

## **-Progress Report for MRP Annexure -III**

(To be furnished in duplicate by head of the Dept)

*Happiness is the meaning and the purpose of life, the whole aim and end of human existence.*

**-Aristotle**

### **1.1 Introduction**

**Happiness** is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy. A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources. Various research groups, including positive psychology, endeavor to apply the scientific method to answer questions about what "happiness" is, and how it might be attained. It is of such fundamental importance to the human condition that "life, liberty and the pursuit of happiness" were deemed to be unalienable rights by the Independence. Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion.

### **1.2 Definition**

Happiness is a fuzzy concept and can mean many different things to many people. Part of the challenge of a science of happiness is to identify different concepts of happiness, and where applicable, split them into their components. Related concepts are well-being, quality of life and flourishing. Some commentators focus on the difference between the hedonistic tradition of seeking pleasant and avoiding unpleasant experiences, and the eudemonic tradition of living life in a full and deeply satisfying way.

The 2012 World Happiness Report stated that in subjective well-being measures, the primary distinction is between cognitive life evaluations and emotional reports. (Emotional reports can be distinguished as of positive or negative effect. Many but not all commentators regard positive

and negative affect as carrying different information, and needing to be separately measured and analyzed). Happiness is used in both life evaluation, as in “How happy are you with your life as a whole?”, and in emotional reports, as in “How happy are you now?” and people seem able to use happiness as appropriate in these verbal contexts.

### **1.3 Research Review**

Research has produced many different views on causes of happiness, and on factors that correlate with happiness, but no validated method has been found to substantially improve long-term happiness in a meaningful way for most people.

The results of the 75 year Grant study of Harvard undergraduates show a high correlation of loving relationship, especially with parents, with later life wellbeing.

In the 2nd Edition of the *Handbook of Emotions* (2000), evolutionary psychologists Leda Cosmides and John Tooby say that happiness comes from "encountering unexpected positive events". In the 3rd Edition of the *Handbook of Emotions* (2008), Michael Lewis says "happiness can be elicited by seeing a significant other". According to Mark Leary, as reported in a November 1995 issue of *Psychology Today*, "we are happiest when basking in the acceptance and praise of others". Sara Algoe and Jonathan Haidt say that "happiness" may be the label for a family of related emotional states, such as joy, amusement, satisfaction, gratification, euphoria, and triumph.

It has been argued that money cannot effectively "buy" much happiness unless it is used in certain ways. "Beyond the point at which people have enough to comfortably feed, clothe, and house themselves, having more money - even a lot more money - makes them only a little bit happier." A Harvard Business School study found that "spending money on others actually makes us happier than spending it on ourselves".

Meditation has been found to lead to high activity in the brain's left prefrontal cortex, which in turn has been found to correlate with happiness.

Psychologist Martin Seligman asserts that happiness is not solely derived from external, momentary pleasures, and provides the acronym PERMA to summarize Positive Psychology's correlation findings: humans seem happiest when they have

1. *Pleasure* (tasty food, warm baths, etc.),
2. *Engagement* (or flow, the absorption of an enjoyed yet challenging activity),
3. *Relationships* (social ties have turned out to be extremely reliable indicator of happiness),
4. *Meaning* (a perceived quest or belonging to something bigger), and
5. *Accomplishments* (having realized tangible goals).

There have also been some studies of how religion relates to happiness. Causal relationships remain unclear, but more religion is seen in happier people. This correlation may be the result of community membership and not necessarily belief in religion itself. Another component may have to do with ritual.

Abraham Harold Maslow, an American professor of psychology, founded humanistic psychology in the 1930s. A visual aid he created to explain his theory, which he called the hierarchy of needs, is a pyramid depicting the levels of human needs, psychological, and physical. When a human being ascends the steps of the pyramid, he reaches self-actualization. Beyond the routine of needs fulfillment, Maslow envisioned moments of extraordinary experience, known as peak experiences, profound moments of love, understanding, happiness, or rapture, during which a person feels more whole, alive, self-sufficient, and yet a part of the world.

