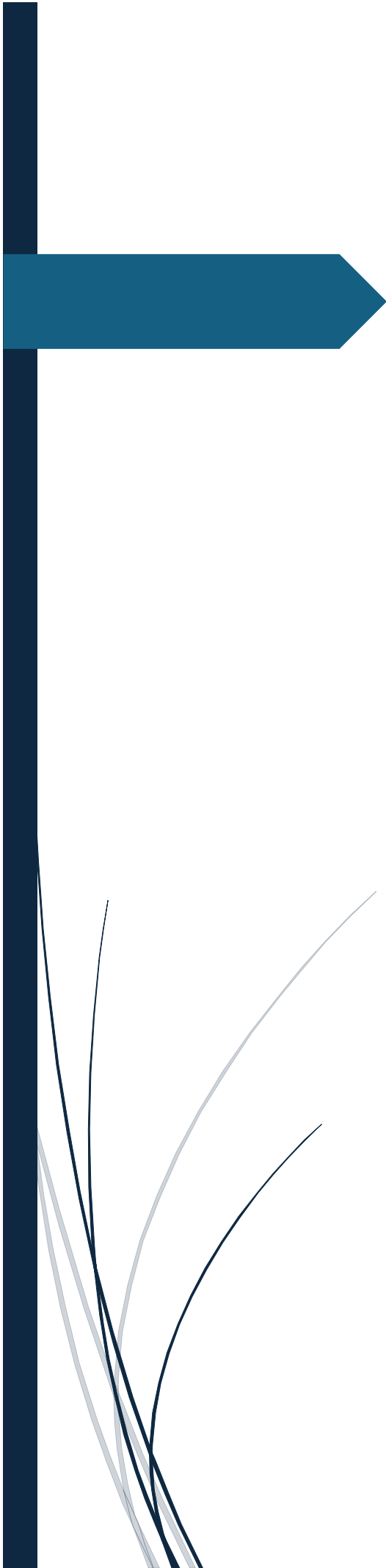




RURAL HAPPINESS INDEX

RESEARCH TEAM

Prof. Vaishali Saxena , Dept. of Public
Administration

Dr. Pawan Kumar Misra, Dept. of Sociology

Mr. Faisal Ansari, Dept. of Public Administration

Km. Kavita, Dept. of Sociology

Ms. Jeba Anjum, Dept. of Sociology

Rural Happiness Index

Dimension (पैमाना)	Linkage (योजनाओं से जुड़ाव)	Indicator (खुशहाली का संकेतक)
Economic Security (आर्थिक सुरक्षा)	PM-Kisan, MGNREGA, PM Fasal Yojana,	1. Income Stability (आय की निरंतरता) 2. Freedom from Informal Debt (साहूकारी ऋण से मुक्ति) 3. Emergency Security (आकस्मिक सुरक्षा) 4. Availability of Choices (विकल्पों की उपलब्धता)
Social Status (सामाजिक प्रतिष्ठा)	PMAY-G (पक्का मकान), SBM (शौचालय), Grameen Aajeevika Mission	1. Visible Improvement in Living Standards (जीवन स्तर में दृश्य सुधार) 2. Participation in Decision-making (निर्णय लेने में भागीदारी) 3. Social Acceptance (सामाजिक स्वीकार्यता) 4. Freedom of Choice (चयन की स्वतंत्रता)
Health & Relief (स्वास्थ्य और राहत)	Ayushman Bharat, JJM (नल से जल) ujjavala yojna	1. Relief from Financial Hardship (वित्तीय लाचारी से राहत) 2. Reduced Physical Labour and Fatigue (शारीरिक श्रम और थकान में कमी) 3. Nutritional Relief (पोषण जनित राहत) 4. Availability of Choices (विकल्पों की उपलब्धता)
Self-confidence (आत्मविश्वास/आत्म आलम्बन)	NRLM (Self Help Groups) PM Jan Dhan Yojana ,DBT	1. Financial Self-reliance (वित्तीय आत्मनिर्भरता) 2. Optimism about the Future (भविष्य के प्रति आशावाद) 3. Active Participation in Social and Community Activities (सामाजिक और सामुदायिक गतिविधियों में मुखरता) 4. Autonomy (स्वायत्तता)

An exploratory pilot research has been conducted “**Beyond Economics: Evaluating the Link between Poverty Alleviation programs and Rural Happiness Index in India**” is a pilot study , exploratory in nature. . The study purports to create a Happiness Index for rural people as well as to study the role of poverty alleviation programmes on happiness. The first objective is to create Rural Happiness Index, as rural sociology is different. So various imperatives and parameters of happiness may differ. Hence the applicability of Happiness Index is constricted.

Second, purpose of the study was to analyse the role of Government poverty alleviation schemes on happiness of rural people.

The Rural Happiness Index was developed after reviewing 30 research papers and national/international reports as well as 15 expert opinions.

After creating this index, we have tested it on 50 families of Lucknow’s rural areas by using interviews, questionnaire and observations and found this index significant for assessing the impact of poverty alleviation program on happiness of rural household .

This Study has been conducted during the period of January 2026 to June 2026

Research Team

1. Prof. Vaishali Saxena, Department of Public Administration, & Director Counselling and Guidance cell, University of Lucknow, Lucknow
2. Dr. Pawan Kumar Misra, Assistant Professor, Dept. of Sociology, University of Lucknow, Lucknow
3. Mr. Faisal Ansari, Research Scholar, Department of Public Administration, University of Lucknow, Lucknow
4. Km. Kavita, Research Scholar, Department of Sociology, University of Lucknow, Lucknow
5. Ms. Jeba Anjum, Research Scholar, Department of Sociology, University of Lucknow, Lucknow

