



I am pleased to see that a compilation of photos selected from this year's first World Happiness Photo Contest is being published..... It is my hope that this book will be an encouragement to people to contribute towards achieving this.



HH Dalai Lama



World Happiness

**Coffee Table Book
2021**

Rajesh K Pillania

Editor

Praise for the Book

Inspiring and beautiful! The stunning photos from the World Happiness Photo Contest 2021 will leave you in awe of the people, cultures and joy in our world.

Dr. Marshall Goldsmith, the Thinkers50 #1 Executive Coach and New York Times bestselling author of Triggers, Mojo, and What Got You Here Won't Get You There.

A lovely book depicting images of happiness from around the world. A call and blessing for greater happiness for all.

Dr Emma Seppala, Science Director, Stanford University's Center for Compassion and Altruism Research and Education; and Faculty, Yale School of Management.

I am delighted to see this another impressive piece of work in happiness by Rajesh Pillania. Pictures are a powerful medium of expression. The inaugural edition of the World Happiness Coffee Table Book is a good initiative to capture happiness from around the world through the World Happiness Photo Contest consisting of an esteemed global jury. It is a great way to share happiness, particularly in these COVID times.

Mr Ashok Soota, Executive Chairman, Happiest Minds Technologies, and Former President, CII.

World Happiness Coffee Table Book 2021

Gurugram, India.

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Acknowledgements

This work is a result of generous guidance and support from a large number of people and we most humbly acknowledge all of them.

First of all, we are grateful to all the participants from all over the world for participating in this inaugural contest. It was humbling to get participants from all six continents.

We are extremely grateful to our esteemed global jury namely, Prof Ruut Veenhoven, Pioneer and World Authority on the Scientific Study of Happiness, and Director, World Database of Happiness; Prof Sir Cary Cooper, CBE, A leading global scholar in occupational health and wellness research, President of the Chartered Institute of Personnel and Development (CIPD), and Chair, National Forum for Health & Wellbeing at Work, UK; Dr Tal Ben-Sahar, Author, Ex-Faculty Harvard University, Serial entrepreneur Co-Founder, Happiness Studies Academy and Potentiallife; Ms Mandy Seligman, Photographer and Positive Psychology Expert, Founder of SeeingHappy.org; Prof Beth Ames Altringer, Director, Design Lab, Harvard University; Luciano Manzo, President and CEO, Make-A-Wish International; Dr Dasho Karma Ura, Head, Centre for Bhutan and GNH Studies, the government multidisciplinary think tank in Thimphu, Bhutan; Prof Rajesh Pillania, Chief Mentor & Advisor, Happiness Strategy Foundation and Professor, MDI, Gurgaon; Mrs Noof Aljneibi, Director, Emirates Center For Happiness Research & CEO, Happiness and Wellbeing, UAE University; and Ms Nontando Mposo, Editor-In-Chief, Glamour South Africa.

We acknowledge the good design support provided by Kreative Designs, India.

Foreword



THE DALAI LAMA

FOREWORD

I am pleased to see that a compilation of photos selected from this year's first World Happiness Photo Contest is being published.

It is our basic instinct to be happy and joyful and to avoid suffering. However, because of ignorance we end up causing misery to ourselves and others. Our pursuit of happiness must be rooted in a realistic approach based on correct perception of reality that counters our ignorance, greed and anger which are the root of suffering.

In my own life I found love and compassion to be key to building self-confidence and honesty, inner strength. These bring lasting fulfillment in life and that is the true cause of happiness.

Therefore, we must do our best to develop these wholesome traits further if we wish to live a life of true happiness. It is my hope that this book will be an encouragement to people to contribute towards achieving this .

With my prayers and good wishes,

A handwritten signature in red ink, likely belonging to the Dalai Lama, positioned below the text "With my prayers and good wishes,".

17 December 2021

Dedicated to

“This book is dedicated to the resilience and spirit of humanity shown throughout the world during the time of Covid-19”

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Introduction

“
*In the midst of death, life persists;
In the midst of untruth, truth persists;
In the midst of darkness, light persists.*
”

Mahatma Gandhi, (Young India, Oct. 11, 1928).

