



United Nations  
International Day of Happiness

# Souvenir



(Estd. 1991)

## HAPPINESS: A GLOBAL PRIORITY

Celebrating the first United Nations International

# DAY OF HAPPINESS

**20 MARCH  
2013**



## 21st International Conference, Convocation & Awards Presentation Ceremony

**Theme:** Health, Harmony & Happiness

*On the Occasion of:*

**United Nations 1st International Day of Happiness**

**on 20th March, 2013 at Hotel Golden Parkk, Kolkata, India**

### *UN's Pledge*

**“To promote happiness  
as a universal goal and aspiration  
in the lives of human beings  
around the world”**



United Nations

### *IBAM's Affirmation*

**“We will try to create  
more happiness in the  
world around us”**

*Organised By:*

**INDIAN BOARD OF ALTERNATIVE MEDICINES**

80, Chowringhee Road, Kolkata - 700020, India.

[www.altmedworldwide.com](http://www.altmedworldwide.com)



**Message from Ms Irina Bokova  
Director-General of UNESCO  
Kolkata, India, 20 March 2013**

**to the 21<sup>st</sup> International Conference, Convocation and Awards Presentation  
Ceremony on Health, Harmony and Happiness on the occasion of the  
United Nations' first International Day of Happiness**

I wish to thank the Indian Board of Alternative Medicines for organizing this conference to celebrate the world's first *International Day of Happiness*. Sponsored by the Royal Government of Bhutan, this Day was adopted by the United Nations General Assembly in 2012.

I see the *International Day of Happiness* as an opportunity to renew our call for more inclusive, more equitable and more sustainable development. This must start with respect for the human rights and dignity of every woman and man. These are the foundations for well-being and fulfilment, in line with the objectives of the concept of Gross National Happiness. First propounded by His Majesty King Jigme Singye Wangchuck, this idea includes a special focus on the need for ecologically-sound and sustainable development, building on the protection of both natural and cultural diversity.

UNESCO works in the same directions, to promote lasting peace and sustainable development by strengthening the linkages between natural and cultural heritage, by supporting local and indigenous knowledge systems and by promoting education for sustainable development.

At this time of great change, when societies everywhere are under pressure, we must pursue development through a holistic perspective that starts with the fulfilment of every woman and man, in harmony with themselves, with others and with nature. This is the basis for social harmony and inclusion, as well as for deeper solidarity and cooperation.

I wish to thank the Indian Board of Alternative Medicines for their engagement with these goals. The motto of the Board – “Indigenous Roots, Global Pursuits” – is one that we can all share. Lasting peace and sustainable development in the century ahead must build on the happiness, well-being and health of every individual. These are the foundations for more inclusive, just and equitable societies.

**Irina Bokova**



United Nations  
Educational, Scientific and  
Cultural Organization

Organisation  
des Nations Unies  
pour l'éducation,  
la science et la culture

Organización  
de las Naciones Unidas  
para la Educación,  
la Ciencia y la Cultura

Организация  
Объединенных Наций по  
вопросам образования,  
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منظمة الأمم المتحدة  
للتربية والعلم والثقافة

联合国教育、  
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**V.R. Gowri Shankar** BE, DIISc, MIMA,  
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Ref

Ref/S-33/ 7450  
March 1, 2013

Camp :

Date :

Dr. Suresh Kumar Agarwal  
President  
Indian Board of Alternative Medicines  
80, Chowringhee Road  
Kolkata 700020  
West Bengal

Dear Sir,

Received your fax of 28<sup>th</sup> February about the 21<sup>st</sup> international Conference, Convocation & Awards Presentation Ceremony on Health, Harmony & Happiness to be organized by the Indian Board of Alternative Medicines in association with the Pragyan Foundation, on the occasion of the United Nations 1<sup>st</sup> International Day of Happiness, to be held on 20<sup>th</sup> March at Kolkata. Your fax was submitted the contents at the lotus feet of His Holiness with your pranams.

