

# Bhutan: A Very Happy Country in the World

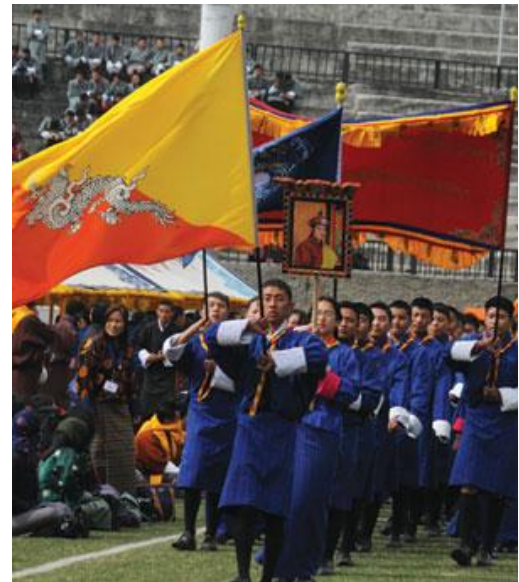
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King & Queen of Bhutan



**Bhutan** tops the “equality index” with 1.294 points, which means Bhutan is world’s most equal society. The first World Happiness Report was published in April 2012, in support of the High Level Meeting at the United Nations on happiness and well-being. “Since then, we have come a long way. Increasingly, happiness is considered to be the proper measure of social progress and the goal of public policy,” the report states.

Among the South Asian countries, Bhutan is the happiest country followed by Pakistan (92), Nepal (107), Bangladesh (110), Sri Lanka (117) India (118) and Afghanistan (154).



People who live in the happiest countries have longer life expectancies, more social support and more freedom to make life choices. They have lower corruption incidences and experience more generosity and have a higher gross domestic product per capita.



<http://www.lifehack.org/articles/communication/8-things-bhutan-people-differently-that-make-them-the-happiest-people.html>

<https://www.oneworldeducation.org/bhutan-worlds-happiest-country>



In July 2011, the [UN General Assembly](#) passed a resolution inviting member countries to measure the happiness of their people and to use this to help guide their public policies. On April 2, 2012, this was followed by the first UN High Level Meeting on "Happiness and Well-Being: Defining a New Economic Paradigm," which was chaired by Prime Minister [JigmeThinley](#) of [Bhutan](#), the first and so far only country to have officially adopted [gross national happiness](#) instead of [gross domestic product](#) as their main development indicator.<sup>[1]</sup>



The link below presents details of Happy Countries of the World:

[https://en.wikipedia.org/wiki/World\\_Happiness\\_Report](https://en.wikipedia.org/wiki/World_Happiness_Report)



### International rankings

Data is collected from people in over 150 countries. Each variable measured reveals a populated-weighted average score on a scale running from 0 to 10 that is tracked over time and compared against other countries. These variables currently include: real [GDP per capita](#), social support, healthy [life expectancy](#), freedom to make life choices, generosity, and perceptions of corruption. Each country is also compared against a hypothetical nation called [Dystopia](#). Dystopia represents the lowest national averages for each key variable and is, along with residual error, used as a regression benchmark.

## Happiest Countries of the World



Denmark



Switzerland



Netherlands



This is Denmark.

Denmark has free  
healthcare and free  
college education.

Denmark's minimum  
wage is \$25/hour and  
people work 35  
hours/week.

Denmark is the happiest  
country in the world.

Be like Denmark?



TRUE ACTIVIST

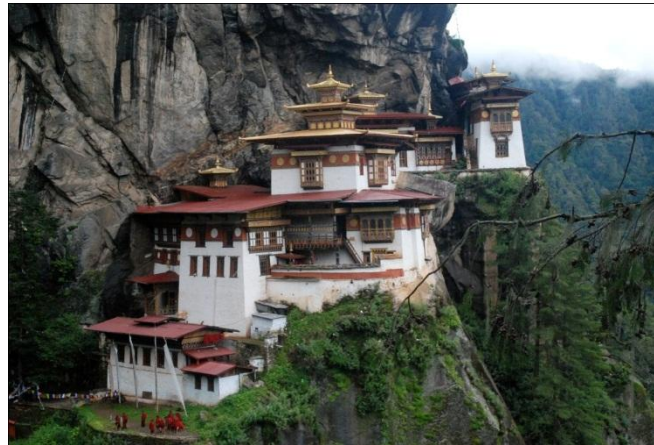


**Happiness Index** is measured by these **Sustainable Development Goals** set by the United Nations.

## Bhutan

Bhutan is reputed for pioneering a concept, known as **Gross National Happiness** that places people (and not material wealth) at the center of its developmental values.





