

April 2022 | ISSUE NO. II

Inpsychful

THE E NEWSLETTER

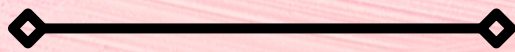


JAGANNATH INSTITUTE OF MANAGEMENT SCIENCES SEC-3

Department of Psychology



INSIDER



HAPPINESS: A CONCEPT

ART OF HAPPINESS

THE SPIRIT OF HAPPINESS

BEING HAPPY

WHAT IS HAPPINESS SET POINT?

WORLD HAPPINESS INDEX

HAPPINESS MEMOIR

ENHANCING HAPPINESS

LITTLE THINGS/INFERNO

HAPPINESS: A PARADOX

EDITORIAL TEAM



Ms. Harpreet K. Rakhra
HOD

Ms. Sagarika Mathur
Faculty Incharge

Ms. Prerna Goyal
Faculty Incharge

Ms. Pallavi Gupta
Faculty Incharge

Mr. Raunaq Chawala
Faculty Incharge

EDITOR'S NOTE

Look at the sunset, look at the sky, giggle a little, wink with a smile. For a kid, growing up is happiness and for an adult they had the happiest childhood, happiness is an abstraction different for everyone. Realizing that it's not your job, your degree Or your relationship but the hope that you are enough, that you are doing great that this moment is worth embracing that you don't have to wait till Friday to be yourself, that your forever is composed of now, the moment you survive to embrace the life that you mean to live.



HAPPINESS: A CONCEPT



Happiness! What comes to your mind when you read or hear the word "happiness"? If we go through the definition, it means an emotional state which is characterised by feelings of joy, satisfaction, contentment and fulfilment, but here we're not talking about how happiness is supposed to be in the dictionary, neither are we going to throw light upon the words. Preferably, we're thinking of it as a "feeling". When you gaze at your surroundings, do you see a tree or a bird or do you see the amalgamation of certain beautiful colors and feathers to fly. We've been blessed with a pair of eyes. Every pair that makes a difference is not what is shown to us rather depends upon what we want to perceive with those pairs of eyes as each pair sees something relatively different. In my opinion, if you sense comfort in peace when you're by yourself or when you learn to love yourself enough, you're happy. Some things don't belong in containers but in free and abstract states, they exist in our own selves and not outside our soul. We've heard the story of a deer, how it fools itself into thinking that the fragrance came from an external environment while for the perfume it looked for externally was filled in its own self. The aim of this piece of writing isn't just merely to be read but felt. Ask yourself what is that thing, place, person or a moment that has given you a true sense of freedom and peace. Find it within yourselves because once you do, you won't have to wander from one place to another in the search. When you wake up in the morning, be thankful for another morning, if not that then on another day try to make a momentary to live and just embrace your happiness. Open up your hands widely and welcome life as it is from within because it doesn't matter how long it is, what matters is how big and joyful your life is.

-Jahnvi Kamboj

HAPPINESS IS



...realizing it's only Saturday
when you thought it was Sunday.

My only serotonin molecule making it's way
through my brain when the therapy dog
shows up



wifi + food + my bed



= happiness

Pure happiness.

HOW THE NATURAL ENVIRONMENT SHAPES OUR HAPPINESS?

Environment has been the basis of all life forms and has very dynamic effects on a person's life. A hypothesis referred as 'Biophilia' states that there exists an instinctive, close connection between human beings and other living organisms or specific habitats arising from biological evolution, whereby nature has a direct, positive impact on happiness shaped by our evolutionary origins.

There is indeed evidence in psychology suggesting that being exposed to green, natural environments improves mental well-being. Mechanisms include a reduction in stress, a rise in positive emotions, cognitive restoration, and positive effects on self-regulation.

Green, natural environments may have indirect positive impacts by encouraging certain behaviors, for example, physical exercise or social interaction, through the provision of public, open space, which improves mental or physical health and longevity, and thereby happiness.

Christian Krekel

-Kartik Pandey



THE ART OF HAPPINESS



The Art of Happiness is a theory-based, eight-week intervention that was conducted at **three senior centers** in the state of Delaware.

Each 90-min class examined a different topic including:

- (1) Defining happiness,
- (2) Stress management,
- (3) Reflecting on happiness,
- (4) Compassion and human connection,
- (5) Forgiveness,
- (6) Transforming suffering,
- (7) Mindfulness, and
- (8) Humor

Positive psychology interventions are interventions aimed at cultivating positive emotions, cognitions, and behavior (Sin & Lyubomirsky, 2009).



