INDIA CITIES HAPPINESS REPORT

2020

RAJESH K PILLANIA

India Cities Happiness Report 2020

Gurugram, India.

EXECUTIVE SUMMARY

Research shows a strong case for supporting Gross Domestic Product (GDP) with measures of subjective well-being and happiness. To explore within-country differences in India in the context of the diversity of India, the first India Happiness Report was released in September 2020. Moving forward on this journey of understanding happiness in India, this report exclusively focusses on happiness in the Indian cities, covering thirty-four major cities in India. Today, cities have fifty-five per cent of the world's population; contribute more than eighty per cent of global GDP; consume seventy-eight per cent of the world's energy, and produce more than sixty per cent of greenhouse gas emissions. Cities are facing a number of challenges, and we need to look at cities from newer perspectives, and happiness in the World or India cannot be achieved without creating happy cities. The short-term objective of the report is to create more interest in the topic of happiness and to create more awareness and discussion. The long term objective is that these reports can give inputs into policy-making and strategies for organisations and governments for creating a happier India, aspiring for the better well-being of its citizens.

Happiness has various aspects and insights were gathered from many global thought leaders. Ruut Veenhoven, Pioneer and World Authority on the Scientific Study of Happiness and, Director, World Database of Happiness, shares that a quest for happiness generates demand for information which can be empirically tested and presented, and the level of happiness in cities must be considered in the context of happiness in the nation. John F. Helliwell, Co-Editor (with Jeffry Sachs and Richard Layard) of the World Happiness Report and, Professor Emeritus, Vancouver School of Economics, University of British Columbia shares that the way the World Happiness Report 2019 matched the city level index with the national level index would be interesting to apply to the Indian context and, contrasting with the rural happiness with the city happiness in the same state would be interesting to see. Jaime Lerner, World-renowned Architect & Urban Planner, Former President of the International Union of Architects and, Chairman, Jaime Lerner Arquitetos Associados stresses on Remembering Togetherness for happiness in cities and emphasises that quality public spaces are the glue that can hold together sharing, trust, connectedness, a sense of civic duty, responsibility and pride because public spaces are the theatres where urban life happens. Carlo Ratti, Director, MIT Senseable City Lab and Founding Partner, Carlo Ratti Associati highlights that the key issue cities are facing is the relationship between the natural and the artificial worlds resulting in more

happiness; and, don't focus just on new technologies but use them to build cities for lovers and friends.

Richard Florida, one of the World's Leading Urbanists; University Professor at University of Toronto's School of Cities and Rotman School of Management and, Founder of the Creative Class Group, pinpoints that the new urban crisis contributes to lower overall happiness by making it harder for people and families to afford to live in cities and there is a need to rebuild our cities and metropolitan areas in more resilient and inclusive ways to achieve true well-being. M. B. Athreya, Padma Bhushan (2014), Recognised as one of the Founders and Pioneers of the Indian Management Movement and Ex-Professor London Business School shares the Indian approach to happiness is the sustained satisfaction of a balanced life, well-lived, and an individual must consciously set happiness as a goal and plan towards achieving it. Francesc Miralles, Co-author of Bestselling book Ikigai: The Japanese Secret to a Long and Happy Life; and a regular contributor to El País and various magazines, shares we often believe that happiness is the absence of problems, and that's a big mistake. When you know the purpose that gives meaning to your life, you must fuel your passion by feeding it to keep you alive and on track.

In the happiness rankings of cities, Ludhiana, Ahmedabad and Chandigarh are the top three. Among the Tier-I cities (i.e. 4 Major Metros - Delhi, Mumbai, Kolkata, Chennai and 4 New Metros Bangalore, Hyderabad, Pune, Ahmedabad) Ahmedabad, Hyderabad and New Delhi are among the top three in happiness rankings. Among Tier-II cities, Ludhiana, Chandigarh and Surat are the top three cities in happiness rankings.

Happiness is a subjective concept, and the differences in rankings are due to a number of factors, including differences in the components of happiness across cities. This study uses seven components: work and related issues such as earning and growth; relationships including family and friends; physical health; mental health; philanthropy including social concerns; religious or/and spiritual orientation; and the impact of COVID-19 on happiness. All these components are found to be significant in the regression analysis and explain the differences in happiness scores. The scores of these seven components vary across the cities. The spirit of India is quite resilient, and the impact of COVID-19 varies across cities. It varies from the worst possible to the best possible among individuals in the study. Bengaluru, Kochi and Kolkata have shown the worst possible impact of COVID-19 on happiness, whereas Surat, Ahmedabad and Ludhiana have shown the best possible impact.

The results show the correlation between gender and happiness is not significant; age group, education, and income level are overall positively related to happiness; whereas marital status is negatively related to happiness. The results show unmarried people are happier than married people in the big cities. People are optimistic about the future and generally scored more on happiness after five years compared to scores today. In the future happiness rankings after five years, Ludhiana, Jammu and Amritsar are the top three. This study covered 13,000 people across thirty-four major cities of India during October-November 2020.

The three key takeaways for governments, organisations, and individuals are, first, different cities are at different levels of happiness rankings. There is a pressing need for more discussion, focus, and the application of happiness in the Indian context. Second, knowing is not enough, happiness needs to be practised. Third, choose and put into practice all or some or at least one of the insights from this report.

As the annual India Cities Happiness Reports and the people involved in bringing out the reports, progress on the learning curve, the focus will be to keep learning, keep minimising shortcomings and keep improving the annual reports. This looks to be an exciting but challenging journey ahead.

ACKNOWLEDGEMENT

TABLE OF CONTENTS

1. INTRODUCTION

The world is going through the COVID-19 pandemic, and the need for happiness is more than ever. Homo sapiens have been in search of happiness for a long time, and contributions from different civilisations, including India, have enriched the concept of happiness. From the vast treasure of literature on happiness available in India, here is a derived sutra based on India's Puranic Wisdom.

Om Sarve Bhavantu Sukhinah,
Sarve Santu Nir-Aamayaah |
Sarve Bhadraanni Pashyantu,
Maa Kashcid-Duhkha-Bhaag-Bhavet |
Om Shaantih Shaantih Shaantih ||

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
Om peace, peace, peace!

The need for exploring happiness in cities

Cities are an essential part of the evolution and existence of homo sapiens. Today, some fifty-five percent of the world's population – 4.2 billion inhabitants – live in cities. By 2050, with the urban population more than doubling its current size, nearly seven of ten people in the world will live in cities (World Bank, 2020). Cities occupy two per cent of the earth surface (WEF, 2016) but account for more than eighty per cent of global GDP (World Bank, 2020).

India is also going through rapid urbanisation. In 2019, approximately a third (34.47 per cent to be exact) of India's total population lived in cities (Statista, 2020). While the urban population contributes about sixty-three per cent to Indian GDP at present, the same is expected to rise to seventy-five per cent by 2030 a joint report by CBRE and CREDAI (CMIE, 2019). According to Oxford Economics research, all the top 10 fastest-growing cities by GDP between now and 2035 will be in India (WEF, 2018).

Cities are major contributors to climate change. According to UN Habitat, cities consume seventy-eight per cent of the world's energy and produce more than sixty per cent of greenhouse gas emissions (UN, 2020). Cities are facing a number of challenges, and we need to look at cities from newer perspectives such as remembering togetherness (Lerner, 2020), resilient and inclusive cities (Florida 2020), and cities for friends and lovers (Ratti, 2020) for creating well-being and happiness in cities.

In this context, it becomes imperative to explore happiness in cities. Happiness in the World or India cannot be achieved without creating happy cities.

Need for happiness reports

Though Gross Domestic Product (GDP) has its merits, social scientists have questioned its adequacy for not being a measure of real development and happiness (UN, 2012). It needs to be supported with some other measures such as subjective well-being. The phrase 'Gross National Happiness' was first coined by the 4th King of Bhutan, King Jigme Singye Wangchuck in 1972 when he declared, "Gross National Happiness is more important than Gross Domestic Product" (Ura, 2020). Bhutan was the first country in the world to start measuring Gross National Happiness. In July 2011, the United Nations General Assembly adopted resolution 65/309 Happiness: Towards a Holistic Definition of Development inviting member countries to measure their people's happiness and use the data to help guide public policy (UN,2012). The first World Happiness Report was released on April 1, 2012 (India Happiness Report 2020).