### ➤ **Can education make us happy living?**

*Education is not preparation for life; education is life itself," said American philosopher, psychologist and educational.*

This saying is certainly true simply because one cannot ignore the importance of education. And according to the findings of a recent study in UK, the higher people's level of general education, not only the more satisfied they were in their daily life but also the more worthwhile they felt. The survey was conducted on over a group of 15,000 people, out of which a whopping 81 per

cent of the people with very high levels of education levels said they were very satisfied in life. Also, as the levels of education decreased, so did the percentage of people and their levels of happiness. We spoke to experts to find out how much does education contributes to happiness in life.

Well most of us think that, the more higher levels of education, it sets the ball rolling for better high paying jobs, recognition and sometimes even professionally successful partners. So what are the factors that are responsible for happiness quotient amongst the highly educated besides their education? Psychologist and child counselor Chandni Mehta opines that intelligence and qualification does not necessarily mean higher pay for example, a journalist or a lawyer. "Besides education, there are balancing factors like financial security, family and relationships, emotional security, etc. Also, people belonging to creative fields like musicians, actors, etc. do not necessarily possess or need to possess very high levels of education." She says that a good job, nurturing relationships, and a great network of friends are some of the factors that contribute to happiness in life.

### ➤ **Why is it important...**

And what role does education levels play in happiness quotient, especially from an Indian perspective? Ganguly answers this question by saying that education does play a very important part in every individual's life as it helps build a person's self-worth which in turn builds confidence and affect all aspects of the individual's life including happiness and the way he/she looks at things which is very important for growth, hence India as a growing country needs it to grow and sustain the growth.

“By world map of happiness India rank is 125; first rank is Denmark china on 81.”So it is very necessary to run programme to make people happy.

Teachers need to be groomed for the job since a B.Ed. does not prepare them for their role. Mostly they learn from colleagues and by osmosis. Once on the job, the day to day experiences that they come across will help them mature into better teachers.

- 2 True joy and happiness are valuable.
- 3 If one does not survive, no joy and no happiness are obtainable.
- 4 Trying to survive in a chaotic, dishonest and generally immoral society is difficult.
- 5 Any individual or group seeks to obtain from life what pleasure and freedom from pain that they can. Your own survival can be threatened by the bad actions of others around you.
- 6 Your own happiness can be turned to tragedy and sorrow by the dishonesty and misconduct of others. I am sure you can think of instances of this actually happening. Such wrongs reduce one's survival and impair one's happiness.
- 7 You are important to other people. You are listened to. You can influence others.
- 8 The happiness or unhappiness of others you could name is important to you.
- 9 Without too much trouble, using this book, you can help them survive and lead happier lives. While no one can guarantee that anyone else can be happy, their chances of survival and happiness can be improved. And with theirs, yours will be. It is in your power to point the way to a happier life.

*“If you're struggling with how to define your life beyond material goods, Deepak Chopra has seven ways for you to make the shift, once and for all, to a purpose-driven life and authentic happiness.”*

One of the most positive ways to live is to look on every obstacle as a hidden opportunity. This holiday season poses huge challenges for those among us who have lost their jobs or feel financially insecure. Even if you don't fall into that category, the evening news brings worries on many fronts, from the deficit to terrorism. I'd like to propose that there is a common problem in all these things that you can turn into an opportunity.

