

DIVERSIVE

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UNIVERSAL HAPPINESS

By Bhavya Paruthi

Happiness, it's an emotion anyone can have. Happiness is a lifelong pursuit. Think about it! We, more than often, study, work, earn, marry or have children because we are made to believe - these things will make us happy. But do they?

A person with no home, family or money can be as happy as the richest person in the world and that is because happiness transcends the boundaries of wealth and resources, it is grounded in one's perspective towards life. Happiness is inclusive in nature. It does not differentiate.

Ancient Greek Philosopher, **Aristotle** described two types of happiness. First, **Eudaemonic happiness** is a holistic outlook of life, it allows one to strive for satisfaction and look at life from a broader perspective.

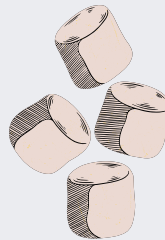
In contrast, **Hedonic happiness** is the instant happiness/gratification which comes from smaller elements of life. It works on the pleasure principle and helps one attain temporary satisfaction by avoiding painful tasks.

Take for example, The Marshmallow Experiment conducted by Walter Mischel in the 1960s at Stanford University. In this experiment, young children were placed in a room with a marshmallow on a table. They were given a choice: they could either eat the marshmallow immediately or wait for a period of time without eating it. If they waited, they would receive a second marshmallow as a reward.

Here, a child who eats the marshmallow immediately is seeking Hedonic happiness because they prioritize the immediate pleasure of eating, over the potential greater reward of two marshmallows later. Children who lacked the self-control to delay gratification in the experiment might experience short-term happiness from indulging in the marshmallow, but they miss out on the additional marshmallow's pleasure.

Eudaemonic happiness is more focused on long-term well-being, personal growth, and fulfillment. In the Marshmallow Experiment, a child who successfully delays gratification and receives the second marshmallow is exhibiting characteristics of Eudaemonic happiness. This child demonstrates self-control and the ability to resist immediate temptations for the sake of a greater reward.

So, even though it may be obtained in different ways, happiness remains a common thread that binds us all. It is truly the central motivator behind OUR actions, compelling us to explore, learn, and evolve in our pursuit of this elusive, yet profoundly human, emotion.



