

Dr. Saamdu Chetri, a pilgrim of love and compassion, was born in a cowshed in remote Bhutan.

After working for 25 years in the private and development sectors, and five years in the first democratically elected Prime Minister's Office as Head of Good Governance (Joint Secretary), he instituted the Gross National Happiness Centre as one of its founding members and headed it for five years.

In his 35 years of life's working journey, he has been teaching, consulting, and speaking at various international and national occasions on various topics, including in the House of Commons in the British Parliament, Senators of the Philippines, among others, and dozens of universities and colleges in the world including India.

He now teaches, as a visiting lecturer, at different universities of NCR, Delhi and CU.

He is a recipient of Lord Buddha Peace 2016 from Samata Sahitya Academy, and he is reflected in the 100 Prominent People of Modern Bhutan, 2008, in the book by Dr C.T. Dorji.

He is dearly referred to by BBC as a Happiness Guru. Dr Chetri's journey on mindfulness for love, joy, and peace continues.