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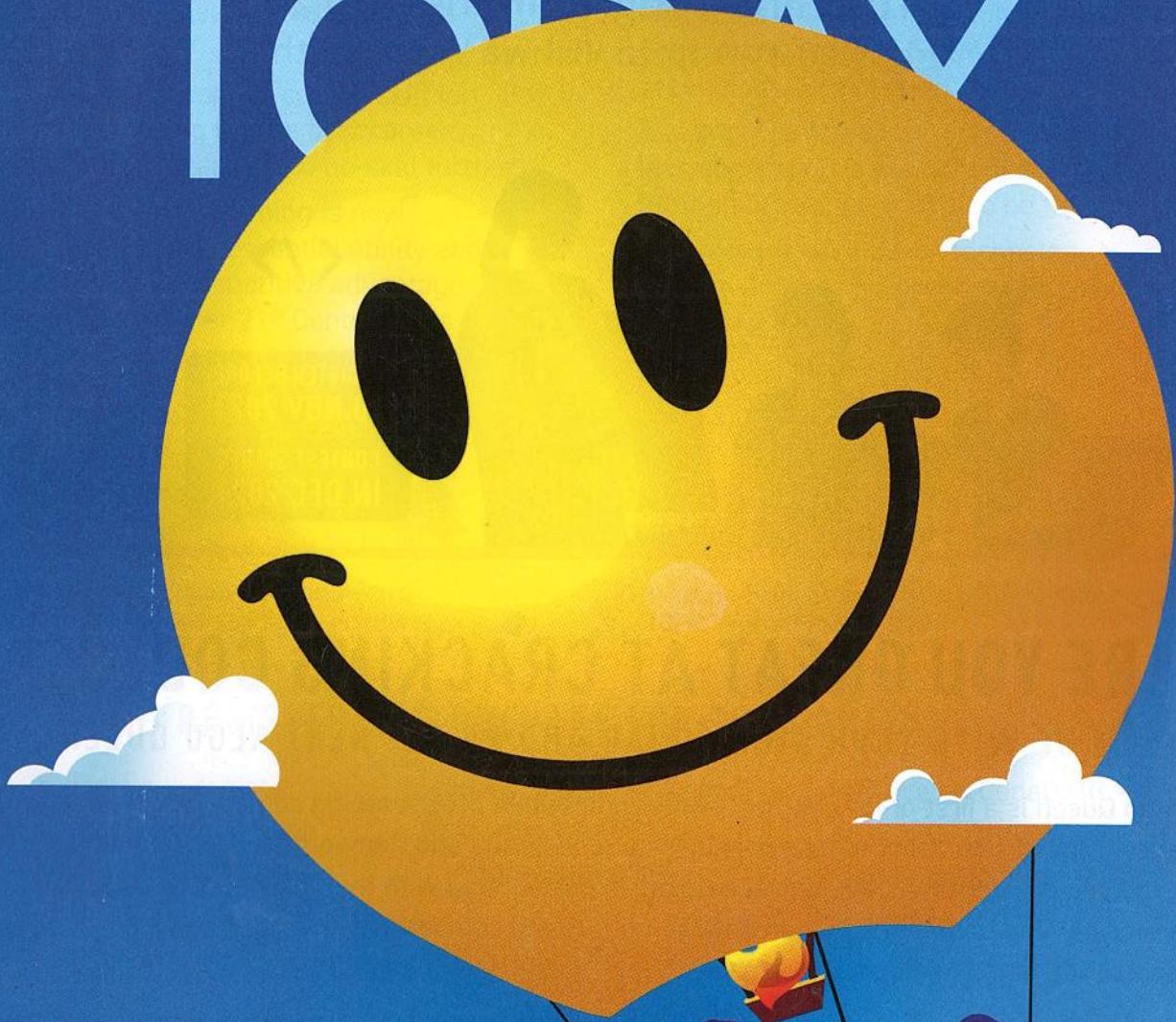
SPECIAL ISSUE

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THE QUEST FOR HAPPINESS

INSIGHTS FROM SCIENTISTS, PREACHERS
AND INSPIRATIONAL INDIVIDUALS ON
HOW TO FIND YOUR BLISS AND SHARE IT



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What Makes Me Happy

From long walks on the beach and a good book to the sound of their children's laughter and hanging out with friends, people from across fields share what happiness means to them