WHAT IS POSITIVE PSYCHOLOGY?

Positive psychology is the scientific study of what makes life most worth living. (Peterson)
Positive psychology focuses on the positive events and influences in life, including:

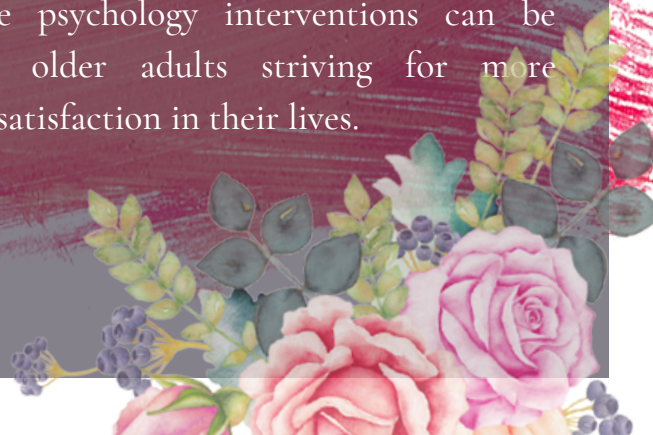
1. Positive experiences
2. Positive states and traits
3. Positive institutions

Older adults are exposed to loneliness, isolation, and lack of social support, and their independence is often threatened due to physical and mental disabilities. The consequences of these conditions are a decline in the quality of life and, ultimately, in their hope and happiness. (Tuntichaivanit C et al, 2009)

By the end of the intervention, participants experienced significantly less perceived stress and were significantly calmer and less tired than before the intervention. Results from this study provide significant contributions to the field of positive psychology and suggest that interventions similar to "The Art of Happiness," are applicable to older adult populations. (Erica J. Rathie et al, 2018)

Positive psychology interventions lead to a decrease in depressive symptoms, anxiety symptoms, hopelessness, perceived stress, tiredness, and negative affect. Positive psychology interventions can be beneficial for older adults striving for more happiness and satisfaction in their lives.

-Chetna, Khushi & Eva





THE SPIRIT OF HAPPINESS



Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. On the other hand, Spirituality is about seeking a meaningful connection with something bigger than yourself and Recognizing that what connects you to a higher power also connects you to others.

Spirituality brings a sense of meaning to a chaotic world. When the circumstances in life takes on greater significance, spiritual people are better able to cope with stress. Spiritual people are more likely to have gratitude for life's enjoyable events and to more gracefully process challenging once. Whether it is due to feeling supported by a higher power or being versed in how to surrender to Divine Will they assure their life is meaningful rather been random . Spirituality reassures an order to things, and generally encourages optimism and the pursuit of a joyful life. It helps people to identify their values and appreciate the same values in others. Spiritual people are more altruistic, compassionate, and forgiving of others, because they identify with what connects—rather than what separates—them. Many spiritual traditions encourage belonging to a community, which promote relationships—one of the highest indicators of a happy life. In fact, positive psychology studies show that spiritual people have more positive relationships with the people around them in general.

Some ways to increase our spirituality are , Spending five minutes at the end of the day writing down what you are grateful for. Engage in conversation with people who you might otherwise pass by. Making connections with others reminds you that you aren't alone, and that everyone has hardships and blessings in their lives. Reading spiritual literature has become a treasured compliment towards a daily meditation.

Concluding, A spiritual person has a purpose and meaning of his or her life, feel connected to a broader eternal power believe in equality and has a self and other acceptance also , and these things determine the happiness. Living happily depends on how we are in our inner lives - our thoughts, emotions, beliefs and desires. Having a spiritual dimension means finding a sense of inner peace - both peace of mind and peace in the heart.

-Kezia Aby





BEING HAPPY



Happiness is a feeling or you can say an immersive feeling that everything is good inside. While happiness has many different definitions basically it is described as involving positive emotions and life satisfaction. Most people want to be happy and they seek happiness in a variety of ways- through achieving greater income, appreciation, prestigious careers, buying new car etc. However, the changes in one's life circumstances like marital status, career, income etc is not the simplest path to greater well-being. Instead, cognitive therapy or behavioral strategies that people can apply in their daily lives have been found to reliably improve happiness.

Our lives are full of ups and downs. In life there never comes a period of endless joy. Through searching for happiness, we find happiness in many areas of our lives- traveling, food and our loved ones.

