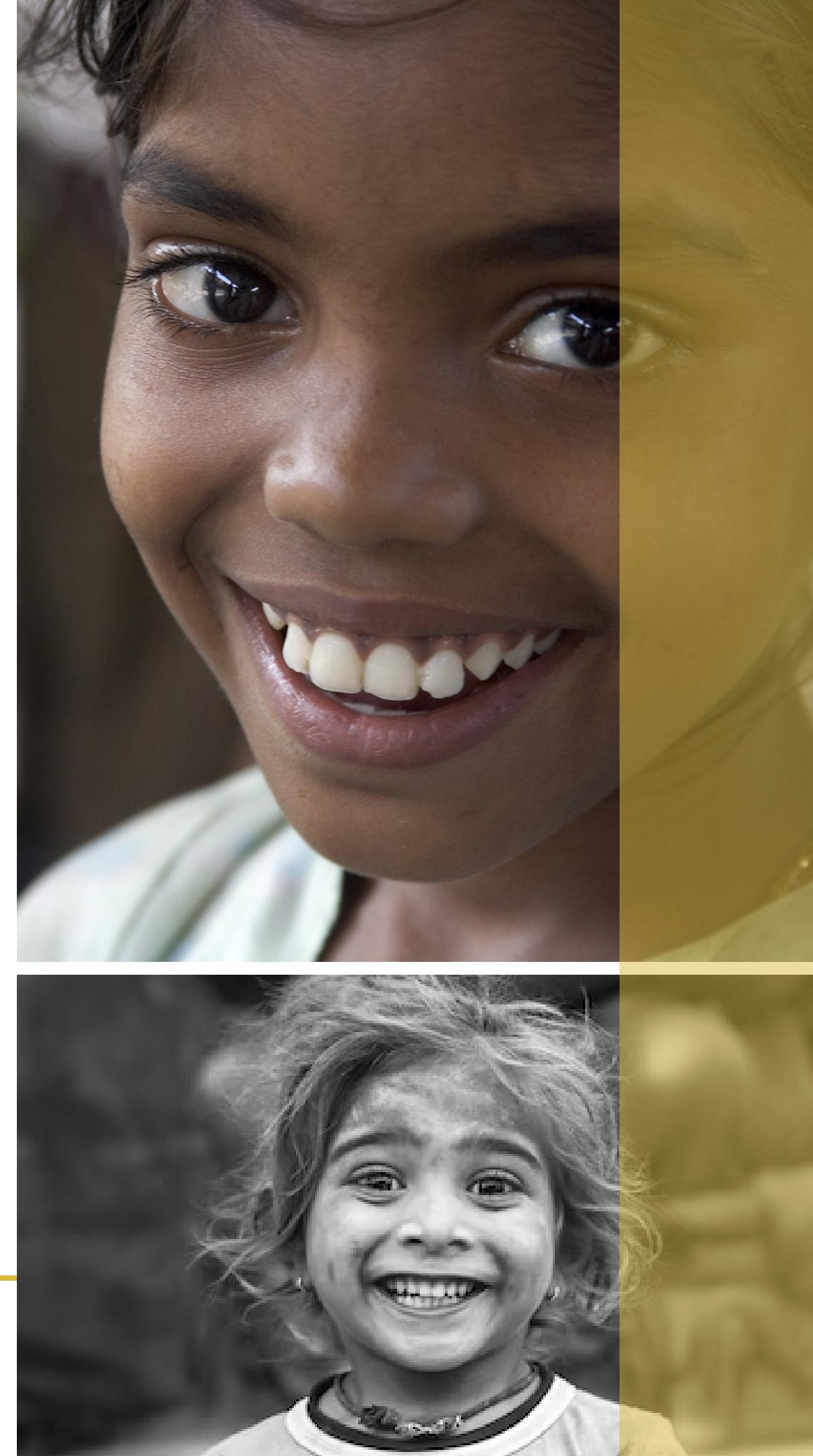




I D E A T H O N

# Understanding Happiness

Sri Sri University, Faculty Of Emerging Tech.





# Agenda



## HIGHLIGHTS AND INSIGHTS

Definition of Happiness  
World Happiness Report ()  
India's Position  
Reasons  
Data Analysis  
The Traits of Happy People  
Solution  
The Happiness Experiment

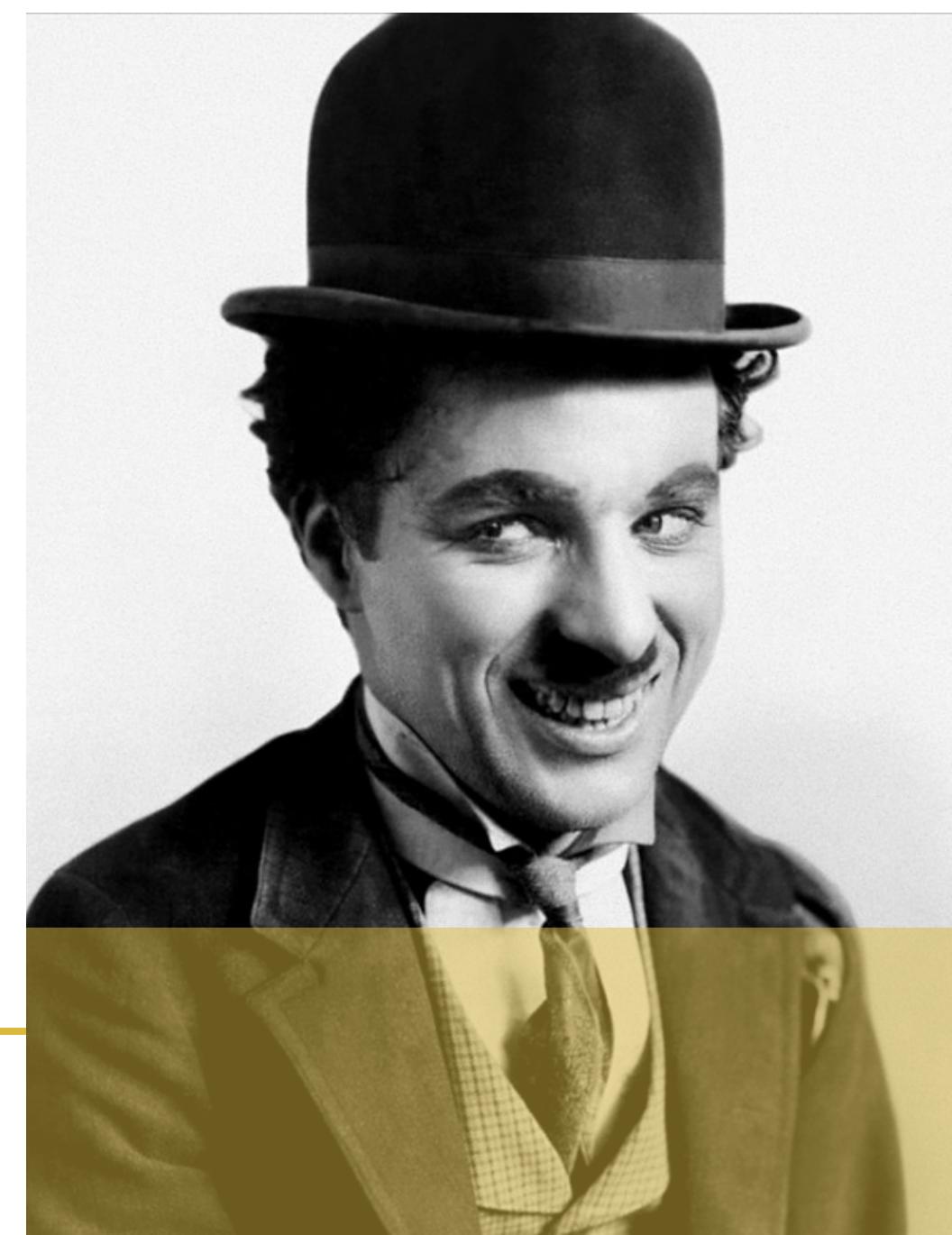
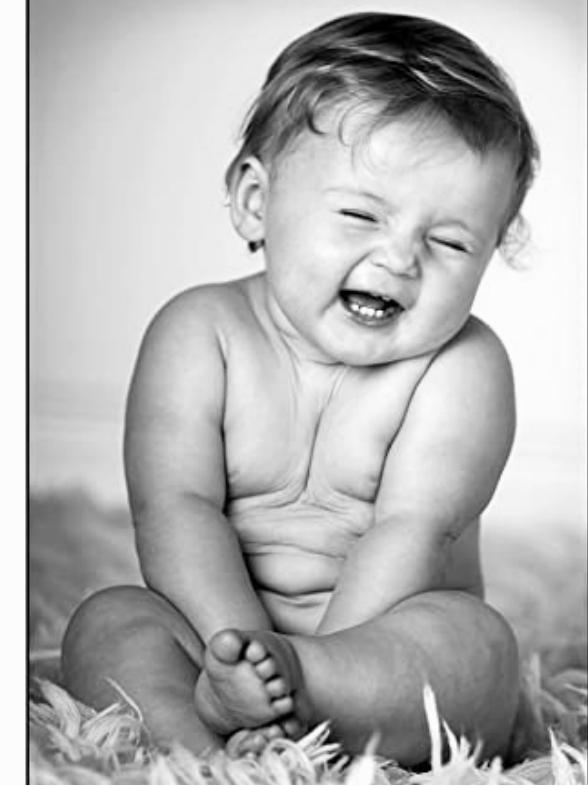
**ON A SCALE OF  
1 TO 10, HOW HAPPY  
ARE YOU?**

