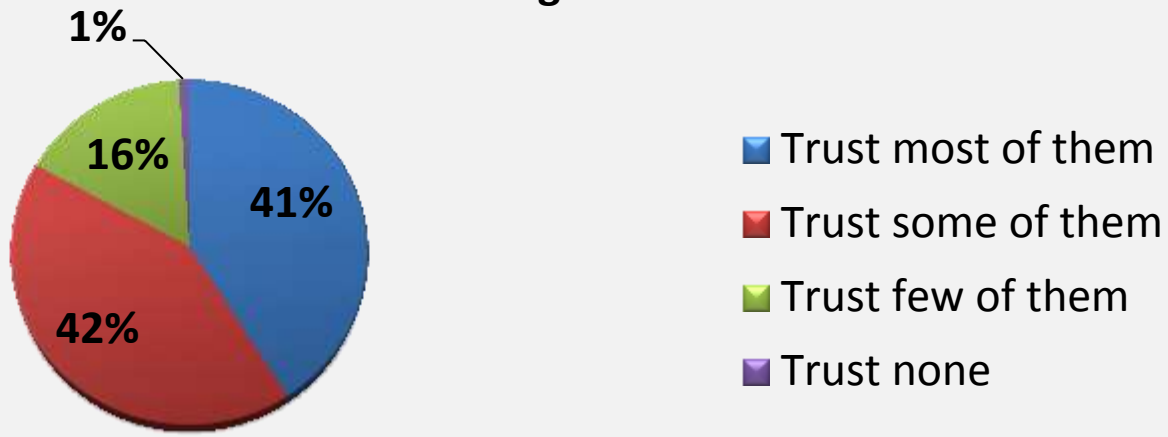
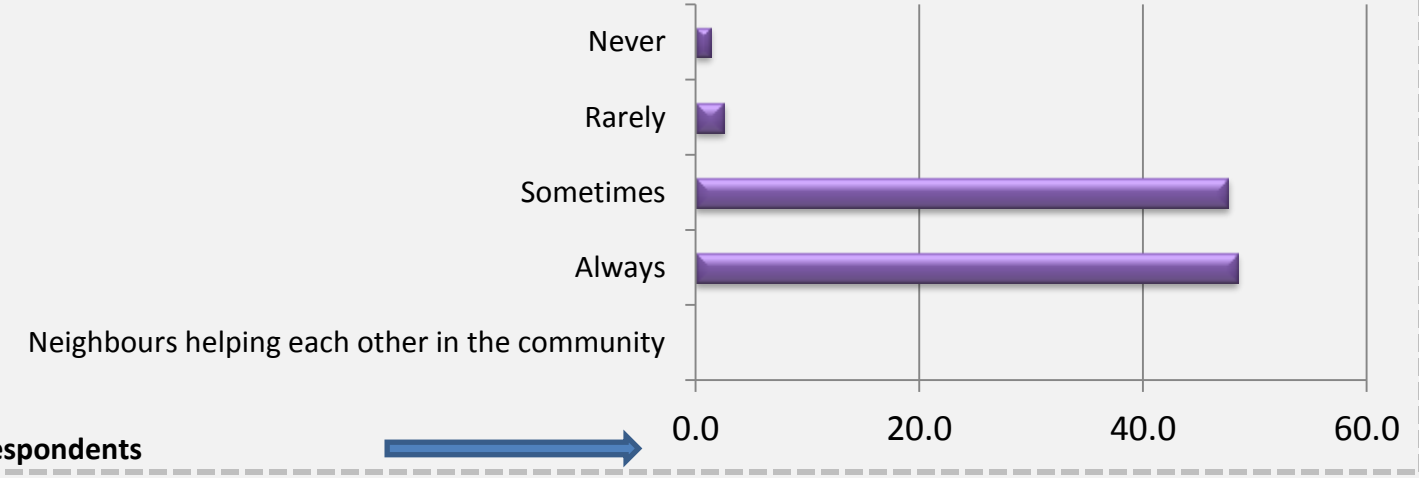
Community Vitality