We live in very materialistic world these days, and sometimes can't bring happiness but most of the times it tends to. The feeling of buying something that you really wanted and knowing that it is yours seems to be the best feeling, or spending quality time with your loved ones seems to be the best feeling.

People describe 'happiness' as 'a state of mind' and 'joy' as something that goes beyond it, essentially the spiritual peace. Basically, I think everyone is looking for a sustainable state of happiness and people experience happiness and joy in each & every moment of life. What we are talking about is sustained happiness, that happens when you have a proactive attitude towards happiness. It's the decision that you make. I believe that life is a guru of experiences that provides us many pieces of the puzzle along the way.

A happy person can do things more productively and find out all his/her ways.

BENEFITS OF BEING HAPPY

- less stress and worry
- feeling good about yourself
- a healthier heart and mind
- a strong immune system
- higher self-esteem and confidence in your abilities

CONCLUSION

Success is not the key to happiness; Happiness is the key to success. If you love what you are and what you are doing, you will be successful.

True happiness is a state where you have found your inner self. Nothing is as beautiful as a happy person. Hence, we are the source of our own HAPPINESS.



-Tripti Jain

WHAT IS HAPPINESS SET POINT?



A happiness set point is a term used to describe our general level of happiness, and it is unique to each of us. We all have different set points, and it is possible that some people, who seem to be happier than others, have naturally higher happiness set points.

Where does our happiness set point come from?

Your happiness set point partly comes from your genes. It also comes from our upbringing and personality traits that we develop when we are young and stay with us throughout our lives.

Does our set point change?

Yes, but only temporarily. In general, our happiness set point has the ability to increase around positive and negative events. However, eventually our happiness will return to our natural set point.

Let's understand this with the help of a study by Brickman, 1978 that found lottery winners were not significantly happier than control-group participants and that patients with spinal-cord injuries "did not appear nearly as unhappy as might be expected." Ever since then, many in psychological and social science circles have taken for granted that people return to a relatively stable "happiness set point," even after seemingly life-changing events.

What this study shows is that there is an increase or decrease in the happiness set point in a person in relation to the situation they go through but it is not permanent and the previous natural set point will be reinstated.

But many other researchers contest the existence of such a set point. Andrew Oswald suggests that they do not necessarily return to a particular level of happiness. He says Money can buy at least some lasting happiness. (Gardner & Oswald 2007)

The study compared longitudinal data on a random sample of Britons who had lottery wins between £1,000-120,000 with two control groups, one that did not win the lottery and one that had small wins.

The study, which found that lottery winners' mental health increased an average of 1.4 points on a 36-point scale, suggests that windfalls are followed by a mental health improvement-even a year and a half after the win. That finding strikes a blow to the notion that people return to a set point of subjective well-being, he says.

That research also bolstered Oswald's previous research that found divorcing couples become happier after their separation was finalized. The study compared couple's mental well-being two years before marital breakdown and two years after the separation.

And looking into these studies it comes to us intuitively that coming out of a bad marriage or getting a subsequently large amount of money when you are broke will make us happy in a long run.

Both the studies does show us that there is an existence of a set point for our happiness but, are not clear on the fact that how it works. Does it change? does it not? Can it be used to in any way to improve our lives, there are no knowns in this. But one thing that can be said is each and everyone has the latent ability to be happy and everyone should try at least to elevate it on a personal level.

CAN I DO ANYTHING ABOUT MY HAPPINESS SET POINT?

Yes! There are ways you can choose to become a happier person:

- 1. Simply try.**
- 2. Make happiness your number-one goal.**
- 3. Linger on those little, positive moments.**
- 4. Choose mindfulness.**
- 5. Smile your way to happiness.**
- 6. Practice gratitude.**
- 7. Pursue happiness, find happiness and success.**
- 8. Let yourself be happy.**
- 9. Practice compassion.**

However, these are just suggestions. There are lots of other ways things you can try to raise the set point of your happiness.

-Levin Kumar

WORLD HAPPINESS INDEX



The Happiness Index is a survey that measures one's happiness in 10 different areas of life. It is an annual survey carried out by the United Nations that measures how the happiness of citizens has evolved in 156 countries.

Data from the Gallup World Poll are used to prepare the report.

Respondents have to rate their life from zero to ten. Zero represents the worst possible life and ten the best possible life. (factors: psychological wellbeing, health, education, time use, cultural diversity and resilience, good governance, community vitality, ecological diversity and resilience, and living standards.)

