

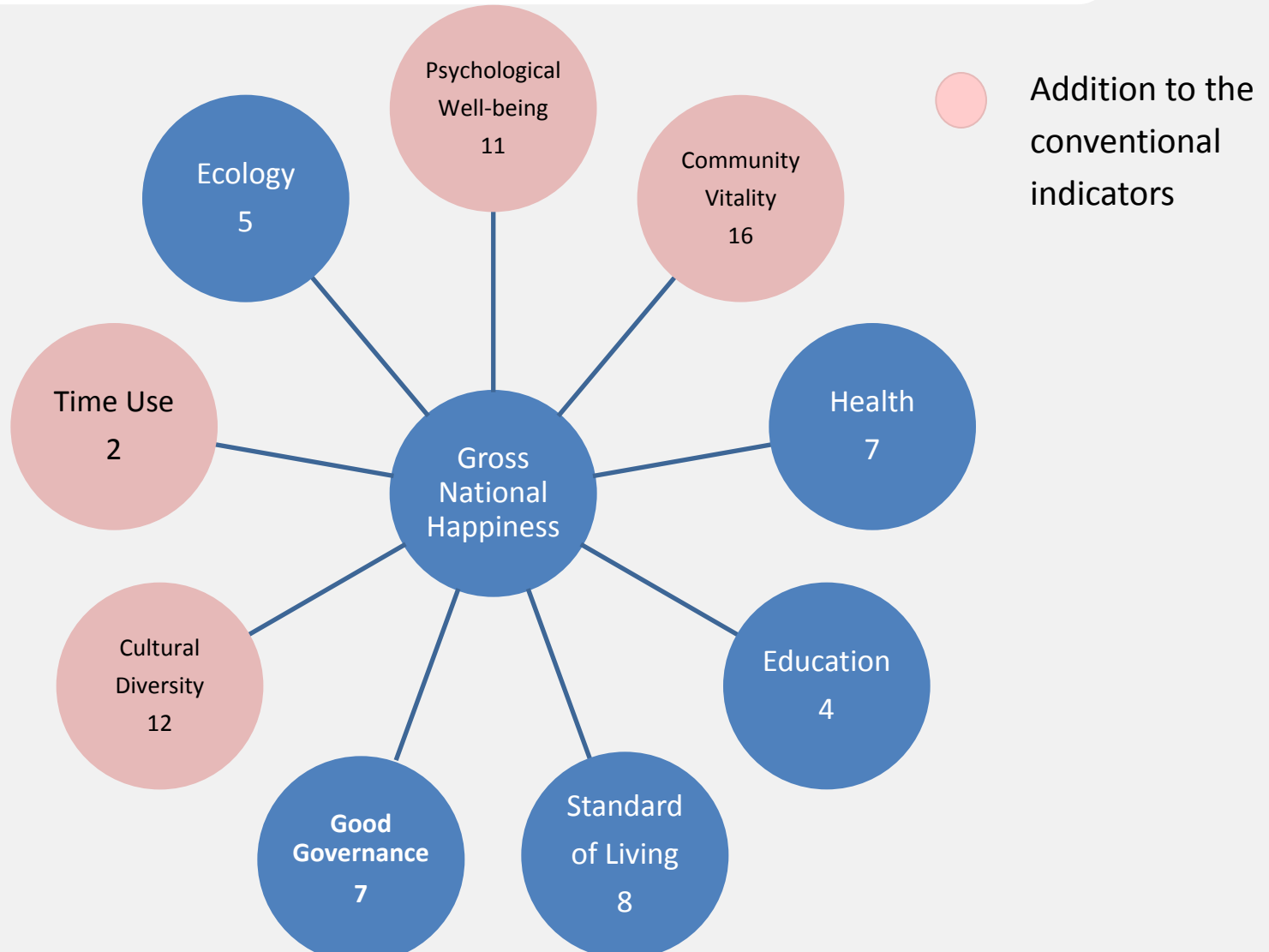


# Operationalizing Gross National Happiness

GNH Commission  
Royal Government of Bhutan

Eleventh Round Table Meeting  
National Convention Center  
September 2, 2011

# What is the GNH Index?













- Psychological Wellbeing



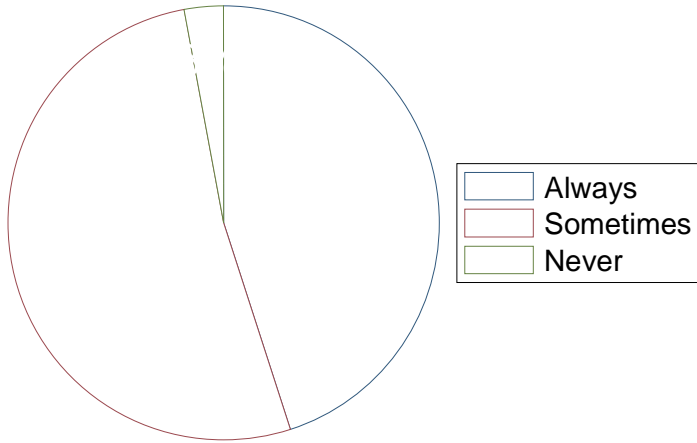
## Psychological Wellbeing Index

- I. Stress
- II. Compassion 
- III. Calmness 
- IV. Generosity 
- V. Frustration 