India is a diverse country, and the World Happiness Reports do not cover the diversity of India. The first India Happiness Report was released earlier this year on September 15, 2020. The report was India specific and studied happiness in the diverse thirty-six states and union territories of India. Moving forward on this journey of understanding happiness in India, this report exclusively focusses on happiness in the Indian cities, covering thirty-four major cities in India.

How to measure happiness

Happiness is a subjective concept, and research shows that the survey method is a good measurement option. Surveys asking people about life satisfaction and happiness do measure subjective well-being with reasonable accuracy and do provide a reasonably

consistent and reliable picture of subjective well-being (Ortiz Ospina, 2013). Also, research by Nobel Laureate Prof Daniel Kahneman and Prof Krueger support it by pointing out the fact that responses to subjective well-being questions are related to individuals' health outcomes, neurological functioning, and characteristics—and predict some future behaviour—suggests that survey data is a valid methodology for this study (Kahneman & Krueger 2006). (India Happiness Report, 2020).

The objective of the report

The short-term objective of this report is to create more interest in the topic of happiness, create more awareness, and more discussion. The long term objective is that these reports can provide inputs into policy-making and strategies for organisations and governments for creating a happier India, aspiring for the better well-being of its citizens.

The organisation of the report

This report consists of five parts, including this introduction part. The second part shares insights from seven thought leaders from around the world. Out of these seven thought leaders, three are thought leaders on architecture, urban planning and urban studies, sharing their perspective on happiness in cities. The third part presents the finding of India Cities Happiness Rankings 2020. The fourth part enlists the key takeaways from the report, and the last part elaborates on the way forward.

One has a choice to go through part two or move to part three if one cannot wait to see the result of the first India Cities Happiness Report!

This report is deliberately kept concise and simple.

Welcome to the journey

With India Happiness Report 2020, a humble beginning was made on exploring happiness in the thirty-six states and union territories of India. Moving forward on the journey of understanding happiness in India, this report exclusively focusses on happiness in thirty-four major Indian cities. It is a challenging journey, and the focus will be to keep learning and improving.

2. INSIGHTS FROM THOUGHT LEADERS ON HAPPINESS

Thought leaders from around the world were requested to share brief key insights on happiness in cities for this report, and those insights from seven thought leaders are shared here. Out of these seven thought leaders, three are thought leaders on architecture, urban planning and urban studies, sharing their perspective on happiness in cities.

Ruut Veenhoven, Pioneer and World Authority on the Scientific Study of Happiness; Emeritus Professor of Social Conditions for Human Happiness, Erasmus University Rotterdam in the Netherlands (EHERO); and, Director, World Database of Happiness, shares findings on happiness in cities. Some of the key insights are that a quest for happiness generates demand for information which can be empirically tested and presented. The level of happiness in cities must be considered in the context of happiness in the nation, since happiness depends to a large extent on macro-social characteristics.

John F. Helliwell, Co-Editor (with Jeffry Sachs and Richard Layard) of the *World Happiness Report*; Professor Emeritus, Vancouver School of Economics, University of British Columbia; and Distinguished Fellow, Canadian Institute of Advanced Research, shares learnings from World Happiness Report 2019. Some of the key insights are that with India being one of the world's most populous countries, it is important to analyse India's quality of life at a state-level for a better global understanding of India. The way the World Happiness Report 2019 matched the city level index with the national level index would be interesting to apply to the Indian context to see to what extent a similar result applies when the ranking of Indian states is compared to that of their major cities. Also, contrasting with the rural happiness with the city happiness in the same state would be interesting to see.

Jaime Lerner, World-renowned Architect & Urban Planner**;** Former President of the International Union of Architects; Chairman, Jaime Lerner Arquitetos Associados and; Among 25 most influential thinkers in the world (Time magazine, 2010), shares his thoughts on Remembering Togetherness for happiness in cities. Some of the key insights are the quest for happiness, its definitions and its pathways are millennial. Quality public spaces are the glue that can hold together sharing, trust, connectedness, sense of belonging; togetherness, solidarity, creativity; a sense of civic duty, responsibility and pride because public spaces are

the theatres where urban life happens. They reflect the soul of a city, mirroring its cultures and values, and, therefore are sources of inspiration for creation.

Carlo Ratti, Director, MIT Senseable City Lab; Founding Partner, Carlo Ratti Associati; and, Co-chair of the World Economic Forum's Global Future Council on Cities and Urbanization, answers three important questions on happiness in cities. Some of the key insights are the key issue cities are facing is the relationship between the natural and the artificial worlds resulting in more happiness; and, don't focus just on new technologies but use them to build cities for lovers and friends.

Richard Florida, one of the World's Leading Urbanists; University Professor at University of Toronto's School of Cities and Rotman School of Management**;** A Distinguished Fellow at NYU's Schack School of Real Estate; and, Founder of the Creative Class Group, shares insights on beyond the new urban crisis. Some of the key insights are the new urban crisis contributes to lower overall happiness by making it harder for people and families to afford to live in cities. This happiness crisis has been magnified by the stress and anxiety brought on by the COVID-19 crisis. There is a need to rebuild our cities and metropolitan areas in more resilient and inclusive to achieve true well-being.

M. B. Athreya, Padma Bhushan (2014); Recognised as one of the founders and pioneers of the Indian Management Movement, including Management Education, Research and Consulting; and Ex-Professor London Business School, and Ex-Professor IIM- Calcutta, shares the Indian approach to happiness. Some of the key insights are although there is a renewed global interest in the idea of happiness, what is more important is the question, what is the Indian approach to happiness? Happiness is the sustained satisfaction of a balanced life, well-lived, and an individual must consciously set happiness as a goal and plan towards achieving it.

Francesc Miralles, Co-author of Bestselling book Ikigai: The Japanese Secret to a Long and Happy Life; and a regular contributor to El País and various magazines, shares insights on happiness. Some of the key insights are we often believe that happiness is the absence of problems, and that's a big mistake. When you know the purpose that gives meaning to your life, you must fuel your passion by feeding it to keep you alive and on track.

2.1 Findings on Happiness in Cities
Ruut Veenhoven

Quest for happiness

All humans want a satisfying life for themselves and their children. This is seen in the high ranking given to happiness in the value hierarchies all over the world. Individually, people seek ways to achieve a satisfying life, and collectively, they call on their governments to improve conditions for happiness.

This pursuit of happiness generates demand for information about happiness, individuals want to know what ways of life will provide them with the most personal happiness and an important part of their way of life is where they will live. Likewise, governments want to know which policies will contribute most to the happiness of most citizens. Since most citizens live in cities, they want to know how choices in urban development will work out on happiness. This demand for information is increasingly met by empirical research on happiness.

Empirical happiness research

Over the ages, the subject of happiness has been a subject of philosophical speculation, but in the second half of the 20th century, it also became a subject of empirical research. In the 1950s, happiness appeared as a side-topic in research on successful ageing and mental health. In the 1970s happiness became the main topic in social indicators research, and since 2000, it has become the main subject of the field of Happiness Economics. This research focusses on happiness in the sense of life-satisfaction, since that is something people have on the mind and can, therefore, be measured using questions. A common survey question reads: "Taking all together, how satisfied or dissatisfied are you with your life-as-a-whole these days?"

World Database of Happiness

Results of this research are gathered in the [World Database of Happiness](). To date (November 2020), this finding-archive covers the work of some 15.000 investigators, who have produced about 37.000 research findings, both findings on how happy people are (distributional findings) and findings on things that go together with more or less happiness (correlational findings)

Research findings on happiness in cities

Findings on average happiness in cities are found in the [nation reports](#) of the World Database of Happiness, under 'regions' in that nation. The level of happiness in cities must be considered in the context of happiness in the nation since happiness depends to a large extent on macro-social characteristics. It makes little sense to compare average happiness in London and New Delhi, but good sense to compare happiness in New Delhi and Calcutta. The [nation report for India](#) does not yet include cities, but will soon do on the basis of this study.