The gracious blessings of His Holiness are conveyed for the successful conduct of the function and for the International Conference to aid in the task of promoting a hale and healthy living among all citizens of the nation for the increase of human good.

Asirmantrakshatas and Sri Sharada Chandramouleeswara prasadamams blessed by His Holiness are enclosed.

Yours sincerely

(V.R. GOWRISHANKAR)

Encl: Prasadams

# 21<sup>st</sup> International Conference, Convocation & Awards Presentation Ceremony

**THEME: HEALTH, HARMONY & HAPPINESS**

*On the Occasion of*

**UNITED NATIONS 1<sup>ST</sup> INTERNATIONAL DAY OF HAPPINESS**

**On 20<sup>TH</sup> MARCH, 2013 at HOTEL GOLDEN PARKK, KOLKATA, INDIA**

*Organized By*

**INDIAN BOARD OF ALTERNATIVE MEDICINES**

*In association with:*



INSTITUTE OF EDUCATION, RESEARCH & DEVELOPMENT

TRINITY WORLD UNIVERSITY, U.K. OVERSEAS TERRITORIES

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PEACE SOCIETY WORLDWIDE

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INTERNATIONAL HOMOEOPATHIC MEDICAL FOUNDATION

INTERNATIONAL INSTITUTE OF HEALTH SCIENCES

PRAGYAN PYRAMID MEDITATION & HEALING CENTRE

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# MESSAGE FROM THE CONVENOR

I welcome you all to the 21st International Conference on Health, Harmony and Happiness at Hotel Golden Parkk, with great pleasure and utmost sincerity. It is an overwhelming feeling of being able to greet you all in this intellectually stimulating occasion.




This Conference is an epitome of higher human involvement and great efforts put into by the Organizing Committee to encompass all the diversified and contemporary issues to deliver a well-knitted understanding of the key issue.

Conference as the word suggests is the meeting of different people and exchange of ideas over a topic. This International Conference thus holds true to its very essence as we are privileged by the presence of many eminent personalities from different corners of the Globe and from within India itself. This meeting is thus a celebration of knowledge, intellect and wisdom and a convergence of various ideologies towards a common goal of Peace through Health and Healing.

The young students and practitioners participating in this Conference are hoped to extract knowledge and upgrade their skills. This Conference is also a wonderful platform of networking with practitioners throughout the world. The Workshops, Technical Sessions along with Lectures and Presentations given will prove to open new avenues of thought and enrich our knowledge with various contemporary works and researches going on in the field of Complementary and Alternative Medicines.

I also take this opportunity to heartily thank all the associated organizations for their strong support and active help, on behalf of the Indian Board of Alternative Medicines in making this Conference a success. This is also an opportunity to express our gratitude to our Patrons, Advisors, Members and well-wishers who are associated with Indian Board of Alternative Medicines and have been a constant source of support, guidance and encouragement.

Thereby I solemnly extend my warm and heartfelt welcome to you all once again. Specially for our Guests from overseas, I wish that they carry back with them many pleasant memories. I hope that this Conference will result into affecting the lives and thoughts of all the participants in its own way and thus throwing light to brighten up the path to our goal of a world community which is holistically healthy, i.e., balance within all the aspects of life: Physical, Mental, Emotional, Social and Spiritual and Environmental, thus tending towards a peaceful co-existence.

A handwritten signature in cursive script, which appears to read 'S. Agarwal'.

**Dr. Suresh Kumar Agarwal**  
**President, Indian Board of Alternative Medicines**

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# UNITED NATIONS

# 1<sup>st</sup> International Day of Happiness

United Nations

A/RES/66/281



General Assembly

Distr.: General  
12 July 2012

Sixty-sixth session  
Agenda item 14

## Resolution adopted by the General Assembly

[without reference to a Main Committee (A/66/L.48/Rev.1)]

### 66/281. International Day of Happiness

*The General Assembly,*

*Recalling* its resolution 65/309 of 19 July 2011, which invites Member States to pursue the elaboration of additional measures that better capture the importance of the pursuit of happiness and well-being in development with a view to guiding their public policies,

*Conscious* that the pursuit of happiness is a fundamental human goal,

*Recognizing* the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives,

*Recognizing also* the need for a more inclusive, equitable and balanced approach to economic growth that promotes sustainable development, poverty eradication, happiness and the well-being of all peoples,

1. *Decides* to proclaim 20 March the International Day of Happiness;
2. *Invites* all Member States, organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Happiness in an appropriate manner, including through education and public awareness-raising activities;
3. *Requests* the Secretary-General to bring the present resolution to the attention of all Member States, organizations of the United Nations system and civil society organizations for appropriate observance.

