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Research Article

IMPACT OF BLISSFUL LIVING PROGRAMME ON THE WELL-BEING OF INDIVIDUALS

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ABSTRACT

Well-being is a multidimensional construct encompassing psychological, emotional, social, interpersonal and spiritual dimensions. The Blissful Living Programme (BLP) is a structured 21-day programme designed to promote holistic well-being through mindfulness, self-reflection, spiritual practices and related activities. The present study aimed to assess changes in psychological distress, subjective well-being and selected dimensions of well-being among participants undertaking the BLP. A longitudinal assessment was conducted among 65 participants, with evaluations performed at baseline, day 7, day 14 and day 21. Psychological distress and subjective well-being were assessed using the Kessler Psychological Distress Scale (K10) and WHO-5 Well-being Index, respectively. In addition, 21 domains of well-being were assessed using five items per domain, with responses recorded on a 1–5 scale. Repeated measures analysis of variance was used to examine changes across the four assessment points, followed by Bonferroni-adjusted post-hoc comparisons. K10 scores decreased from 13.98±6.15 at baseline to 12.14±3.39 at the final assessment, demonstrating a statistically significant overall change ($p<0.001$). WHO-5 scores showed variation across assessments but did not demonstrate a statistically significant overall change ($p=0.354$). Several individual domains, including meaningful life, self-love and self-compassion, emotional regulation, social comparison, self-acceptance and control of impulsive responses, demonstrated statistically significant changes over time, whereas other domains did not. Overall, participation in the 21-day BLP was associated with reduced psychological distress and improvements in selected dimensions of well-being. However, in the absence of a comparative control group, these temporal changes should be interpreted as associations and not as evidence of a causal programme effect.

INTRODUCTION

Well-being refers to the overall state of an individual's physical, mental, and social health. The most widely accepted definition of health was given by the World Health Organization (1948). well-being is multidimensional, dynamic, and influenced by personal, social, economic, and environmental factors. The spiritual wellbeing is defined as Sense of purpose in life, Moral values, Inner peace, Harmony with self and surroundings.

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The World Health Organization acknowledges spirituality as an important domain influencing quality of life, particularly in chronic illness and palliative care settings. Research demonstrates that higher spiritual well-being is associated with lower levels of depression, anxiety, and stress, improved coping ability, and greater life satisfaction[1-6].

Nowadays, it is critical to prioritize well-being because of the stressful, distracting, and socially pressured nature of modern society. Achieving a balanced state of mental, emotional, and physical health is essential for leading a fulfilling. External achievements are celebrated by the people in this modern society, but they often overlook the satisfaction that leads to long-term happiness and success. Well-being goes far beyond mere happiness; it influences productivity, interpersonal relationships,

and integration into the larger social framework. In a world dominated more by competition and technology, learning to cultivate inner peace and wisdom becomes an important life skill that would help people live healthier, more meaningful lives [7-9]

Many people today struggle with stress, anxiety, and emotional challenges that affect their overall well-being. While traditional psychological interventions focus on symptom management, holistic approaches include mindfulness, spiritual practices, and positive psychology are increasingly cited as effective efforts to improve and enhance mental health and well-being. This study seeks to fill this gap by exploring the effects of the Blissful Living Program on several aspects of well-being: psychological resilience, stress reduction, regulation of emotions, and life satisfaction. The findings of this paper shall contribute to the rising list of literature on holistic approaches to well-being and are suggested to be useful for mental health practitioners, wellness professionals, and policy makers for integrating such programs into mainstream mental health practices [10-13].

The current study is based on the Blissful Living Programme (BLP), responds to this growing need for holistic well-being. The 21-day transformative journey is committed to touching core aspects of self-care, mental clarity, and emotional resilience in participants life, all intended to offer practical tools to unlock their inner potential. Focusing both on self-discovery and authentic joy, BLP reveals how important well-being is to accompany and support people through the challenges of modern life. The Blissful Living Programme is an innovative, 21-day programme intended to take individuals on the journey that leads to inner peace, wisdom, and lasting bliss. It is designed to bringing ancient wisdom into modern practices for a holistic approach towards personal well-being. Being a long-time practitioner of meditation and yogic science, all participants were taken through a full structured course of self-discovery and inner fulfillment. The three stages of BLP have educational videos and supportive activities packed into each week. Through this, participants would tap into their mind's true potential and usher in unshakable happiness. Unlike other traditional meditation courses, BLP gives its students personal insights and practical tools that teach how to not just heal but thrive in a state of perpetual bliss. Therefore, it remains an essential path for those looking for a profound and authentic transformation.

