

How to be happy?

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Abstract

The following are the list of ingredients to be happy. Education, Laughing, Eating, Sleeping, Energy saving, Leaving boozing and smoking, Forgiving, Serving Nation, Satisfaction, Loving parents and teachers makes a powerful man.

Dr.B.R.Ambedkar says, if one temple is built, ten beggars will be formed. But, if one school is built, thousand intellectuals will be formed. A great man is different from an eminent one in that he is ready to be the servant of the society. If voter is rectified, then country will develop. We must stand on our own feet and fight as best so carry on your agitation and organize your force. Education is the only process by which men can be self-enlightened.

India ranks 126th as per World Happiness Report 2023, Finland at the top and Afghanistan and Lebanon at the bottom. The factors under consideration include GDP per capita, social support, healthy life expectancy, freedom to make life choices, generosity, and corruption. We utilize empirical data pertaining to these six factors, along with estimates of their relationships with life evaluations, to elucidate the variations in life evaluations observed among different countries. This approach is analogous to how epidemiologists assess the impact of elements such as smoking, exercise, and diet on life expectancy.

Laugh loudly or atleast smile, that keeps you healthy in your life as it is also a medicine which makes all the nerves relax, and enjoy the life. In short, smile is an art with many curves on our face. Laughter is a gift. Entertainment programmes and laughing clubs help and support us to laugh. Time and tide wait for none, if it stops our life comes to an end i.e., our life is from birth to death only. At the time of birth, you won't have name either good or bad, and at the time of death, you won't have breath. We don't know what happens after our death. Aspire to inspire before you expire. As said by Great Dramatist "William Shakespeare", we all have come to this earth to play the drama and have to play our roles better in our lives. I have read somewhere about value of Time. To know the value of a year, ask a student who failed his academic year; a month, ask the mother of a premature baby; a day, ask a daily wage earner; an hour, ask a person taking a competitive exam, a minute, ask a person who missed his train, a second, ask one who escaped an accident; a millisecond, ask the athlete who missed a medal.

Eat neither more nor less. Any thing is dangerous. Take all precautionary measures then, we don't need to see a Doctor. Prevention is better than cure. Now a days, drinking milk is also poisonous. Everything is being adulterated. Contaminants like urea, starch, glucose, formalin along with detergent are used as adulterants in milk which are used to increase the thickness and viscosity of the milk as well as to preserve it for a longer period and the consumption of milk with detergents is hazardous to health. Oxytocin which is banned drug injected to cattle to increase milk yield. It can cause breast and prostate cancer. Unless and until strict laws are enforced, we cannot live in this society healthily.

Coming to sleeping time as per psychological studies, if we were to sleep completely naturally, with no alarm clocks or other sleep disturbances, we would wake up, on the average, after a multiple of 90 minutes—for example, after 4 1/2 hours, 6 hours, 7 1/2 hours, or 9 hours, but not after 7 or 8 hours, which are not multiples of 90 minutes. It takes 45 minutes to float down into the deepest point of your first sleep cycle. If you're awakened while in this stage of sleep, you'll feel very disturbed. Hence, cycle of 90 minutes is required. Before going to bed, avoid eating large meals. You plan your sleeping time and try to get up early before sun rise, since sleep is thought to be brought on by a drop in the body's temperature and to regain it, do yoga or exercises. Several studies have correlated waking up early with success. Harvard biologist Christopher Randler discovered in 2008 that early risers are more proactive. So, go early to bed and wake up early in the morning.

Don't waste water and electricity and don't disturb others by making sound pollution. Energy saved is energy conserved. Even using ACs and Fridges damage ozone layer. Chloro-floro-carbons and other pollutants, halogenated ozone depleting substances such as chlorine and bromine are mainly responsible for man-made chemical ozone depletion. As such, use Eco friendly products. Now a days, many buildings are being constructed to accommodate growing population by cutting down trees. To balance environmental equilibrium, plant trees and to reserve water in earth, construct rain water harvesting plants. Save the water of rain to continue life on earth and don't let it drain. Minimize the use of plastic and paper. Plastic causes serious damage to environment both during its production and disposal. Paper is produced by cutting down trees.

If you have the habit of boozing and smoking, leave it for the sake of good health as health is wealth and we must always keep this in our mind. It is said that drinking alcohol and smoking warms one's body as such, it was first introduced in cold countries for keeping their body warm. But, now a days, it became fashion and mostly in pictures, it is shown and in reality also, one who is going to start, thinks him as hero and once addicted to it will not leave it until his death or upon advice of Doctor. Government is also banning it sometimes and giving relaxation in some areas and until and unless, complete ban is there and everybody takes oath not to have drinks and smoking, Government will not be able to ban it completely. Considering the people's health, the Government must use it for medical purpose only and for all other purposes, Government must cancel permission for its manufacturing.

