“Happiness is not a goal...it’s a by-product of a life well lived.” — Eleanor Roosevelt

Happiness is so important to us, both as individuals and as a world, primarily because happiness is really all there is. As human beings, although we possess cognitive abilities and are highly "thought" oriented, the quality of our lives is ultimately entirely determined by our emotions. In fact, British philosopher John Locke accurately defines goodness as that which creates happiness, and evil as that which creates unhappiness. Many of us are very concerned with ethics, knowledge, beauty, love, health, productivity, peace, justice and prosperity, often forgetting that these blessings are simply and ultimately means of facilitating happiness. As we become happier we become more compassionate, more creative, more energetic, more financially successful, more emotionally and physically healthy, etc. Happiness is not only important to our personal and societal lives, it is important to our global community too.
**Quotable Quotes**

“Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.”

-Franklin D. Roosevelt

“The pursuit of happiness lies at the core of human endeavors”

-Ban Ki-moon

“Happiness is when what you think, what you say, and what you do are in harmony”

-Mahatma Gandhi

**WOMEN’S STUDIES VS GENDER STUDIES**

Women as entity and their social existence have been understood as having gender base rather than mere sex groups. The under lying gender issues are responsible for the discrimination between male and female, men and women and between boys and girls. Hence studying women’s experience with women alone will not yield the inherent dichotomy by which the superiority-inferiority relationships, higher–lower status, more roles and responsibilities between women and men was not given due recognition in the context of women’s studies, as it projected only women problems, their issues and development. Now, it is realized that a simultaneous comparison between male and female statuses and relationships alone will bring down the intensity of gender discrimination and gender inequality. Women’s development, discrimination and problems should be analysed in relation to the same pertaining to men. Such an approach that focus “women in reference to men” is the basic core of gender studies.
GLIMPSES OF THE MONTH

DANDI MARCH DAY 2017 – March 12th

Dandi March is a Salt March which is named after the Salt Satyagraha revolution in India during the Indian Independence Movement. The Salt March has also been named as the White Flowing River as this campaign was run by people wearing white khadi. Dandi March was started in India on 12th of March in 1930 under the leadership of Mahatma Gandhi (Bapu), as an important element to the Indian independence movement. This march was started in India as a direct action campaign against the tax over by the British Rule. It was a nonviolent protest by the Indians to resist the British salt domination in India. It is considered as the wider Civil Disobedience Movement of the Indian against British Rule. It was raised by the Indian people as a big challenge to the British authority.

International Day of Happiness-March 20th

The International Day of Happiness is an official UN day that “recognizes the pursuit of happiness is a fundamental human goal and the need for a more inclusive, equitable and balanced approach to economic growth that promotes sustainable development, poverty eradication, happiness and the well-being of all peoples.” The International Day of Happiness is celebrated worldwide on March 20. It was founded by United Nations adviser Jayme Illien and celebrated for the first time in 2013.

Historical Time Line of Happiness Development Initiatives

1972- Bhutan's King introduced the Gross National Happiness (GNH) philosophy and its four development pillars at an international conference.
2005-International Institute of Management introduced second generation GNH (GNH 2.0), the first GNH Index and the first Global GNH Index Survey

2006 - The International Institute of Management published a policy white paper for the implementation of GNH philosophy in the US and invited scholars to build upon the GNH Index framework.

2007-Thailand released Green and Happiness Index (GHI).

2009-In the United States, the Gallup poll system launched the happiness survey collecting data on national scale. The Gallup Well-Being Index was modelled after the GNH Index framework of 2005. The Well-Being Index score is an average of six sub-indexes that measures life evaluation, emotional health, work environment, physical health, healthy behaviours, and access to basic necessities. In October 2009, the USA scored 66.1/100.

2010-The Centre for Bhutan Studies further defined the original four pillars with greater specificity into eight general contributors to happiness - physical, mental and spiritual health; time-balance; social and community vitality; cultural vitality, education, living standards; good governance; and ecological vitality. The Oxford Poverty and Human Development Initiative OPHI at the University of Oxford in UK, launched the Multidimensional Poverty Index (MPI) for the United Nations Development Programme, (UNDP). Similar to the GNH Index of 2005, OPHI promotes collection and analysis of data on five dimensions including Quality of work, Empowerment, Physical safety, Ability to go about without shame, Psychological wellbeing.

2011-In 2011, the UN General Assembly adopted a resolution which recognised happiness as a “fundamental human goal” and called for “a more inclusive, equitable and balanced approach to economic growth that promotes the happiness and well-being of all peoples”.

2012- The first ever Happiness took place and the UN General Assembly adopted a resolution which decreed that the International Day of Happiness would be observed every year on 20 March. It was celebrated for the first time in 2013.

**WORLD HAPPINESS REPORT 2017**

India ranked at 122 out of 155 countries in the World Happiness Report 2017, four notches below its previous rank of 118. India was behind the majority of South Asian Association for Regional Cooperation (SAARC). Among the eight SAARC nations, Pakistan was at 80th
position, Nepal stood at 99, Bhutan at 97, Bangladesh at 110 while Sri Lanka was at 120. However, Maldives did not figure in the World Happiness Report.