**LET'S FIGURE IT OUT TOGETHER!**

# What is happiness?

**SIMPLY PUT, A LIFE LIVED IN VIRTUE**

An emotional state that involves positive emotions and life satisfaction. It is not a permanent feature or personality trait, but a more fleeting and changeable state.



@srisriu #WorldHappinessReport

# World Happiness Report?

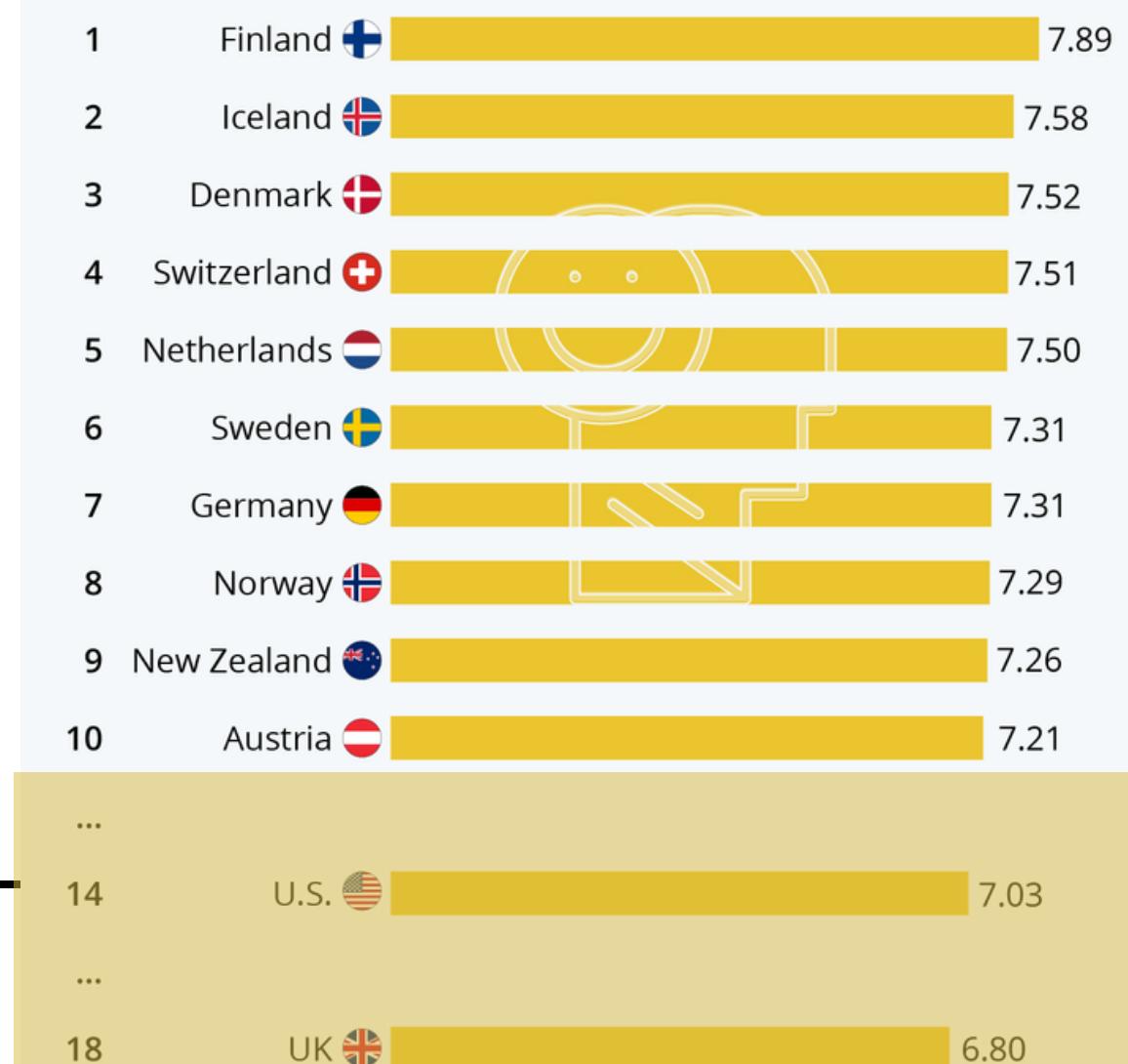
**CONTENTMENT, SATISFACTION,  
PLEASURE, OR JOY!**

- A publication of the United Nations Sustainable Development Solutions Network that ranks 156 countries by how happy their citizens perceive themselves to be.
- The annual index ranks nations based on a variety of parameters like gross domestic product per person, social support, personal freedom, levels of corruption, healthy life expectancy, and opinions of residents.



## The Happiest Countries in the World

Ranking of the world's happiest countries by index value (2020)\*



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OUR NATION,  
India  
at  
139

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OUT OF 150+ COUNTRIES FROM AROUND  
THE GLOBE.

# Why is it so?

*The question arises that inspite of the country's good economic progress, why are Indians so unhappy?*

**In layman's term,**

*"THE **CORRELATION** BETWEEN **HAPPINESS** AND **WEALTH** IS **WEAK**, GROWING **INEQUALITY** AND SEEING THE **RICH** AND **FAMOUS** HAVING **FANCY** WEDDINGS AND **LAVISH** PARTIES AT HOME AND ABROAD, DO MAKE ORDINARY PEOPLE **UNHAPPY**."*

# Why is it so?

- In 2020, India added 40 new billionaires to a global rich list, while 57% of the country's working population is worried they'll lose their jobs within the year due to the pandemic related economic crisis.
- The country's chronic unhappiness is a result of many factors: rapid urbanization and congestion in cities, concerns about food security and water safety, rising costs of health care, women's safety, and environmental pollution, which itself is linked to poor mental wellbeing.
- India accounts for 17.8% of all reported suicide cases from around the world; According to the National Crime Bureau, India reported 381 suicides daily for the year 2019 which is really disheartening.