Your smoking is injurious to my health. You inspire 10% and expire 90% and it affects me a lot. The World Health Organization's expert committee defines adolescence as the age range from 10 to 19 years, representing the second decade of life. This age group is typically classified under the broader categories of youth or children. In developing countries, smoking stands as the leading cause of preventable deaths. It is a major contributor to various illnesses and serves as a significant risk factor or exacerbating cause. The toxic effects of cigarettes impact nearly every organ, either directly or indirectly. The diseases associated with smoking include cardiovascular issues, cancer, respiratory disorders, and numerous other serious but less recognized health consequences. A stroke or brain attack occurs when blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. 80% of strokes can be prevented by checking regular blood pressure, avoiding smoking and drinking. Generally, cells move uniformly in our body. But rapid movement of cells by some agents like tobacco, plastic items, which acts as catalysts in increasing the cell movement, is regarded as cancer. Now a days, many are prone to eating gutka, sagar, gova, which is nothing but, tobacco, by chewing them leads to cancer. Also use of plastic items causes migraine. Hence, one must be alert all the time and be a perfect man.

You forgive your enemies and make them friends. Forgiveness involves letting go of feelings of resentment or anger. It is important to note that forgiveness does not imply reconciliation; one is not obligated to re-establish a relationship or tolerate the same detrimental behaviors from the wrongdoer. The act of forgiving is crucial for the mental well-being of individuals who have experienced victimization. It enables individuals to move forward, rather than remaining emotionally tethered to past injustices or traumas. Research indicates that forgiveness can improve mood, foster optimism, and provide protection against feelings of anger, stress, anxiety, and depression. Unity is strength that gives you extra energy. Think that humanity is religion and mingling with all the people is your caste and making your neighbors happy is your responsibility. Always be happy and make others happy. In Hindu mythology, caste is kept for the person to have profession but not to discriminate any person. It became prominent in the ancient period, that only higher caste is more powerful than the others and hence discriminated the others on the name of the caste, religion, sex. After India got independence, with the help of 'The Constitution' written by Dr. Bhim Rao Ambedkar, we are able to live happily and all are treated equally and those who practices untouchability based on caste will be punished. But, still it is practiced in some of the villages.

Whatever the job we do, is nothing but serving the Nation. Now a days, brain drain is going on because of talented persons seeking better opportunities abroad. One must know, how much Government is spending on an Engineer or a Doctor or any professional? India is a developing country, not developed country like US and Britain. Then, how can India develop? What Government has done to us is not important. What we have done to the Government is important. Government is nothing but we, the people of India.

One must have satisfaction in life. But, after attaining some position, one must try to upgrade one's capabilities and capacities. Please don't weep or cry on others. When one lessens him, will be taken to higher position. When one keeps his tongue in control, does not have to face slap on his head. Tongue is the crucial part in our body. It says something good or bad, and sits inside the mouth and other parts of body have to face consequences. Rain drops may be little in shape and size. But their continuous fall makes a river overflow. Small consistent efforts make massive changes.

Life is a one time offer, use it well. This life is given to you by your parents. Please don't neglect them. Love them and respect them. Joint family system has been collapsed now a days and gave rise to Nuclear families. Old age homes are growing due to lack of facilities to parents. It is our duty look after them in their old age as they gave birth and cared us until we became successful/grown up. We are human and have feelings and not the birds or animals which leave their parents after they get wings or grown up.

Also utilize the services of your teacher and become best citizen. If you don't understand any thing in education, please don't feel shy in raising your doubt. All are to be learnt as keeping any doubt in your mind is useless and that cannot be clarified for ever without the help of Guru. Don't attempt suicide for petty reasons. Suicide is a permanent solution for temporary problem. There will be a solution for each and every problem that we face. You have to share our problems with friends and relatives. You will get good number of solutions and decision is to be taken by you choosing all the possible alternatives. Give fruitful results and nice definition to your life. Help needy. Service to man is service to God.

You are the most powerful man in this world, you can achieve anything in life provided you put efforts. If you work hard, you can become a sage. Cultivate the habit of reading books, for improving your

knowledge. There is no end for learning. You can learn even after retirement. Idle brain is devil's workshop. Student life is golden life. Don't waste time in chatting.

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