



THE UNIVERSITY OF  
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THE MCCAUGHEY CENTRE  
VICHEALTH CENTRE FOR THE PROMOTION OF  
MENTAL HEALTH AND COMMUNITY WELLBEING  
MELBOURNE SCHOOL OF POPULATION HEALTH

INVITES YOU TO ATTEND



# HAPPINESS, PROGRESS AND WELLBEING: THE VIEW FROM BHUTAN

**KARMA TSHITEEM**  
**SECRETARY,**  
**GROSS NATIONAL**  
**HAPPINESS COMMISSION,**  
**ROYAL GOVERNMENT OF**  
**BHUTAN**

*'We have to think of human well-being in broader terms. Material wellbeing is only one component. That doesn't ensure that you're at peace with your environment and in harmony with each other.'*  
Lyonpo Jigmi Thinley, Prime Minister of Bhutan

The people of Bhutan are playing a leading role in exploring alternative definitions of progress and wellbeing. The view expressed by Lyonpo Jigmi Thinley has led the government of Bhutan to develop the goal of Gross National Happiness (GNH), an alternative to Gross Domestic Product (GDP) that aims to measure four key dimensions of progress: sustainable and equitable socioeconomic development, cultural preservation, environmental conservation, and good governance. This public lecture will provide a unique opportunity to hear about Gross National Happiness and the Bhutanese approach to understanding, measuring and strengthening happiness, prosperity and wellbeing.

Karma Tshiteem was raised in Thimphu, the capital city of Bhutan, and received a Bachelor of Commerce from Sherubtse Degree College. After serving in the royal civil service, he studied at the University of Canberra. After his return to Bhutan, he served with the Ministry of Finance and with the World Bank in Washington DC. In 2006, he became a researcher to the People's Projects Research Office of His Majesty the King and was appointed as the Secretary of the Gross National Happiness Commission in 2007. He is also a board member of the central bank of Bhutan and the Tourism Council of Bhutan. Karma is an invited speaker at From Margins to Mainstream: the 5th World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioural Disorders, organised by VicHealth.

For more information about the Gross National Happiness Commission of Bhutan see [www.gnhc.gov.bt](http://www.gnhc.gov.bt).

Friday 12 September, 2008

6.00 pm

Melba Hall

Conservatorium Building

Royal Parade

University of Melbourne

Entry via Gates 12 or 13

Tram 19 from Elizabeth St (stop 11)

For information or to RSVP please contact Amy McKernan on 8344 9101 or by email to [mcka@unimelb.edu.au](mailto:mcka@unimelb.edu.au).