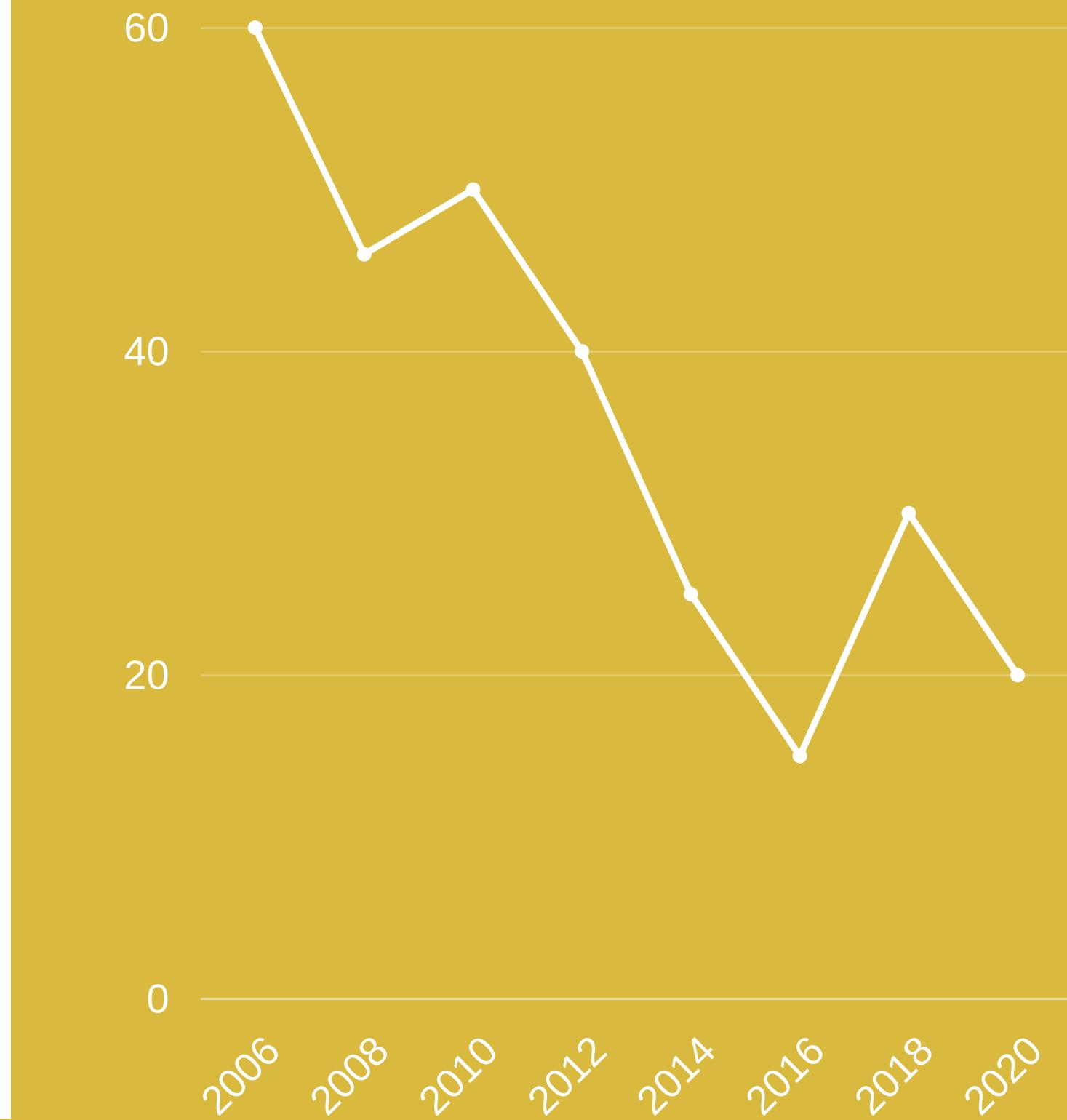
# How to fix the rank?

Data **Analysis** & **Visualization** is used to study and prepare a scrutiny on what measures can be taken to improve the country's rank with respect to rest of the Earth.

- India has been working on improving its rank in the World Happiness Report by focusing on improving **social support** and reducing **corruption**.
- The government has also launched several initiatives such as the **National Mental Health Survey** and the **National Mental Health Policy** to improve mental health and well-being.

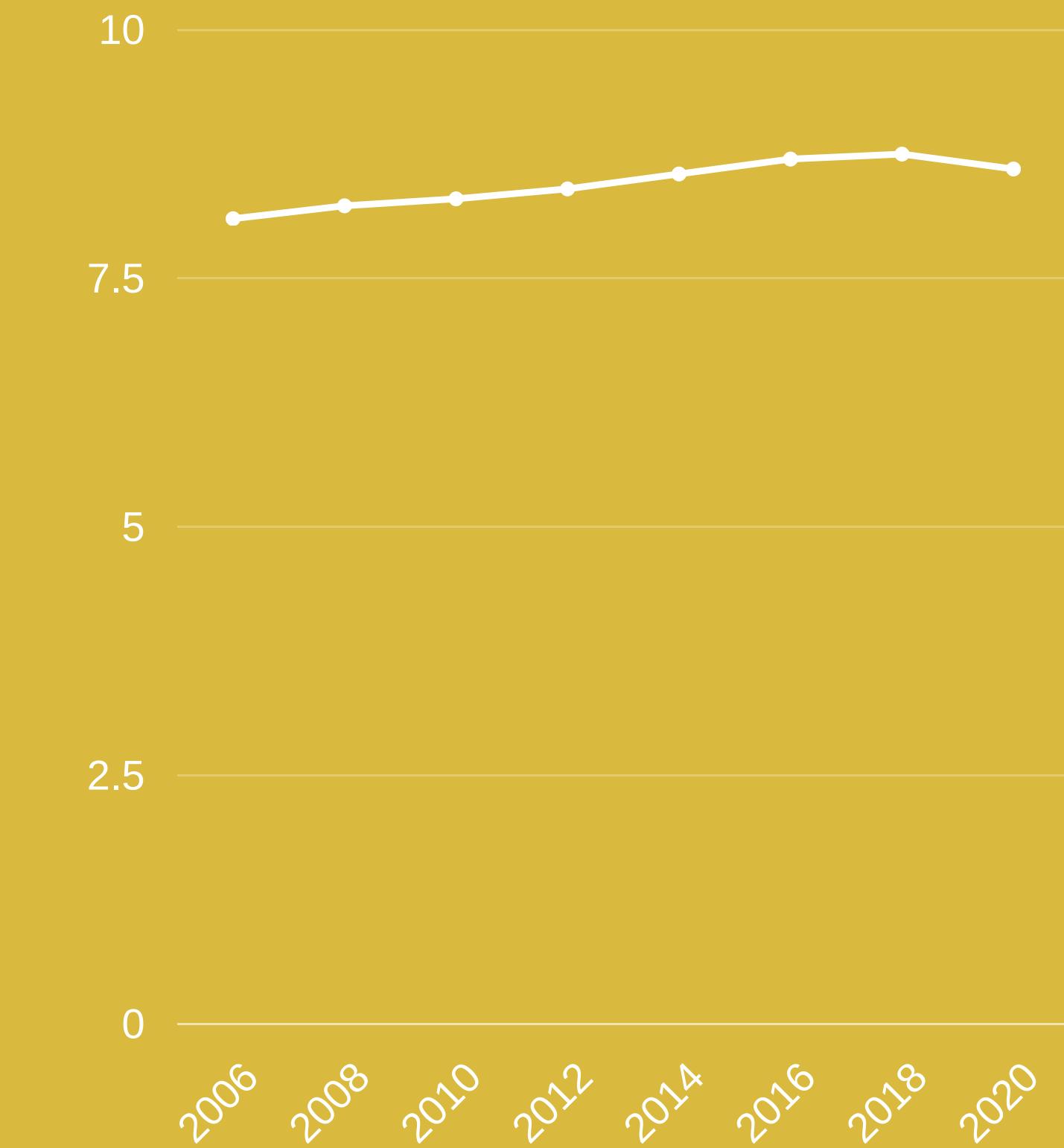
# India's Ladder Score Over a decade!