**AT A GLANCE: HAPPIEST, SADDEST COUNTRIES**

**HAPPIEST COUNTRIES**

- 1. Norway 7.54
- 2. Denmark 7.42
- 3. Iceland 7.5
- 4. Switzerland 7.49
- 5. Finland 7.47
- 6. Netherlands 7.38
- 7. Canada 7.32
- 8. New Zealand 7.321
- 9. Australia 7.28
- 10. Sweden 7.28

**SADDEST COUNTRIES**

- 146. Yemen 3.59
- 147. South Sudan 3.59
- 148. Liberia 3.53
- 149. Guinea 3.51
- 150. Togo 3.49
- 151. Rwanda 3.47
- 152. Syria 3.46
- 153. Tanzania 3.35
- 154. Burundi 2.91
- 155. Central African Republic 2.69

**RESEARCH ON HAPPINESS BY WOMEN’S STUDIES DIVISION**

Both Centre for Women’s Studies and Department of Women’s Studies are unique in its nature in conducting innovative projects that supports the society in general. As a part of its research activity women’s studies conducted two research projects on Happiness. They are: “Work Place Happiness Audit: With Special Reference to Women Employees at Alagappa University” and “Happiness Audit Among Girls Students at Alagappa University”. The research results have revealed that Alagappa University provides conducive environment for both staff and students at the campus.

**INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION – March 21st**

The International Day for the Elimination of Racial Discrimination is commemorated every year on 21st of March by the people all across the world in order to remove the racial inequality among people of different country, states, society or community.
Almost 69 people were killed by the police in the fire to oppose the apartheid passed laws in 1960 at a peaceful demonstration in the Sharpeville, South Africa. It was then declared by the United Nations General Assembly to the international community as an international day for the elimination of racial discrimination in the year 1966 in order to remove all types of the racial discrimination. It is celebrated annually for increasing the awareness of the common public for the equal Human Rights as well as highlighting all the existing problems of racism in the field of sports in various countries of the world. It was considered that sports are the better medium for combating the racism and racial discrimination among people all over the world. Olympic Games were also established aiming the harmonious development of the man and woman from different races as well as to resolve the social tensions and conflicts through the sports medium.

**WORLD FORESTRY DAY 2017-March 21st**

World forestry day 2017 will be celebrated on 21st of March, at Tuesday.

International Day of Forests was first established in the year 2012 on 28th of November, to be celebrated on 21st of March every year by the decision of the United Nations General Assembly by uniting the two international commemorations; the World Forestry Day and Forest Day. Forests are very essential part of the life on Earth. They always fulfil the demands of the human beings by providing shadow, shelter, refreshment including clean air
and water. In the modern world of growing global population increases the demands of forest products so the forests are at big risks of deforestation and degradation.

Forests are the complex living community of the trees which provides home and shelter to a big range of animals and the soil beneath it inhabit the variety of invertebrates, fungi and bacteria playing significant role in balancing the nutrients cycle in the soil and forest. World forestry day celebration provides a big opportunity to all the people to learn more about their contributions in maintaining the well-being of people. During this event celebration people share their views and ideas by working together to incorporate the forests into future climate change strategies.

According to the resources it has been noted that there is an annual loss of around 13 million hectares or 32 million acres of the forests by the people. Loss of the forests enhances the loss of inhabitant animal species to the forest. Deforestation imbalances the balance of natural climate which leads to the global warming by increasing the CO2 and decreasing the O2 percentage all across the world.

Almost 30% of the total land worldwide is occupied by the forests containing over 60,000 tree species which are ultimately the great resources of the food, fuel, fodder, essential oils, resins, latex, gums, medicines, fibre, water, woods for the population of around 1.6 billion poorest people of the world.

**World Water Day - March 22**

![Image of Earth with a water tap and glass](image)

**Background**

International World Water Day is held annually on 22 March as a means of focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources.
An international day to celebrate freshwater was recommended at the 1992 United Nations Conference on Environment and Development (UNCED) in Rio de Janeiro. The United Nations General Assembly responded by designating 22 March 1993 as the first World Water Day.

The United Nations General Assembly adopted resolution A/RES/47/193 of 22 December 1992 by which 22 March of each year was declared World Day for Water, to be observed starting in 1993, in conformity with the recommendations of the United Nations Conference on Environment and Development (UNCED) contained in Chapter 18 (Fresh Water Resources) of Agenda 21.

**Tips to save water**

- Turn off the tap when you brush your teeth – this can save 6 litres of water per minute.
- Place a cistern displacement device in the toilet cistern to reduce the volume of water used in each flush.
- Take a shorter shower. Shower can use 6 and 45 litres per minute.
- Always use full loads in your washing machine and dishwasher – this cuts out unnecessary washes in between.
- A dripping tap can waste 15 litres of water a day, or 5,500 litres of water a year. Stop the dripping tap immediately.
- Install a water butt to the drainpipe and use the water collected to water the plants, clean the car and wash the windows.
- Water the garden with a watering can rather than a hosepipe. A hosepipe uses 1,000 litres of water an hour. Mulching the plants (with bark chippings, heavy compost or straw) and watering in the early morning and late afternoon will reduce evaporation and also save water.
- Invest in water-efficient goods in the household products such as water-efficient showerheads, taps, toilets, washing machines, dishwashers and many other water-saving products.