The current endeavor focuses on investigating how effective Blissful Living Programme is in improving individual well-being. Specifically, it highlights the need to explore whether the program achieves its intended outcomes related to personal health, mental or emotional stability, or overall life satisfaction. The investigation aims to measure and evaluate the impact, identify key success factors, and provide insights into how the program contributes to improving the well-being of its participants. The current study is registered with trial No CTRI/2026/01/100336, after taking the IEC approval.

METHODOLOGY

Spiritual well-being can be defined in terms of having a sense of connectivity with something beyond one's self, a sense of purpose, and inner peace. Spiritual well-being is therefore an important aspect of general health and adds considerably to the fulfillment of personal fulfillment and life satisfactions. The Blissful Living Programme strikes at this aspect to bring about spiritual development and well-being. In the BLP: participants undergo self-reflection and spiritual activities to help in creating their purpose. The program encourages developing a meaningful and fulfilling direction for life by allowing people to connect or go into contact with their inner-selves and discover their real values. In the BLP: Inner peace is developed through mindfulness meditation, among other spiritual practices in BLP. These practices enable participants to become calm and relaxed so that they can effectively manage adversity and stress. Integration in the Blissful Living Programme. The BLP ensures meaning and inner peace can be achieved through a holistic approach. The practice sessions incorporate participants into reasons for being in the programme in order to gain general spiritual growth that will end with inner peace.

Practical Tools and Techniques Participants in BLP practice activities that engage reflection into themselves, mindfulness, and spiritual exploration. These practices help the person align with their core values, find their life purpose, and develop an inner sense within himself. To effectively measure the impact of the Blissful Life Programme on individual well-being, a comprehensive baseline assessment form has been administered on the first day of the programme. This form includes standardized measures to assess various dimensions of well-being. The detailed questionnaire is attached in appendix

Selection Criteria

Inclusion criteria

1. Adults aged 18 years or above.
2. Participants are willing to enroll in and complete the 21-day Blissful Living Programme.
3. Participants willing to undergo assessments at baseline, day 7, day 14, and day 21.
4. Participants able to understand the study procedures and provide written informed consent.

Exclusion criteria

1. Participants who are unable or unwilling to provide informed consent.

2. Participants with a condition that substantially limits their ability to participate in the programme or complete the study assessments.
3. Any condition who jeopardizes the study as decided by the Principal Investigator.

Subjective Parameters

Kessler Psychological Distress Scale (K10): This widely used 10-item scale measures the severity of psychological distress symptoms over the past week. Each item is rated on a 5-point scale: 1 = None of the time, 2 = A little of the time, 3 = Some of the time, 4 = Most of the time, and 5 = All of the time. Total scores range from 10 to 50, with higher scores indicating greater psychological distress It is a reliable and valid instrument for assessing general distress [14].

WHO-5 Well-being Index: This five-item scale measures positive mental health. Each item is rated from 0 = At no time to 5 = All of the time. Raw scores range from 0–25 and are multiplied by 4 to obtain a standardized score of 0–100, with higher scores indicating better well-being. It assesses overall life satisfaction, positive emotions, and the absence of negative emotions [15-16].

Data analysis was conducted using repeated measures analysis of Variance (ANOVA) was carried out further for Post hoc comparison Bonferroni adjustment is used. All analyses were performed using SPSS 29.0, with a significance level set at $p < 0.05$.

OBSERVATION AND RESULT

The result starts from the baseline profile of the participants further improvement assesses on 21 Domain given in tables separately. Each domains contains five question which was assessed on 1-5 rating scale. The details of the questions are given in appendix of this article. Total 65 participants were analyzed for the outcomes having average age of 37 years. 71% participants were male and 97% participants are service candidate.

Table A: Baseline profile of selected participants in study

Characteristics (n=65)		**[Mean ± SD)]**
Age (in years)		36.95±11.72
		[N (%)]
Gender	Male	46 (70.8)
	Female	19 (29.2)
Occupation	Service	63 (96.9)
	Professional	2 (3.1)

The primary outcomes were assessed on K10 and WHO-5 Index, The K-10 were assesses on pre-post manner while WHO-5 index were assessed on all follow ups. On the basis of K-10 score a significant reduction were observed in Participants.