*118th plenary meeting  
28 June 2012*

11-47568



Please recycle The recycling symbol, consisting of three chasing arrows forming a triangle.

# UNITED NATIONS

## 1<sup>st</sup> International Day of Happiness



*"On this first International Day of Happiness, let us reinforce our commitment to inclusive and sustainable human development and renew our pledge to help others. When we contribute to the common good, we ourselves are enriched. Compassion promotes happiness and will help build the future we want."*

**Secretary-General Ban Ki-Moon**  
**Message for the International Day of Happiness, 20 March 2013**

The pursuit of happiness lies at the core of human endeavours. People around the world aspire to lead happy and fulfilling lives free from fear and want, and in harmony with nature.

Yet, basic material well-being is still elusive for far too many living in extreme poverty. For many more, recurring socio-economic crises, violence and crime, environmental degradation and increasing threats of climate change are an ever-present threat.

At last year's Rio+20 UN Conference on Sustainable Development, United Nations Member States agreed on the need for a balanced approach to sustainable development by integrating its three pillars – economic growth, social development and environmental protection. They recognized that in order to better inform policy decisions, broader measures of progress should complement Gross Domestic Product.

I am encouraged by the efforts of some Governments to design policies based on comprehensive well-being indicators. I encourage others to follow suit. On this first International Day of Happiness, let us reinforce our commitment to inclusive and sustainable human development and renew our pledge to help others. When we contribute to the common good, we ourselves are enriched. Compassion promotes happiness and will help build the future we want.

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# ORGANIZING COMMITTEE

**Dr. Suresh Kumar Agarwal**

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Dr. Mangal Chandra Das

Mr. Sushil Kumar Agarwal

Mr. Chandan Agarwal

Mr. Amrita Sil

Mr. Sujeet Kumar Agarwal

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Ms. Sandhya Ghosh

Mr. Vismadeb Banerjee

Mr. Sanjay Paul

Mr. Alope Purcait

Mr. Palash Seal

Ms. Parvati Yadav

Mr. Bali Roy



# LIST OF AWARDEES

## **International Holistic Physician of the Year Award (World-Wide)**

Dr. Eva-Maria Vogel (Germany)

## **International Holistic Physician of the Year Award (Asia-Pacific)**

Dr. Erwin D. Torres (Philippines)

## **Global Health, Harmony and Happiness Award**

***(PEACE SOCIETY WORLDWIDE)***

Dr. Mahatma Madam Chris Griscom (USA)

Dr. Joseph Okoro Akpa (Nigeria)

Dr. Eva-Maria Vogel (Germany)

Dr. Samerin Mugeni (Malaysia)

Bishop Dr. Dennis I. C. Josephson (Nigeria)

Dr. V.K. Shah (Maharashtra, India)

Dr. Swamy Atmachaithanya (Kerala, India)

## **Global Health, Harmony and Happiness Award**

***(INDIAN BOARD OF ALTERNATIVE MEDICINES)***

Dr. Surajit Sengupta (USA)

Dr. Gyanendra Kumar Singh (Uttar Pradesh, India)

Dr. Vikram Parlikar (Maharashtra, India)

Dr. Bankimchandra R. Vyas (Gujarat, India)

Yoga Padmabhushan Award

Dr. Sohan Raj Tater (Rajasthan, India)

## **Life Time Achievement Award**

Dr. Dilip N. Prasad (Odisha, India)