We have gone through an unprecedented COVID crisis. In these times, it is ever more important to stay happy. Following the Gandhian spirit, for ‘World Happiness’, we would like to focus on the things that bring happiness to our lives, and in that spirit, the inaugural World Happiness Photo Contest 2021 was organized by Happiness Strategy Foundation, a not-for-profit think tank for research on happiness and well-being and sharing the research findings with masses and industry to make a meaningful contribution to the happiness of India and the world. Pictures or photos are long recognised as a powerful medium of expression.

We all have places, people, hobbies, events, and so on that brings us happiness, and submissions were sought on these lines for the photography contest. We received participation from around the world and all the six continents namely Africa, Asia, Australia, Europe, South America, and North America. The final photographs are selected by an esteemed global jury namely, Prof Ruut Veenhoven, Pioneer and World Authority on the Scientific Study of Happiness, and Director, World Database of Happiness; Prof Sir Cary Cooper, CBE, A leading global scholar in occupational health and wellness research, President of the Chartered Institute of Personnel and Development (CIPD), and Chair, National Forum for Health & Wellbeing at Work, UK; Dr Tal Ben-Sahar, Author, Ex-Faculty Harvard University, Serial entrepreneur Co-Founder, Happiness Studies Academy and Potentiallife; Ms Mandy Seligman, Photographer and Positive Psychology Expert, Founder of SeeingHappy.org; Prof Beth Ames Altringer, Director, Design Lab, Harvard University; Luciano Manzo, President and CEO, Make-A-Wish International; Dr Dasho Karma Ura, Head, Centre for Bhutan and

GNH Studies, the government multidisciplinary think tank in Thimphu, Bhutan; Prof Rajesh Pillania, Chief Mentor & Advisor, Happiness Strategy Foundation and Professor, MDI, Gurgaon; Mrs Noof Aljneibi, Director, Emirates Center For Happiness Research & CEO, Happiness and Wellbeing, UAE University; and Ms Nontando Mposo, Editor-In-Chief, Glamour South Africa.

The winning twenty-five photographs are shared in the next twenty-five pages. We sincerely hope some of the photos might bring some smiles and happiness to your life. This is free and please feel free to share it among your family, friends and networks to spread some happiness. This is the inaugural annual World Happiness CoffeeTable Book and we will put our sincere efforts into learning and improving with each annual edition. The following quote based on India's Puranic Wisdom fits well in these COVID times:

Om Sarve Bhavantu Sukhinah, Sarve Santu Nir-Aamayaah |

Sarve Bhadraanni Pashyantu, Maa Kashcid-Duhkha-Bhaag-Bhavet |

Translation:

May everyone be happy, May everyone be free from all diseases
May everyone sees goodness and auspiciousness in everything,
May none be unhappy or distressed.



Ms Mandy Seligman

Photographer and Positive Psychology Expert, Founder of
<https://seeinghappy.org/>



**Ideas for
Happiness**

Smile More Please



Smiling really can make people feel happier, according to a new paper published in *Psychological Bulletin*.

(Science Daily, 2019)

Winning Photographs of World Happiness Photo Contest 2021

(In the order of winning positions of the photos)



Mr Arihant Yadav, India.

Arihant is a college student. He is a jolly and fun-loving person who almost has perspective for almost everything. In his free time, he reads novels, plays badminton and binge Netflix.

Snapchat arihantiyadav247



Ms Miriam Darmstadter, USA.

As an executive coach and human resources consultant-- Miriam (Mimi) Darmstadter's client work focuses on being vulnerable - leaning into difficult situations and also joyful ones.

<https://mylifesworkcoaching.com/>



Ms Tannu, India.

Tannu is a Bachelor's student at Delhi University. She is interested in reading novels. She aspires to join Indian Administrative Services (IAS).

Instagram @tannu_ghira



Dr Syed Hafeezuddin, UAE.

Dr Syed is a photographer by passion and love to click to his satisfaction, always on the move to learn.

<https://www.instagram.com/happiphotography65/>



Dr Diann Rodgers-Healey, Australia.