Findings on the correlation of happiness with characteristics of cities are found in the following reports [Local culture](#), [Local Demography](#), [Local Economy](#), [Local Geography](#), [Local Politics](#), [Local Residence](#) and [Local Society](#). Additions to this finding archive are welcome as can be seen [here](#). (See links in references)

Ruut Veenhoven

Pioneer and World Authority on the Scientific Study of Happiness

Director, World Database of Happiness

Emeritus Professor of Social Conditions for Human Happiness, Erasmus University Rotterdam in the Netherlands (EHERO) and North-West University in South Africa, Opentia Research Program.

Ruut Veenhoven (1942) studied sociology. He is also accredited in social psychology and social-sexology. Veenhoven is Emeritus Professor of 'Social Conditions for Human Happiness' at Erasmus University Rotterdam in the Netherlands, where he is currently involved in the [Erasmus Happiness Economics Research Organization](#). Veenhoven is also a special Professor at North-West University in South Africa, where he is involved in the [Opentia](#) research program. He is director of the [World Database of Happiness](#) and a founding editor of the [Journal of Happiness Studies](#).

Veenhoven's research is mainly on 'happiness' in the sense of subjective enjoyment of life. One strand of his research is 'happiness and public choice', the purpose of which is to build an evidence basis for policies that aim at greater happiness for a greater number. Another research

line is 'happiness and private choice', and the purpose is here to build an evidence base on which individuals can draw when faced with major life choices.

2.2 Comment for the *India Cities Happiness Report 2020*
John F. Helliwell

Rajesh Pillania and his team did a signal service in extending the scope of world happiness research by providing data for 36 Indian states in India Happiness Report 2020. This is an important development since India and China are roughly tied as the most populous countries in the world, together comprising more than one-third of the global population. Five Indian states have populations greater than those of any non-US G7 country, showing the importance of Indian state-level analysis for a better global understanding of the quality of life. The first India Happiness Report showed the variety of life experiences across the states, and the India Cities Happiness Report 2020 further deepens understanding by monitoring the quality of life in more than 30 major cities.

World Happiness Report 2019 found that the ranking of world happiness at the national level matched almost exactly that of their major cities. It will be very interesting to see to what extent a similar result applies when the ranking of Indian states is compared to that of their major cities. Since in this case all of the states and cities are within the same country, sharing the same national-level characteristics, there is more chance that Indian city-level happiness will differ from the average happiness in the states where they are located.

The answer to this question must await next year's surveys, where cities and rural areas will be distinguished. If the World Happiness Report 2019 results on rural/urban happiness differences are replicated in future data for India, we might expect to find on average that life evaluations are higher in cities than in the rural areas of the same state. Although this finding was found in a majority of countries, in a number of western industrial countries life evaluations are significantly higher in rural areas, with much of the difference traceable to a greater sense of community belonging in those areas. This illustrates one of the fundamental results of well-being research that it is the quality of social connections, including mutual trust and generosity at work, at home, and in the community, that supports happiness.

John F. Helliwell

Professor Emeritus, Vancouver School of Economics, University of British Columbia

Distinguished Fellow, Canadian Institute of Advanced Research

Co-Editor (with Jeffry Sachs and Richard Layard) of the World Happiness Report.

John F. Helliwell is Professor Emeritus in the Vancouver School of Economics at the University of British Columbia, and Distinguished Fellow of the Canadian Institute for Advanced Research. From 2006 to 2017 he directed (with George Akerlof) CIFAR's program in Social Interaction, Identity and Well-Being. His books include Globalization and Well-Being (UBC Press 2002), *Well-Being for Public Policy* (OUP, with Diener, Lucas and Schimmack, 2009), *International Differences in Well-Being* (OUP, edited with Diener and Kahneman, 2010), and eight editions, 2012-2020, of the *World Happiness Report* (edited with Richard Layard and Jeffrey Sachs). He was also the author of the Policy Synthesis chapters of *Global Happiness Policy Report 2018* and *Global Happiness Policy Report 2019*.

He is a Fellow of the Royal Society of Canada and Officer of the Order of Canada. For more detail see: https://blogs.ubc.ca/helliwell/

2.3. Happiness and Cities – Remembering Togetherness
Jaime Lerner

The World Happiness Report 2020 brings in an innovation. Published yearly since 2012, as a result of the Bhutanese Resolution passed by the United Nations General Assembly in 2011, which invited national governments to give more importance to happiness and well-being in determining how to achieve and measure social and economic development, it offers a comparative panorama of conceptual, quantitative and qualitative analyses of perceived happiness across nations. This year, 186 cities were included in the study, offering a Global Ranking and Analysis of Cities and Happiness, providing the first of its kind based on their resident's reported well-being.

Some insightful aspects can be highlighted from the Report. The cities that are ranked higher are those that offer better economic circumstances and opportunities; which combine higher levels of income with high trust and connectedness and in which people feel a sense of belonging. And, other variables being the same, it is the higher levels of social and institutional trust that are key in raising happiness and reducing inequality. In a parallel with Maslow's Hierarchy of Needs, it seems that the cities that perform better in ensuring basic needs are those that enable the attainment of social/psychological needs, opening up the room for the pursue of self-fulfillment needs (happiness). On the lower positions of the ranking are those in counties with precarious economies and infrastructure, sometimes shattered by war and natural catastrophes, frayed social fabric and lower levels of trust, resulting in the erosion of the basis of the pyramid and hindering the pursuit of upper the levels of the hierarchy.

It should be noted that though it has gained preeminence in the agenda of governments and researchers in these past decades, the quest for happiness – its definitions and its pathways – is millennial. Just to bring in an example within Western Philosophy, and bearing in mind that a direct translation does not convey the full sense of the original terms, Aristotle (384–322 BC) proposes happiness (eudaimonia) as the highest human good and the purpose of a well-lived human life. Happiness is an ethical enterprise which requires the constant practice of virtue/excellence (aretē) that is both an individual and collective undertaken, and therefore can only be achieved in the exercise of the polis (city). Offering another perspective, Brazilian thinker Clovis de Barros Filho highlights that happiness exists as an attribute of the act of living (contingent, not inherent), and can be identified by some "symptoms" of its manifestation: the

wish to prolong and repeat such feelings/circumstances as much as possible, for as long as possible, and share these moments with our loved ones.

Having set this panorama, how would I say that all these facets of happiness intertwine in cities, their planning, management and construction?

As an architect, I'd argue that quality public spaces are the glue that can hold it all together: sharing, trust, connectedness, sense of belonging; togetherness, solidarity, creativity; a sense of civic duty, responsibility and pride.

And why? Because public spaces are the theatres where urban life happens. They reflect the soul of a city, mirroring its cultures and values, and therefore are sources of inspiration for creation. They are the areas where we can collectively exercise empathy through the embracement of diversity; a diversity that can spark synergies, which in turn can fuel entrepreneurship and innovation that will open up new opportunities of growth and fulfilment for its fellow dwellers. Quality public spaces are stages for us to forge emotional connections with our city and city-mates, strengthening its identity, which is a fundamental element for the quality of urban life – after all, how can there be happiness if we don't know who we are, not only as individuals but also collectively? Finally, the public realm is the setting for us to manifest ourselves politically, which, if thinkers such as Aristotle, Arendt and Habermas are to be believed, is essential to our development.

The maestro of Bossa Nova, Tom Jobim, wrote in the song Wave, "é impossível ser feliz sozinho". Happiness can be found in moments of solitude, but loneliness is disheartening. Human beings are gregarious, and the city is the physical manifestation of this trait. Let's plan, draw, make cities for people – not for cars, machines or concrete boxes –, but cities that feed our needs of beauty, safety, inclusion and togetherness; Cities with plenty of quality spaces to celebrate our Humanity and its potential for Happiness.

Jaime Lerner

Architect & Urban Planner

Former President of the International Union of Architects

Chairman, Jaime Lerner Arquitetos Associados

Among 25 most influential thinkers in the world

(Time magazine, 2010).

