



World Happiness Day: Spreading happiness with a sprinkle of compassion

Description

“Happiness is not something ready-made. It comes from your own actions.” Dalai Lama

What is happiness?

I think it’s not just being happy, but it can also be a state of ecstasy or fulfillment. Happiness is multifaceted. It has different meanings depending on the context.

As we live in a world where we’re often confined to our own spaces and engaged in our own pursuits, caring and sharing can spread positive energy.

On March 20, 2025, the United Nations commemorated the International Day of Happiness, which focused on the theme “sharing and caring” and highlighted the importance of compassion and community building for global well-being. The celebration invites individuals of all ages, businesses, and governments to participate.



Representative Image | Courtesy: Pixabay

This edition of the International Day of Happiness highlighted the global happiness rankings, with India ranking 118th out of 147 countries. This marks a progressive improvement from last year's 126th spot.

The report is based on various factors, including healthcare, community, GDP per capita, social support, and relationships. According to the report, Finland ranks first as the world's happiest country.

Hence, we should work together to build a more joyful and compassionate world. Action comes from ourselves, and that action has the power to change the world.

Written by Ynez

Edited by Rupam Shukla

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Author

admin

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