Diann is the Director of the Australian Centre for Leadership for Women (ACLW).

www.aclw.org



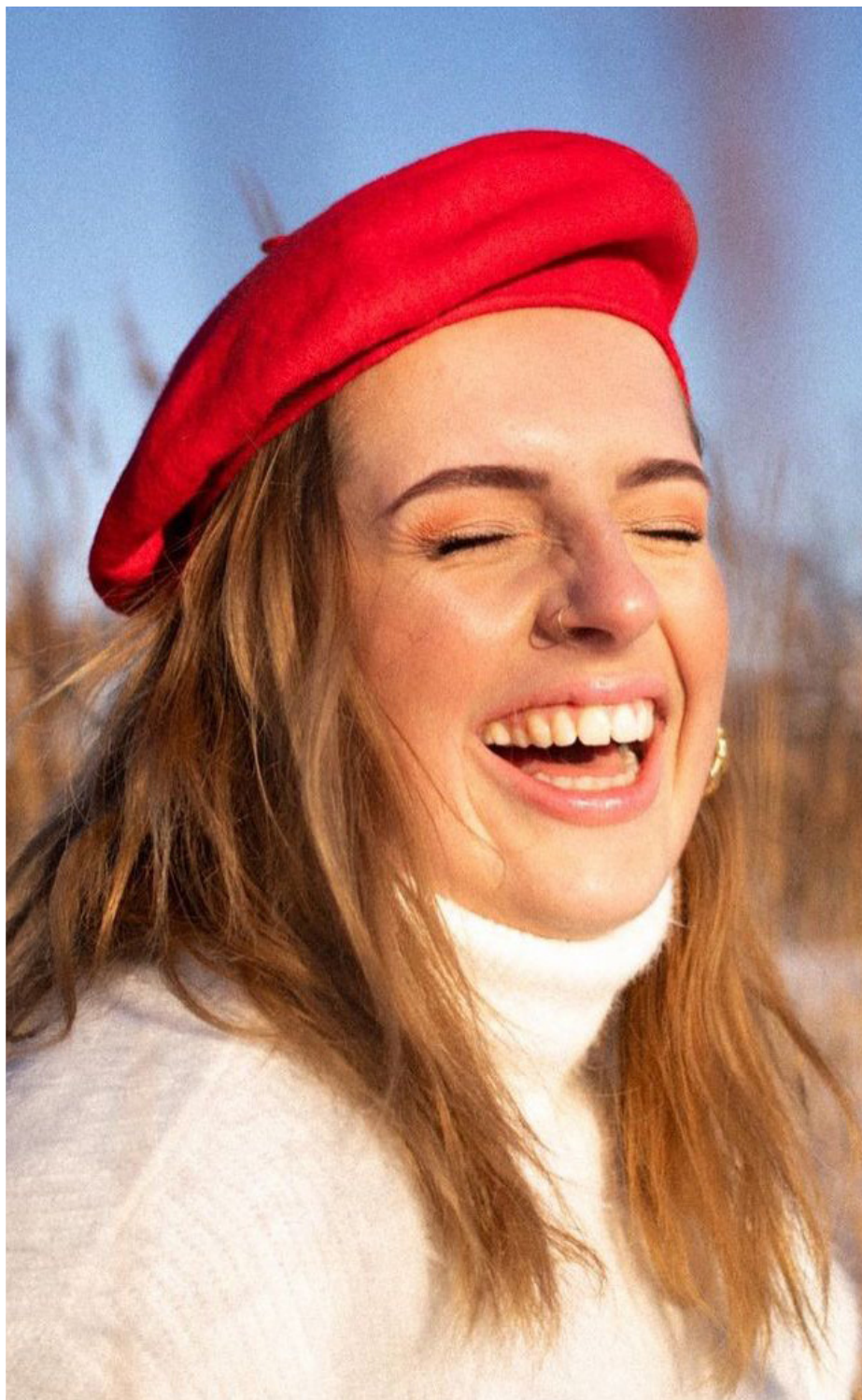
Ms Anna Saltikova, Latvia.

Anna finds her mission in inspiring people to make their dreams come true, think positive and live a joyful life.

Instagram @52pjatnici.



Mr Rohit Sangwan, India.



Ms Kornelija Kornijenko, Latvia.



Ms Suchi Arya Kalra, Japan.



Ms Aman Yadav, India.

Ms Aman is pursuing a bachelor's degree from Daulat Ram College, University of Delhi. She is a flora and fauna lover and likes to explore new places and cultures.



Three Happiness Myths & Solutions.