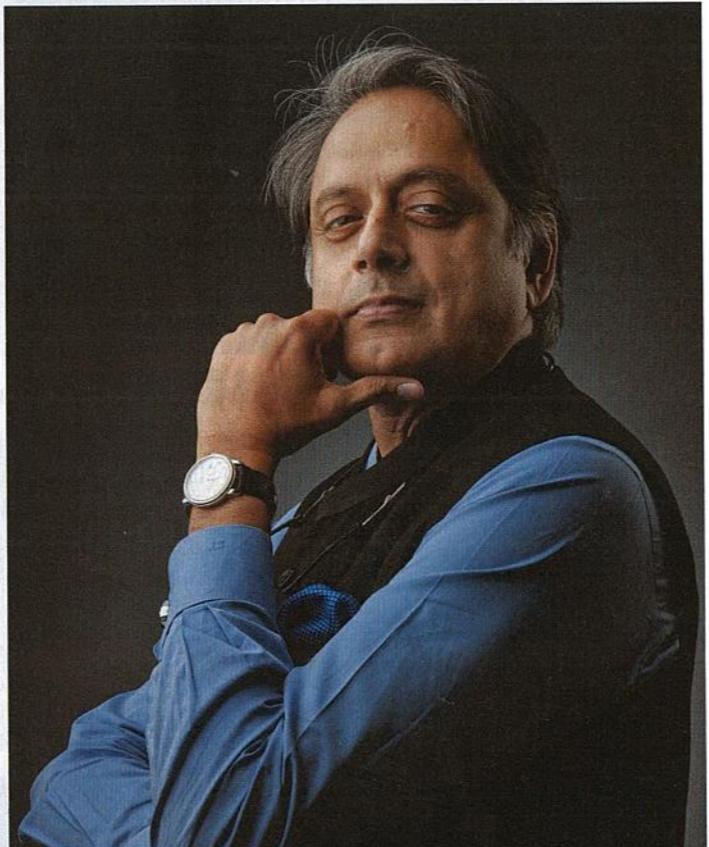
BANDEEP SINGH



"Happiness for me is a state of equanimity and contentment with one's situation. What makes me happy is a relaxed state of mind—which happens when I am with my family, spending time with them. Or when I am looking at a blue sky or am on a beach, watching and listening to the waves or just walking, when I am having a relaxed evening with friends or colleagues. I think we as humans naturally yearn and seek happiness—that is our state of equilibrium. Our happiness gets disturbed when our mind gets stressed and hence being happy requires doing things needed to relax one's mind. And it is the seemingly small things which usually make us most relaxed and happy"

ROHAN VERMA

CEO & Executive Director,
MapmyIndia



The greatest happiness, in my experience, comes from bringing positivity into the lives of others. As an MP, I am confronted daily by the problems of my constituents, many of which have weighed them down to the point of despair—a mother needing help for a sick child, a parent seeking to get her paramilitary son transferred to a post nearer home...a bereaved widow who has lost her family's only breadwinner and needs employment for her son, a scholar knocking vainly on the doors of the bureaucracy to get her fellowship funds released. Whatever I can do for them that brings a smile to their faces gives me more satisfaction and happiness than seeing my book climbing up the bestseller charts or India winning a cricket Test match!"

SHASHI THAROOR

Congress Lok Sabha MP, Author

Happy

MARTAND KHOSLA

Architect and Artist

"Happiness for me is moments.

It is the unexpected moment in a chance encounter with a person, a touching story and an artwork or building that instantly affects your core. And it is the unexpected chuckle or reaction of my children to new situations; though that is more like a burst of happiness! Or it is the series of moments in the creative process between expectation and realisation. It's the moment before the completion of a building or a sculpture as it is almost realised. Happiness becomes the approach to creation, where the imagination is not yet fully realised or still holds surprises"



SANJEEV VERMA/GETTY IMAGES



ARUSHI MUDGAL

Odissi dancer

Simple things in life bring me joy and happiness. A long, solitary walk close to nature with the wind blowing on my face, a silent conversation with a confidante, watching a nonsensical movie and laughing with family, an unexpected smile from a stranger, floating in water,

a beautiful song, a sign from the universe when everything seems to be falling apart, the sun, moon, stars in their glory, precious moments of abandon and bliss while dancing, the satisfaction of creativity...and each time I remind myself, happiness is but a state of mind. When I find it within, I find it without"

"I feel happy when I solve something complex. It gives me huge happiness and lights up my mind"

ASHWINI VAISHNAW

Union Minister of Railways,
Communications, and Electronics
and Information Technology