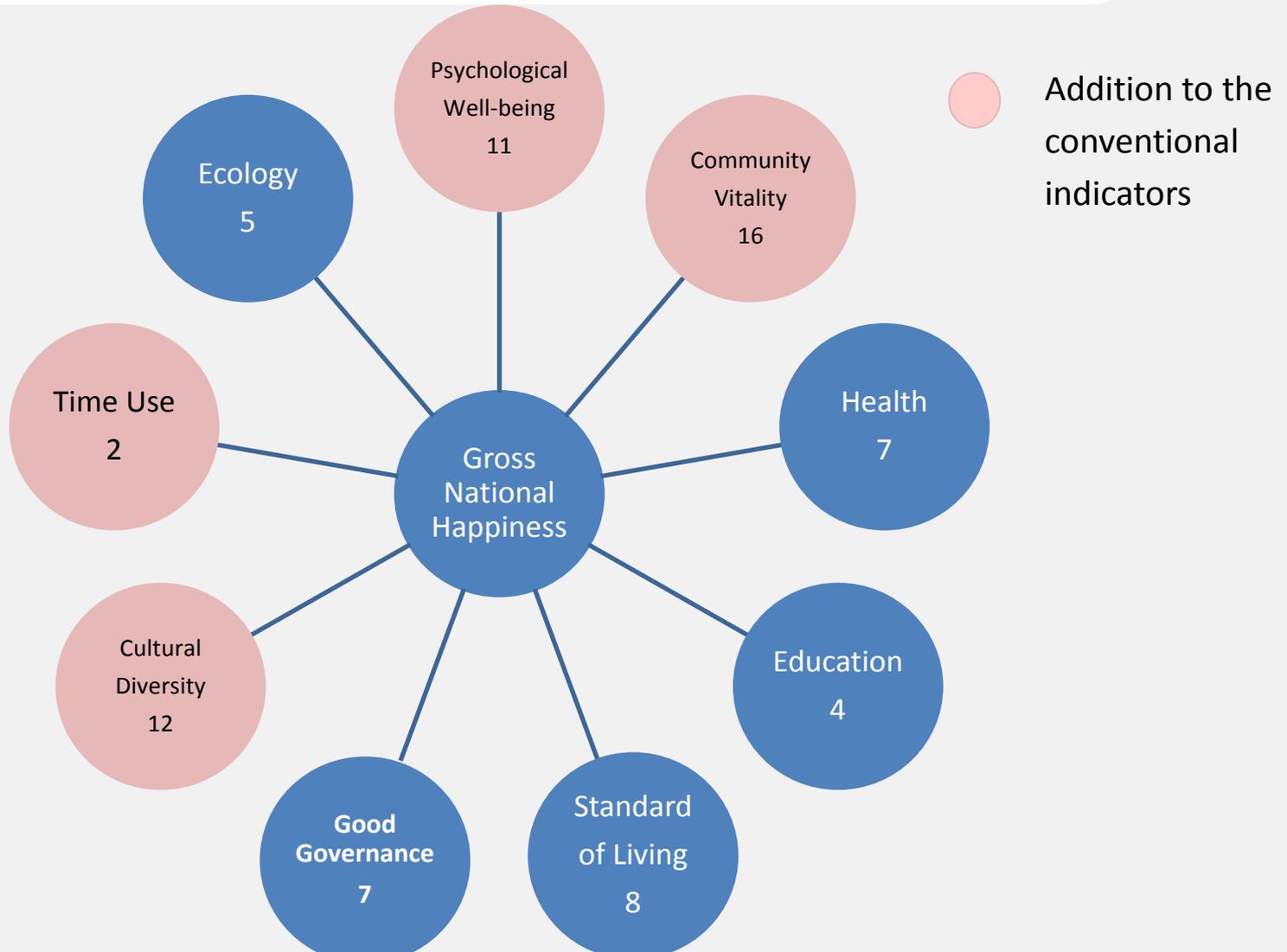


Operationalizing Gross National Happiness

GNH Commission
Royal Government of Bhutan

Eleventh Round Table Meeting
National Convention Center
September 2, 2011

What is the GNH Index?





- Psychological Wellbeing



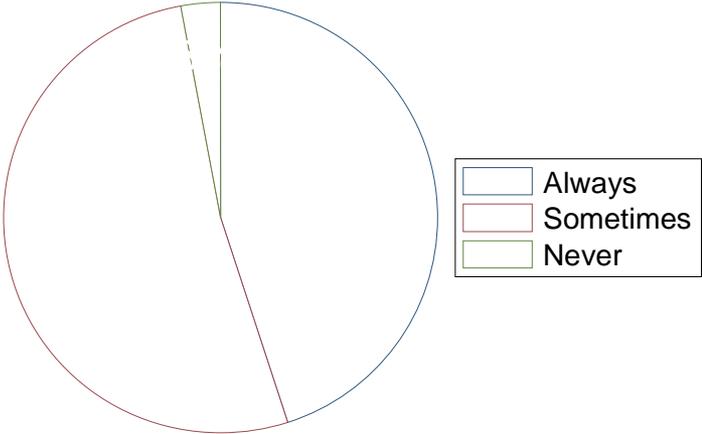
Psychological Wellbeing Index

- 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

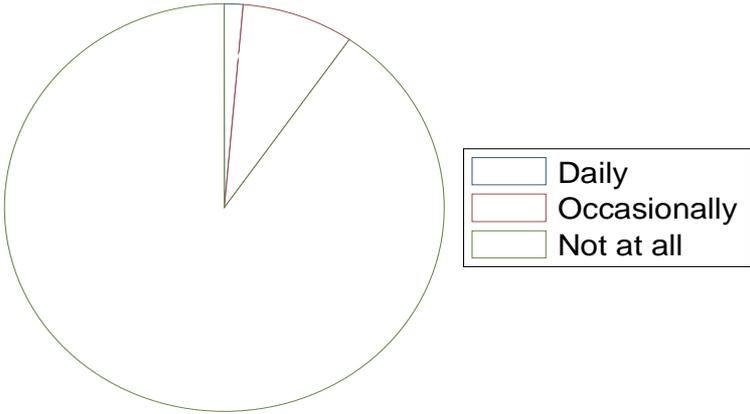
Psychological wellbeing - Spiritual index



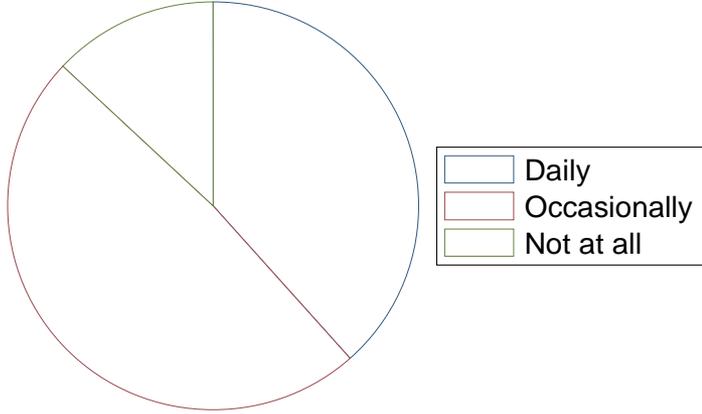
1. Frequency of prayers



2. Frequency of meditation



3. Consideration of karma



Consideration of suicide