#### **1.4A new way to be happy would be based on the following new principles:**

*1. Life has a purpose. When you live up to that purpose, inner happiness develops.*

*2. Inner happiness can't be taken away.*

*3. In place of consumerism, you can base everyday happiness on relationships .*

*4. In place of distractions, you can fill your time with activities that make your heart grow .*

*5. You can find a place beyond fear that crises and anxiety cannot touch .*

*6. You can find a place of peace that stress cannot wear out .*

*7. Wellness will make your body happy.*

*If people took a look at their lives and made real attempts to follow these seven principles, a new kind of happiness would be born that no one can take away. Let me go through each point briefly.*

(1) Name and post of Research: **Kamalnayan B. Parmar** (Project Investigator)

(2) Name of the Research project: **“Construction and Try out of Happiness programme for Student Teachers of Gujarat State in the context of Achievement.”**

**Sanctioned by the UGC with dates: File No: F.23 - 2571 | 11 (UGC)**

**References:**

<b>Item</b>	<b>Total Grant Relieved from UGC</b>	<b>Total Expenditure incurred under the project</b>	<b>Utilization certificate furnished</b>
Book & Journals		<b>20258</b>	<b>20258</b>
Travel / field work		<b>25860</b>	<b>25860</b>
Equipments		<b>28198</b>	<b>28198</b>
Contingency		<b>9095</b>	<b>9095</b>
<b>Total</b>	<b>65000</b>	<b>83411=00</b>	<b>83411=00</b>

Status of the project phase – I, Phase – II, Phase – III Completed.

(3) Methodology (brief). – Experiment

(4) Sample Size - 372 student teachers of Gujarat University granted and self Financed colleges (Rural and Urban area)

(5) Major finding - A report in details is attached

**(6) Research papers published in referred journals during the project so far.**

**(Give title of the paper name of the journal, volume no and year.)**

<b>Title of the Paper</b>	<b>Name of the journal</b>	<b>Volume no</b>	<b>Year</b>
Teacher Educators' attitude towards students teachers and climate of teacher education Institute	New Frontier in Education ISSN :0972-1231	VOL. No-45 Issue No. 04 Page no. 40-42	Oct-Dec 2012
Assessment and Skill to evaluate Case Study	Maitri Vidyapeeth Shikshan nu Digest ISSN: 2249-6386	Year -37 Issue No. 141 Page No: 37-41	January:2013
A study of achievement of STD VIII students of Anand district in the subject Science	Indian ejournal on teacher education ,Education college Dabhoi. <a href="http://www.iejte.org">www.iejte.org</a> ISSN: 2320 -7566	Year 01 second issue P.No.44-52	May: 2013

**(7) National level conferences / Seminar Attended:**

N	UGC Sponsored National Workshop : Research Methodology report writing and its parameters (Coordinator of the workshop)	R P Anada College of Education Borsad Dist: Anand Gujarat	19,20 -10-2012
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**Certify that programme of Research work done by Kamalnayan B. Parmar is highly satisfactory.**

**Place: Borsad**

**Date: 31 / 07 / 2013**

**Principal Signature**

**Name: Dr. J.K.Talati**

## **Utilization certificate Annexure -IV**

**(For Minor Research Project)**

**Dr.Kamalnayan Baldevbhai Parmar**

It is certified that grant of Rs.65, 000/- (Rupees Twenty five only) sanctioned to Dr. KAMALNAYAN BALDEVBHAI PARMAR (Shri R.P.Ananda college of Education, Borsad) by the University Grants Commission vide by their letter No.F.23 – 2571 | WRO UGC dated 24<sup>th</sup> February 2012 towards minor Research project has been fully utilized for the purpose for which it has been sanctioned and in accordance with the term and conditions laid down by the commission.

If as a result of check or audit objection, some irregularity is noticed at a later stage action will be taken to refund or regularize the objected amount.

Total actual expenditure incurred for this project is of Rs.83411=00 (in word Eighty Three Thousand Four Hundred and Eleven).

Place: Borsad

Date: 31<sup>st</sup> July 2013

**Signature of the Principal  
with the seal of the college.**

**Signature of the  
Chartered Accountant with seal**

**STATEMENT OF EXPENDITURE****Annexure -V****Name of Investigator:** KAMALNAYAN BALDEVBHAI PARMAR**College Name:** Shree R P Anada College of Education, Borsad Dist:

Anand.388540

Date of starting of project 24-02-2012 and date of Completion of Project 03/07/2013 (For One/Two Years).