## **Dhyan Visharad Award**

Brahmarishi Shri Subash Patriji

## **Hall of Fame**

Dr. Pravin Bhatia (Maharashtra, India)

Dr. Pon Annadurai (Tamil Nadu, India)

## **Hall of Glory**

Dr. Manik Bhowmick Shastri (Jharkhand, India)

Dr. Gulzarilal Grover (Gujarat, India)

Dr. R. Ramachandran (Chennai, India)

Dr. Adhir Mehta (Madhya Pradesh, India)

Dr. G. S. Singh (Maharashtra, India)

Dr. Hemant Chimanlal Broker (Gujarat, India)

Dr. Jitendra Shambhulal Panchal (Gujarat, India)

Dr. Shngainlang Bamon (Meghalaya, India)

**Sewa Shiromani Award**  
**(INDIAN INSTITUTE OF NATUROPATHY)**  
Dr. Tushar Shil (West Bengal, India)

**Sewa Shiromani Award**  
**(INDIAN BOARD OF ALTERNATIVE MEDICINES)**  
Pamrei Kashung Shimray (Meghalaya, India)  
Dr. Sumanta Thakur (Kolkata, India)  
Dr. Sahil Guha (Port Blair, India)  
Malay Kumar Roy (Kolkata, India)  
Pushkar Lal Kedia (West Bengal, India)  
Dr. Albert Jeysingh (Tamil Nadu, India)  
Dr. Nemani Viswanadham (Andhra Pradesh, India)  
Dr. V. Chandra Kumar (Tamil Nadu, India)

**International Humanitarian Award**  
Rabiul Islam Khan (Bangladesh)  
Dr. A. Anitha Alex (Chennai, India)  
Dr. Ashok Kumar Shukla (Uttar Pradesh, India)

**Dhanwantary Memorial Award**  
Dr. Manjeet Singh (Punjab, India)  
Dr. Parimi Venkata Subrahmanyam Naidu (Visakhapatnam, India)  
Dr. Ratheesh Babu (Kerala, India)  
Dr. Rajendran (Kerala, India)  
Dr. Reji Lal (Kerala, India)

**Patanjali Memorial Award**  
Dr. Manjeet Singh (Punjab, India)

**Jyotish Ratna (Astrology)**  
Dr. Ashok Kumar Shukla (Uttar Pradesh, India)

**Bach Memorial Award**  
Dr. Devathi Suman Kumar (Andhra Pradesh, India)  
Count Ceaser Mattie Memorial Award  
Dr. Sonal Bhowmick (Jharkhand, India)  
Dr. Arun Kumar Khare (Uttar Pradesh, India)

**Sewa Ratna Award**  
Dr. S.Bakyavathi (Tamil Nadu, India) (Acupuncture)

**Health Excellence Award**  
**(INTERNATIONAL HOMEOPATHIC MEDICAL FOUNDATION)**  
Dr. Madhusudan Samaddar (West Bengal, India)

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**Gem of Alternative Medicines Award**

Dr. Ms. Rashmi Gupta (West Bengal, India)  
Dr. Balmukund Meheta (West Bengal, India)  
Dr. G. Subba (Tamil Nadu, India)  
Dr. M.Rathanavalli (Tamil Nadu, India)  
Dr. Nigamananda Sahu (Odisha, India)  
Dr. Sreehari Pillai (Kerala, India)

**Health Excellence Award**

Dr. Faris Rashid Salim Alhajri (Oman)  
Dr. Erwin D. Torres (Philippines)  
Dr. Genevieve Tan Shu Thung (Malaysia)  
Dr. Raghunath M. Kinhikar (Taiwan)  
Dr. Fomandam Richard FRU (Cameroon)  
Dr. Sharwari Pandurang Shinde (Maharashtra, India)  
Dr. Sanjay Kumar Srivastava (Uttar Pradesh, India)  
Dr. Golap Chand Jain (Assam, India)  
Dr. Sanjeev Puri (Delhi, India)  
Dr. Animesh Pathak (Punjab, India)  
Dr. Remadevi Rajesh (Kerala, India)  
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Dr. Mrs.Sudesh Chugh (Jharkhand, India)  
Dr. Dhananjay Kr. Tiwary (Panvel, India)  
Dr. Suraj Sunil Jagtap (Maharashtra, India)  
Dr. Uma Balan S.K. (Tamil Nadu, India)  
Dr. Arvind. M (Maharashtra, India)  
Dr. M.A.Nihal (Tamil Nadu, India)  
Dr. Smitha Nair M. K (Kerala, India)  
Dr. Falguni Mehta (Maharashtra, India)