Table B: Primary outcome of the Study

Parameters	**Baseline**	**1st Follow-up**	**2nd Follow-up**	**3rd Follow-up**	**p-value**
K-10	13.98±6.15	--	--	12.14±3.39	<0.001
WHO-5	83.69±21.22	86.25±15.88	83.48±15.40	86.92±10.70	0.354

Table 1: Meaningful life: Sense of purpose or fulfillment in life

Question No.	**Baseline (1)**	**7th day (2)**	**14th day (3)**	**21st day (4)**	**P –Value (Overall)**
Q1A.	3.9±1.41	4.4±0.81	4.3±0.65	4.5±0.97	0.002
Q1B.	3.9±1.08	4.2±1.03	4.3±0.78	4.3±0.73	0.010
Q1 C.	4.1±1.07	5.1±6.78	4.3±0.85	4.5±0.82	0.460
Q1D.	3.9±1.21	4.3±1.01	4.3±0.93	4.3±0.83	0.008
Q1E.	3.9±1.14	4.3±0.99	4.1±1.05	4.1±1.00	0.116

Q1A demonstrated a statistically significant improvement over time (p=0.002), with mean scores rising from 3.9±1.41 at baseline to 4.5±0.97 on day 21.Q1B also showed a significant increase (p=0.010), indicating progressive improvement across follow-up assessments.Q1C exhibited fluctuation in scores, with an unusually high standard deviation at day 7 (5.1±6.78), and the overall change was not statistically significant (p=0.460). Q1D showed a statistically significant improvement (p=0.008), with steady increases from baseline to subsequent time points.Q1E showed a mild increase in mean scores; however, the change was not statistically significant (p=0.116).

Table 2: Healthy relationships: quality and depth of interpersonal relationships

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P –Value (Overall)
Q2A.	4.0±0.99	4.3±0.85	4.2±0.86	4.3±0.84	0.069
Q2B.	4.0±1.05	4.3±0.85	4.3±0.91	4.3±1.00	0.298
Q 2C.	4.1±1.03	4.3±0.99	4.2±0.80	4.2±0.89	0.785
Q2D.	2.9±1.41	3.3±1.50	3.3±1.43	2.6±1.49	0.004
Q2E.	4.0±0.92	4.2±0.95	3.9±1.20	4.3±0.68	0.050

Table 2 shows that a repeated measures ANOVA with a Sphericity assumed determined that mean value of "*feel jealous and resentful towards others*" differed statistically significantly between assessment stages (Baseline, 7th day, 14th day, 21st day)

Table 3: Practice self-love: Self-esteem and self- compassion scores

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P –Value (Overall)
Q3A.	3.9±1.09	4.2±0.91	4.4±0.95	4.6±0.69	0.001
Q3B.	3.9±1.21	4.2±1.08	4.5±0.77	4.4±0.79	<0.001
Q 3C.	3.9±1.12	4.1±0.89	4.4±0.72	4.3±0.88	0.005
Q3D.	3.5±1.35	4.1±1.05	4.2±1.03	4.1±0.97	0.001
Q3E.	3.9±1.25	4.3±0.94	4.4±0.90	4.3±0.90	0.045

Table 3 shows that a repeated measures ANOVA with a Sphericity assumed determined that mean value of "engage in activities (like reading, travelling, meditating) that bring you happiness and satisfaction" differed statistically significantly between assessment stages (baseline, 7th day, 14th day, 21st day).

Table 4: Gratitude is the key: frequency and intensity of gratitude feelings

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P –Value (Overall)
Q4A.	3.9±1.16	4.0±1.09	4.2±0.84	4.3±0.78	0.080
Q4B.	3.8±1.11	4.1±1.04	4.3±0.75	4.4±0.79	0.001
Q 4C.	4.1±1.17	4.4±0.88	4.6±0.57	4.3±0.86	0.037
Q4D.	3.9±1.21	4.4±0.77	4.3±0.77	4.1±1.06	0.012
Q4E.	3.9±1.29	4.3±0.82	4.3±0.94	4.3±0.92	0.026

Table 5: The art of forgiveness: ability to forgive self and others

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P –Value (Overall)
Q5A.	4.0±1.15	4.1±0.85	4.2±0.86	4.3±0.88	0.129
Q5B.	3.8±1.20	4.1±0.92	4.2±0.79	4.4±0.80	0.001
Q 5C.	4.0±1.09	3.9±1.04	4.2±0.83	4.2±0.98	0.193
Q5D.	4.1±1.07	4.1±0.99	4.3±0.94	4.2±0.86	0.309
Q5E.	3.9±1.12	4.2±0.91	4.3±0.83	4.2±1.06	0.96

Table 6: Over thinking and Over- expectations kill our joy: level of rumination and unrealistic expectations

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P –Value (Overall)
Q6A.	3.7±1.20	3.9±1.12	4.5±0.87	4.3±0.70	<0.001
Q6B.	3.8±1.13	4.0±0.99	4.3±1.06	4.4±0.83	0.003
Q 6C.	3.8±1.12	4.0±1.04	4.2±1.10	4.3±0.85	0.015
Q6D.	3.9±1.17	4.2±0.91	4.5±0.89	4.2±1.05	0.007
Q6E.	3.8±1.25	4.1±1.03	4.4±0.88	4.3±0.72	0.008