- VI. Selfishness 
- VII. Jealousy 
- VIII. Frequency of prayers
- IX. Frequency of meditation
- X. Consideration of karma in daily life
- XI. Consideration of suicide

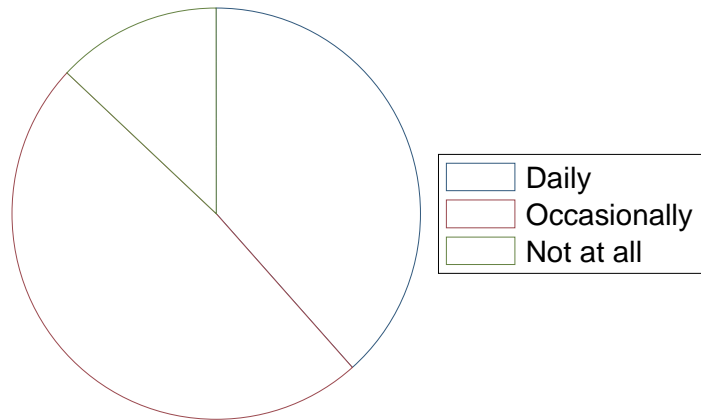
# Psychological wellbeing - Spiritual index



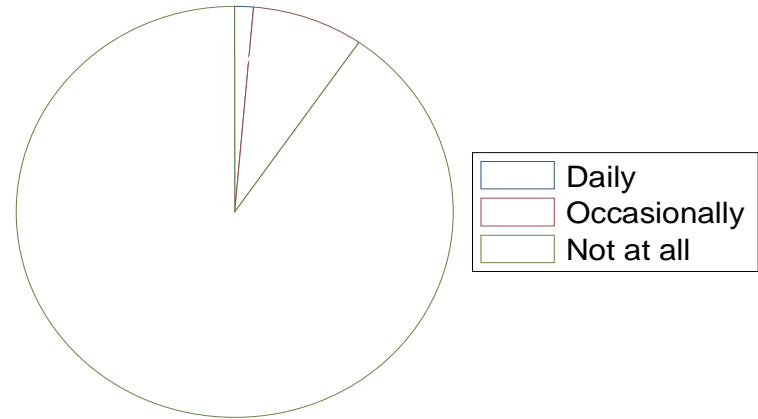
## 1. Frequency of prayers



## 3. Consideration of *karma*



## 2. Frequency of meditation



## Consideration of suicide

