

Appendix I Study of healthy lifestyle, life satisfaction, wellbeing and behaviors as attributes of happiness, based on references^{9, 10}

Attributes of happiness: Scores	0	1	2	3	4	5	6	7	8	9	10
1. Right, Understanding (Think for universal benefits)											
2. Right Intent, (Good intention for people)											
3. Right Speech. (Speak truth, not unpleasant to others)											
4. Right Action, (Do right things without harm to others) healthy behaviours; prayer, yoga, physical activity.											
5. Right Livelihood. (Occupation with no harm to others, and self, satisfaction with income, status, no night shift)											
6. Right Effort.(Make efforts without harming others)											
7. Right Mindfulness. (Speak with full attention and feeling of goodness) optimism.											
8. Right Concentration. (Concentrate, pray and meditate to allay bad thoughts, optimism).											
9. Right eating. (Eat healthy foods with mastication).											
10. Right time of eating. (Eat before sun set).											
11. Life satisfaction and wellbeing.											
12. Perceived quantity of happiness and duration of happiness including sexual activity, cuddling etc in 24 hours on a scale of 0-10.											
13. Positive behaviour and thinking.											
14. Prosperity and position (SES)											
15. Health education and self- implementation.											
16. Motivation for modification of health behaviour.											

SES = Socio economic status

Modified from happiness rating scale for Indians, reference^{11, 12}

Total score = 101 - 160; Very satisfied and very happy; Total score = 51 - 100; moderately satisfied and happy and Total score = 21 - 50; modestly satisfied and happy; Total score < 21 = Neutral. (Highlighted- proven).