Table 7: Comparison vs. self-acceptance: degree of social comparison and acceptance of self

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P –Value (Overall)
Q7A.	3.2±1.25	4.0±1.93	3.9±1.15	3.9±1.07	<0.001
Q7B.	3.1±1.39	3.9±1.27	3.9±1.15	4.1±0.79	<0.001
Q 7C.	2.8±1.55	3.3±1.55	3.5±1.42	3.7±1.28	0.002
Q7D.	2.6±1.48	3.0±1.62	3.2±1.58	3.2±1.41	0.094
Q7E.	3.2±1.34	3.9±1.21	3.8±1.31	4.0±1.07	<0.001

Table 8: Be kind: frequency of performing acts of kindness

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P –Value (Overall)
Q8A.	4.1±1.11	4.4±0.80	4.3±0.92	4.3±0.73	0.119
Q8B.	3.92±1.22	4.3±0.83	4.5±0.75	4.4±0.88	0.002
Q 8C.	3.6±1.08	4.2±0.97	4.2±0.94	4.2±0.99	<0.001
Q8D.	4.1±1.19	4.5±0.97	4.5±0.70	4.2±1.116	0.050
Q8E.	3.7±1.30	4.2±1.03	4.3±1.02	4.3±0.79	0.004

Table 9: Learn new things: openness to experience and learning

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P –Value (Overall)
Q9A.	4.1±1.07	4.2±0.99	4.3±0.93	4.3±0.92	0.512
Q9B.	4.2±1.09	4.3±0.85	4.3±0.84	4.3±0.76	0.891
Q 9C.	4.1±1.07	4.2±1.00	4.5±0.67	4.4±0.87	0.052
Q9D.	4.1±1.04	4.1±1.05	4.3±0.88	4.5±0.64	0.028
Q9E.	4.1±1.11	4.2±0.92	4.4±0.67	4.3±0.89	0.159

Table 10: Balanced approach (Eight wheels of life): balance across various life domains (e.g. Health, Carrier, Relationships)

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q10A.	4.0±1.03	4.32±0.87	4.38±0.86	4.49±0.63	0.004
Q10B.	3.68±1.14	4.09±0.88	4.25±0.78	4.38±0.83	<0.001
Q 10C.	3.87±1.17	4.13±0.83	4.34±0.78	4.23±0.83	0.036
Q10D.	3.79±1.06	4.0±0.96	4.45±0.69	4.06±1.09	0.001
Q10E.	3.89±1.10	4.17±0.87	4.34±0.85	4.42±0.69	0.005

Table 11: Respond and not react: Ability to control impulsive responses

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P-Value (Overall)
Q11A.	3.87±1.16	4.23±0.95	4.36±0.73	4.38±0.86	0.008
Q11B.	3.78±1.08	4.25±1.07	4.21±0.81	4.32±0.77	0.004
Q 11C.	3.89±1.07	4.13±1.00	4.28±0.74	4.26±0.88	0.035
Q11D.	3.68±1.19	4.04±1.03	4.1±0.95	4.26±0.83	0.007
Q11E.	3.82±1.13	4.32±1.07	4.38±0.74	4.19±0.090	0.003

Table 12: Positive attitude: general optimism or positivity

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q12A.	4.04±1.05	4.28±1.04	4.36±0.68	4.34±0.78	0.141
Q12B.	4.08±1.07	4.28±0.92	4.30±0.74	4.42±0.84	0.126
Q 12C.	4.27±0.98	4.36±0.90	4.47±0.66	4.49±0.82	0.461
Q12D.	4.08±1.05	4.32±0.89	4.47±0.60	4.34±1.01	0.081
Q12E.	4.29±1.00	4.36±0.83	4.40±0.76	4.57±0.63	0.225

Table 13: Courage: ability to face fears and take risks

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q13A.	3.49±1.28	3.85±1.24	4.15±1.02	3.91±1.19	0.004
Q13B.	3.83±1.13	4.19±0.85	4.38±0.88	4.23±0.84	0.003
Q 13C.	3.91±1.00	4.23±1.06	4.40±0.63	4.32±0.91	0.014
Q13D.	3.94±0.96	4.40±0.81	4.40±0.79	4.30±0.82	0.006
Q13E.	3.79±0.96	4.23±0.97	4.15±1.06	4.26±0.96	0.016

Table 14: Emotional health: overall emotional well- being score

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q14A.	3.67±1.16	3.98±1.11	4.40±0.94	4.30±0.89	<0.001
Q14B.	3.65±1.18	4.09±0.92	4.36±0.65	4.17±1.03	<0.001
Q 14C.	3.72±1.01	4.0±1.03	4.28±0.94	4.40±0.86	<0.001
Q14D.	4.51±4.25	4.28±0.81	4.47±0.72	4.26±1.09	0.908
Q14E.	4.02±1.03	4.34±0.89	4.45±0.95	4.42±0.77	0.057