There are some peaks with respect to India's ladder score as found in the years 2008, 2010, 2012, and 2020. There are likewise sure drops as found in the years 2007, 2009, 2011, and a general low in 2019. A continuous reduction can be seen from 2012 to 2019. The general pattern for the ladder score is diminishing.



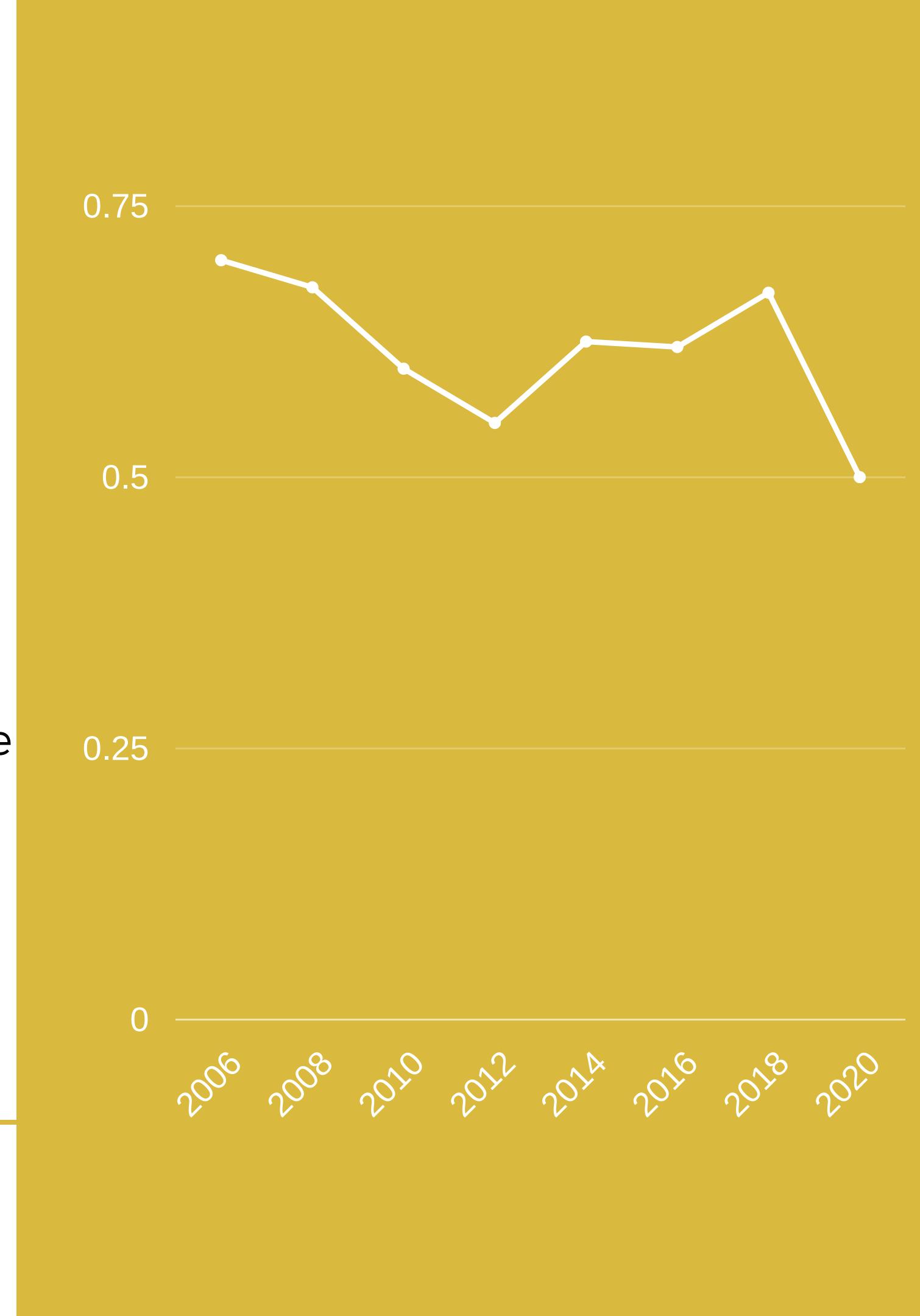
# India's Log GDP per capita over a decade!

India's GDP is on an expanding pattern throughout the long term, except for 2020 because of the impacts of the COVID-19 pandemic.



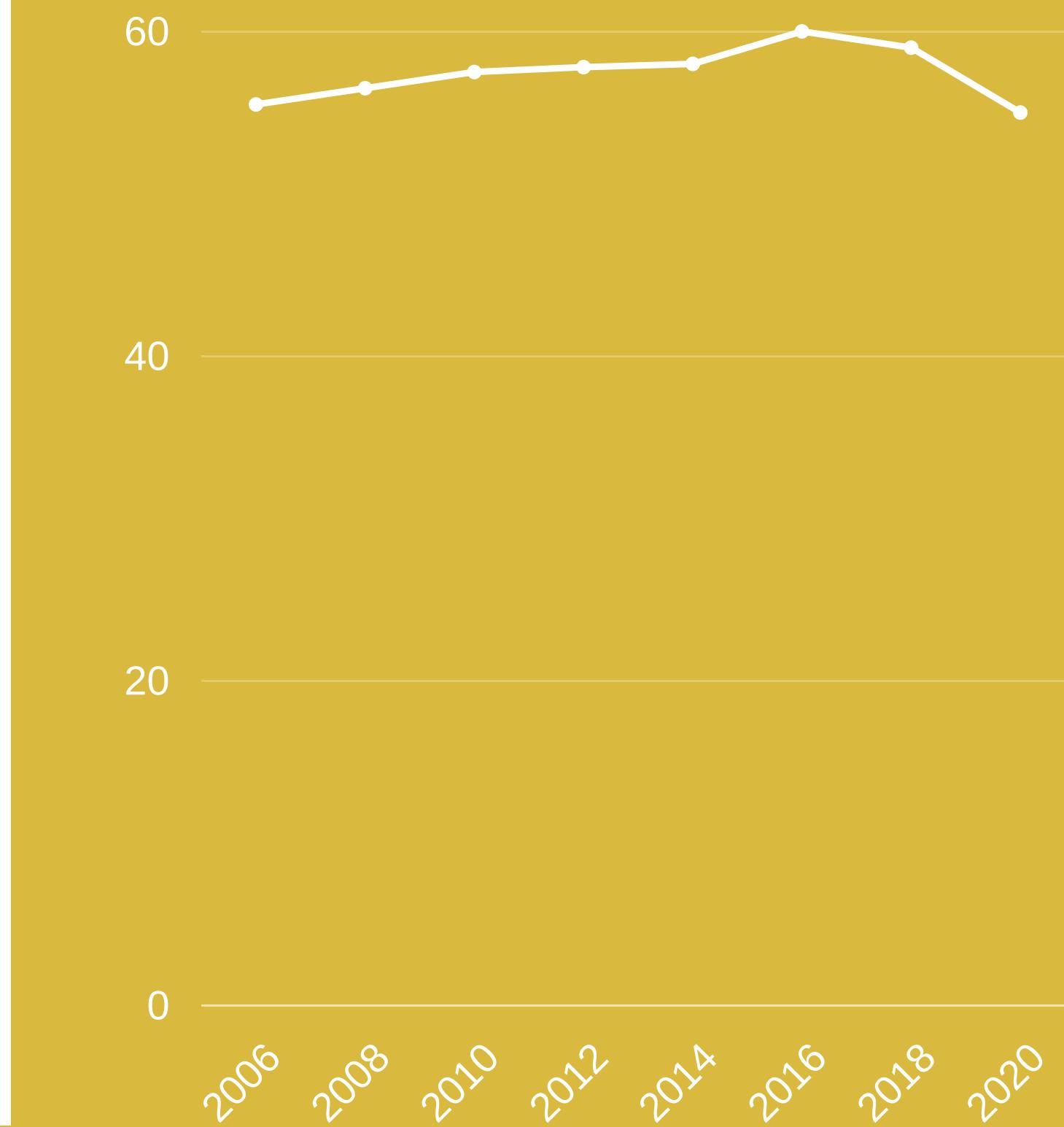
# India's Social Support over a decade!

