



Institute of Happiness



A THINK AND DO TANK FOR MINDFUL GNH

Constitutional Equation of GNH



(2,6)

(9,20)

(5,3)

$Y < 65$

Z

$X > 60$



PRACTICAL APPLICATIONS

- 1. BASELINE AND TARGET INDICATORS FOR 5FYP.**
- 2. BUDGET ALLOCATION FOR LOCAL GOVT.**
- 3. FRAMEWORK FOR GNH POLICY SCREENING TOOL**
- 4. FRAMEWORK BUSINESS ENTERPRISES (GNH IN BUSINESS)**
- 5. FRAMEWORK FOR PROJECT IMPACT STUDIES**
- 6. GNH IMBEDDED EDUCATION CURRICULUM**

Interventions	Action Points
Awareness- Sleep matters campaign	• Social media • School outreach • Work place events
Infrastructure	• Reduce Light pollution • Reduce noise pollution
Policy	• Disconnect to reconnect • Max working hours

Table 55: *Ministerial-level APA entries, 2021–22*

Implementing agency	Number of initiatives
Ministry of Health	15
Ministry of Finance	13
Ministry of Information and Communication	13
Ministry of Home and Cultural Affairs	12
Ministry of Agriculture and Forests	11
Ministry of Labour and Human Resources	11
Ministry of Economic Affairs	10
Ministry of Education	10
Ministry of Foreign Affairs	10
Total	105

Source: Authors' computations based on nine ministerial level APAs.

CULTURAL IMMERSION



Annual
Festival



Ultimate Trial
on Natural
Justice



Reincarnation – Life after Death

Time Spent on Eating – 4.2 years



**Family
(Za Tshang)**

**Eating
Together**

alamy

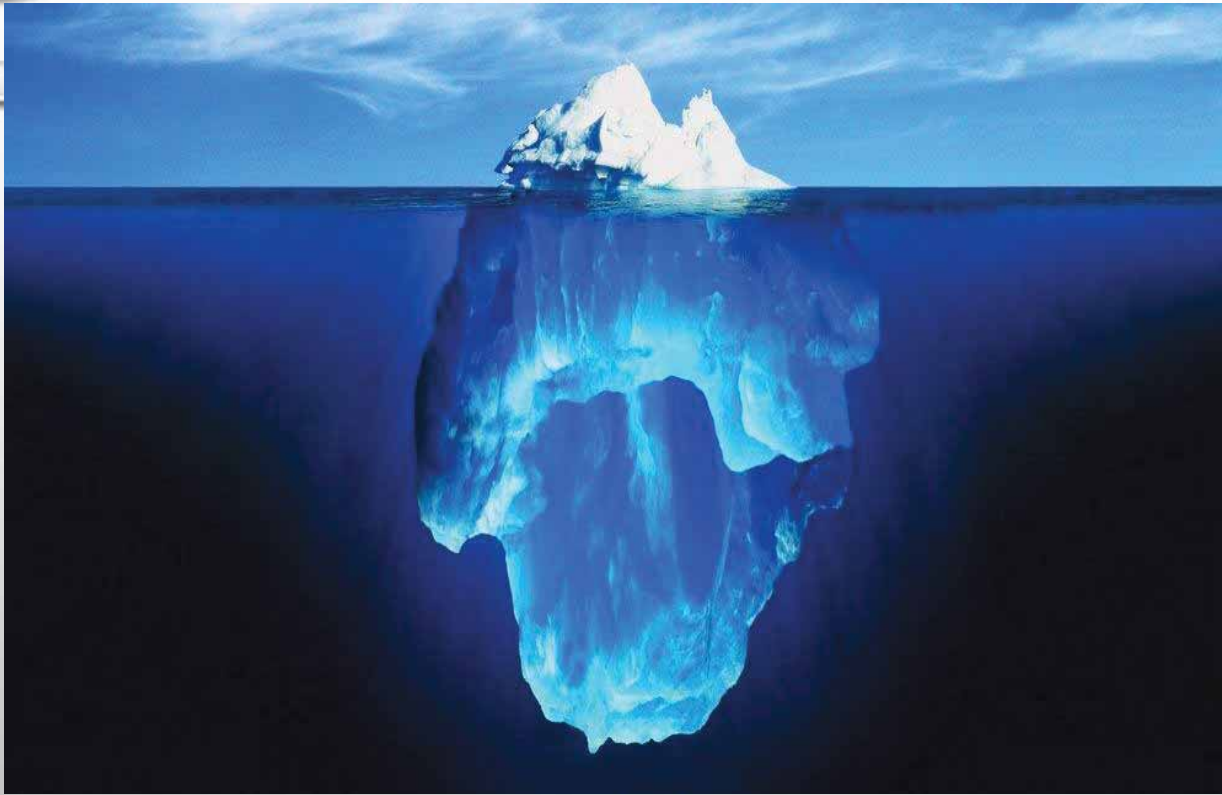
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Friends
(Toe Tshang)

Eating Together



Technical – (10%)



1. Habits
2. Mindset
3. Attitude
4. Behaviour
5. Values
6. Positions

Adaptive – (90%)