Table 15: Embrace your imperfections: level of self acceptance for personal flaws and weakness

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q15A.	3.97±1.07	4.28±0.90	4.45±0.69	4.28±0.94	0.018
Q15B.	3.95±1.02	4.23±0.84	4.51±0.60	4.34±0.75	0.002
Q 15C.	3.76±1.07	4.09±1.04	4.38±0.65	4.09±1.00	0.006
Q15D.	3.51±1.22	4.02±0.86	4.17±0.84	4.09±0.83	0.001
Q15E.	3.84±1.05	4.15±1.06	4.26±0.73	4.25±0.91	0.053

Table 16: Breath happiness: daily levels of happiness or joy

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q16A.	3.87±1.22	4.23±1.01	4.43±0.77	4.43±0.74	0.001
Q16B.	4.09±1.04	4.28±0.88	4.34±0.75	4.19±1.11	0.455
Q 16C.	3.94±1.08	4.25±0.89	4.32±0.75	4.43±0.82	0.023
Q16D.	3.94±0.109	4.32±0.82	4.23±0.91	4.34±0.97	0.069
Q16E.	3.91±1.22	4.38±0.83	4.32±0.70	4.38±0.74	0.003

Table 17: Do your best; leave the rest: attitude towards effort and detachment from outcomes

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q17A.	4.10±1.08	4.21±0.86	4.42±0.79	4.40±0.92	0.143
Q17B.	3.97±1.09	4.04±0.87	4.45±0.79	4.34±0.80	0.006
Q 17C.	4.04±1.12	4.23±0.99	4.49±0.66	4.30±0.91	0.073
Q17D.	4.08±1.12	4.11±0.91	4.38±0.79	4.40±0.84	0.093
Q17E.	3.95±1.06	4.19±0.94	4.19±0.85	4.38±0.79	0.083

Table 18: Health for happiness: physical health status and its perceived impact on happiness

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q18A.	3.38±1.28	3.70±1.28	4.28±1.00	4.09±0.88	<0.001
Q18B.	3.67±1.18	4.04±1.01	4.30±0.79	4.25±0.80	<0.001
Q 18C.	3.84±1.09	4.19±0.94	4.32±0.72	4.32±0.85	0.005
Q18D.	3.42±1.27	3.79±1.00	4.25±0.85	4.08±1.14	<0.001
Q18E.	3.57±1.41	4.06±1.15	4.21±1.08	3.98±0.84	0.003

Table 19: Celebrate your life: frequency of celebrating personal achievements and milestones

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q19A.	3.87±1.17	4.09±0.90	4.34±0.89	4.28±0.92	0.016
Q19B.	3.91±1.06	4.28±0.79	4.36±0.81	4.34±0.78	0.006
Q 19C.	3.58±1.15	3.79±1.16	3.85±1.29	4.19±0.94	0.015
Q19D.	3.91±1.11	4.08±0.85	4.36±0.73	4.43±0.66	0.001
Q19E.	3.87±1.03	4.32±0.89	4.47±0.63	4.23±0.91	0.002

Table 20: Peaceful mind: levels of inner peace and tranquility

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q20A.	4.00±1.03	4.34±0.91	4.49±0.63	4.47±0.66	0.002
Q20B.	3.58±1.15	4.23±0.97	4.11±0.87	4.32±0.82	<0.001
Q 20C.	3.83±1.10	4.15±0.96	4.08±0.97	4.21±0.84	0.133
Q20D.	3.57±1.20	4.23±0.97	4.09±0.83	4.26±1.04	0.001
Q20E.	3.64±1.28	4.38±0.81	4.15±0.92	4.32±0.72	<0.001

Table 21: Divine connections: Sense of spiritual well-being or connection to something greater

Question No.	Baseline (1)	7th day (2)	14th day (3)	21st day (4)	P -Value (Overall)
Q21A.	3.92±1.12	4.15±1.19	4.34±0.97	4.40±0.79	0.012
Q21B.	3.87±1.17	4.26±0.98	4.23±0.89	4.34±0.83	0.010
Q 21C.	4.02±1.02	4.42±0.86	4.34±0.87	4.17±0.82	0.041
Q21D.	3.81±1.19	4.17±1.01	4.40±0.84	4.06±1.06	0.007
Q21E.	3.85±1.11	4.28±0.94	4.43±0.88	4.40±0.74	<0.001

Questionnaire For The 21 Lectures of the Blissfull Life Programme

1. MEANINGFUL LIFE: SENSE OF PURPOSE OR FULFILMENT IN LIFE (Rate yourself between 1–5)

   A) Do you become completely absorbed in the work you are doing?