Jaime Lerner is an architect and urban planner, former president of the International Union of Architects, and chairman of Jaime Lerner Arquitetos Associados, which carries out projects for the public and private sectors for cities in Brazil and overseas. Twice governor of Parana State and three-time mayor of Curitiba, he led the urban revolution that made the city renowned for urban planning and design, public transportation, environmental and social programs. Author of Urban Acupuncture (Island Press, 2014).

Listed among the 25 most influential thinkers in the world by the Time magazine (2010), his international awards include the highest United Nations Environmental Award (1990), Child and Peace Award from UNICEF (1996), the 2002 Sir Robert Mathew Prize for the Improvement of Quality of Human Settlements, and the OECD Leadership in Transport Award (2011).

2.4 Answers to Three Important Questions for Cities for Happiness
Carlo Ratti

1.   What are the key challenges and solutions for cities for happiness today and in the future? (main question)

We could single out very important urban issues, such as traffic, pollution, social segregation, etc. However, if we take a broader view, we could probably say that the key issue cities are facing is the relationship between the natural and the artificial worlds. I believe that this will result in more happiness, as hypothesised by E.O. Wilson's theory of biophilia – man's innate yearning for nature.

At the MIT Senseable City Lab and CRA-Carlo Ratti Associati we explore how the natural and artificial worlds can work together to forge a more cohesive urban experience. First, we can leverage digital technologies to "breathe" new life into the built environment. Sensors and AI allow cities and buildings to respond dynamically to citizens. Second, we can include an increasingly expansive natural repertoire into our cities.

2.   How the concept of Senseable City can lead to more happiness in cities? (minor question)

I like the double meaning behind the world "senseable": the city should be sensible and be able to sense. The latter adds a human dimension to otherwise techno-centric arsenal of the "smart city". From artificial intelligence to Internet of Things, technology is reshaping the urban experience but should do so with human well-being – and happiness – as ultimate goals.

3.   What should we do today to make our cities happier in the near future? (minor question)

The great American urban planner Lewis Mumford once said, "forget the damned motor car and build cities for lovers and friends." Mumford was dealing with the 20th century city, which had been shaped by the motor car. In a similar way, today we could say "don't focus just on new technologies but use them to build cities for lovers and friends."

Carlo Ratti

Director, MIT Senseable City Lab

Founding Partner, Carlo Ratti Associati

Co-chair of the World Economic Forum's Global Future Council on Cities and Urbanization (Current)

An architect and engineer by training, Professor Carlo Ratti teaches at MIT, where he directs the Senseable City Laboratory and is a founding partner of the international design and innovation office Carlo Ratti Associati. A leading voice in the debate on new technologies' impact on urban life, his work has been exhibited in several venues worldwide, including the Venice Biennale, New York's MoMA, London's Science Museum, Barcelona's Design Museum and Bi-City Biennale of Architecture and Urbanism.

Three of his projects – the Digital Water Pavilion, the Copenhagen Wheel and Scribit– were hailed by Time Magazine as 'Best Inventions of the Year'. He has been included in Wired Magazine's 'Smart List: 50 people who will change the world'. He is currently serving as co-chair of the World Economic Forum's Global Future Council on Cities and Urbanization. For further information, visit www.carloratti.com and senseable.mit.edu

2.5 Beyond the New Urban Crisis
Richard Florida

The new urban crisis differs from the old. The original urban crisis of the 1960s and 1970s was a crisis of urban decline and failure. The new urban crisis of today is a crisis of success. It is brought on by the surge in investment in cities and the competition for limited urban space. The result is rampant gentrification, increasing housing unaffordability, rising economic segregation and inequality, and the decline of the middle class. The result is deepening winner-take-all urbanism between cities, within cities and across cities and suburbs alike.

Consider the key dimensions of this New Urban Crisis.

- The deep and growing economic gap between small numbers of superstar cities.
- The crisis of success that vexes these same superstar cities. Mere gentrification has escalated into what some have called "plutocratization".
- Growing inequality, segregation, and sorting that is taking place within virtually every city and metro area, winners and losers alike.
- A burgeoning crises of the suburbs, where poverty, insecurity, and crime are mounting, and economic and racial segregation are growing deeper.
- The crisis of urbanisation in the developing world.

Much has been made about the crisis of happiness of urban dwellers. The new urban crisis contributes to lower overall happiness by making it harder for people and families to afford to live in cities. This happiness crisis has been magnified by the stress and anxiety brought on by The COVID-19 crisis.

The task before us is to overcome the New Urban Crisis and the COVID-19 crisis and rebuild cities in a new, better, more inclusive and resilient way. That means supplanting the old dysfunctional model of winner-take-all urbanism with a new model of urbanism for all. This can be done by embracing the following principles or pillars

- Devolve power: Empower communities and enable local leaders to strengthen their own economies and cope with the challenges of the New Urban Crisis.

- Regulatory and tax reform: Reform zoning and building codes, as well as tax policies, including the use of land value taxes, to ensure that the clustering force works to the benefit of all.

- Move away from the car: Invest in the infrastructure from transit to bike lanes needed to spur density and clustering and limit costly and inefficient sprawl.

- Provide more affordable rental housing: Build more affordable rental housing in central locations.

- Improve wages of service jobs: Expand the middle class by turning low-wage service jobs into family-supporting work.

- Combat poverty with a universal basic income: Tackle concentrated poverty head-on by investing in people and places

- Undertake global efforts for more inclusive and resilient cities - Engage in a global effort to build stronger, more prosperous cities in rapidly urbanising parts of the emerging world.

It is time to rebuild our cities and metropolitan areas in more resilient and inclusive ways and ensure that many more can prosper and achieve true well-being in the places where we live.

Richard Florida

One of the world's leading urbanists.

University Professor at the University of Toronto's School of Cities and Rotman School of Management

A Distinguished Fellow at NYU's Schack School of Real Estate.

Founder of the Creative Class Group.

Richard Florida is one of the world's leading urbanists. He is a researcher and professor, serving as University Professor at University of Toronto's School of Cities and Rotman School of Management, and a Distinguished Fellow at NYU's Schack School of Real Estate.

He is a writer and journalist, having penned several global bestsellers, including the award-winning *The Rise of the Creative Class* and his most recent book, *The New Urban Crisis.* He is co-founder of CityLab, the leading publication devoted to cities and urbanism. He is an entrepreneur, as the Founder of the Creative Class Group, which works closely with companies and governments worldwide.

2.6 The Indian Approach to Happiness

M. B. Athreya

There is a renewed global interest in the idea of happiness. Some countries are conducting happiness surveys and publishing Happiness Indices.   There is even a World Happiness Report. In this note, we look at two issues. One, what is the Indian approach to happiness? Two, in particular, how do Indian managers seek it?

Individuals

In terms of Life Goals, Indian philosophy advocates four goals, always in this order --- Dharma, Artha, Kama, Moksha --- Duty, Wealth, Desires and Transcendence.   In practice, people seem to pursue them in the following sequence. --- Driven by the senses, they go for Kama, different kinds of pleasures. For this, they need Artha, income and wealth. If they earn and spend money in ethical ways; and go only for those pleasures which are not unethical, they may earn happiness. The vast majority don't think of Transcendence till late in life.

There is another injunction of Indian philosophy. Sat, Chit, Ananda --- Truth, Consciousness, and Joy. This is quite consistent with the above Life Goals.

The majority of people get absorbed in money and pleasures.   They don't seem to be consciously in pursuit of happiness. At some point, a few realise that pleasure, wealth, fame, power etc. are more fleeting satisfaction rather than real happiness. In a recent article, I have offered the following definition of happiness.

> "Happiness is the <u>sustained</u> satisfaction of a <u>balanced</u> life, <u>well</u>-lived."[1]

Managers

What about Indian managers?   The organisational dynamics takes them in a particular direction. They may feel happy, at different periods, for varying reasons. At the start of their career, getting a good job gives some happiness. But, soon many change jobs, for "better career" prospects. A few change for "more and right kind of learning". The company faces competition. It sparks internal competition among managers. Most managers feel pride and related happiness if they are in a High Performing Company. Performance is the achievement

of the four universal business goals --- Profits, Growth, Reputation and Continuity. These are achieved by meeting and exceeding the expectations of multiple stakeholders --- customers; investors; business partners, like dealers, vendors, collaborators; employees; and society.