According to the world happiness index, the World Happiness Report is an indicator of global happiness.

This year marks the 10th anniversary of the World Happiness Report. According to the World Happiness Report, Finland was named the happiest nation in the world five times in a row.



Rank	Country	Happiness 2021	Happiness 2020	2022 Population
1	Finland	7.842	7.809	5,554,960
2	Denmark	7.62	7.646	5,834,950
3	Switzerland	7.571	7.56	8,773,637
4	Iceland	7.554	7.504	345,393
5	Netherlands	7.464	7.449	17,211,447
6	Norway	7.392	7.488	5,511,370
7	Sweden	7.363	7.353	10,218,971
8	Luxembourg	7.324	7.238	642,371
9	New Zealand	7.277	7.3	4,898,203

According to world's happiness report 2022, Finland tops the list followed by Denmark. Afghanistan ranked the lowest. India ranked 136th.



-Levin Kumar



HAPPINESS MEMOIR



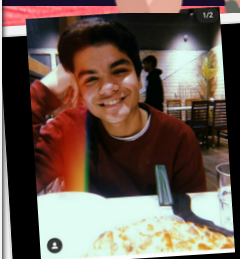
I'm so fur-tunate to have you in my life.



nobody could give you the comfort a dog can give



Getting my happy dance on



Home is where food is



Get yourself someone who looks at you the way i look at the food



Seeing these kids smile was something worth the trial and a moment of pure happiness for me



♥THERE IS NO LAND LIKE THE LAND OF YOUR CHILDHOOD♥



Siblings makes us crazy and are a mess but turn the moments into HAPPINESS ♥



earth because meaning of happiness has fur, four legs and a wagging tail.



Little moments of happiness aren't really little



"A HAPPY BEGINNING"



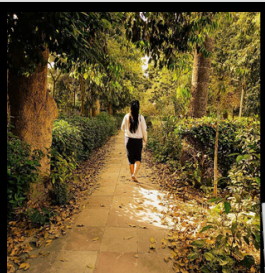
To the one whose back I'll always have, to whom I love the most



All of us are just one step away from happiness. In every house we always seem to lack one room



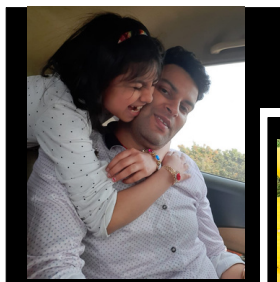
Our inside job..... HAPPINESS



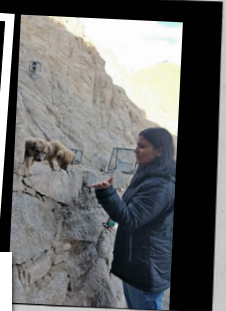
In every walk with nature she receives far more than she seeks... %



like sugar and spice you and i make everything so nice.



Happiness is only true when shared



Every time we see each other we do WIGGLE WIGGLE WIGGLE! %



December night, blushed noses, gripping the coffee mugs to warm up our hands, a lot of food, taking a trip down memory lane and the best people to be with.



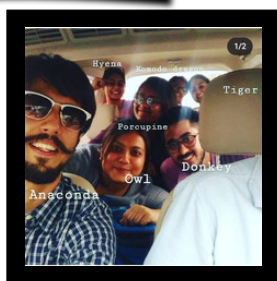
Happiness is seeing your mother smile.



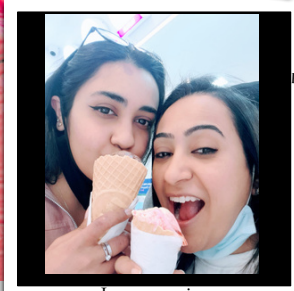
A true happy moment is never perfectly captured. It looks weird when captured but gives utmost pleasure when lived ♥



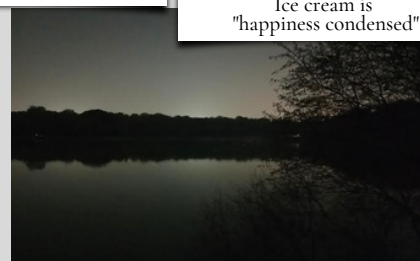
"I THINK THE DIFFERENCE BETWEEN FINDING HAPPINESS, OR MOMENTS OF HAPPINESS, IS HOW YOU CHOOSE TO INTERPRET THINGS. THAT'S A RATHER SHOCKING RESPONSIBILITY. THAT WE'RE RESPONSIBLE FOR OUR OWN HAPPINESS. IT'S NOT THOSE AROUND US."