**Gold Medal**

Dr. Andrea Flora Ferraz Ferreira (Portugal)  
Dr. Gangadaran A/L M.A. Nair (Malaysia)  
Dr. Wakema Soe Myint Aung (Myanmar)  
Dr. Seewoosunker Vidiyasagur (Mauritius)  
Dr. Oteng Nkansah Yussif (Ghana)  
Dr. Earnest Abraham Woodall (USA)  
Dr. Eileen Wong (Malaysia)  
Dr. Mohamed Azard Sharaf Uduman (Sri Lanka)  
Dr. Prof. A.J. Grobler (South Africa)  
Dr. Gina Chiriac (Romania)  
Dr. Eduardo O Wahiman (Phillipines)  
Dr. Rabiul Islam Khan (Bangladesh)

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Dr.Utpal Mukhopadhyay (West Bengal, India)  
Dr. Almasuddin (Dehra Dun, India)  
Dr. Neha Roy (Gurgaon, India)  
Dr. Astha Dubey (Madhya Pradesh, India)  
Dr. U. Harikrishnan Pillai (Maharashtra, India)  
Dr. Sopan Vitthal Budbudkar (Maharashtra, India)  
Dr. Hyder Ali (Kerala, India)  
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Dr. Shakeel Ahmed (India)  
Dr. Anand Mohan Sinku (Bihar, India)  
Dr. Sumeet Sharma (India)  
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Dr. Ram Nath (New Delhi, India)  
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Dr. K. Kishore Kumar (Andhra Pradesh, India)

**Fellowship of Faculty of Homoeopathy**

Dr. Birendra Prasad Srivastava (West Bengal, India)



# RULES FOR HEALTHY, HARMONIOUS & HAPPINESS LIFE

## THE TEN GOLDEN RULES OF HEALTH

1. Eat healthy, fresh and nutritious food. Seasonal fruits and vegetables, wholesome food and germinated grains. Avoid over cooking. Chew your food well. Organically grown foods should be given preference.  
Drink at least 8-10 glasses of fresh and pure water daily.
2. 15 minutes of regular exercise for at least 4 days a week is essential. Brisk walking, yoga, surya namaskar, etc are good practices. Deep breathing exercises such as pranayam should be practiced daily.  
Body weight should be maintained through proper diet and regular exercise.
3. At least 7-8 hours sleep per night is essential for invigorating and refreshing health.
4. Regular bath and regular habit of defecation should be maintained. Fasting once a week helps the body to recuperate and rejuvenate. Liquids such as warm water, citric fruits juices, fresh buttermilk, coconut water etc can be taken during fasting.
5. Avoid alcohol, tobacco, drugs, tea, coffee, aerated water, sugar, fatty foods, junks food, processed, canned and frozen foods etc as far as practical.
6. Laugh, play and have fun often. Avoid negative mental attitudes.
7. Maintain strong and harmonious relationships with family and friends.
8. Meditate, pray, contemplate, relax or find time for yourself everyday.
9. Be thankful to HIGHER POWER who has created the universe.
10. Love, forgiveness and compassion lead to happiness.

## HEALTH

**Are you interested to enjoy better health? Are you interested in getting increased energy, greater enthusiasm and an enhanced sense of well-being?  
Are you interested in getting a greater sense of joy?**

Here is a **good news for you all** who are positively interested in the above. Within yourself, you have the power you need to create wellness as mentioned above in your life. That power is your power of choice. The Indian Board of Alternative Medicines has developed the following **rules to attain and achieve good health and wellness.**

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## PART A

Health has been defined by the WHO as “*Health is more than the absence of disease. Health is a state of optimal well-being.*”

Optimal well-being is a concept of Health that goes beyond the curing of illness. Achieving wellness requires the balancing of the various aspects of the whole person. These aspects are physical emotional, mental, social and spiritual.

