

Agra Cadabra is a type of ground beetle that belongs to the Agra family and is named after a magician's catchphrase.



What is happiness?

Global Happiness Experts As They Divulge The True Meaning Of Happiness



Happiness is... effective communication

Speaker: Ms Kavita Thapliyal, Associate Prof, Amity Intl. Business School, AUUP

Speaks: Effective communication is an art of connecting the mind and the soul. Although we constantly communicate with the ones around us, how often is it an effective communication? Through such communication, one can rapidly improve their quality of life, in turn, ushering in happiness, both at home and workplace. Hence, by imbibing the elements of effective communication, i.e., reading, writing and speaking, I can confidently say that we can truly walk on the path towards immense happiness.

Happiness is... attaining balance

Speaker: Ben Smith, Head, Research and Innovation, Chelsea Football Club, UK

Speaks: A typical football match lasts for 90 minutes. One may consider this a short span of time, but it has the ability to take the mind space of players and other people associated with it for a rollercoaster ride. Therefore, all the players are specifically trained to refrain from associating absolute happiness with the success or failure of a match. They're trained to strike a psychological balance which helps them to be detached from the outcomes, whether it is resounding success or gut-wrenching failure. This careful balance is what constitutes happiness; it helps to maintain social and personal relationships, and generate happiness in our lives.



Happiness is... a culture to be developed

Speaker: Dr Ezaz Ahmed, Dean, Business Entrepreneurship & Technology, Columbia College, USA

Speaks: In today's fast paced-world, we need a culture that is acceptive of people, regardless of their age, their background, their disabilities, etc.; we need a happiness culture. We should thoroughly seek to foster a culture where elderly people are not afraid to lose their jobs because of their age, where students do not feel suffocated in their classrooms and where employees don't feel bored or burdened of the work being given to them. And to achieve such a culture in society, we all need to start thinking for each other and make each other feel secure and comfortable in every way possible. And if this happens, then this culture will lead to happiness, both at home as well as at the workplace.



Happiness is... a state of mind

Speaker: Dr S S Mantha, Former Chairman, AICTE & Chancellor, KL Universities, Andhra Pradesh

Speaks: My personal belief is that happiness is a state of mind. So, what does that really mean? Can we understand happiness without the context of understanding pain and tragedy? Sometimes, in life, an event may elicit a response of both happiness and sadness, in different contexts. So, is context important in understanding happiness? The answer to this lies in a single word- *sthithpragya*, a state of eternal happiness. It denotes contentment, tranquillity and firmness in judgement and wisdom. Any person who is truly enlightened is always happy because s/he is not affected by anything and hence, the context of his/her happiness ends up becoming redundant.

Happiness is... being yourself

Speaker: Dr Sandeep Bhasin, Associate Prof, Amity International Business School, AUUP

Speaks: To measure success or failure, one needs to define happiness and what it means to them. And, at the same time, one needs to start looking at success from an individualistic point of view, far away from society's notions of what is defined as success and failure. By trying to match up to societal notions of success or failure, we often start feeling unhappy and dejected. Therefore, each one of us should understand that what may be success for one person might not be the same in the case of other person. We should not compare our achievements/failures with that of others and live a life that is free of regrets. And that, according to me, can bring happiness in your life.



Happiness is... a secure society

Speaker: Harrish M Bhatia, President, Dainik Bhaskar Group

Speaks: When parents pressurise their children to study, to chase after prosperity in life, they are projecting their own insecurities onto them. They wish for a secured future for their children. The reason for this lies in the fact that our social fabric is very old, so old that it is unable to cater to the needs of its own people, hence leading to feelings of insecurity and unhappiness. It is time that all stakeholders of the society work together and create a system that instils a feeling of security and confidence in its people, regardless of what role they play in the society or what job they have undertaken. This is the need of the hour- a social system that is open and transparent; one which encourages healthy debates and a happy society.

Happiness is... good mental health

Speaker: Prof (Dr) Gurinder Singh, Group Vice Chancellor, Amity Universities

Speaks: Recently, while perusing through data on mental health, I was astounded by the numbers that had surfaced. In the Indian context, almost 68% young students suffer from mental health issues. They seek someone to share their thoughts with, but alas, find no one who can listen to them and give them the knowledge



of happiness. And this problem is rampant, not only among students but among working professionals as well. Turning a blind eye towards the problem of mental health will eventually kill the society and most importantly- happiness. Hence, it's crucial to generate happiness in our classrooms, our institutions and our organisations, for only then can we lead a happy life without any mental health issues.



Happiness is... hapifying oneself

Speaker: Prof (Dr) Nitin Arora, Proctor; Rekhi Singh Endowed Professor of Happiness, Spirituality and Consciousness, Amity International Business School, AUUP; ATAL AICTE FDP Coordinator.

Speaks: We should never strive seriously for happiness. Rather we should Hapifythe perceptions. There are seven steps to enhance one's perceptions that needs to be mastered to hapify in sequence - Body compulsions, Passion, Mindfulness, Heartfulness, Creative expressions, Willpower and Blissful living. When we seek to hapify ourselves, we walk towards it and say yes to happiness, and all its components and characteristics. And when we are hapified, we become inclusive and joyful at work. So, let's hapify our perceptions and lives.

Happiness is... self-awareness

Speaker: Dr Meena Mishra, Chairman, Brain Behaviour Research Foundation of India (BBRFI), Delhi

Speaks: It is often said that happiness cannot be measured. But if depression can be measured to a large extent, then why can't happiness be measured as well? Well, it can be through brain mapping, where four distinct components of brain are analysed such as genetic mapping, biological mapping, brain recording and psychological mapping; each one of them targets different forms of brain, genetic nature of an individual, his/her inborn characteristics, his/her present status of characteristics and the EEG and FMRI parts of brain. Through this brain mapping, you can make the brain tell you what it is struggling with and what it is good at. This is evidence-based self-awareness one can have. Through this evidence-based approach towards self-awareness, one can literally find evidence towards happiness in the mind.