<https://www.youtube.com/watch?v=cLdIGwbGuJ0>

1. Only 750,000 people have the privilege to call Bhutan home.
2. Surrounded by the Himalayas and sandwiched between China and India, Bhutan is a landlocked country.
3. Bhutan's Royal Family is a bit different than other Royal Families. Princes don't need to wait for their fathers to pass on to become King. Princes become Kings whenever their fathers feel like handing over the throne.
4. Bhutan is currently on their fifth King, who is about thirty six and is married to a woman who is only twenty six. They just gave birth to a baby son, Bhutan's new prince, in February 2016.
5. The fourth King married four sisters and had ten children in total.
6. The third King became King at the age of seventeen when his father, the second King, suddenly died of a heart attack while on business in India at the age of forty four.
7. The Kings are worshipped as if they are Gods. Photos of them are in every house, at every restaurant, in every hotel, on roadside billboards and so forth.
8. Thimphu (population 100,000) is the economic, religious and government center of the country, residence of the Royal family and one of the only capital cities in the world with no traffic lights.
9. The entire country is served by only one international airport, which is located in the city of Paro.
10. There only two airlines that fly to Bhutan, which are Druk Air and Royal Bhutan.
11. Only eight pilots in the world are certified to fly into Bhutan, as the runway is small and the airplane cuts pretty close to the mountains during landing.
12. Buddhism is the official religion with Hinduism the second popular faith.
13. To this day, there are still no chain establishments such as McDonalds, Starbucks, 7-11, Baskin Robbins, Subway, etc. It remains undeveloped from the outside world.
14. Education is completely free from elementary school up to continued education.

15. Medical services are completely free. When the doctors in Bhutan can't perform a specific procedure, they will pay for that patient to fly to India to get the appropriate attention they need.
16. Bhutan is the world's only carbon sink, meaning it absorbs more CO<sub>2</sub> than it gives out. It sells hydro-electrical power, making it the only country whose largest export is renewable energy.
17. 72% of the country is forested. In fact, it is in the country's constitution to keep 60% of its land forested. Respect for the environment, the eco system and all species is a serious matter in Bhutan. Anyone caught killing an endangered species, faces the harsh sentence of life in prison.



18. Thimpu, Bhutan's capital, has been drastically growing over the last decade with a lot of new modern buildings. However, all buildings are mandated to maintain the same aesthetic traditional look of the Buddhist architecture and can be no taller than six stories high.

Religion in Bhutan ( 2010)<sup>[1]</sup>

- [Buddhism](#) (74.7%)
- [Hinduism](#) (22.6%)
- [Bon](#) and other indigenous faith (1.9%)
- [Christianity](#) (0.5%)
- [Islam](#) (0.2%)
- Other or none (2%)







Paro river flowing through Thimphu the capital of Bhutan.



King's offices are here

Environmentally clean country, Bhutan does not allow polythene, nor do they generate any, besides there are no cultural polarization in terms of foreign films and songs, dances and dresses are not popular. People have to go to offices wearing their national dress and only on Saturdays they get to wear other clothes. Bhutanese are plain and simple as well as healthy people as they walk miles every day. Walking keeps them happy and healthy. The mountain air is fresh and pollution free.

**Thimphu**, the capital city is also the seat of power of the King and **Phunseling** is the place which is nearer to Siliguri the Indian border in the North East, has most of the small



business taking place. **Paro** on the other hand has a small airport for the small aircrafts to land. Bhutan is only accessed by air. Druk Air and Bhutan Airlines operate to carry passengers from Delhi, Kolkata and other places. All these cities have mountain roads.

Bhutan is covered by 74% forest area and forests nearing Phunseling are very green and thick like rain forests with many vigorous water falls. The country exports Hydro-Power to India and nearing countries.

Bhutan is a Happiness Heaven as people go back walking from office, at 4 in the afternoon , talking , laughing and smiling, to be with their families.

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