Recently, new parameters of corporate performance are being added. These arise from some major problems facing humanity. First, is the Climate Crisis and the need for each company to keep Environmental Protection and upgradation, in mind, in all its spheres of operation. Second, is the idea of CSR, Corporate Social Responsibility of business. Third, is the need to improve Corporate Governance.   There is a rising number of global and local Investment Funds, which apply this ESG test, to whether to divest or invest in the companies, which meet their other criteria.   There is recent, another criterion under debate, namely, I, for Inequality reduction. So, we may have ESGI funds.

Some managers feel pride and happiness if their company is an early mover on these issues. On the other hand, some other managers may see these as an additional burden of work and stress; and feel unhappy.

Action

In summary, whether an individual or a manager, one can identify some action steps towards happiness.

1. An individual must, consciously, set Happiness as a Goal, for herself/himself.
2. He should also try to identify "what things will make me happy".   Some may be permanent criteria; some others can be changed, in the course of life.
3. He should set specific, time-bound goals on each criterion. Plan. Achieve. Measure. Learn. And keep moving forward.
4. He should develop an attitude for happiness. One can be a high performer and still unhappy. Or, a happy low performer! One should aim for optimal performance. He is balancing different personal and work goals.
5. He should, as far as possible, create his own happiness. An active, not a passive approach.

There seems to be a two-way relationship between "Success" and "Happiness". First, work hard for success, and then be happy. Second, stay happy and achieve success under different circumstances.

M. B. Athreya (Mrityunjay Athreya)

Padma Bhushan (2014).

Recognised as one of the founders and pioneers of the Indian Management Movement, including Management Education, Research and Consulting.

Ex-Professor London Business School & Ex- Professor IIM-Calcutta.

Dr Athreya is recognised as one of the founders and pioneers of the Indian Management Movement, including Management Education, Research and Consulting. Since his return from the UK, in 1978, he has been available nationally to Corporates; National and State Governments; and NGO's, as an independent resource person. He has been on several government Committees, advocating major reforms and liberalisation in the Indian economy, including Telecom; Banking; Aviation; and Civilian Nuclear Power. Dr Athreya was earlier Professor at the Indian Institute of Management, Kolkata; London Business School, England; and the Strathclyde Business School, Scotland. He holds a Doctorate in Business Administration from the Harvard Business School.

Dr Athreya has been honoured with several awards. In 2014 he was awarded the Padma Bhushan by the Government of India. He has been a Role Model and Mentor for thousands of Indian Managers; Strategic Planners; HRD Professionals; and Consultants in the Corporate and Social sectors.

2.7 On Happiness

Francesc Miralles

We often believe that happiness is the absence of problems, and that's a big mistake. In fact, people with a low tolerance for difficulties are a fertile ground for unhappiness.

Human beings are resilient by nature, and we are designed to die and be reborn as many times as necessary in this life. We all have heard the story of the Phoenix, the bird being reborn from its own ashes to soar into the sky again. Some versions of the myth even say that its tears were healing.

Understanding that destruction —intentional or not— creates an opportunity to reinvent ourselves and create new things, the Argentinian writer Julio Cortázar once said: "Nothing is lost if you finally have the courage to proclaim that everything is lost and that you have to start over."

In the process of taking the flight to another horizon, your ikigai, your life purpose, will be your creative fuel.

You must assume that it's impossible to make precise plans when the future is as uncertain as it is now. When the certainties and predictions are over, we need to renounce to the map and use our personal compass.

This instrument is governed by our intuition, but we must also pay attention to the signs that life sends us, just as the ancient navigators did not have a map, but they were guided by the stars.

The good thing about living in this uncertainty is that we have the freedom to turn the tide at any time, always keeping our vital purpose on the horizon.

The American speaker Zig Ziglar said: "People often say that motivation doesn't last. Well, neither does bathing — that's why we recommend it daily".
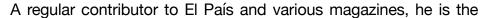
When you know the purpose that gives meaning to your life is, you must fuel your passion by feeding it to keep you alive and on track. That motivational shower can be a small daily practice in the direction you have set yourself, inspiring readings, people with whom you share your passion or talks that move you to reflection. Every day a new life begins.
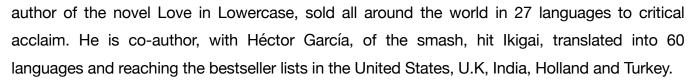
Francesc Miralles

Co-author of Bestselling book Ikigai: The Japanese Secret to a Long and Happy Life

Regular contributor to El País and various magazines.

Francesc Miralles graduated in German Philology and worked as an editor for a publisher of self-help books, where he directed several collections and wrote books under a penname. He is a writer and journalist specialised in psychology and spirituality.

A regular contributor to El País and various magazines, he is the author of the novel Love in Lowercase, sold all around the world in 27 languages to critical acclaim. He is co-author, with Héctor García, of the smash, hit Ikigai, translated into 60 languages and reaching the bestseller lists in the United States, U.K, India, Holland and Turkey.

3. INDIA CITIES HAPPINESS RANKINGS 2020

This third part of the report presents the findings of the India Cities Happiness Rankings 2020. First, it presents the overall rankings of thirty-four cities on happiness. Second, it explains the differences in happiness across the thirty-four cities, including the impact of COVID-19 on happiness. Third, it elaborates on the methodology. The last section presents the happiness rankings for five years from now.

3.1 India Cities Happiness Rankings 2020

In the happiness rankings of cities, Ludhiana, Ahmedabad and Chandigarh are the top three. Among the Tier-I cities (4 Metros - Delhi, Mumbai, Kolkata, Chennai and 4 New Metros Bangalore, Hyderabad, Pune, Ahmedabad) Ahmedabad, Chennai and Hyderabad are among the top three in happiness rankings. Among Tier-II cities, Ludhiana, Chandigarh and Surat are the top three cities in happiness rankings.

In Northern India, Ludhiana, Chandigarh and Amritsar top the chart. In Southern India, Chennai, Hyderabad and Kochi are the top three in happiness rankings. In Western India, Ahmedabad, Surat and Vadodara are the top three in happiness rankings. In Eastern India, Patna, Kolkata and Bhubaneswar are the top three in happiness rankings. Guwahati is the only city in North-Eastern India to have been surveyed. In Central India, Bhopal and Indore top in the central Indian states leaving behind Raipur in happiness rankings. Table 3.1 shows the happiness rankings of the thirty-four major cities of India.

Table 3.1 Cities Happiness Ranking 2020

City	Happiness Ranking	Happiness Score
Ludhiana	1	7.23
Ahmedabad	2	7.21
Chandigarh	3	6.98
Surat	4	6.95
Vadodara	5	6.9
Amritsar	6	6.89
Chennai	7	6.88
Jaipur	8	6.84
Jodhpur	9	6.81
Hyderabad	10	6.78
Bhopal	11	6.77
Pune	12	6.76
New Delhi	13	6.69
Dehradun	14	6.66
Faridabad	15	6.65
Patna	16	6.62
Nagpur	17	6.61
Indore	18	6.55
Kochi	19	6.55
Bhubaneswar	20	6.54
Mumbai	21	6.54
Guwahati	22	6.47
Dhanbad	23	6.38
Noida	24	6.38
Jammu	25	6.3
Kanpur	26	6.26
Bengaluru	27	6.24
Kolkata	28	6.19
Lucknow	29	6.17
Shimla	30	6.14
Ranchi	31	6.14
Gurugram	32	6.08
Vishakhapatnam	33	6.08
Raipur	34	5.74

3.2 Differences in Happiness Rankings Across Cities

Different cities are at different levels in the happiness ranking. To understand this, we need to look at the components of happiness. There are five components of happiness given in box

3.1: work and related issues such as earnings and growth; relationships including family and friends; physical health and mental health; philanthropy including social concerns; and religious or/and spiritual orientation. The component of health was made into two separate components for physical and mental health to consider increased mental health issues due to the Covid-19 pandemic. To include the impact of COVID-19 on happiness, COVID-19 is added as the seventh component. Besides these seven components which we have used in the report, there will be other factors also responsible for differences in happiness across cities as happiness is a subjective concept.

