

20 March

# INTERNATIONAL DAY OF HAPPINESS

"Very little is needed to make a happy life; it is all within yourself,  
in your way of thinking."

– Marcus Aurelius –

## Why do we mark this day?



It's a day to be happy. Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognize the importance of happiness in the lives of people around the world. In 2015, the UN launched the 17 Sustainable Development Goals, which seek to end poverty, reduce inequality, and protect our planet – three key aspects that lead to well-being and happiness.

## Questions for Discussion

- How did the idea of the International Day of Happiness start?

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- Happiness is everyone's right to pursue. Discuss this sentence with your friends.

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## Meet Today's Global Citizen



### King Jigme Singye Wangchuck

King Jigme Singye Wangchuck is Bhutan's fourth king, reigning the country from 1972 to 2006. He advocated the use of a Gross National Happiness (GNH) index to measure the well-being of the citizens of Bhutan.

He emphasized that GDP alone cannot deliver happiness and well-being of society and GNH is more important than GDP.

GNH implies that sustainable development should take a holistic approach towards notions of progress and give equal importance to non-economic aspects of wellbeing.

