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Nota di contenuto	Contextualising Happiness: Beyond the smile -- Philosophy of Happiness Through the Lens of Bhagavad-Gita and Srimad-Bhagavatam -- Study on the Causal Relationship Between Values and Happiness -- An Exposition of Happiness in the Context of Positive Psychology and Indian Psychology -- Understanding the Determinants of Happiness Among Young Adults -- Science of Individual Peace: A System Dynamics Model -- Decoding Spiritual Happiness in Poetry: An Analytical Study of the Selected Poems of John Keats -- Exploring Resilience and Psychological Well-being among the Transgender Community in India -- Bhutan's GNH: Exploring Bliss Beyond Materialism in the Land of Dragons -- Impact of Music on Happiness -- Do Musicians Perceive Happiness Differently? An EEG-based Neuro-psychological Exploration -- Do Exams and Fests Affect College Students' Emotions? A Case Study Using Sentiment Analysis Approach on Social Media Data -- Happiness in Learning Space (Schools) --

Exploring Sleep and Happiness Among Indian Undergraduate Students: A Cross-Sectional Study -- Happiness Equation for Employees & Consumers: Beyond the smile -- Factors Influencing Flow at Workplace: A Study on University Faculties in Bangalore -- Beyond the Smiles: Investigating the Emotional Intelligence Factors Shaping Employee Happiness -- Evolving Trends of Happiness at the Workplace Owing to the COVID-19 Crisis -- The Impact of Virtuous Organizational Practices on Flow at Work Among Kitchen Employees in Bengaluru -- The Impact of Virtuous Organizational Practices on Flow at Work Among Kitchen Employees in Bengaluru -- Unveiling Happiness at Work: A Conceptual Paper -- An Empirical Study to Identify Experiential Marketing Facets for Customer Delight -- An Empirical Study to Identify Experiential Marketing Facets for Customer Delight -- High Performance Work System and Turnover Intentions in Hospitality and Tourism: Examining the Mediating Role of Employee Happiness -- Fast Food Restaurants: Shift from Catchlines to Consumer Happiness -- Nurturing Happiness: Beyond the smile -- The Science of Sensory Engagement: Emergence, Recurrence, and Reformation -- Mindful Pottering and Time Affluence Among Students: A Qualitative Investigation -- Elevating Happiness Through Mindfulness: An In-depth Systematic Literature Review.

Sommario/riassunto

The volume provides a comprehensive understanding of the conceptual and practical implications of happiness. It is a synthesis of cutting-edge research and real-world strategies by authors from diverse disciplines, including psychology, sociology, philosophy, neuroscience, spirituality, education, literature, arts, and music. It offers a glimpse into the science and practice of happiness by exploring positive psychological variables such as mindfulness, emotional intelligence, physical rest, flow, bliss, psychological well-being, spiritual happiness, and workplace happiness. This volume is a valuable resource for anyone interested in the pursuit of happiness, combining rigorous scientific inquiry with practical wisdom to guide readers on their journey toward a joyful and meaningful existence.