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

Sense of trust in neighbours



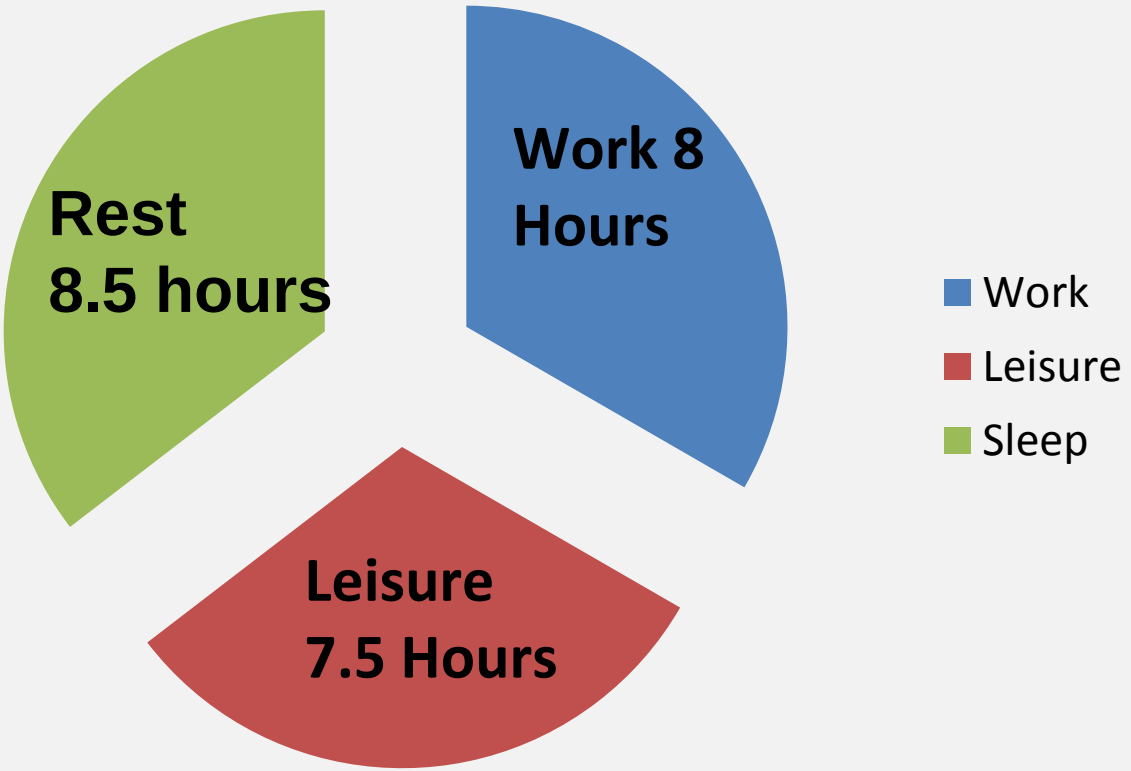
Neighbours helping each other



Time Use

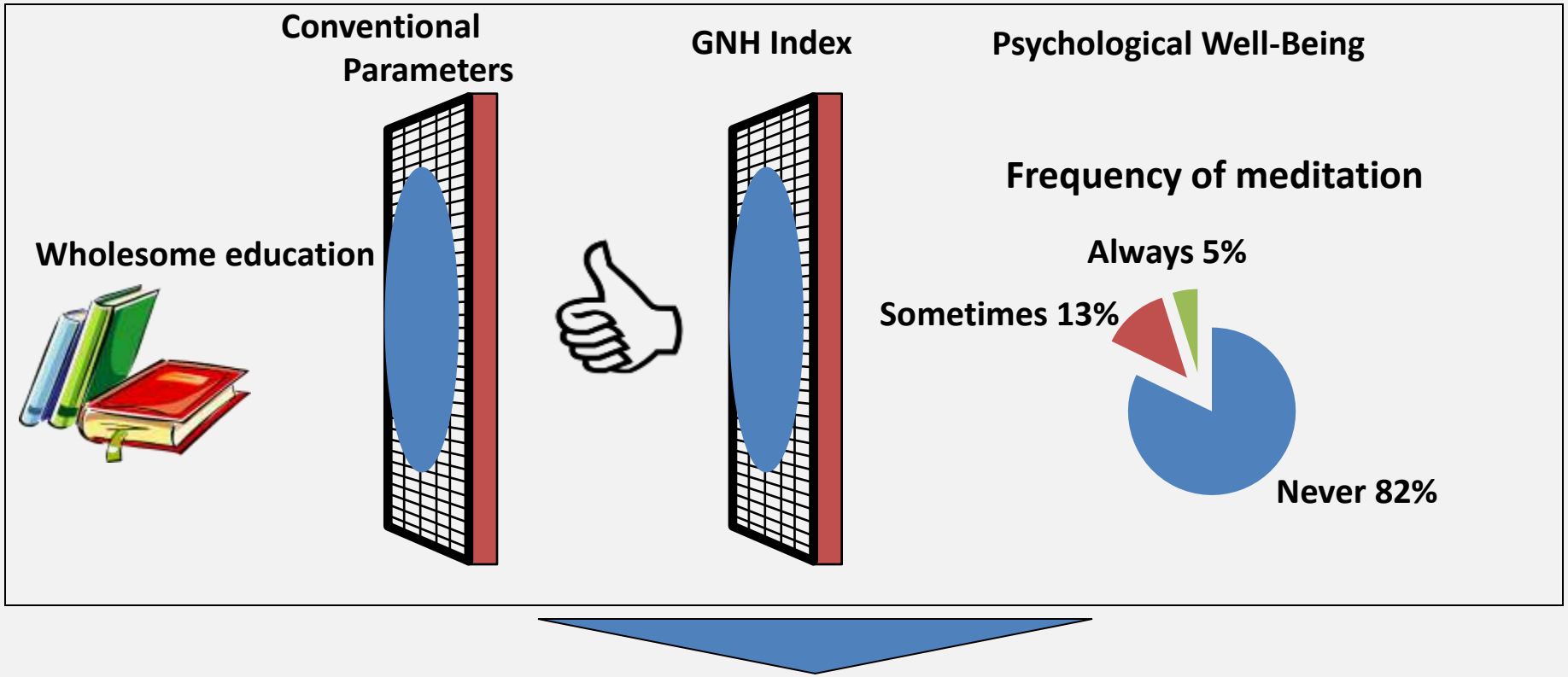
- **Work**
- **Leisure**
- **Sleep**

Time Use


Rest
8.5 hours
Work 8
Hours
Leisure
7.5 Hours
Work
Leisure
Sleep

How are GNH Indicators used?

Case Example - GNH Index helped identify a key shortcoming in the school education system



Policy and program response:

- Introduced meditation in schools in 2010