Our health is our own responsibility. **We and only we can make the life style decisions which contribute to our own well-being.** Our power lies in the choices we make everyday on our own behalf. If we react out of habit, we may not be using our choices wisely to create wellness in our life. To create wellness we must expand our focus beyond mere physical health and strive to **balance and integrate over physical, emotional, mental, social and spiritual aspect** as well as establish respectful relationship with our family and friends, community and the environment. This is also known as Holistic Health.

## PART B

The **physical** aspect requires good nutrition, appropriate weight, beneficial exercise and adequate rest.

The **emotional** aspect requires to give and receive forgiveness, love and compassion, joyful relationship with oneself and others.

The **mental** aspect needs self-supportive attitude and positive thought.

The **social** aspect requires a person relationship and the adjustment with the society.

The **spiritual** aspect requires inner calmness and trust in ones own inner knowing.

## PART C

### I. PHYSICAL HEALTH

**A.GOOD NUTRITION:** Our human body is composed of 75 trillion cells. They need quality food to function properly. Fresh is the best. **Replace processed, canned and frozen food with fresh and seasonal vegetables, fruits and whole grains as much as possible, preferably organically grown.** Chew the food properly. Avoid or limit sugar, salt, meats and fatty foods. Eat smaller meals more often. Eat a variety of foods. Ensure supply of fibers and essential vitamins and minerals. Fruits and vegetable are the best source to obtain them. Avoid over cooking. Do not over eat. Brush your teeth after each meal and floss them once a day.

**B. WATER:** The body is composed of 67% of water. **8-10 glasses of fresh and pure water should be taken daily.** Water should not be contaminated by heavy metal, chemicals and

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microorganism. Water is essential to maintain the blood pH. Less intake of water may cause constipation, acidity, skin diseases, heart problems, kidney disorders etc.

**C. BREATHING:** Air provides us life-giving oxygen. Like water, the body cannot survive without taking in oxygen. **Clean air is essential to good health. Practice deep breathing exercises such as Pranayam.**

**D. SUNLIGHT:** **At least 15 minutes of sunlight per day is essential to encourage the production of normal vitamin D.** It also destroys harmful bacteria and stimulates a number of positive hormone effects in the body. Excessive sun exposure should be avoided.

**E. EXERCISE:** Our body is composed of 700 muscles. These muscles unless exercised regularly; become weak and sluggish. **A minimum of 15 minutes of regular exercise** on most of the days of a week is essential. Brisk walking is one of the most beneficial exercises. However, aerobic activities are also good for health. Activities such as yoga, surya namaskar, massage, jumping jacks, squats, stretching etc. can also be practiced.

**F. MAINTAIN BODY WEIGHT:** Body weight should be maintained through proper diet and regular exercise. **Obesity can cause heart problems, high blood pressure, diabetes, arthritis, cancer etc.**

**G. SLEEP/REST:** Sleep is as important as nutrition. **At least 7-8 hours of sleep per night is essential.** Too little sleep may cause inattentiveness or lack of motivation. Sleep/Rest gives the body an opportunity to replenish the dead cells. Hence sleep is invigorating and refreshing in nature. One should not sleep more than the required hours.

**H. FASTING:** Our internal organs are vital organs. They work incessantly. Fasting help them rest and recuperate. **At least once a week we should fast.** Liquids such as warm water, fruit juices, fresh buttermilk, coconut water etc. can be taken during fasting. However, no milk, no tea, no coffee, no aerated water, no liquor etc. should be taken during fasting.