These components vary across cities. In the study, on calculated scores of work and related issues such as earnings and growth Jodhpur, Vadodara, Chennai, Amritsar, and Chandigarh are the top five. On relationships including family and friends Lucknow, Ludhiana, Amritsar, Hyderabad and Patna are the top five. On physical health, Ludhiana, Jodhpur, Bhopal, Dehradun and Lucknow top the list and in mental health Jodhpur, Ludhiana, Chandigarh, Surat and Hyderabad are the top five.

On philanthropy, including social concerns, Ludhiana, Lucknow, Guwahati, Amritsar, and Ahmedabad are the top five. On religious or/and spiritual orientation Bhopal, Ludhiana, Surat, Jodhpur and Ranchi are the top five.

Bengaluru, Kochi and Kolkata have shown the worst possible impact of COVID-19 on happiness, whereas Surat, Ahmedabad and Ludhiana have shown the best possible impact. Chart 3.1 gives rankings of the thirty-four cities on the six components of happiness.

Box 3.1 Components of Happiness

The following five components are used in the report :

- Work and related issues such as earning, growth
- Relationships including family and friends
- Health including physical and mental health
- Philanthropy including social concerns
- Religious or/and spiritual orientation

These are identified by the researcher in an earlier work for Happiness Strategy book (Pillania, 2019). The component of health is broken into two components, physical health and mental health for this study.

Chart 3.1 Components of Happiness

City	Work	Relationships	Physical Health	Mental Health	Philanthropy	Religious /Spiritual
AHMEDABAD	6.31	7.57	7.24	7.23	7.13	7.15
AMRITSAR	6.41	7.95	7.24	6.6	7.15	7.03
BENGALURU	6.26	6.89	6.56	6.79	5.49	5.89
BHOPAL	5.21	7.61	7.55	6.87	7.03	8.05
BHUBANESWAR	5.28	7.25	6.82	6.72	6.58	6.6
CHANDIGARH	6.4	7.73	7.22	7.47	6.69	7.1
CHENNAI	6.6	7.16	7.06	7.03	6.82	6.72
DEHRADUN	5.82	7.71	7.44	7.03	6.65	6.48
DHANBAD	4.74	6.96	6.93	6.83	6.34	7
FARIDABAD	6.23	7.67	6.96	7.02	6.73	6.73
GURUGRAM	5.92	7.52	7.07	7.09	6.17	6.88
GUWAHATI	4.56	7.67	7.02	6.53	7.21	6.4
HYDERABAD	5.55	7.95	7.18	7.36	6.85	6.54
INDORE	5.73	7.63	7.12	7.25	6.98	7.1
JAIPUR	5.95	7.54	7.04	7.07	6.7	7.18
JAMMU	5.36	7.84	7.11	6.64	6.8	7.07
JODHPUR	6.85	7.75	7.71	7.72	6.64	7.32
KANPUR	5.02	7.2	7	6.8	6.72	6.93
KOCHI	5.62	7.56	6.92	6.63	6.24	6.46
KOLKATA	5.43	6.98	6.47	6.33	6.37	6.25
LUCKNOW	6.03	8.1	7.3	6.98	7.24	7.02
LUDHIANA	6.39	7.98	7.8	7.63	7.55	7.61
MUMBAI	5.73	7.63	7.1	7.21	6.54	6.76
NAGPUR	5.98	7.55	7.18	6.67	6.58	6.68
NEW DELHI	5.79	7.62	7.06	6.9	6.86	6.73
NOIDA	6.17	7.12	6.54	6.72	6.24	6.36
PATNA	5.38	7.84	7.1	7.3	6.52	7.16
PUNE	6.04	7.05	6.92	6.6	5.97	6.49
RAIPUR	5.76	7.46	6.38	6.74	6.55	6.64
RANCHI	5.21	7.66	7.16	7.29	6.77	7.22
SHIMLA	4.95	7.11	6.46	6.46	6.51	6.86
SURAT	6.01	7.76	6.93	7.42	6.79	7.32
VADODARA	6.69	7.01	6.88	6.85	6.57	6.68
VISHAKHAPATNAM	5.24	7.25	7.08	7.19	6.71	7

■ Work ■ Relationships ■ Physical Health ■ Mental Health ■ Philanthropy ■ Religious /Spiritual

Impact of COVID-19 on Happiness

The Spirit of India is quite resilient. In general, the evidence suggests that adaptation is an important feature of well-being. Many common but important life events have a modest, long-term impact on self-reported happiness (Ortiz Ospina, 2013). Due to COVID-19, people have become more health-conscious, and the importance of health has increased. There are differences in the impact of COVID-19 on happiness.

Bengaluru, Kochi and Kolkata have shown the worst possible impact of COVID-19 on happiness, whereas Surat, Ahmedabad and Ludhiana have shown the best possible impact. Table 3.2 gives the impact of COVID-19 on happiness.

Table 3.2 Impact of Covid-19 on Happiness

City	Impact of COVID-19	City	Impact of COVID-19	City	Impact of COVID-19
Surat	6.97	Gurugram	6.32	Vadodara	6.04
Ahmedabad	6.9	Amritsar	6.29	Lucknow	6.03
Ludhiana	6.8	Bhubaneswar	6.28	Vishakhapatnam	6.01
Indore	6.76	Hyderabad	6.27	Raipur	6
Jodhpur	6.75	Dehradun	6.18	Patna	5.94
Jaipur	6.53	Kanpur	6.16	Faridabad	5.92
Ranchi	6.45	Chennai	6.15	Pune	5.85
Mumbai	6.39	Guwahati	6.14	Nagpur	5.79
Bhopal	6.38	New Delhi	6.12	Dhanbad	5.76
Shimla	6.35	Chandigarh	6.09	Kolkata	5.7
Noida	6.34	Jammu	6.05	Kochi	5.51
				Bengaluru	5.28

Regression Analysis

OLS regression is run to regress the dependent variable of happiness on the seven independent variables, namely, work and related issues such as earning and growth, relationships including family and friends, physical health, mental health, philanthropy including social concerns, religious or/and spiritual orientation, and the impact of COVID-19. The results of the regression are given in Table 3.3. All of the seven components are significant and play a role in determining happiness and happiness differences across cities.

Table 3.3 Regressions to Explain Happiness across Cities

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.409	0.098		14.376	0
	Work and related issues such as earning, growth	0.331	0.01	0.41	34.574	0
	Relationships including family and friends	0.135	0.013	0.14	10.103	0
	Physical health	0.055	0.013	0.057	4.087	0
	Mental health	0.1	0.014	0.111	7.264	0
	Philanthropy including social concerns	0.051	0.013	0.055	4.101	0
	Religious or/and spiritual orientation	0.026	0.011	0.03	2.419	0
	Impact of COVID-19	0.098	0.01	0.12	9.354	0
a. Dependent Variable: On which step of the ladder would you say you personally feel you stand at this time?						
Adjusted R^2 = 0.447						

Correlations of Happiness

To find a correlation between happiness and age, gender, marital status, education, and income, analysis using the Pearson Correlation was run. The results are given in Table 3.4. The results show the correlation between gender on happiness is not significant. There is a negative correlation between marital status and happiness, i.e. married people are unhappier than married people in cities. Age, income and education, are overall positively related to happiness.

Table 3.4 Correlation Matrix

		On which step of the ladder would you say you personally feel you stand at this time?	Significance
Age	Pearson Correlation	.102**	Significant
	Sig. (2-tailed)	0	
Gender	Pearson Correlation	0.025	Insignificant
	Sig. (2-tailed)	0.086	
Marital Status	Pearson Correlation	-.118**	Significant
	Sig. (2-tailed)	0	
Annual Income	Pearson Correlation	0.018	Significant
	Sig. (2-tailed)	0	
Highest Education	Pearson Correlation	.181**	Significant
	Sig. (2-tailed)	0	

3.3 Methodology

Measuring feelings can be very subjective but is nonetheless a useful complement to more objective data when comparing the quality of life across countries. Subjective data can provide a personal evaluation of an individual's health, education, income, personal fulfilment, and social conditions. Surveys, in particular, are used to measure life satisfaction and happiness (OECD, 2020). Happiness is a subjective concept, and research shows that the survey method is a good measurement option. Surveys asking people about life satisfaction and happiness do measure subjective well-being with reasonable accuracy and do provide a reasonably consistent and reliable picture of subjective well-being (Ortiz-Ospina, 2013). Also, research by Nobel Laureate Prof Daniel Kahneman and Prof Krueger support it by pointing out the fact that responses to subjective well-being questions are related to individuals' health outcomes, neurological functioning, and characteristics—and predict some future behaviour — suggests that survey data is a valid methodology for this study (Kahneman & Krueger 2006).