Be Happy, Always! 😊

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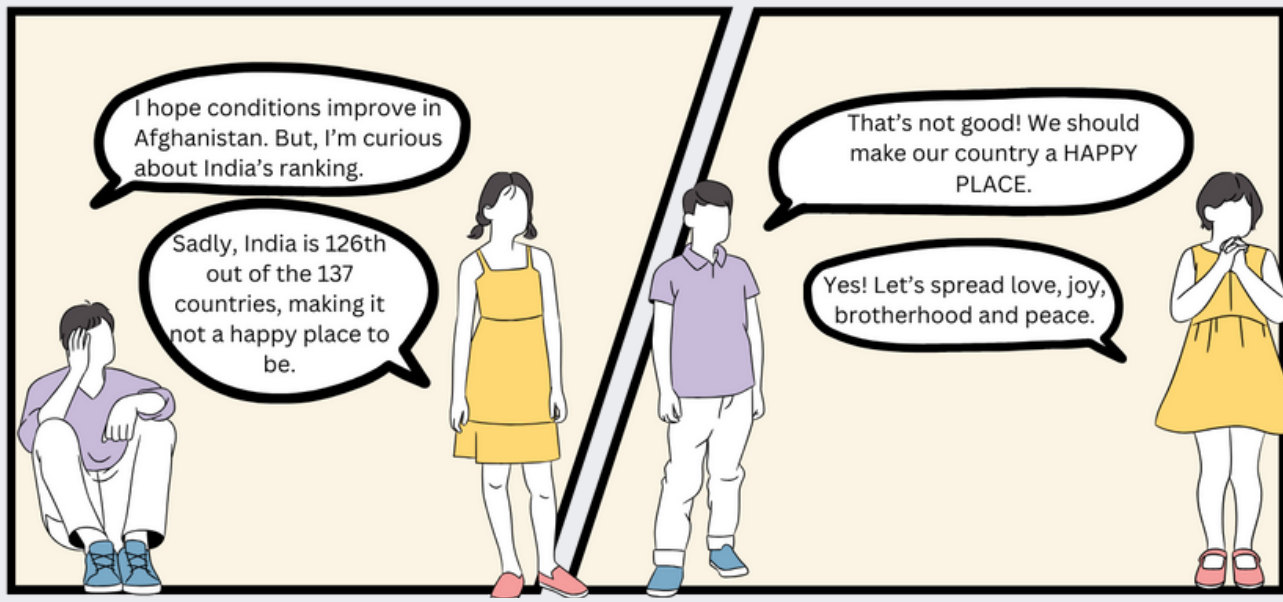
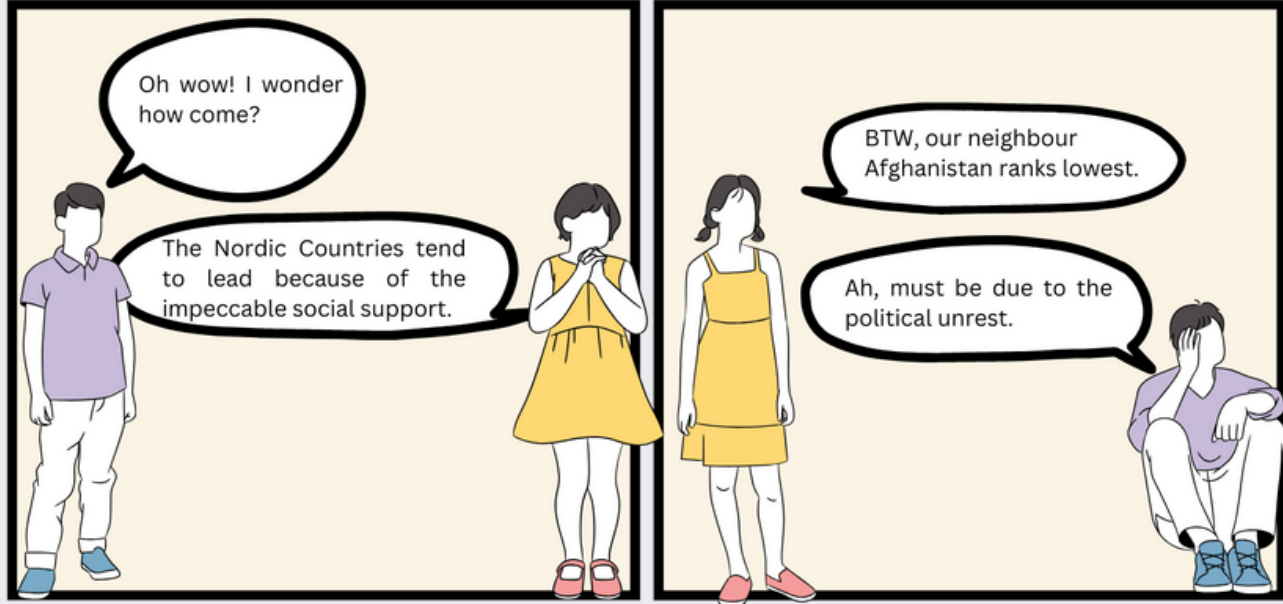
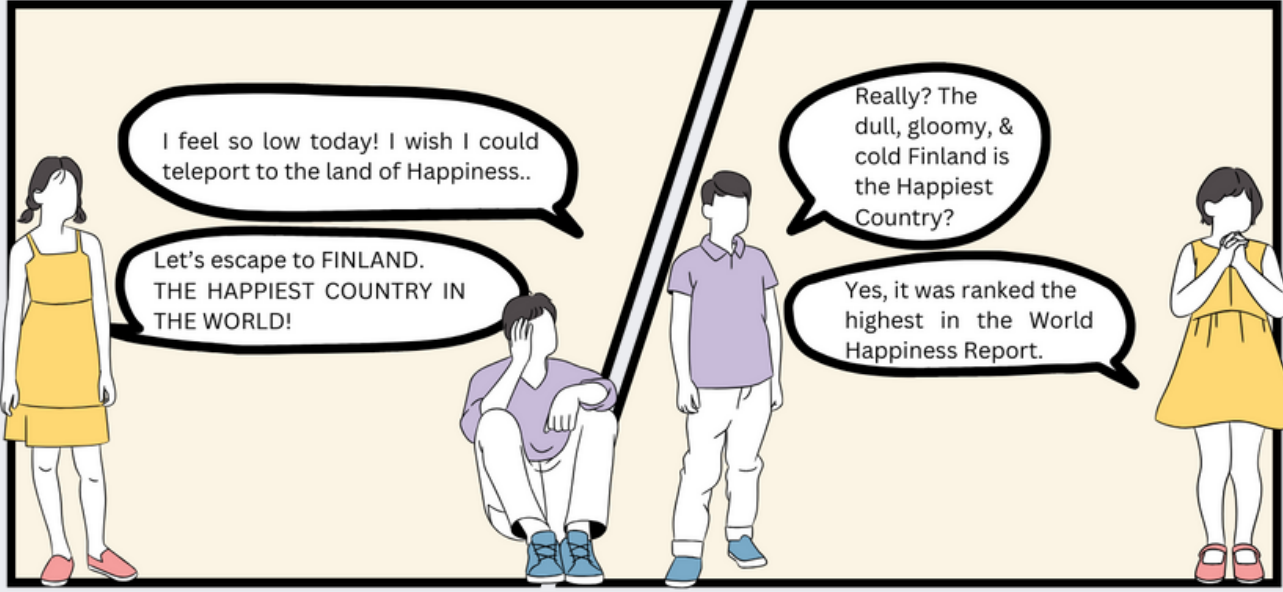
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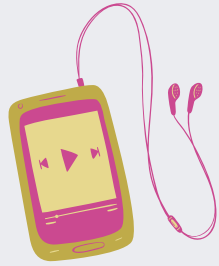
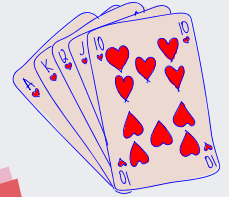