   B) Do you make yourself more fulfilled through creative, social or religious activities?

   C) Do you continue to learn new things to improve yourself?

   D) Do you give time to maintain your relationships?

   E) Do you make time for every small or big happiness?

2. HEALTHY RELATIONSHIPS: QUALITY AND DEPTH OF INTERPERSONAL RELATIONSHIPS

   A) Do you listen to others and openly explain your own views in order to resolve differences?
   B) Do you give priority to yourself as well?
   C) Is there consistency between what you say and what you do, as this strengthens the foundation of your relationships?

   D) Do you experience feelings of jealousy and resentment towards others?

   E) Are you patient and committed to your relationships?

3. PRACTISE SELF-LOVE: SELF-ESTEEM AND SELF-COMPASSION SCORES

   A) Do you start your day with positive thoughts, recognition of your abilities and thoughts that enhance your self-confidence?

   B) Do you engage in activities such as reading, travelling or meditation that give you happiness and satisfaction?

   C) Do you forgive yourself and others for past matters or mistakes?

   D) Do you celebrate every achievement, whether small or big?

   E) Do you associate with people who uplift you and provide a positive environment?

4. GRATITUDE IS THE KEY: FREQUENCY AND INTENSITY OF GRATITUDE FEELINGS

   A) Do you express gratitude for at least three things after waking up in the morning?

   B) Do you focus on the positive aspects of your life for which you feel grateful?

   C) Do you experience gratitude for your achievements, the people who support you and the opportunities you receive?

   D) Do you treat others in the same way that you were encouraged or supported by others?
   E) Does experiencing gratitude make you feel a reduction in stress?

5. THE ART OF FORGIVENESS: ABILITY TO FORGIVE SELF AND OTHERS

   A) Does forgiveness make you feel emotionally stronger and help you feel that old emotional wounds have healed?

   B) Have you experienced that forgiveness has strengthened your relationships?

   C) Have you experienced that forgiveness reduces feelings of anger and revenge within you?
   D) Do you feel free from stress and anxiety after forgiving others and asking for forgiveness?
   E) After adopting forgiveness as a quality, have you experienced progress in your spiritual journey?

6. OVERTHINKING AND OVER-EXPECTATIONS KILL OUR JOY: LEVEL OF RUMINATION AND UNREALISTIC EXPECTATIONS

   A) Do you adopt a practical approach rather than worrying excessively when trying to solve a problem?
   B) Are you able to think of something new by moving beyond your existing beliefs or assumptions?
   C) Do you adopt flexibility along with adaptability and mental resilience?

   D) Do you feel more empowered after letting go of excessive expectations?

   E) By reducing your expectations from people, do you experience less stress and greater happiness?

7. COMPARISON VS. SELF-ACCEPTANCE: DEGREE OF SOCIAL COMPARISON AND ACCEPTANCE OF SELF

   A) Do you consider yourself to be right based on your own understanding, or only when other people say that you are right?

   B) Do you motivate yourself to become better, or do you compare yourself with other people?
   C) Do you constantly compare yourself with others?
   D) Do you feel more satisfied when you achieve equality or parity with others?

   E) Do you progress by recognizing your strengths, or do you compare yourself with others?

8. BE KIND: FREQUENCY OF PERFORMING ACTS OF KINDNESS

   A) Do you experience positive feelings when helping others?

   B) Do you experience greater closeness in relationships when family members help one another?

   C) Do people follow and learn from you because of your helpful nature?

   D) Do you experience that support from others during difficult times helps a person regain strength and stand up again?

   E) Do you feel that the environment around you becomes better because of your kind or helpful nature?

9. LEARN NEW THINGS: OPENNESS TO EXPERIENCE AND LEARNING

   A) Whenever you learn something new, do you experience an improvement in your memory and concentration?
   B) Whenever you learn something new, does it help you understand the world better?
   C) Whenever you learn something new, does your self-confidence increase?

   D) Whenever you learn something new, are you able to solve your problems more effectively?
   E) Are you progressing in your professional career by learning new things?

10. BALANCED APPROACH (EIGHT WHEELS OF LIFE): BALANCE ACROSS VARIOUS LIFE DOMAINS (e.g. HEALTH, CAREER, RELATIONSHIPS)

    A) Do you experience an improvement in your quality of life and productivity by giving importance to your health?

    B) Are you able to manage your time properly for yourself, your family and your work/business?
    C) Do you also evaluate your own actions and activities?
    D) Do you accept change easily and adapt yourself to different circumstances?

    E) Do you experience a greater sense of belonging by being emotionally connected with your relationships and society?