For the India Cities Happiness Report 2020, a questionnaire was developed. The questionnaire had nine questions. The first two questions were the famous Cantril ladder, also used in the World Happiness Report of the United Nations. In this participants were asked to imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best possible life for the participant, and the bottom of the ladder represents the worst possible life for the participant.

The remaining five questions were developed by the researcher for the five components of happiness. These five components of happiness were identified by asking people from diverse backgrounds: What makes you happy? The answer to this question resulted in clustering the responses in five categories namely, work and related issues such as earning and growth; relationships including family and friends; health including physical and mental; philanthropy including social concerns; and religion or/and spiritual orientation. These five components of happiness have been tested on diverse population groups, and these cover what makes a person happy. These five components were first used and published in Happiness Strategy (Pillania, 2019). Individual categories from these five components are highlighted by various research studies on happiness, including the annual World Happiness Report of the United Nations. A question on the impact of COVID-19 on happiness was also

added. The question of health was made into two separate questions for physical and mental health to consider increased mental health issues due to the Covid-19 pandemic.

The questionnaire was pretested on different groups of people. After minor adjustments of the items based on their feedback, the questionnaire was sent to respondents. Participants were assured that the survey was strictly confidential and anonymous. The final survey was conducted in September-November, 2020. A total of 13,000 responses were collected from thirty-four major cities in India consisting of more than 385 responses from each city thus meeting the sample size requirement for the commonly followed statistical requirement of a 95 per cent confidence interval and a .05 per cent margin of error. The thirty-four cities are selected mainly based on population and geographic representation of the major cities in India. This list of the cities will be increased in future reports.

One limitation of this work is that this is an unusual year due to COVID-19, and there is a need for data for normal years, which will be done with subsequent annual reports. Another limitation is this is based on only a one-time value for one year, and it will improve with subsequent annual reports. We will keep learning and improving with each annual report in the future.

3.4 Future Happiness

Table 3.5 gives the rankings on happiness for after five years from 2020, i.e. 2025. The happiness scores for after five years are better than the happiness scores for this year, i.e. people are optimistic about their future. This is generally true as it has been observed in other contexts that people can be optimistic about their own future (Ortiz-Ospina, 2013).

In the future happiness rankings Ludhiana, Jammu, and Amritsar are the top three. Among the Tier-I cities, Mumbai, Hyderabad and New Delhi are the top three cities in the happiness ranking for after five years. Among the Tier-II cities, Ludhiana, Jammu and Amritsar rank the top three.

In Northern India, Ludhiana, Jammu and Amritsar top the chart. In Southern India, Hyderabad, Chennai and Kochi are the top three in happiness rankings. In Western India, Mumbai, Surat and Ahmedabad are the top three in happiness rankings. In Eastern India, Ranchi, Patna and Bhubaneswar are the top three in happiness rankings. Guwahati is the only city in North-

Eastern India to have been surveyed. In Central India, Indore and Bhopal top in the central Indian cities leaving behind Raipur in happiness rankings.

Table 3.5 Happiness Rankings for 2025

City	Happiness Ranking	Happiness Score
Ludhiana	1	8.77
Jammu	2	8.55
Amritsar	3	8.49
Mumbai	4	8.38
Dehradun	5	8.37
Indore	6	8.35
Hyderabad	7	8.31
New Delhi	8	8.3
Bhubaneswar	9	8.3
Chandigarh	10	8.29
Bhopal	11	8.26
Ranchi	12	8.26
Chennai	13	8.24
Surat	14	8.2
Faridabad	15	8.2
Noida	16	8.16
Jaipur	17	8.14
Gurugram	18	8.14
Ahmedabad	19	8.13
Nagpur	20	8.11
Jodhpur	21	8.09
Patna	22	8.01
Guwahati	23	8
Kochi	24	7.96
Lucknow	25	7.95
Vishakhapatnam	26	7.92
Raipur	27	7.87
Shimla	28	7.86
Dhanbad	29	7.8
Kanpur	30	7.8
Bengaluru	31	7.75
Vadodara	32	7.61
Pune	33	7.33
Kolkata	34	6.99

4. Key Takeaways

As mentioned in the introduction, this inaugural India Cities Happiness Report 2020 is deliberately kept concise and simple. In the same spirit, here are three key takeaways for governments, organisations, and individuals.

1. India is a diverse country, and different cities are at different levels in terms of happiness rankings. This is in line with the findings of India Happiness Report 2020, which also showed different levels of happiness in different states and union territories of India. There is a pressing need for more discussion, focus on, and the application of happiness in the Indian cities.

2. Seven thought leaders from around the world have shared their insights in chapter two of this report. Choose and put into practice all or some or at least one of these insights, to begin the journey of happiness, or keep moving in the journey of happiness, if the journey has already commenced.

3. The six components of happiness namely, work and related issues such as earnings and growth; relationships, including family and friends; physical health; mental health; philanthropy, including social concerns; and religious or/and spiritual orientation, play an essential role in the journey of happiness. Knowing is not enough. Happiness needs to be practised. One simple way to strategise and operationalise happiness using these components is given in Happiness Strategy (Pillania, 2019). Further, to strategise and operationalise happiness on a daily basis, one can use Happiness Diary: My Experiments with Happiness (Pillania, 2020).

5. The Way Forward

This is the very first India Cities Happiness Report. The plan is to come up with an annual version of this report each year in the future.

Each edition will try its best to bring in more ideas, more rigour, and solutions for the application of those ideas.

As the annual India Happiness Reports and India Cities Happiness Reports and the people involved in bringing out the reports, progress on the learning curve, the focus will be to keep learning, keep minimising shortcomings and keep improving the annual reports. This looks to be an exciting but challenging journey ahead.

REFERENCES / ENDNOTES

Chapter 1. introduction

CMIE (2019). Urban population to contribute 75% to GDP by 2030: CREDAI-CBRE report. Weblink: https://www.cmie.com/kommon/bin/sr.php?kall=warticle&dt=2019-08-08%2012:04:10&msec=803#:~:text=India's%20urban%20population%20will%20contribute,2030%2DExploring%20the%20Future'. (accessed on September 30, 2020).

Florida, R. (2020). Beyond the New Urban Crisis. India Cities Happiness Report 2020. Website: www.pillania.org

Kahneman, D., & Krueger, A. B. (2006). Developments in the Measurement of Subjective Well Being. Journal of Economic Perspectives, 20(1), 3-24.

Lerner, J (2020). Happiness and Cities – Remembering Togetherness. India Cities Happiness Report 2020. Website: www.pillania.org

Ortiz-Ospina, E. (2013). Happiness and Life Satisfaction. Weblink: https://ourworldindata.org/happiness-and-life-satisfaction (accessed on December 1, 2019).

Pillania, R. K. (2020). India Happiness Report 2020. Weblink: http://pillania.org/wp-content/uploads/2020/09/India-Happiness-Report-2020.pdf (accessed on September 30, 2020).

Ratti, C. (2016). These four numbers define the importance of our cities: 2, 50, 75 and 80. World Economic Forum. WEF website. Weblink: https://www.weforum.org/agenda/2016/12/technology-and-the-future-of-our-cities/ (accessed on September 1, 2020).

Ratti, C. (2020). Answers to Three Important Questions for Cities for Happiness. India Cities Happiness Report 2020. Website: www.pillania.org

Statista (2020). Urbanisation in India. Statista website. Weblink: https://www.statista.com/statistics/271312/urbanization-in-india/ (accessed on September 29, 2020).