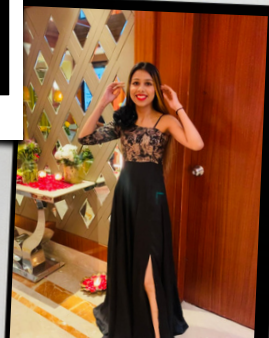
Happiness is only true when shared



Ice cream is "happiness condensed"



Happiness can be even found in darkness



I'm not a woman trying to impress, I'm a woman trying to progress. The focus is different.



ENHANCING HAPPINESS



Live life mindfully

In essence, mindfulness is the process of openly paying attention, with awareness, to our experience in present moment.

Research also suggests that mindful meditation makes people happier (Yowon Choi, et al. 2012)

TRY IT

Set a timer for a minute. In that time simply focus on how your your breath feels as it comes in and out of your nose or mouth. If thoughts, sensations or emotions arise, just gently acknowledge these but don't get caught up in them, and then gently, kindly bring your attention back to your breath. (It may take a few tries to get the hang of this.) A study conducted in Fars province, Iran (Nahid Zarifsanaiey et al 2020), revealed that the mindfulness-based educational intervention can increase happiness in people with diabetes and regulate their blood glucose.

Showing Gratitude makes you happy

Participants who were assigned to write gratitude letters that they weren't required to send their letters to their intended recipient. But those who didn't send their letters enjoyed the benefits of experiencing gratitude nonetheless This suggests that the mental health benefits of writing gratitude letters are not entirely dependent on actually communicating that gratitude to another person. (Brown & Wong, et al. 2017)

So if you're thinking of writing a letter of gratitude to someone, but you're unsure whether you want that person to read the letter, write it anyway. But the mere act of writing the letter can help you appreciate the people in your life and shift your focus away from negative feelings and thoughts.

Physical activity increases happiness

This review identified fifteen observational and eight intervention studies which investigated the relationship between PA and happiness. The available evidence indicates the positive relationship between PA and happiness among wide range of population. As little as 10 min PA per week or 1 day of doing exercise per week makes differences in happiness level. (Zhang & Chen, et al. 2019)

Social Relationships as a means of happiness

It is popularly believed and seen that people with good social relations who spent a good amount of quality time with friends and family stay happier. an 80-year-long study at Harvard University claims good pals are the key to a happy life. Scientists began tracking the health of 268 Harvard sophomores in 1938, and have continued the study over the past eight decades. The original participants included President John F. Kennedy "The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health," Robert Waldinger, director of the study.

Eating chocolate increases happiness

The body uses it to produce the mood-elevating substance of serotonin – also known as the happiness hormone. The sugar in the chocolate also plays a role in this. Because the insulin released in response to the sugar facilitates the journey of the tryptophan to the brain where it engenders happiness.

past studies found that consuming chocolate may help improve your mood and make you feel calmer and more content, partly because dark chocolate stimulates the production of endorphins, the chemicals in the brain that create feelings of pleasure. (Nehlig, 2013)



LIFE BEYOND LUXURIES,
IT'S EATING YOUR FAV COOKIE
SIPPING YOUR HOT CHOCOLATE
WEARING YOUR FAVORITE OUTFIT
DOING SOME SELF CARE

IT'S ENJOYING QUIET NIGHTS
LISTENING TO YOUR FAV MUSIC
DANCING YOUR HEART OUT
LOOKING AT THE SKY

IT'S BEYOND MONEY
IT'S ABOUT WISFUL THINKING
VISITING UNKNOWN PLACES
TALKING TO STRANGERS
BEING KIND TO OTHERS
HELPING THOSE IN NEED

LOVING YOURSELF, LOVING OTHERS
CHASING DREAMS, EMBRACING PASSION.

IT'S ABOUT HOW YOU WANT TO LIVE IT
CHOOSE TO LIVE BEYOND ANYTHING
ELSE

CAUSE LIFE DON'T BELONG TO YOU,
YOU BELONG TO LIFE!

