

Wellness through Happiness



There have been many approaches and aspects regarding wellness.

Wellness is broadly divided or categorised into

Physical | Mental | Emotional | Materialistic | Spiritual

Obviously one sees the connections and interconnectedness of the above.
Each one related to another, therefore wellness is holistic.

Saying this...

How does one measure wellness?

Is there a measure?

Is it universal?

How does one say that one is living well?

For, living well is wellness.

There have been too many approaches to wellness, and each one has its own ways and means.

Is there a universality to the whole approach of wellness?

Whatever one aspires or one does, whatever one has achieved and however small or mighty one may be, simple or complicated, knowledgeable or ignorant, is it not a simple obvious fact, as a race we humans have always sought happiness at the end?

Then, is it not imperative to be happy and that alone can be the ultimate and only measure of wellness?

At all levels, spiritual or material, physical or emotional, without happiness how does one see life?

And the whole of life is in pursuit of happiness, is it not?

Krishna, through AskKrishna, continues to offer insightful and impact driven talk shows and dialoguing to varied learners across socio-economic and demographic backgrounds on what it is to be happy and fundamentally to explore "**what is happiness?**"

Toward this, "**Wellness through Happiness**" program offers in-depth intelligence on varied aspects of life and living that include

Fear & Anger

Happiness & Freedom

Meditation & Right action

God & Compassion

Money & Ambitions

Anxiety & Depression

Love & Beauty

Mind & Consciousness

Success & Failure

Life & Death

Loss & Sorrow

Religion & Spirituality

Pain & Suffering

Karma & Beliefs

Learning & Parenting

Awareness & Mindfulness

Knowledge & Intelligence

Relationships & Hurt

Marriage & Sex

Hope & Courage

Loneliness & Boredom

Experience & Problems

Self-knowledge & Purpose