UN (2012). Happiness: towards a holistic approach to development Draft note November 6, 2012. UN website. Weblink:https://www.un.org/esa/socdev/ageing/documents/NOTEONHAPPINESSFINALCLEAN.pdf (accessed on December 7, 2019).

United Nations (UN) (2020). Cities and Pollution. UN website. Weblink: https://www.un.org/en/climatechange/climate-solutions/cities-pollution (accessed on October 3, 2020).

Ura, D. K. (2020). Experience sharing from Gross National Happiness of Bhutan. India Happiness Report 2020.

WEF (2018). The 10 fastest-growing cities in the world are all in India. WEF website. Weblink: https://www.weforum.org/agenda/2018/12/all-of-the-world-s-top-10-cities-with-the-fastest-growing-economies-will-be-in-india/(accessed on September 29, 2020).

World Bank (2020). Urban Development. WB website. Weblink: https://www.worldbank.org/en/topic/urbandevelopment/overview (accessed on September 1, 2020).

Chapter 2. Insights from thought leaders on happiness

2.1 Findings on happiness in cities

https://worlddatabaseofhappiness.eur.nl/

https://worlddatabaseofhappiness-archive.eur.nl/hap_nat/nat_fp.php?mode=1

https://worlddatabaseofhappiness-archive.eur.nl/hap_cor/desc_topic.php?tid=5782

https://worlddatabaseofhappiness-archive.eur.nl/hap_cor/desc_topic.php?tid=6252

https://worlddatabaseofhappiness-archive.eur.nl/hap_cor/desc_topic.php?tid=2827

https://worlddatabaseofhappiness-archive.eur.nl/hap_cor/desc_topic.php?tid=2819

https://worlddatabaseofhappiness-archive.eur.nl/hap_cor/desc_topic.php?tid=2850

https://worlddatabaseofhappiness-archive.eur.nl/hap_cor/desc_topic.php?tid=2810

https://worlddatabaseofhappiness-archive.eur.nl/hap_cor/desc_topic.php?tid=6785

https://worlddatabaseofhappiness.eur.nl/this-database/how-to-add-your-work/

2.3 Happiness and Cities – Remembering Togetherness

[1] https://worldhappiness.report/ed/2020/

[2] https://unstats.un.org/unsd/broaderprogress/pdf/Happiness%20towards%20a%20holistic%20approach%20to%20development%20(A-67-697).pdf

[3]https://plato.stanford.edu/entries/aristotle-ethics/

[4] https://www.youtube.com/watch?v=HXcb8UjJ3rw&t=1211s

[5] In a direct translation of the original Portuguese version, "it is impossible to be happy alone". In the English version, "the fundamental loneliness goes whenever two can dream together". More in http://www.jobim.org/jobim/handle/2010/11094

2.5 Beyond the New Urban Crisis

https://www.theguardian.com/books/2017/sep/26/richard-florida-new-urban-crisis-review-flawed-elitist-ideas

https://books.google.co.in/books/about/The_New_Urban_Crisis.html

http://www.librarything.com/work/18840441/reviews

https://www.bloomberg.com/news/articles/2017-04-11/richard-florida-introduces-the-new-urban-crisis

https://www.theguardian.com/cities/2017/oct/26/gentrification-richard-florida-interview-creative-class-new-urban-crisis

2.6 The Indian Approach to Happiness

Article in Tattvaloka Magazine, August 2020, Our Quest for Happiness.

Chapter 3 India Happiness Findings 2020

Ortiz-Ospina, E. (2013). Happiness and Life Satisfaction.

Weblink https:// ourworldindata.org/happiness-and-life-satisfaction (accessed on December 1, 2019).

Kahneman, D., & Krueger, A. B. (2006). Developments in the Measurement of Subjective Well Being. Journal of Economic Perspectives, 20(1), 3-24.

OECD (2020). Life Satisfaction. Weblink: http://www.oecdbetterlifeindex.org/topics/life-satisfaction/ (accessed on August 3, 2020).

Pillania, R.K. (2019). Happiness Strategy: Strategy and Happiness for Everyone. New Delhi: Invincible Publishers.

Pillania, R. K. (2020). India Happiness Report 2020. Weblink: http://pillania.org/wp-content/uploads/2020/09/India-Happiness-Report-2020.pdf (accessed on September 30, 2020).

Chapter 4 Key Takeaways

Pillania, R. K. (2019). Happiness Strategy: Strategy and Happiness for Everyone. New Delhi: Invincible Publishers.

Pillania, R.K. (2020). Happiness Diary: My Experiments with Happiness. New Delhi: Invincible Publishers.

''Most unique and humorous way to learn about basics of strategy and its application for generating personal happiness. My own happiness went up after reading this book. Buy it and you will like it.''

Jagdish N. Sheth, *Charles Kellstadt Professor of Business School, Emory University, USA*

HAPPINESS STRATEGY

STRATEGY AND HAPPINESS FOR EVERYONE

RAJESH K PILLANIA
PhD(Strategy)

DEMOCRATIZING STRATEGY AND HAPPINESS WITH HUMOUR

HAPPINESS
DIARY

My Experiments with Happiness

Rajesh K Pillania, Ph.D

We are looking for

S P O N S O R S

for the next year and subsequent years

India Cities Happiness Report

One Day In-Company Training Programme

Happiness Strategy

We human beings are in search of happiness since time immemorial. However, we are living with a lot of unhappiness and there is a craving for happiness. This programme makes happiness simple, fun and applicable.

➢ **Content & Methodology**

This programme covers various tools, techniques, and strategies that can be utilised to be and stay happy. The focus is on application and not mere sharing of theories. To ensure that participants learn to apply the concepts, an interactive class format, exercises, and role-plays are used.

➢ **Learning outcomes**

To unlearn wrong understanding of happiness, to learn happiness and its various tools & techniques, and develop strategies for overall happiness.

➢ **Target Audience**

This programme is useful for and is open to people from middle to senior management.

➢ **Faculty**

Prof Rajesh K Pillania

Join 1000+ people (Maruti, GAIL, AAI, etc.) who have enjoyed it.

This first annual India Cities Happiness Report fills a void; answers number of important questions on happiness; and provides insights on happiness in thirty-four cities of India. It also contains insights from following global thought leaders:

Ruut Veenhoven, Pioneer and World Authority on the Scientific Study of Happiness.

John F. Helliwell, Co-Editor (Jeffry Sachs & Richard Layard), World Happiness Report.

Jaime Lerner, Architect, Urban Planner, Among 25 Time most influential thinkers.
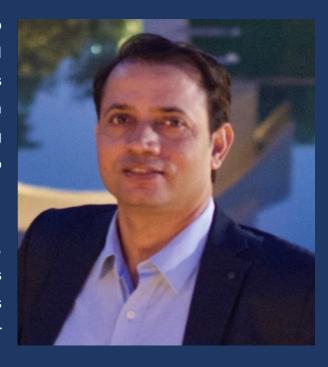
Richard Florida, Among World's Leading Urbanists; Founder, Creative Class Group.

Carlo Ratti, Director, MIT Senseable City Lab.

Padma Bhushan M. B. Athreya, PhD (Harvard), Ex-Prof. London Business School.

Francesc Miralles Contijoch aka Albert Liebermann author of bestselling Ikigai.

Dr Rajesh K Pillania is rated and awarded the Top Professor for Strategy in India by ASSOCHAM and Education Post. He is recognised for his extensive research, jointly ranked number one in average research productivity among management faculty in India between 1968 to 2014.

He makes strategy, innovation and happiness, simple, humorous and applicable. This has resulted in five simple, funny books with insights for application; numerous articles; and a number of training programs.

He is a prolific writer, a popular teacher and highly sought after trainer on strategy, innovation and happiness. He has taught and trained 1000s of students and senior management people on strategy, innovation and happiness over the last 20 years. His research and academic experience include Indian Institute of Management Kozhikode; Smith School of Business, University of Maryland, College Park, USA; Harvard University, among others. He is Professor of Strategy with Management Development Institute (MDI), Gurgaon, India. He can be reached at rajesh@pillania.org