1. Let me first get rich and then be happy

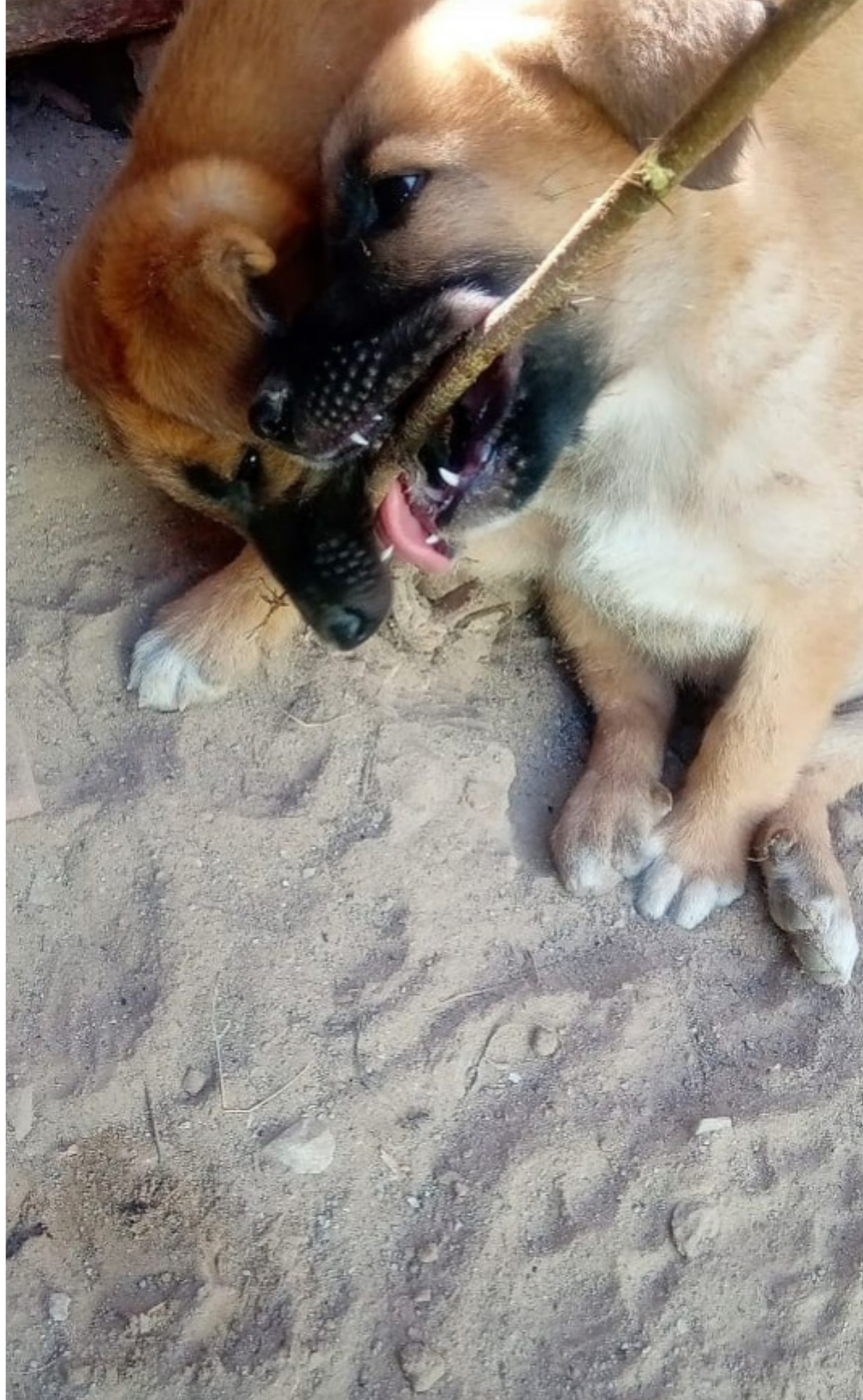
Many of us are running after some aspiration/success/money etc. We make happiness conditional to some success in the future e.g. let me first get a job or get a partner or get a house and so on and then I will be happy. This is a wrong approach. We need to be happy now. Research shows, happiness improves our productivity and performance.

2. I know syndrome

Many of us suffer from “I know syndrome”. Most of us know so many things about happiness. We know but we don’t do much about it. Knowing is not enough. We put too much importance and satisfaction on knowing. However, what is important and matters are doing, acting on what we know. We don’t achieve happiness just by knowing about it. We achieve it by acting on what we know and finding if it works for us and adding what we don’t know.

3. Start with big ambitious goals and give up

Many of us start with ambitious goals for happiness and give up after some time. We need to start small. The Nobel Prize-winning concept of nudging stresses the importance of small change. A small change in habit is doable for most of us and the cumulative benefits over time are substantial.