A ton of variety in the social support throughout the long term. There are some unmistakable lows in 2007, 2012, and 2019, 2012 being the most minimal, and some particular highs in 2008, 2014, and 2018. India's social support is on a diminishing pattern throughout the long term.



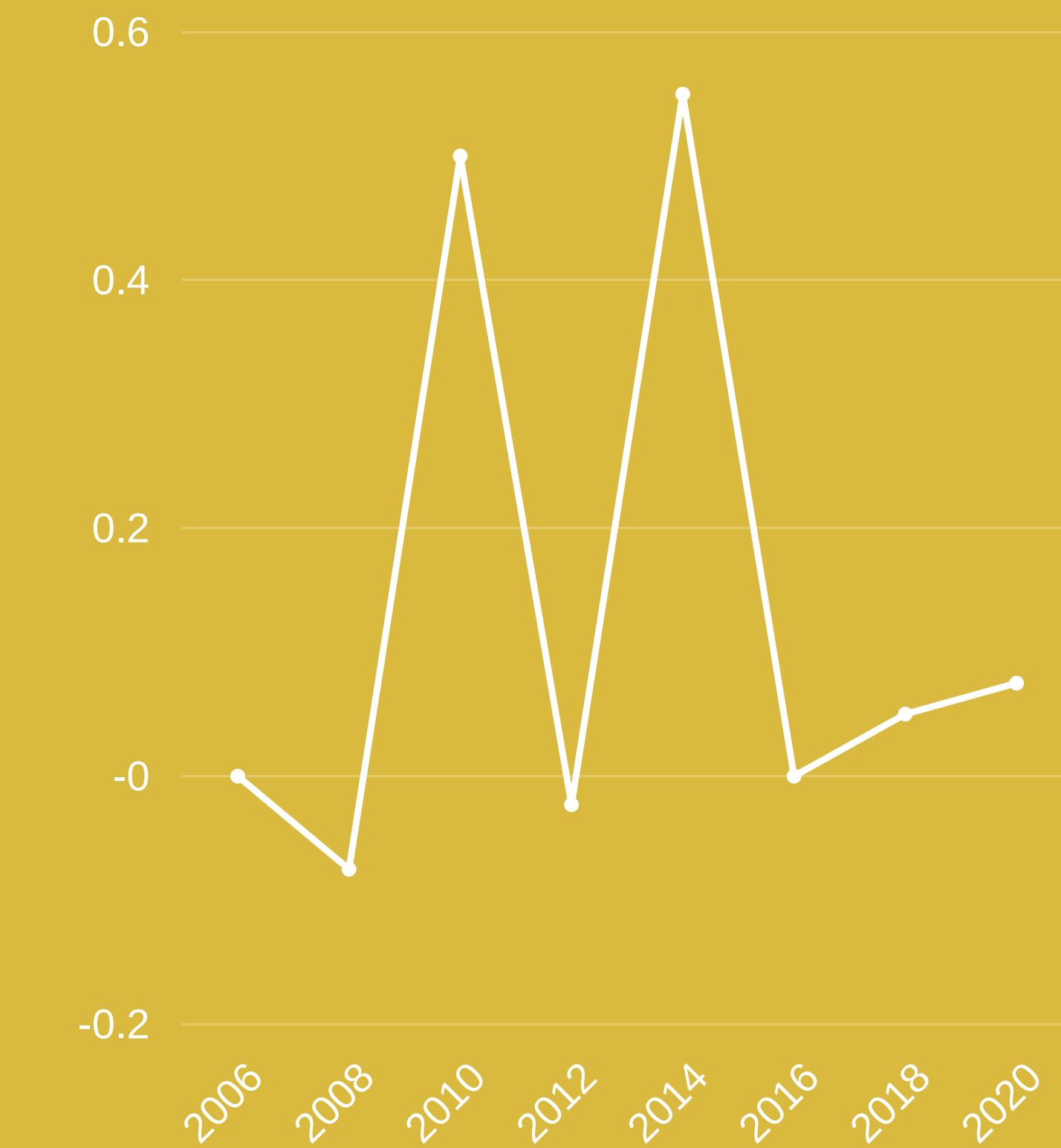
# India's Life Expectancy At Birth over a decade!

An increasing pattern throughout the long term, with a light drop after 2020 here - however, it's normal. Coronavirus had struck in 2020, and it would not be astounding that the future has marginally dropped.



