

Spiny Lumpsucker is a species of bony fish with a suction pump on its pelvic fins that allows it to anchor itself to its surroundings.



## Happiness is... in simple things

**Speaker:** Dr Annurag Batra, Chairman & Editor-in-Chief, Business World and Founder, Exchange4Media (E4M)

**Speaks:** When talking about happiness; both in the workplace and at home, there are a few simple things or mantras to keep in mind. It is important to remember that happiness can be found in even the smallest of things- as small as spending time with the people whom we love and staying true to our beliefs and value systems. Every day, if we show gratitude towards everything that is good in our life, even that will make us happy. As long as we keep it simple, imagine the best for ourselves and find what drives us, we will find happiness.



## Happiness is... mastering the life skills

**Speaker:** Dr Swaroop Sampat Rawal, Miss India 1979, Actress and Director, NEM life Skills

**Speaks:** Happiness is not being happy all the time. True happiness is attained only when one accepts their emotions according to the situation and acts freely, following their feelings. This core life skill is the secret of happiness. While this may be a difficult one to achieve, but if we try, we can for sure master this life skill to live a happy life. So, get a hold on all the negative emotions and rise above them to fill your life with happiness in and out.



## Happiness is... having a clear & free mind

**Speaker:** Yogesh Kocchar, Former Director (Strategy and Corporate Affairs), Microsoft India

**Speaks:** The human mind is like a loop. When given a chance to wander, it comes back to the same situations and choices. To be happy, it is important to attain self-awareness and free ourselves from this loop mechanism. Being fixated on certain things makes a person enter into a vicious cycle of thoughts, making them travel the same paths repeatedly. To be happy, one has to be emotionally competent and free oneself of boundaries, for happiness is a complex emotion.

## Happiness is... not defined by wealth

**Speaker:** Dr Asif Iqbal, President, Indian Economic Trade Organisation (IETO)

**Speaks:** Desire and unhappiness go hand in hand; when the number of desires increase, unhappiness also increases. When we compare people from developed and underdeveloped or developing countries, there is a visible difference between the two, apart from the difference in wealth of course. The people from developed countries are less happy than people from countries with limited resources. What does this tell us? This tells us that money cannot bring us happiness. If one's happiness is defined by money, they will always remain unhappy.



## Happiness is... equation of energies



**Speaker:** Dr Rima Chowdhury, CHRO, Executive Vice President, Datamatics Global Services

**Speaks:** The secret of managing employee and organisational happiness at workplace lies in the four quadrants of energy - physical, emotional, mental and spiritual. An organisation that can achieve to retain all these four quadrants of energy intact can run a happy workplace environment. If an organisation can give every employee the much required- emotional space and mental peace, then happiness is bound to be a part of the organisation and that of people associated with it.



## Happiness is... embracing the fear of future

**Speaker:** Satinder Singh Rekhi, MD, R-Systems, Singapore & Chairman, Rekhi Centre of Excellence for Science of Happiness, IIT Kharagpur

**Speaks:** Happiness increases when shared and in this interconnected world, if one person is happy, he can bring happiness in the lives of thousands of people. As this dynamic world changes continuously, we must overcome the fear of the future and not let it overtake the present. The very concept of fear has been wired within our brains and as a result, we fear about anything and everything. From the most trivial ones to the major ones, fear does surround us at every point of life. To be happy, one needs to embrace and face the fear of present as well as that of future.

## Happiness is... expanding yourself

**Speaker:** Yogacharya Dhakaram, Founder, Ekam yoga

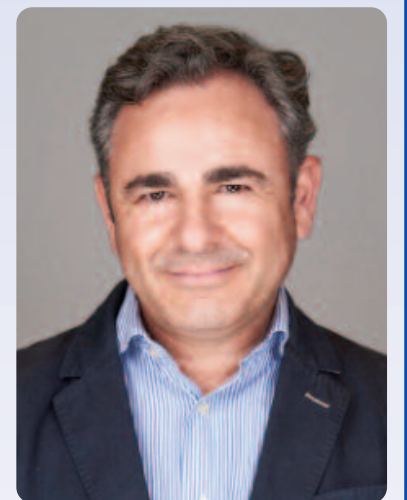
**Speaks:** In my personal belief, if one is unhappy, one should learn to direct their energy on focusing on their shortcomings. And this can be achieved by the expansion of mind and soul. Expansion, through yoga brings happiness to one's core and charges the body, mind and soul. Simply, because whenever one practices yoga, there are a few elements that focus on breathing to make one feel relaxed. These breathing elements help one lower the stress levels and can act as a happiness booster in the long run.



## Happiness is... human connections

**Speaker:** Luis Gallardo, founder and president, Happiness Foundation, USA

**Speaks:** Every person undergoes transformations at different levels, such as individual and psychological. After continuously changing and evolving as an individual, one goes into an 'autopilot mode' of sorts when one reaches a particular age. This is a trap for unhappiness, we must avoid it at all costs because here we stop making new human connections. The connections we make in life will guide our way to happiness. Unsustainable connection will bring negativity to your life, pushing you into a downward spiral. Positive connections will push you upwards and bring happiness in your life. So, one should always try and make human connections to keep the happiness quotient alive in their lives.



## Happiness is... being mindful always

**Speaker:** Dr (Mrs) Pankaj Prakash, Spiritual Trainer, Osho Fragrance, Haryana

**Speaks:** Why does happiness elude most of us? It is because we worry about the past and forget to live in the present. This has, in turn, deteriorated our standard of living and a way out of this is practicing mindful meditation. Meditation purifies the mind and shows us knowledge of the Eternal One- God. Our mind is of no use if we don't care for it or nourish it. When we practice mindful meditation, we bring our minds on their true path- the path to enlightenment, and this, in turn, brings us on the path to happiness.

## Happiness is... clarity of thoughts



**Speaker:** Tushar Pradhan, Chief Investment officer (CIO), HSBC Global Asset Management Company, and lead trainer, Heartfulness Organisation

**Speaks:** Everyone who strives to be happy must have the ability to observe their thoughts and dwell on them with a clear mind. And how can this be done? Through the incorporation of meditation in one's life. Meditation is like a framework in which one can see oneself clearly. Each one of us should indulge in Heartfulness Meditation, a type of meditation which helps you to feel inner peace and sense of joy. It is a simple meditation that anyone can practice within the four walls of their homes and after days of practice, you can find a remarkable change in the state of your mind as well as rejuvenation of heart.