GROSS NATIONAL HAPPINESS

THE GNH CENTRE BHUTAN
TOPICS:
1. GNH HISTORY & CONCEPT
2. WHAT IS GNH?
3. THE FOUR PILLARS & THE 9 DOMAINS
4. GNH SCREENING TOOL AND HAPPINESS INDEX
5. GNH AGENCIES IN BHUTAN
6. WHY IS GNH SO IMPORTANT?
Legal code of 1729 “if the government cannot create happiness for its people, then there is no purpose for government to exist.”

Zhabdrung Ngawang Namgyal
The great unifier of Bhutan
“GNH is more important than GDP”

- HM Jigme Singye Wangchuck, The Fourth King of Bhutan
First news article to highlight GNH as a development approach

WHAT CONDITIONS

Improve conditions for:
- Good physical and mental health
- High spirituality
- Good education
- Clean environment
- Vibrant community
- Strong and vibrant culture
- Good governance
- Decent standard of living
- Work-life balance etc.

SOURCE: CENTRE FOR BHUTAN STUDIES & GNH RESEARCH
WHAT IS GNH?

Balanced
Equitable
Sustainable
Holistic / Multidimensional
Collective
“Gross National Happiness has come to mean so many things to so many people, but to me it signifies simply development with values....... GNH is the bridge for kindness, equality and humanity”
“Genuine happiness is a sustained state of the highest level of human wellbeing. It arises from a balanced pursuit and fulfillment of the dual needs of the human mind and body”.

Her Royal Highness Ashi Kezang Choden Wangchuck
President, GNH Centre Bhutan
THE 4 PILLARS OF GNH

1. SUSTAINABLE AND EQUITABLE SOCIO-ECONOMIC DEVELOPMENT
2. ENVIRONMENT PRESERVATION
3. PROMOTION OF CULTURE
4. GOOD GOVERNANCE
UNDERSTANDING THE 4 PILLARS OF GNH

1. SUSTAINABLE AND EQUITABLE SOCIO-ECONOMIC DEVELOPMENT
   - Quality of Social Service
   - Identifying Areas to Be Developed
   - Free Health & Education

2. ENVIRONMENT PRESERVATION
   - 51% Protected Area
   - 71% Forest Cover
   - Waste Management, Pollution, Recycling and Other Related Areas

3. PROMOTION OF CULTURE
   - Strong Sense of Identity
   - Social Security Net
   - Preserve Social Bonds

4. GOOD GOVERNANCE
   - Decentralization of Policies
   - Transparent Process
   - Serve with Integrity, Accountability
GNH: THE 9 DOMAINS

Living Standards
- Assets
- Housing
- Household per capita income

Psychological Wellbeing
- Life satisfaction
- Positive emotions
- Negative emotions
- Spirituality

Health
- Mental health
- Self-reported health status
- Healthy days
- Disability

Ecological Diversity and Resilience
- Ecological issues
- Responsibility towards environment
- Wildlife damage (Rural)
- Urbanization issues

Time Use
- Work
- Sleep

Community Vitality
- Donations (time & money)
- Community relationship
- Family
- Safety

Education
- Literacy
- Schooling
- Knowledge
- Value

Good Governance
- Gov't performance
- Fundamental rights
- Services
- Political Participation

Cultural Diversity and Resilience
- Speak native Language
- Cultural Participation
- Artistic Skills
- Driglam Namsha

SOURCE: CENTRE FOR BHUTAN STUDIES & GNH RESEARCH
GNH SCREENING TOOL

- Simple GNH Screening Tool
- Assesses impacts of policies and projects on GNH
- Selects GNH enhancing policies
- Applied in two phases:
  - Policy Level
  - Project Level

THE GNH HAPPINESS INDEX

Objectives of GNH Index
1. Determine benchmarks and assess progress
2. Aid in decision making
3. Increased understanding

SOURCE: CENTRE FOR BHUTAN STUDIES & GNH RESEARCH
Gross National Happiness Commission is the highest government body ensuring that GNH is embedded firmly into policies and that proper coordination is undertaken to guide and steer the integration of GNH principles in all policies and plans.

The Centre for Bhutan Studies (CBS) is a social science research institute which conducts inter-disciplinary studies on Bhutan for advancing its social, cultural, economic and political wellbeing. In December 2005, the government asked the CBS to study Bhutan’s development concept of Gross National Happiness (GNH), develop GNH index and indicators, and make it systematic for informing country’s public policy and development. Since then GNH study has dominated the CBS research agenda, and to reflect this emphasis the CBS has been renamed as the Centre for Bhutan Studies & Gross National Happiness (CBS & GNH).

The GNH Centre Bhutan (GNHCB) is a non-profit civil society organization under the Patronage of Her Royal Highness Ashi Kezang Choden Wangchuck. The GNHCB promotes the concept of GNH values nationally and internationally by facilitating transformational learning to achieve sustainable societal change.
THANK YOU

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