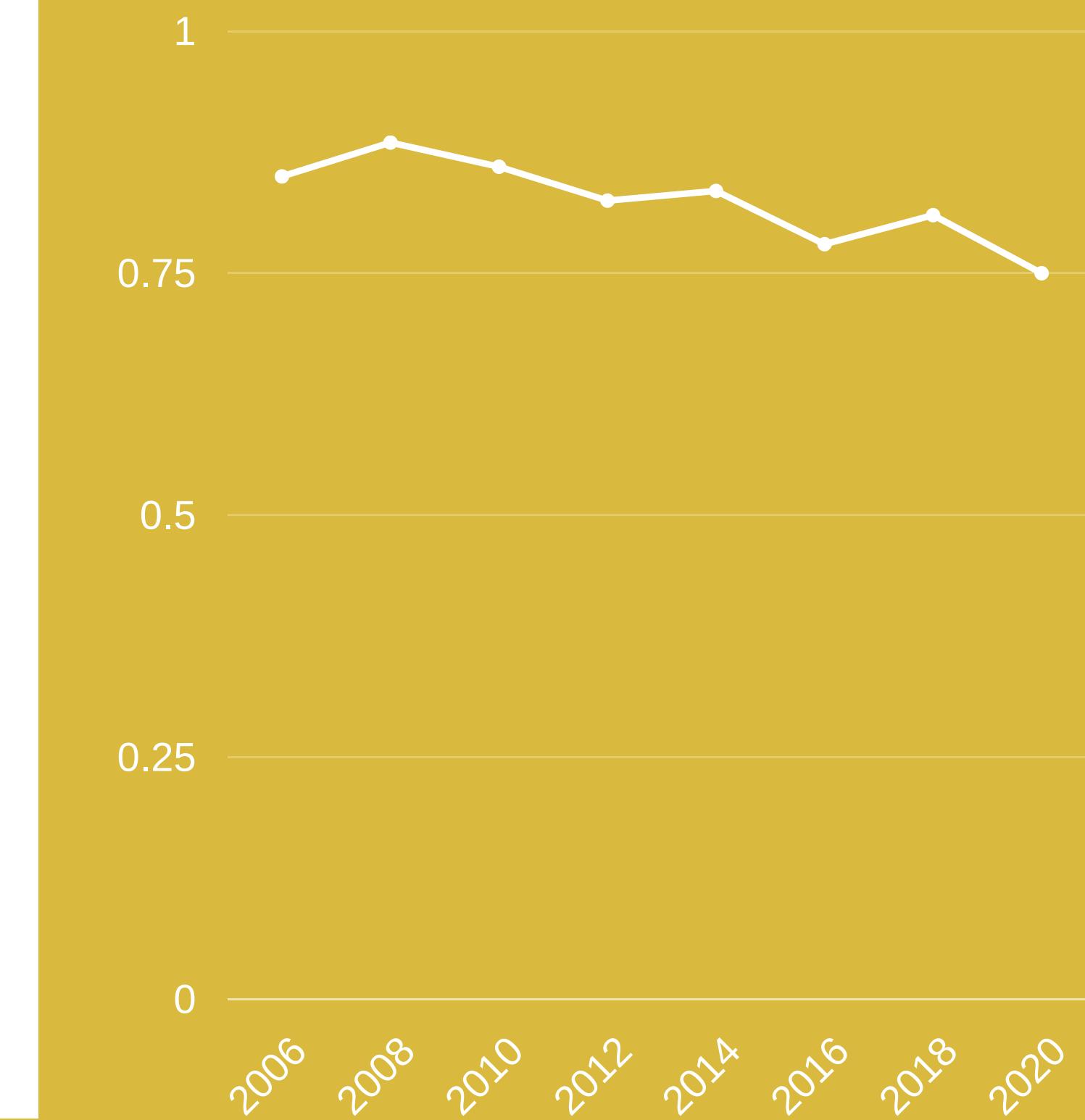
# India's Generosity over a decade!

Generosity among Indians has expanded over the long run, with spikes in 2010, 2013, 2016, and 2019 and an untouched low in 2011.

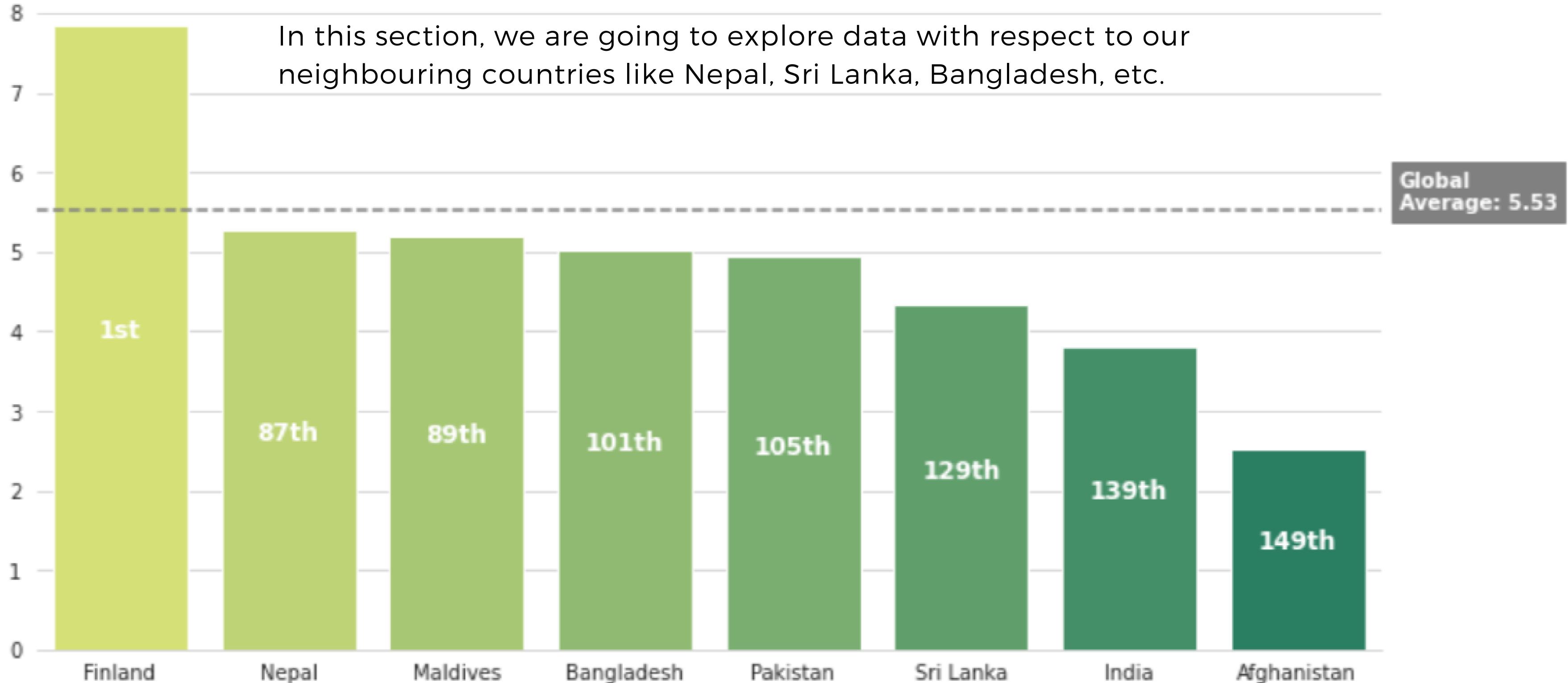


# India's Perceptions Of Corruption over a decade!

There were tops in 2011, 2014, and 2018, and the perception of corruption has diminished throughout the long term.