**I. ELIMINATION:** The body should be cleansed internally as well as externally. **Regular bath** with cold or warm water is required to clean the body externally. **Drinking of adequate water** cleanses the body system. Regular habit of defecation should be maintained for internal detoxification. **Exercises help in perspiration** which eliminates internal toxins. **Deep breathing** exercises help in elimination of internal toxins through respiration. Over use of any organs should be avoided. Externally and internally **cleansed body gives a feeling of different person altogether with high energy level in physical mental, psychological and sexual spheres.**

**J. AVOID:** **Alcohol, tobacco etc. should be avoided as far as possible.** If at all, drinking should be only in moderation. In excess it damages liver, pancreas, brain and heart. Men should limit their intake to 2 drinks a day and women to 1 per day. One drink is equal to 12 ounces of beer, 5 ounces of wine or 1 1/2 ounces of liquor.

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Tobacco should be avoided as it may lead to many diseases such as chronic bronchitis, heart attack, cancer etc. Women may suffer from impaired fertility and complications during pregnancy.

**Drugs should always be avoided**, Tea, coffee, areatic water should be restricted. Health destroying habits such as excessive trace response, multiple sex partners, unprotected sex with infected partners should be avoided.

## II. EMOTIONAL HEALTH

### A. LAUGH, PLAY AND HAVE FUN OFTEN:

**Laughter is a good medicine** and the ability to play sportingly is a necessity for a healthy life.

### B. SHARE FEELINGS:

It is good to **share your feelings and spend time with the people** you trust and give them the gift of really knowing you.

### C. CREATE WARM AND LOVING RELATIONSHIPS:

We should create an atmosphere of warm and loving relationship. We should forgive ourselves and others. If we have issues or grievances with family and friends face the issues and recover the lost emotional closeness. **Love, forgiveness and compassion lead to happiness.**

## III. MENTAL HEALTH

**A. MAINTAIN POSITIVE ATTITUDES:** Everybody has problems in life. Most problems we invite or create ourselves. We have to choose ourselves the kind of response to any given situation. We can respond with positivity or negativity. **Negative mental outlook yields negative health effects.** Hence its bad enough to have a problem, don't make it worse by a negative mental outlook. Cultivate the habit of positivity. Make the best of every situation. Instead of criticizing we should catch ourselves and others at being good.

**B. EXPLORE NEW IDEAS:** Find a **hobby**, take a creative class read on inspiring stories etc.

**C. LISTEN TO OTHERS POINT OF VIEW:** We **should listen to other's point of view** and when others disagree with us, we should try to see things through their eyes.

## IV. SOCIAL HEALTH:

**Strong and harmonious relationships with family and friends** help to maintain good health and gives support to cope up with life in a better way. We should set-aside some time for friends and family. **Be a friend to someone who needs support** and encouragement and reach out to someone when you need help or feel lonely or vice versa.

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## V. SPIRITUAL HEALTH

- a. Become better **acquainted with the natural beauties around you** and the higher power who created the universe.
- b. **Read from the Bible, Quran, Bhagwat Gita or other sacred writings** and look for principle insights for life.
- c. Spend at least **10 minutes each day in pray, meditation and contemplation**, learn to love and help others.
- d. **Be open to the inner voice of life** that speaks harmonic, kindness and compassion.



## QUOTES ON HAPPINESS

*When totally free from outer contacts an individual finds happiness in himself; he is fully trained in God's discipline and reaches unending bliss ~ **Bhagwad Gita 5.2***

*The one who is well armed for the battle of life possesses good qualities ,becomes successful and prosperous. Such a person experiences real happiness ~ **Sama Veda***

*Of all gains, good health is the greatest. Of all wealth, contentment is the greatest. Among kinsmen, the trusty is the greatest. Freedom is ultimate happiness ~ **Dhammapada 203-05***

*Promote Gross National Happiness; do not be obsessed with Gross National Product ~ Official policy of Bhutan*

*The best way to cheer yourself up is to try to cheer somebody else up~ **Mark Twain***

*The foolish man seeks happiness in the distance; the wise grows it under his feet~ **James Openheim***

*If you want others to be happy, practice compassion. If you want to be happy, practice compassion~ **Dalai Lama***

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