Ms Sneha Nehra, India.

Sneha is pursuing masters in economics. She loves music, dogs and exploring new places. Every day she inspires to make a kind and humble world around her.

Instagram @ess_neeyaaa_1



Dr Oksana Lentjušenkova, Latvia.

Rector and Associate Professor at the EKA University of Applied Sciences (Latvia). Research interests: intellectual capital management, strategic and change management. She is a very positive and happy person.

Instagram @oksana.alberta



Mr Rashedul Islam, Bangladesh.

Photography is a hobby of Rashedul. He feels sometimes we forget smiling but we end the day smiling when we see our family members are happy.



Ms Victoria Tai, USA.

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Dr Jahanvee Sangwan, India.

Jahanvee strongly believes in doing something that makes her happy. She loves photography.

Instagram @jahanvee_singh



Self-Evaluation on Happiness

Before one starts the happiness journey, one needs to see where one stand today. For this one need to rate oneself on various sutras for happiness and add the score. The higher the score the better it is.

Happiness Sutras	Score
A Meaningful Life (with Purpose)	1 2 3 4 5 6 7 Worst possible Best Possible
Availability of Leisure time/ Pleasure	1 2 3 4 5 6 7 Worst possible Best Possible
Acceptance & Forgiveness (both of self & others)	1 2 3 4 5 6 7 Worst possible Best Possible
Savoring & Gratitude	1 2 3 4 5 6 7 Worst possible Best Possible
Compassion & Kindness (both for self & others)	1 2 3 4 5 6 7 Worst possible Best Possible
Living in the Right Balance of Past, Present & Future (with Mindfulness)	1 2 3 4 5 6 7 Worst possible Best Possible
Building Strong Relationships	1 2 3 4 5 6 7 Worst possible Best Possible
Keeping Good Health (both physical & mental)	1 2 3 4 5 6 7 Worst possible Best Possible
Philanthropy & Social Connect	1 2 3 4 5 6 7 Worst possible Best Possible
Embracing Spirituality & Meditations	1 2 3 4 5 6 7 Worst possible Best Possible
Equanimity of Mind (Humility & Resilience)	1 2 3 4 5 6 7 Worst possible Best Possible
Total Score	

Source : Happiness Diary : My Experiments with Truth



Mr Mark Jenkins, Kenya.

Mark shares that his sons birth led to a rebirth in him of conscious living with love as his compass. He believes life is too short. This photo represents what has pulled him through covid and severe PTSD.

www.arkian-solutions.com



Mr Vivek Dutta Gupta, India.

After a wide-ranging design experience in major newspapers and magazines of India, Vivek has started travelling and capturing the colours and ethos of India through his lens.

<https://www.facebook.com/vivekdesignandgraphics>



Mr Cornel Constantin, Romania.

For Cornel photography is about finding something special in an ordinary place!

<https://www.facebook.com/cornel.constantin.3791/>



Mr Prince Sangwan, India.

Prince loves to click the pictures of nature. Prince is a stenographer.

Instagram @princ_sangwn



Ms Ludmila Briede, Latvia.

Ludmila believes in happiness is when there are people around who provide joy and strength. She has a cool girlfriend who always believes in her dreams Diana Riekstina. She is a bachelors' student at EKA University of Applied Sciences.

<https://www.augstskola.lv/?lng=eng>



A Happy Day

The secret of a happy life is a happy daily life. We need to start working on our happiness journey by working on each day.

Rocking Start of the Day (First 15 Minutes)	<ol style="list-style-type: none">1. Be Thankful for still being alive!2. Make your bed3. Meditation for 5 minutes
Workout/Yoga/Sports Breakfast	Throughout the day: <ol style="list-style-type: none">1. Don't forget to take a few minutes off to do some fun stuff...maybe a dart game in your office, a few deep breaths, a few minutes of meditation, just a walk, listen to a song, grab a drink etc.2. Stay focused on what matters and save time for yourself.3. In any stress/failure situation, after you have done your best, get your learning from it, and let it go. It will also pass. Just take a few deep breaths, laugh and move on.
Work	
Lunch	
Work	
After work fun time in gym/sports/ family/friends/dinner.	
Smiling Closure of the Day (Last 15 minutes)	<ol style="list-style-type: none">1. Write your gratitude2. 5-minute meditation3. Smile

Source: Happiness Strategy book



Ms Christine Agaibi, USA.