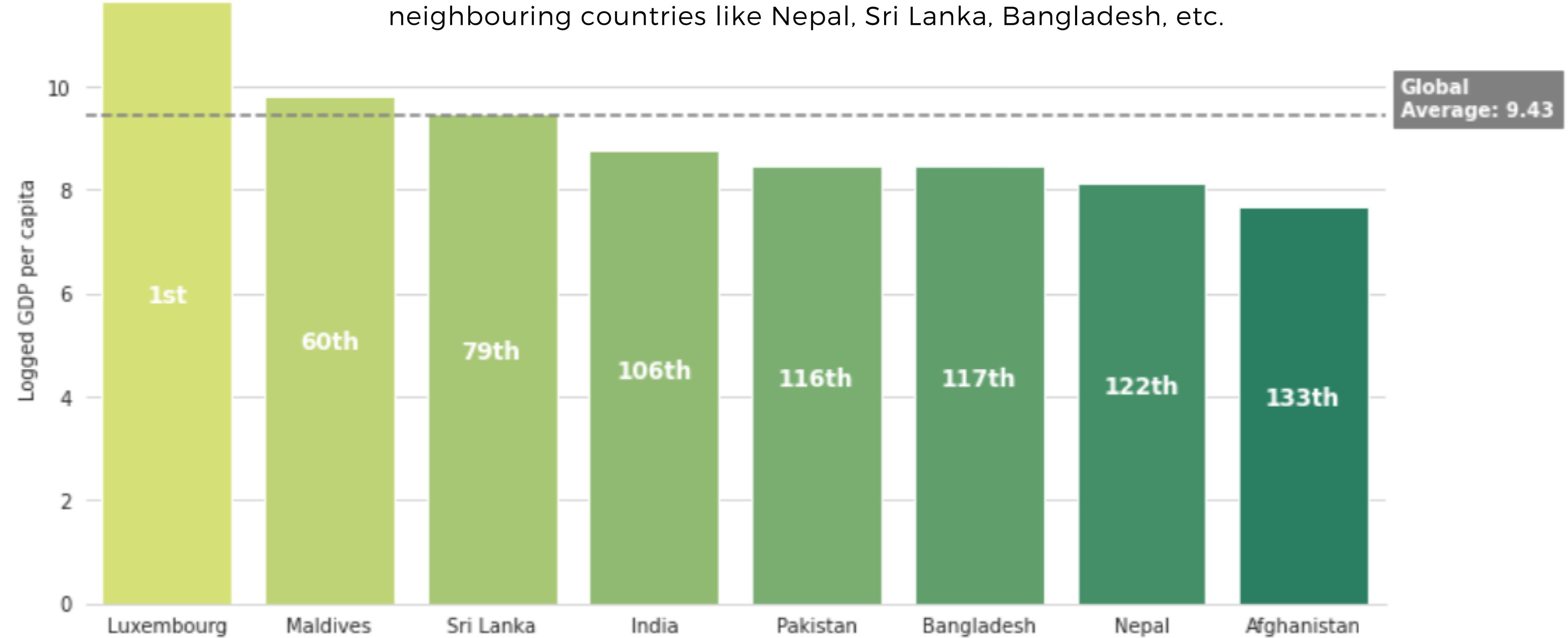
# How Happy is India Among its Neighbors?



AMONG SOUTH ASIAN NATIONS, INDIA POSITIONS SIXTH IN THE HAPPINESS INDEX. IN A WORLD SETTING, INDIA POSITIONS 139TH, FAR LESS THAN AVERAGE.

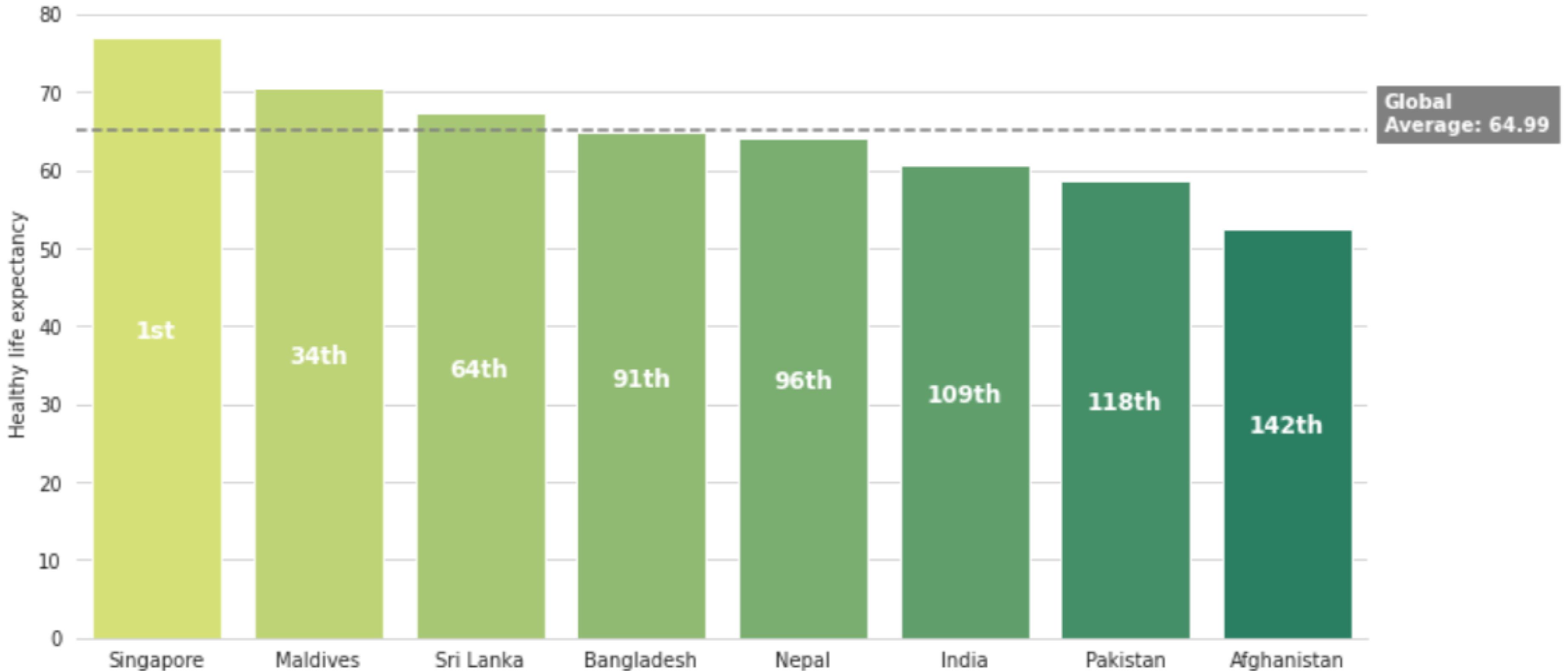
# Where does India's Log GDP Ranks?

In this section, we are going to explore data with respect to our neighbouring countries like Nepal, Sri Lanka, Bangladesh, etc.



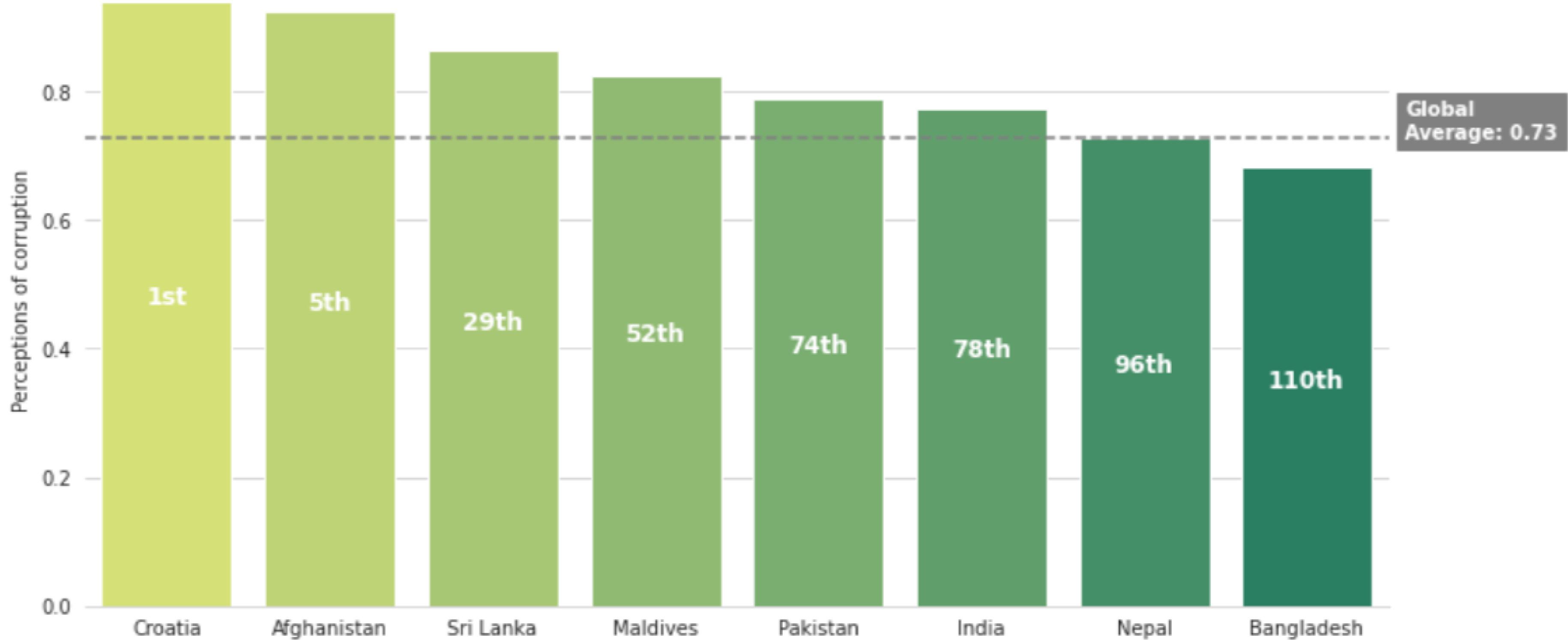
AMONG SOUTH ASIAN NATIONS, INDIA POSITIONS THIRD IN LOG GDP PER CAPITA SCORES. IN A WORLD SETTING, INDIA POSITIONS 106TH.