**World TB Day in India- March 24th**
World TB Day/World Tuberculosis Day 2017 will be celebrated all over the world on 24th of March, at Friday.

**Theme of the year 2017: “Unite to End TB”**

World Tuberculosis Day is celebrated every year by the people all across the world at international level on 24th of March. It is celebrated to raise the common public awareness about the epidemic disease of tuberculosis as well as get their efforts in order to totally eradicate this disease. As around 1.7 million of the people are dying of this disease every year. 24th of March has been established to commemorate the tuberculosis day by all at one place in order to get some solution to eradicate it from the world.

In India, each year, approx. 220, 000 deaths are reported due to Tuberculosis. Between 2006 and 2014, the disease cost Indian economy USD 340 billion. This public problem is the world's largest tuberculosis epidemic. India bears a disproportionately large burden of the world's tuberculosis rates, as it continues to be the biggest health problem in India. It remains one of the largest on India's health and wellness scale. India is the highest TB burden country with World Health Organisation (WHO) statistics for 2011 giving an estimated incidence figure of 2.2 million cases of TB for India out of a global incidence of 9.6 million cases. Compared to Canada, there are about 1,600 new cases of TB every year, which does not largely sum up, even closely, to the amount India suffers through. Citing studies of TB-drug sales, the government now suggests the total went from being 2.2 million to 2.6 million people nationwide. Tuberculosis is the biggest health issue that lies around India.

**GLOSSARY OF WOMEN’S STUDIES**

**Gender Analysis**
It is the study of differences in conditions, needs, participation rates, access to resources, control of assets, decision-making powers, etc. between women and men in their assigned gender roles.

**Gender Awareness**

Gender Awareness: Is an understanding that there are socially determined differences between women & men based on learned behaviour, which affect their ability to access and control resources. This awareness needs to be applied through gender analysis into projects, programs and policies.

**Gender-Blindness**

Gender-Blindness: Is the failure to recognise that gender is an essential determinant of social outcomes impacting on projects and policies. A gender blind approach assumes gender is not an influencing factor in projects, programs or policy.

**PROGRAMME CARRIED OUT DURING THE MONTH OF MARCH**

**CERTIFICATE COURSE IN BEAUTY THERAPY**

Department of Women’s Studies have been conducting Certificate course in Beauty Therapy since March 1st 2017. About 20 students from English and Tamil department are actively
attending the course. The main objectives of Beauty therapy is to provide education, self-employment, and healthcare to the girls and women who belong to families below the poverty line.

**SEMINAR ON WOMEN’S ACCESS TO SAFE TECHNOLOGY**

The Centre for Women’s Studies, Alagappa University in collaboration with Free Software Foundation, Tamil Nadu organized a one day Seminar on “Women’s Access in Free Technology” on 8th March at Mary Wollstonecraft seminar hall, Alagappa University. Prof. K. Manimekalai, Director, Centre for Women’s Studies delivered the inaugural address. Mr. R. Vignesh, Mr. G. Balabarathi, Ms. SS. Shiny and Ms. V. Athithya from Free Soft Ware Foundation served as resource person. They explained about the contribution to Wikipedia and Open Street Map, Employment Opportunities to FOSS, Basics of Cloud Computing and publishing papers in Open Access and Knowledge Commons. More than 150 students and research scholar were benefited from this programme. Finally, Dr. I. Siva Kumar, Assistant Professor, Centre for Women’s Studies proposed Vote of thanks.

**INTERNATIONAL WOMEN’S DAY CELEBRATION**
The Department and Centre for Women’s Studies celebrated International Women’s Day on 8th March, 2017. Prof. K. Manimekalai, Dean, Faculty of Arts and Head, Department of Women’s Studies presented the thematic introduction in the Programme. Prof. S. Subbiah, Vice-Chancellor, Alagappa University presided and Mr. Thangam Moorthy, Pudukottai delivered special address in the celebration. Mrs. Soundaram, Chettinad Snacks, Karaikudi and Mrs. Sharmila Begum, Post Women, Karaikudi have been awarded as “Best Women Achiever Award” by Alagappa University. Finally, cultural programmes were given by the University Department Students and Mrs. P. Veeramani, Assistant Professor, Centre for Women’s Studies, proposed vote of thanks. More than 600 members Participated, which includes students and staff of University Departments.

**Guest Lecture on Challenges in Social Science Research**
The Department of Women’s Studies organised a guest lecture entitled Challenges in Social Science Research for the University Department Students on 21st March, 2017 through Video Conferencing. Prof. S. Iyyampillai, Chairperson, School of Economics and Commerce and Financial Studies, Bharathidasan University served as resource person for the programme. At the end of the session, all the students interacted with the resource person. More than 100 students benefited out of this programme.

*****