Christine obtained Masters and Doctoral training in Counseling Psychology in Ohio. She is an outpatient therapist in Pennsylvania and teaches resilience globally as a resilience scholar and consultant. www.caresilience.com



Mr Kapil Jakhar, India.

Kapil works in the merchant navy and is a budding entrepreneur. He likes driving and sports.

Instagram @kapil.jakhar123



Ms Reeya Bansal, India.

Reeya is a final year student pursuing B.Sc (life sciences) from Kirori Mal College, Delhi University. She loves to do painting as she seeks happiness in it.

Instagram @riya_141101



Ms Sandra Fiallo, Colambia.

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Dr Devender Dhanda, United Kingdom.

Devender has completed Masters in Economics and Policy of the Energy and the Environment from the University College London. He is an expert in energy, environment and sustainability.

Linkedin: <https://www.linkedin.com/in/dr-devender-s-dhanda-b78624141/>

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A brief on Happiness Strategy Foundation

The Happiness Strategy Foundation is a not-for-profit think tank for research on happiness and well-being and sharing the research findings with masses and industry to make a meaningful contribution to the happiness of India and the world. It is based in Gurugram, India and is advised by leading global experts on happiness.

Its main focus is on researching and democratizing happiness research. It is engaged in research on happiness and some of the research work is the annual India Happiness Reports and annual India Cities Happiness Reports. These reports have contributions and endorsements from leading global experts on happiness. To take happiness research to the masses it is engaged in organizing happiness events such as India Happiness Festivals. To share research and engage with the industry it organizes events such as India Workplace Happiness Strategy Forums. It is also engaged in training and consultancy on happiness. To use the powerful medium of pictures for engaging a wider audience with happiness, it organises photo contests resulting in coffee table books such as this World Happiness Photo CoffeeTable book.

For more please visit the foundation website: www.happinessstartegyfoundation.org and can be reached at info@happinessstartegyfoundation.org



Call for Participation in World Happiness Photo Contest 2022

World Happiness Photo Contest 2022

We invite submissions for World Happiness Photo Contest 2022. We all have a place or a thing or a person or an organisation that brings us happiness, or we have happy moments, or we have happy experiences, and so on. We are inviting participants to share these with us through this photography contest. For the details of the contest please visit: <https://www.happinessstrategyfoundation.org/contest>

The last date for submission is October 30, 2022.

There are sponsorship opportunities for the World Happiness Photo Contest 2022. For sponsorship opportunities, contact info@happinessstrategyfoundation.org

“Inspiring and beautiful! The stunning photos from the World Happiness Photo Contest 2021 will leave you in awe of the people, cultures and joy in our world.” **Dr. Marshall Goldsmith**, the Thinkers50 #1 Executive Coach and New York Times bestselling author of Triggers, Mojo, and What Got You Here Won't Get You There.

The World Happiness Coffee Table Book 2021 is unique in many ways. First, it consists of winning photos from the first World Happiness Photo Contest 2021. Second, it is perhaps the first such global attempt in capturing happiness through photos. Third, though it consists of photos from all the six continents, it is deliberately kept brief and simple. The Foreword of the book is written by HH Dalai Lama. The book is endorsed and praised by many global thought leaders.

Book Editor Dr Rajesh K Pillania is a leading researcher on happiness in India. He is recognised for his extensive research, jointly ranked number one in average research productivity among management faculty (including IIMs/IITs) in India. He is the author of India Happiness Report 2020 and best selling book Happiness Strategy. He makes happiness, strategy and innovation simple, humorous, and applicable. This has resulted in five simple, funny books with insights for application; numerous articles; columns; and training programs. He is a prolific writer, a popular teacher, and a highly sought after trainer on happiness, strategy and innovation. His research and academic experience include Smith School of Business, University of Maryland, College Park, USA; Harvard University, among others. He is a Professor of Strategy at Management Development Institute (MDI), Gurgaon, India. He can be reached at rajesh@pillania.org



The Happiness Strategy Foundation is a not-for-profit think tank for research on happiness and well-being and sharing the research findings with masses and industry to make a meaningful contribution to the happiness of India and the world. It is based in Gurugram, India and is advised by leading global experts on happiness. For details see www.happinessstrategyfoundation.org