-KHUSHI NARANG



WHAT EXACTLY IS GRIEF? A LOSS,
FEELINGS YOU FEEL AFTER YOU LOOSE SOMEONE,
A SAD TIME THAT FOLLOWED DEATH
A MOMENTARY FLOW OF HONEST EMOTIONS
A VENT WITHOUT WORDS
AN HONEST EXPRESSION,
MAYBE THE MOST CANDID ONE, FILLED WITH PASSION
AND SENTIMENTS. YOU LOOSE A PART OF YOU, YOU GROW
A BRANCH INSIDE YOU, WOVEN WITH LOVE AND THE
MEMORIES OF THE LOSS, OF THE EMPTINESS YOU FEEL
AND TEARS YOU WHEEP AND THE FOREVER YOU LOOSE
IN THE BLINK OF AN EYE, WITH THE SPEED OF LIGHT.
LAMENTATION OF THOSE BEAMY SMIRKS, SCREECHING
THROUGH THOSE EMPTY ROOMS,
SCREAMING THROUGH THOSE EMPTY VOIDS INSIDE THOSE
PUMPING HEARTS,
THOSE PICTURES AND SMILES THAT CAPTURED LIFE,
THOSE MOMENTS OF LIFE,
THAT DEATH OF LIFE, THAT REMORSEFUL FOREVER,
DEEPENING OF SCARS.

A SORRY FOR SINS,
A TEAR FOR EVERY MISSED PHONE CALL,
A WAR OF ATTRITION.
IT PULLS YOU APART, LIKE A BEAM OF FIRE THROUGH
YOU HEART, THE WARMTH OF A HUG, AND THOSE TALKS
ABOUT LOVE, MY CHILDHOOD MEMORIES AND MY TEENAGE
DAYS,
MY JOURNEY OF LIFE TO HER JOURNEY OF DEATH.

-AARUSHI CHAUHAN



HAPPINESS: A PARADOX



We all are the main protagonists of our movie called life and along the way we feel a lot of things, numerous emotions and the most prominent feeling is of happiness and joy. Various researches show that 40% of our happiness is completely under our control, rest 60% is usually the external factors and partly genetics. Everything we do and every emotion we feel is triggered by something out of these three factors and helps us to anticipate our actions and reactions. Grief subsides with happiness. Some people even use happiness as a tool to hide the deep dark secrets that they have to face every day, some people are happy when they are alone some are happy when they are around people. It is the most easily manipulated feeling, the harshest things can be laughed off. Sometimes the happiest people you know are the most broken inside; Every emotion we feel is backed up by one core desire of the humankind to be able to feel the positive emotions, to feel happy again. Happiness alone is paired up with numerous actions (physical factors) laughing, jumping, or being joyful but what overpowers all the other emotions is a smile, we have all heard the phrase, "a smile goes a long way" and when paired up with "fake it until you make it", you create a variety of possibilities. You create outcomes that are not supposed to be normalized in the society. We start suppressing our emotions and begin to put an upfront about your actual feelings; in every situation where we feel the roots of our grief creeping in, we shake it off with a bright smile on our face. As many studies have shown that when a person smiles, be it a fake one, can have a positive impact on your mood as it deceives the brain to release serotonin, the happiness drug. Once like Oscar Wilde quoted, "we are all in the gutter, but some of us are looking at the stars".

Being able to feel the sting of negative emotions like grief is important for the flow of positive emotions like joy.

An individual who has never experienced grief cannot understand the true importance of happiness and happiness is the only aspect of life that helps us live other emotions, its absence creates a void that consumes it, and the branches of grief kick in, and it is not just a loss of life but a loss of the entity or that being or a thing that your happiness relied on.

Grief is loss of excitement, grief is a goodbye to that Sunday, grief is what makes us look for happiness,

-Aarushi Chauhan & Levin Kumar



EDITORIAL TEAM



AARUSHI CHAUHAN (EDITOR IN CHEIF)



LEVIN KUMAR (DESIGNER, LANGUAGE EDITOR)

KARTIK PANDEY (DESIGNER)



KHUSHI NARANG (DESIGNER)

AASHIMA DUSEJA (DESIGNER)



KANIKA SHARMA (DESIGNER)

JAHNVI KAMBOJ (WRITER)

TRIPTI JAIN (WRITER)



CHETNA MALHOTRA (WRITER)

KHUSHI GUPTA (WRITER)



EVA AGGARWAL (WRITER)

AASTHA MASAND (WRITER)

VEDIKA KAPOOR (WRITER)



KEZIA ABY (WRITER)

KHUSHI GARG (WRITER)

TITIKSHA BHATIA (COORDINATOR)