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HAPPINESS AROUND THE GLOBE

By Bhavya Paruthi





INCREASE YOUR HAPPINESS

Important, Enjoyable & Meaningful Activities

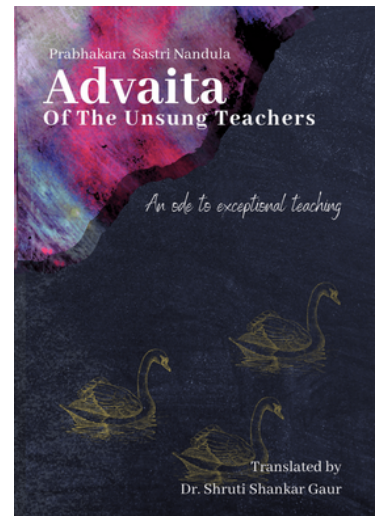
Instructions

In this exercise, you are invited to complete three important, enjoyable, and meaningful activities in a single day and write about them in detail. These acts should include:

1. A pleasurable activity carried out alone (for example, reading or listening to music)
2. A pleasurable activity completed with others (for example, playing cards or meeting for lunch)
3. A meaningful or important act (for example, visiting an isolated relative).

When you focus on activities that benefit others and utilize their unique strengths, they can transcend to higher planes of authentic happiness (Seligman, 2002).

In a nutshell, to find meaning in one's life, one must first take part in meaningful activities.



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UNIVERSAL LOVE: A POEM FROM FOUR DECADES

By Dr. Shruti Shankar Gaur

I was a happy child,
In awe of life.
I don't remember questioning anything.
I was obedient and compliant,
By default, downloading the world around.

There was an inner joy
That could submerge an entire universe.
Anything and everything brought laughter.

Those were the carefree childhood days.
All these years
I have consciously retained The memory of those days.
The ocean of happiness,
I cherish and often visit even today.



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