11. RESPOND AND NOT REACT: ABILITY TO CONTROL IMPULSIVE RESPONSES

    A) Before making any major decision, do you evaluate its possible consequences?

    B) Do you respond carefully even in challenging situations?

    C) Do you find peaceful solutions to problems through positive communication?

    D) Do you react impulsively, or do you respond after thinking carefully?

    E) Do you improve yourself by accepting mistakes and reflecting on situations?

12. POSITIVE ATTITUDE: GENERAL OPTIMISM OR POSITIVITY

    A) Do you try to face difficulties with determination?

    B) Do you face challenges with positive thinking, behaviour and attitude, along with optimism?
    C) Do you work with enthusiasm and energy?

    D) Have you experienced an improvement in your health by adopting a positive mindset?

    E) Do you feel comfortable working under leadership that has a positive mindset?

13. COURAGE: ABILITY TO FACE FEARS AND TAKE RISKS

    A) Do you take the risk of undertaking a new activity even when you are aware of the possibility of failure?

    B) Do you stand firmly by your principles and values even in adverse circumstances?

    C) Do you face challenges with determination, willpower and patience?

    D) Do you consider new possibilities and solutions with confidence?

    E) Do you make difficult decisions in your life or workplace with strong conviction and integrity?

14. EMOTIONAL HEALTH: OVERALL EMOTIONAL WELL-BEING SCORE

    A) Are you able to effectively regulate your emotions while facing challenges?

    B) Do you adopt strategies to reduce stress so that it does not adversely affect your physical and mental health?

    C) Do you focus on solutions rather than problems with an optimistic mindset?

    D) Do you maintain positive thoughts about yourself that contribute to your emotional health?

    E) Do you prioritize your physical, emotional and mental well-being?

15. EMBRACE YOUR IMPERFECTIONS: LEVEL OF SELF-ACCEPTANCE FOR PERSONAL FLAWS AND WEAKNESSES

    A) Do you accept your shortcomings with pride while also understanding your unique qualities, peculiarities and individual experiences?

    B) Do you view failures as valuable lessons that contribute to personal growth?

    C) Do you accept the shortcomings of others and establish healthy and authentic relationships with them?

    D) Do you accept your thoughts, emotions and experiences rather than trying to change them?

    E) Do you love yourself deeply despite your shortcomings and recognize your own worth and abilities?

16. BREATHE HAPPINESS: DAILY LEVELS OF HAPPINESS OR JOY

    A) Have you experienced that conscious breathing helps reduce your stress and worries?

    B) Have you experienced that practising breathing with feelings of happiness and self-love helps develop a positive mindset?

    C) Have you experienced that deep breathing provides your body with sufficient oxygen and helps you feel healthier?

    D) Have you experienced that practising deep breathing helps you develop emotional balance?

    E) Have you experienced that mindful breathing helps you enjoy the present moment rather than dwelling on the past or worrying about the future?

17. DO YOUR BEST; LEAVE THE REST: ATTITUDE TOWARDS EFFORT AND DETACHMENT FROM OUTCOMES

    A) Do you try to give your best effort in every task?

    B) Whether you experience success or failure, do you make efforts to move forward from every experience?

    C) By accepting responsibility for your duties and actions, do you make efforts to improve yourself?

    D) Does consistently giving your best help you face challenges with strong conviction and courage?

    E) Does making your best effort help you maintain harmony in your personal and professional life?

18. HEALTH FOR HAPPINESS: PHYSICAL HEALTH STATUS AND ITS PERCEIVED IMPACT ON HAPPINESS

    A) Do you exercise regularly?

    B) Do you consume a balanced diet containing all essential nutrients and drink sufficient water?

    C) Do you get adequate sleep that helps you feel well?

    D) Do you practice yoga, pranayama and breathing exercises to reduce stress?

    E) Do you undergo regular health check-ups so that you can live a healthy and worry-free life?

19. CELEBRATE YOUR LIFE: FREQUENCY OF CELEBRATING PERSONAL ACHIEVEMENTS AND MILESTONES

    A) Do you express gratitude for all your achievements and blessings, whether small or large?

    B) How do you view your life journey so far? Does it motivate you?

    C) Do you remain preoccupied with worries about the future?

    D) Do you learn from the challenges you have faced in your life, which gives you strength?

    E) Do you celebrate what you have achieved so far, and does this bring happiness to your relationships and life?

20. PEACEFUL MIND: LEVELS OF INNER PEACE AND TRANQUILITY

    A) Does cultivating positive thoughts within yourself help you face challenges?

    B) Do you become confused by consuming excessive information, or do you select only accurate information?

    C) Do you spend some time listening to music in a natural environment, which makes you feel better?

D) Do you give yourself some time away from digital devices?