# Where does India's Healthy life expectancy Ranks?



AMONG SOUTH ASIAN NATIONS, INDIA POSITIONS FIFTH IN HEALTHY LIFE EXPECTANCY SCORES. IN A WORLD SETTING, INDIA POSITIONS 109TH.

# Where does India's Perceptions of corruption Ranks?



AMONG SOUTH ASIAN NATIONS, INDIA POSITIONS FIFTH IN PERCEPTIONS OF CORRUPTION SCORES. IN A WORLD SETTING, INDIA POSITIONS 78TH.

FACTORS MAY AFFECT HAPPINESS, INCLUDING HOW OUR NEEDS ARE SATISFIED AS:

- Four important F's for happiness at the individual level are: **Faith**, **Form /Fitness**, **Family**, and **Friends**.
- At the social level, important factors include environmental **Quality**, **Equality**, **Social Capital** (including **Trust**).

# The Traits of Happy People

**OBSERVE AND PRACTICE THESE FOR YOURSELF**

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They are hopeful



They approach life  
with zest



They are grateful



# Analysis of Results

PEOPLE'S HAPPINESS WERE TRIGGERED BY SIMPLE THINGS.

ANIMALS AND BABIES ARE POPULAR HAPPINESS TRIGGERS.

HAPPINESS IS LARGEY EQUATED WITH FINANCIAL STABILITY.

# Useful Everyday Tips

**ADD MORE OF THESE ON A DAILY BASIS!**

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DO NOT POSTPONE  
YOUR HAPPINESS.

SPEND MONEY ON  
WONDERFUL  
EXPERIENCES.

NEVER  
UNDERESTIMATE  
YOUR RESILIENCE.

# 8 out of 10

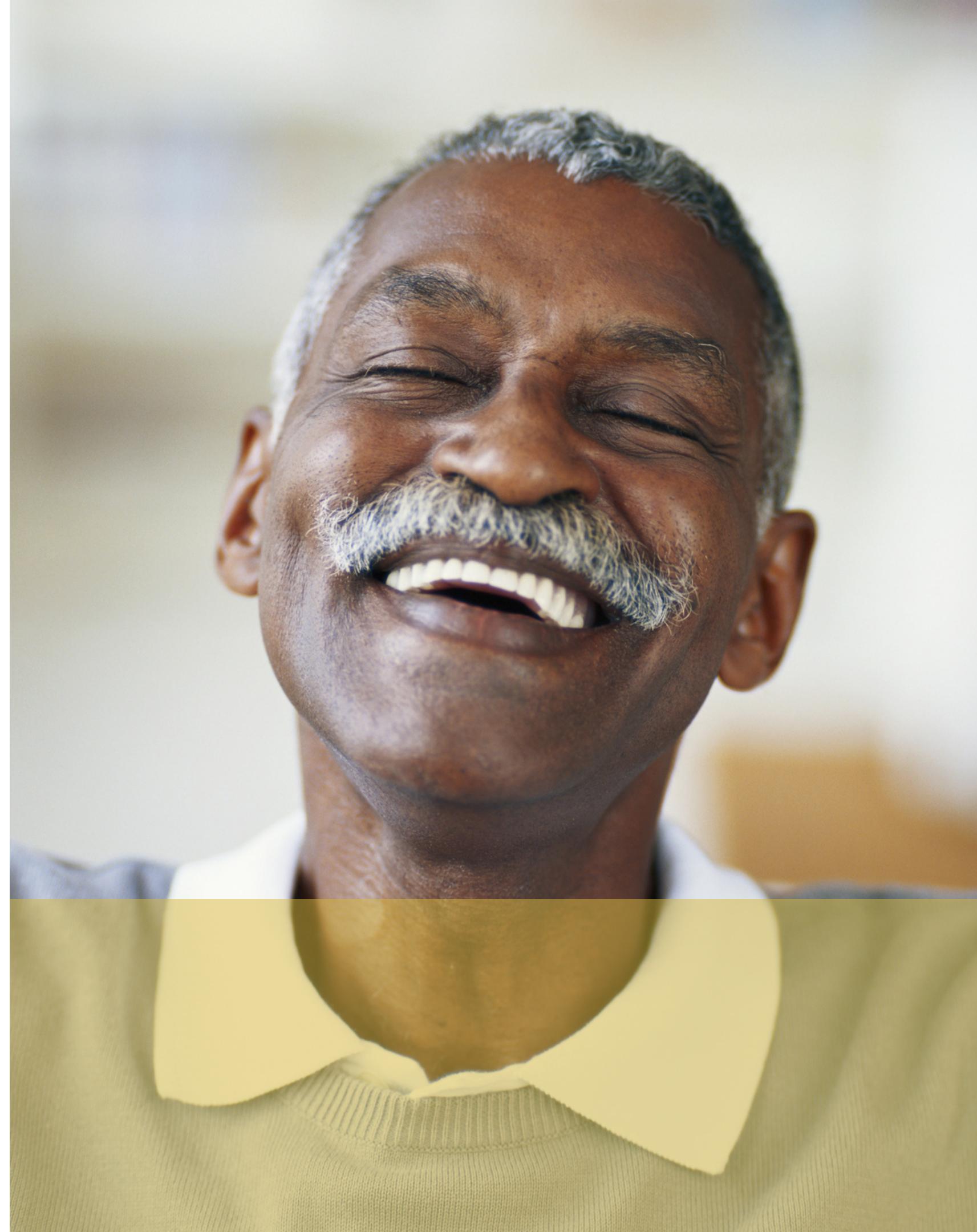
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EQUATED HAPPINESS TO  
CONTENTMENT IN LIFE

# 9 out of 10

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EQUATED HAPPINESS TO BEING  
KIND TO OTHERS





## PORTRAITS OF HAPPY PEOPLE

Our country is already working pretty well on the improvement of the nation's rank, similarly we need to focus on the mental health and happiness of the people as well because the healthier and the happier we are the more productive we can be. We will strive together to make India a happier, safer and healthier place.

@srisriu #WorldHappinessReport

# References

- SurveyReports
- Articles
- Blogs
- ResearchGate.com
- Analyticsvidhya.com

## FINAL WORDS

The most simple  
things can bring  
the most  
happiness.

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IZABELLA SCORUPCO