<b>Heads</b>	<b>Sanction Amount</b>	<b>Received Amount</b>	<b>Total Expenditure</b>
Books and Journals			20258=00
Equipment			28198=00
Contingencies			9095=00
Special Needs			
Travels			25860=00
Chemicals			
Photography			
Others			
<b>Total</b>		<b>65000</b>	<b>83411=00</b>

**Signature of the Principal****With seal of the college****Signature of the Chartered****accountant with seal**

## Annexure –VI

### Statement of Expenditure of MRP by Kamalnayan B. Parmar of Shri R.P.Anada College of Education. Borsad. Dist: Anand – 388540.

#### I Books and Journals

No Annexure-V	Type Item	Name of firm	Bill Number	Date	Amount	Actual Amount
1	Gujarat manovignan Darshan Magazine ISSN: 2229-3477	S C Kanawala Psychology Dept Ahmedabad	128	19-04-2012		1000
2	The way to happiness book purchase "SUKH NO MARG"	601, WARDC No-03 Mehruli New Delhi	62	22-05-2012		9000
3	Life is Beautiful .. Tony Martin	Book Plaza Conark Publication,Mumbai	12	30-12-2012		250
4	Fees of Journal www.iejte.org	Indian ejournal on Teacher Education	1	01-05-2013		900
5	BOOKS FROM Sharma Book Agency ,Shastri nagar Jaipur		33	25-02-2013		
6	Classroom Administration... Sharma		' "	' "	600	
7	Constructing Classroom Examination...George		' "	' "	650	
8	Essential of Research Methodology.. 2 Vol Vainketesh		' "	' "	1850	
9	Elements of Educational Research... Sharma		' "	' "	1100	
10	How Pupil Learn? Theory research & Practice.. Kumar		' "	' "	800	
11	Methodology and techniques of Educational Research..Sharma		' "	' "	900	

12	Modern Educational Research.. Agrawal	' "	' "	975	
13	How to write thesis and research paper..Sonwane	' "	' "	995	
14	Teaching skills and classroom management..Thomas	' "	' "	525	
15	Statistical Methods 2 Vol set.. Singh	' "	' "	1990	
16	Educational Measurement & Evaluation... Sharma	' "	' "	475	
17	Educational Technology...Yadav	' "	' "	525	
(Actual amount with discount)				11385	9108
<b>TOTAL (Twenty Hundred Two Hundred Fifty Eight)</b>					<b>20258</b>

## II Equipments

No Annexure -V	Type  Item	Name of firm	Bill Number	Date	Amount
1	Internet bill August-12	Tatadocomo SIM No. 7405191096 Service No 909133042	estatement of SBI Acc No 10529114072	03-08- 2012	660
2	Internet bill September-12	' "	estatement of SBI Acc No 10529114072	29-09- 2012	461
3	Scanner, Computer Canon MF 4550	Source Infotech Jems Plaza Station Road Anand	RT 2210	18-10- 2012	19100
4	Internet bill October-12	' "	estatement of SBI Acc No 10529114072	25-10- 2012	1112

5	Memory Card & Adaptor - 8 GB	Sagar Mobile Shop, Nava Vadaj Ahmedabad	73	22-11-2012	500
6	Internet bill November-12	' "	estatement of SBI Acc No 10529114072	29-11-2012	1112
7	Internet bill December-12	' "	estatement of SBI Acc No 10529114072	01-01-2013	1112
8	Internet bill January-13	' "	estatement of SBI Acc No 10529114072	31-01-2013	1112
9	Internet bill February-13	' "	estatement of SBI Acc No 10529114072	02-03-2013	1112
10	Paper material colour paper, transperancies CD DVD	Chandan Anexy Station road Anand	14704	19-03-2013	805
11	Internet bill March-13	' "	17-03-2013	01-04-2013	1112
<b>TOTAL (Twenty Eight Thousand one hundred Ninety Eight)</b>					<b>28198</b>