E) While fulfilling your relationships and responsibilities, have you also set aside time for yourself?

21. DIVINE CONNECTION: SENSE OF SPIRITUAL WELL-BEING OR CONNECTION TO SOMETHING GREATER

A) Do you engage in activities such as meditation, contemplation and prayer for spiritual growth or the blessings of the Divine?

B) Do questions arise within you about the deeper mysteries of life, which you contemplate or try to find answers to?

C) Do acts of compassion and generosity towards others give you a sense of divine power?
D) Do you try to engage in creative activities through which you experience divinity and spirituality?
E) Do you experience divinity by maintaining inner silence?

The response for all the questions and their analysis table is given in the appendix. All the tables show the increasing pattern in the score which is corresponds to the improvement.

DISCUSSION

The present study demonstrates that participation in the Blissful Living Programme (BLP) was associated with a statistically significant improvement in multiple dimensions of well-being, particularly psychological distress, self-perception, emotional regulation, and spiritual growth. The significant reduction observed in K10 scores indicates a meaningful decline in psychological distress, which aligns with prior evidence suggesting that mindfulness-based and spiritually oriented interventions can effectively reduce symptoms of stress, anxiety, and depression [11,13,14]. Although the WHO-5 scores showed a non-significant trend toward improvement, the consistently high values across follow-ups suggest maintenance of positive mental well-being, which is consistent with literature indicating that well-being is a relatively stable construct influenced by sustained internal practices rather than short-term interventions alone [5,15]. Domain-specific analysis further revealed significant improvements in areas such as meaningful life, self-love, emotional health, gratitude, and impulse control, supporting the multidimensional nature of well-being as proposed by the World Health Organization and positive psychology frameworks [1,7,8]. The observed enhancement in purpose in life and self-acceptance aligns with self-determination theory, which emphasizes autonomy, competence, and relatedness as core drivers of psychological well-being[9]. Additionally, improvements in domains such as overthinking, comparison, and emotional regulation suggest that BLP may facilitate cognitive restructuring and adaptive coping mechanisms, similar to findings reported in mindfulness and meditation-based interventions[11,12]. The increase in spiritual well-being and inner peace further corroborates existing research highlighting the role of spirituality in enhancing life satisfaction and resilience, particularly in the context of holistic health approaches [2,3,13]. However, certain domains, such as healthy relationships and detachment from outcomes, showed limited or gradual changes, indicating that interpersonal and deeply ingrained behavioral patterns may require longer intervention duration or more intensive engagement. The absence of a control group remains a limitation, restricting causal inferences; nevertheless, the consistent positive trends across most domains suggest that BLP is a promising integrative intervention for enhancing overall well-being. These findings contribute to the growing body of evidence supporting holistic, mindfulness-based, and spiritually integrated programs as effective tools for promoting mental health and quality of life in contemporary settings [10].

Limitations of the Study

One of the major limitations of this study is that there was no comparative group of participants. Since there was no control group or alternative participant group to compare with those undergoing the Blissful Living Programme, it is difficult to determine the effectiveness of the programme in different populations. The absence of a comparative study makes it difficult to assess the unique impact of the programme and whether similar results could be observed in another group under different conditions.

CONCLUSION

The findings of this study highlight the positive impact of the Blissful Living Programme (BLP) on various aspects of well-being, including emotional resilience, stress reduction, mindfulness, and interpersonal relationships. Participants reported increased purpose in life, enhanced self-esteem, reduced stress and overthinking, and better emotional regulation. Furthermore, the program promoted kindness, gratitude, and spiritual well-being, which further enhanced life satisfaction.

Beyond individual benefits, this study has significant advantages for society. Programs like BLP can contribute to a healthier, more compassionate, and mentally resilient community by promoting emotional stability, mindfulness, and positive interpersonal relationships. Reduced stress and enhanced self-awareness can lead to improved workplace productivity, stronger social bonds, and overall better mental health outcomes at a societal level. In addition,

the practice of gratitude, kindness, and inner peace builds a society of harmony and understanding, minimizing clashes and betterment of people on a larger scale.

While the improvements in well-being were evident, some areas, such as detachment from outcomes and celebrating achievements, showed only gradual changes. However, the remarkable reduction in the experience of undesirable emotions, increased self-control over impulsive actions, and high hopefulness demonstrate that the program facilitates holistic well-being.

These findings suggest that structured mindfulness and spiritual programs such as BLP can be valuable tools in enhancing mental and emotional well-being not only at the individual level but also at the community level. Future research could look into long-term effects and further refine strategies to maximize benefits. Integration of such holistic approaches into mainstream mental health practices may offer sustainable solutions for overall improvement in well-being and for a more balanced, peaceful, and thriving society.

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