



Intersections
Lecture Series
Department of Liberal Arts

Exploring well-being in the Indian context



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11 am–12 noon

Room 205, Academic Block

Currently, we are witnessing a steady growth in happiness and well-being research worldwide. This is evident from the growing number of theoretical models, including culturally-rooted perspectives of happiness and well-being, to different national and international journals and psychometric tools for measuring these constructs. This increased focus on a wellness rather than an illness focused perspective to mental health is also in line with the broad theme of Positive Psychology. While some Indian studies have focused on well-being and happiness measurement, others have examined different ways of enhancing the happiness and well-being levels of different groups of people in the Indian population. The present talk will highlight some contemporary studies from India falling in the latter category. These include intervention studies on Indian school students addressing character strengths, gratitude, and stress management, among others. A few studies have also examined the efficacy of short-term happiness and yoga-based courses in enhancing relevant well-being indicators among college students. Other studies designed, developed, and examined the efficacy of well-being interventions among college students. Apart from these, there have also been studies for more underserved populations such as older rural women and cross-region brides of rural Haryana. Some of these studies have assessed the effectiveness of existing religious-spiritual, and culture-specific practices such as satsang (singing folksongs in a group). Overall, these researches have shown promising results, and will be the focus of the present talk.

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