### III Contingency

1	Courier of acceptance to PUNE	Maruti Courier Anand	626	19-03-2012	60
2	Papers covers stationary	Chandan Anexy Station road Anand	12692	08-01-2013	420
3	Papers executive bond	Chandan Anexy Station road Anand	1862	02-07-2013	605

4	Colour Print out (Posters)	Digital Print out Opp NDDDB Anand	12	03-01-2013	1410
5	Typing of the Project work	Rucha Graphics, Uttam nagar, maninagar Anand	3	24-07-2013	5000
6	Binding of Project	Sai Binders Opp B V M College Vallabh Vidyanagar Anand	21	26-07-2013	1050
7	Xerox copies	Parshva Xerox Near Vasad Chokdi, Borsad	131	01-01-2013	550
<b>TOTAL (Nine Thousand and Ninety five)</b>					<b>9095</b>

#### IV Statement of Expenditure in Research and Field work Detail.

No Annexure -VI	Name of the Place visited	Duration of the visit	Mode of Journey	Expenditure
1	Hindi Shikshan Maha Vidyalaya Gujarat vidyapeeth, Ahmedabad ( Permission-Establishment programme)	05/07/2012 (Thursday)	by bus Fare ( 140*2)	280
2	Tejendraprasad B.Ed. College Jetalpur ,Dist: Ahmedabad ( Permission-Establishment programme)	07/07/2012 (Saturday)	by bus Fare ( 140*2)	280
3	K C M B.Ed. College Kakanpur Dist:Godhra ( Permission-Establishment programme)	21/07/2012 (Saturday)	by bus Fare ( 200*2)	400
4	Department of education, Ahmedabd ( Programme verify)	11/08/2012 (Saturday)	by bus ( 140*2)	280
5	Ippcowala College of Education , (Programme Varification), Petlad Dist : Anand	13/08/2012 (Monday)	by bus Fare ( 50*2)	100

6	<b>DR M L Joshi Retd. Prof. Dept of Education Ahmedabad Vastrapur( Programme verify)</b>	<b>14/08/2012 (Tuesday)</b>	<b>by bus ( 140*2)</b>	<b>280</b>
7	<b>DR Mahesh Dixit Shikshan Maha Vidyalaya Gujarat vidyapeeth,Ahmedabad ( Test construction)</b>	<b>29/08/2012 (Wednesday)</b>	<b>by bus ( 140*2)</b>	<b>280</b>
8	<b>DR Sunanda Christie R B Sagar College od Edu, D Cabin,Ahmedabad ( Test construction)</b>	<b>22/09/2012 (Saturday)</b>	<b>by bus ( 140*2)</b>	<b>280</b>
9	<b>R B Sagar College od Edu, D Cabin,Ahmedabad ( Test piloting)</b>	<b>25/09/2012 (Tuesday)</b>	<b>by bus ( 140*2)</b>	<b>280</b>
10	<b>Shikshan Maha Vidyalaya Gujarat vidyapeeth,Ahmedabad ( Test piloting)</b>	<b>25/10/2012 (Thursday)</b>	<b>by bus ( 140*2)</b>	<b>280</b>
11	<b>R H Patel B.Ed. College Sector-23 Gandhinagar (Test validation)</b>	<b>27/10/2012 (Saturday)</b>	<b>by bus ( 160*2)</b>	<b>320</b>
12	<b>R P Anada College of Education, Borsad Dist: Anand (Running Programme)</b>	<b>13/12/2012 (Thursday)</b>	<b>Researcher working Institute</b>	<b>--</b>
13	<b>R P Anada College of Education, Borsad Dist: Anand (Running Programme)</b>	<b>15/12/2012 (Saturday)</b>	<b>Researcher working Institute</b>	<b>--</b>
14	<b>R P Anada College of Education, Borsad Dist: Anand (Running Programme)</b>	<b>18/12/2012 (Tuesday)</b>	<b>Researcher working Institute</b>	<b>--</b>
15	<b>R P Anada College of Education, Borsad Dist: Anand (Running Programme)</b>	<b>01/01/2013 (Tuesday)</b>	<b>Researcher working Institute</b>	<b>--</b>
16	<b>R P Anada College of Education, Borsad Dist: Anand (Running Programme)</b>	<b>02/01/2013 (Wednesday)</b>	<b>Researcher working Institute</b>	<b>--</b>

