

HAPPINESS AND MINDFULNESS FOR TRANSITIONING FROM VULNERABILITY TO VIABILITY



VULNERABILITY TO VIABILITY
GLOBAL PARTNERSHIP

12:30 PM UTC to 2:00 PM UTC
8:30 AM EST to 10:00 AM EST
6:00 PM IST to 7:30 PM IST

25 MAR 2022 / YOUTUBE
LINK

 <https://youtu.be/ITbDyqwAtLs>

Mindfulness is the source of happiness, which brings awareness of our connection with the environment around us and helps us live in harmony and peace with it. Also, mindfulness builds viability and resilience with changes in our lives. The ultimate goal of every human being is ultimately to be happy and well, and mindfulness prepares us for that. Mindfulness transits us from emotionally harming ourselves to being able to work successfully towards viability. Happiness follows success, and fosters viability over vulnerability.

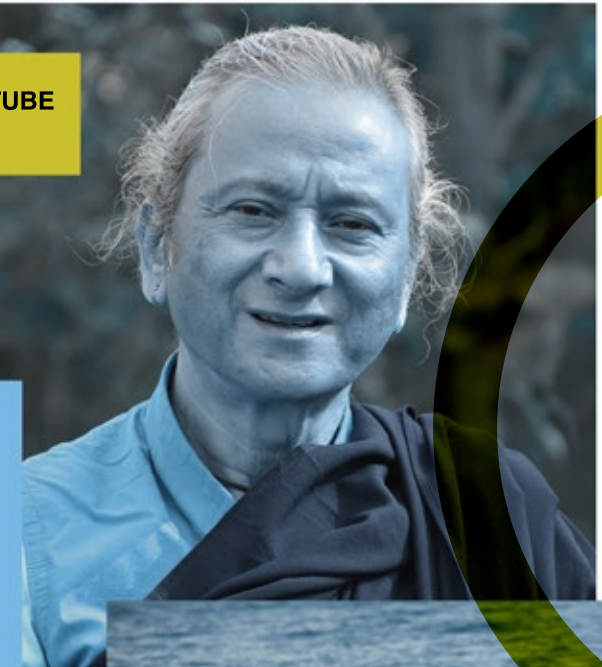


Photo by Patrick Dugan



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada

V2V Global Partnership is supported by the Social Sciences and Humanities
Research Council of Canada under its Partnership Grants Program



www.v2vglobalpartnership.org



@V2VPartnership



V2Vglobalpartnership@gmail.com

V2V THEMATIC WEBINAR SERIES 2022

Saamdu Chetri, PhD in commerce, born in a cowshed in remote Bhutan, is a visiting faculty under the Rekhi Centre of Excellence for the Science of Happiness at the IIT Kharagpur, India. He runs a course on Gross National Happiness with mindfulness under the Centre and contributes to several other courses at the Centre. Dr. Chetri Instituted the Good Governance system in the Government of Bhutan under the first democratic government, instituted Gross National Happiness Centre in Bhutan and ran it as its executive director for five years. He is known fondly as Happiness Guru by BBC. Chetri considers himself as a traveller of love and compassion and his mindfulness journey continues. His interest is the greed to share his life journey with others.

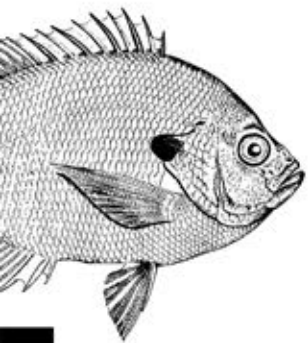


Photo by Syed Tauheed Raihan



Photo by WorldFish