17	Hindi Shikshan Maha Vidyalaya Gujarat vidyapeeth,Ahmedabad ( Running-programme)	02/01/2013 (Wednesday)	with material by own car GJ 01 KP 6283 Maruti Ritz (220kms * 06)	1320
18	Hindi Shikshan Maha Vidyalaya Gujarat vidyapeeth,Ahmedabad ( Running-programme)	03/01/2013 (Thursday)	with material by own car GJ 01 KP 6283 Maruti Ritz (220kms * 06)	1320
19	Hindi Shikshan Maha Vidyalaya Gujarat vidyapeeth,Ahmedabad ( Running-programme)	04/01/2013 (Friday)	with material by own car GJ 01 KP 6283 Maruti Ritz (220kms * 06)	1320
20	Hindi Shikshan Maha Vidyalaya Gujarat vidyapeeth,Ahmedabad ( Running-programme)	05/01/2013 (Saturday)	with material by own car GJ 01 KP 6283 Maruti Ritz (220kms * 06)	1320
21	Hindi Shikshan Maha Vidyalaya Gujarat vidyapeeth,Ahmedabad ( Running-programme)	07/01/2013 (Monday)	with material by own car GJ 01 KP 6283 Maruti Ritz (220kms * 06)	1320
22	Tejendraprasad B.Ed. College Jetalpur ,Dist: Ahmedabad ( Running- programme)	01/02/2013 (Friday)	with material by own car GJ 01 KP 6283 Maruti Ritz (200kms * 06)	1200
23	Tejendraprasad B.Ed. College Jetalpur ,Dist: Ahmedabad ( Running- programme)	04/02/13 (Monday)	with material by own car GJ 01 KP 6283 Maruti Ritz (200kms * 06)	1200
24	Tejendraprasad B.Ed. College Jetalpur ,Dist: Ahmedabad ( Running- programme)	05/02/13 (Tuesday)	with material by own car GJ 01 KP 6283 Maruti Ritz (200kms * 06)	1200
25	Tejendraprasad B.Ed. College Jetalpur ,Dist: Ahmedabad ( Running- programme)	06/02/13 (Wednesday)	with material by own car GJ 01 KP 6283 Maruti Ritz (200kms * 06)	1200

26	Tejendraprasad B.Ed. College Jetalpur ,Dist: Ahmedabad ( Running- programme)	07/02/13 (Thursday)	with material by own car GJ 01 KP 6283 Maruti Ritz (200kms * 06)	1200
27	K C M B.Ed. College Kakanpur Dist:Godhra ( Running - programme)	12/02/2013 (Tuesday)	with material by own car GJ 01 KP 6283 Maruti Ritz (340kms * 06)	2040
28	K C M B.Ed. College Kakanpur Dist:Godhra ( Running - programme)	13/02/2013 (Wednesday)	with material by own car GJ 01 KP 6283 Maruti Ritz (340kms * 06)	2040
29	K C M B.Ed. College Kakanpur Dist:Godhra ( Running - programme)	14/02/2013 (Thursday)	with material by own car GJ 01 KP 6283 Maruti Ritz (340kms * 06)	2040
30	K C M B.Ed. College Kakanpur Dist:Godhra ( Running - programme)	15/02/2013 (Friday)	with material by own car GJ 01 KP 6283 Maruti Ritz (340kms * 06)	2040
31	K C M B.Ed. College Kakanpur Dist:Godhra ( Running - programme)	16/02/2013 (Saturday)	with material by own car GJ 01 KP 6283 Maruti Ritz (340kms * 06)	2040
<b>TOTAL (Twenty Five thousand Eight hundred sixty)</b>				<b>25860</b>