Tokenizing
H A P P I N E S S
on a blockchain

PREPARED FOR:

EDUCATIONAL INSTITUTIONS

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Founder: YOGI

Yogesh Kochhar or Yogi as his friends affectionately call him has had over 30 years of diverse and leadership experience across India, UK and USA where he has worked, lived and excelled.

His last assignment was as part of leadership at Microsoft India. He has several national and international awards and citations to his credit. He has chaired several national and international committees and organizations in honorary capacities.

He is today a celebrity happiness savant. He has created an app titled YOL-YourOneLife with a view to fire-starting and tokenizing happiness on it and moving it to a block-chain, It has been acknowledged by eminent gurus and institutions across the world such as AICTE, UN, British Parliament, NBA etc.

The work has been approved by *www.aicte-india.org to be introduced as a credit course dispensed on a customized app acquired and owned by any institution. The credit course can be blended with any subject, stream or semester.
*AICTE is the higher ed regulator in India that controls and regulates over 11000 institutions impacting 7 mn students.

This is the only objective, tangible and rational work in the world that makes "HAPPINESS" granular as it creates, calibrates, and celebrates happiness.

He has earned for himself the sobriquet, "Global Ambassador-Happiness" per a citation conferred upon him at the House of Lords, British Parliament in April 2022.

He is today on the board of the world happiness foundation **https://worldhappiness.foundation/who-we-are/** alongside some of the finest scholars from US and Europe.

He lives in Dharamsala, plays golf and treks with the shepherds.He is an author and a poet.

Our Advisory Board

"UN SDGs invest in creating an equitable happy world that is the aggregate of each individual's aspiration and happiness. I admire Yogi for what he has created. It's a unique model in the world that identifies the lowest common denominator for UN SDGs- A human being. Human happiness."

**Prof. Phoebe Koundouri,
Chair: UN SDG-Europe
Evaluation committee: Nobel foundation**
linkedin.com/in/professor-dr-phoebe-koundouri-55a90627

"YOL create, calibrates and celebrates our mind and lives. Here is a tool that optimises the mind on the same device where it is lost"

**Dr. Saamdu Chetri,
Founding former executive director, Gross National Happiness Centre, Bhutan**
linkedin.com/in/saamdu-chetri-7ab3981a

*"YOL is highly original and covers more factors than most models
describing how to create more happiness"*

**Prof Philip Kotler,
Distinguished Professor of Marketing (emeritus),
Kellogg School of management.**
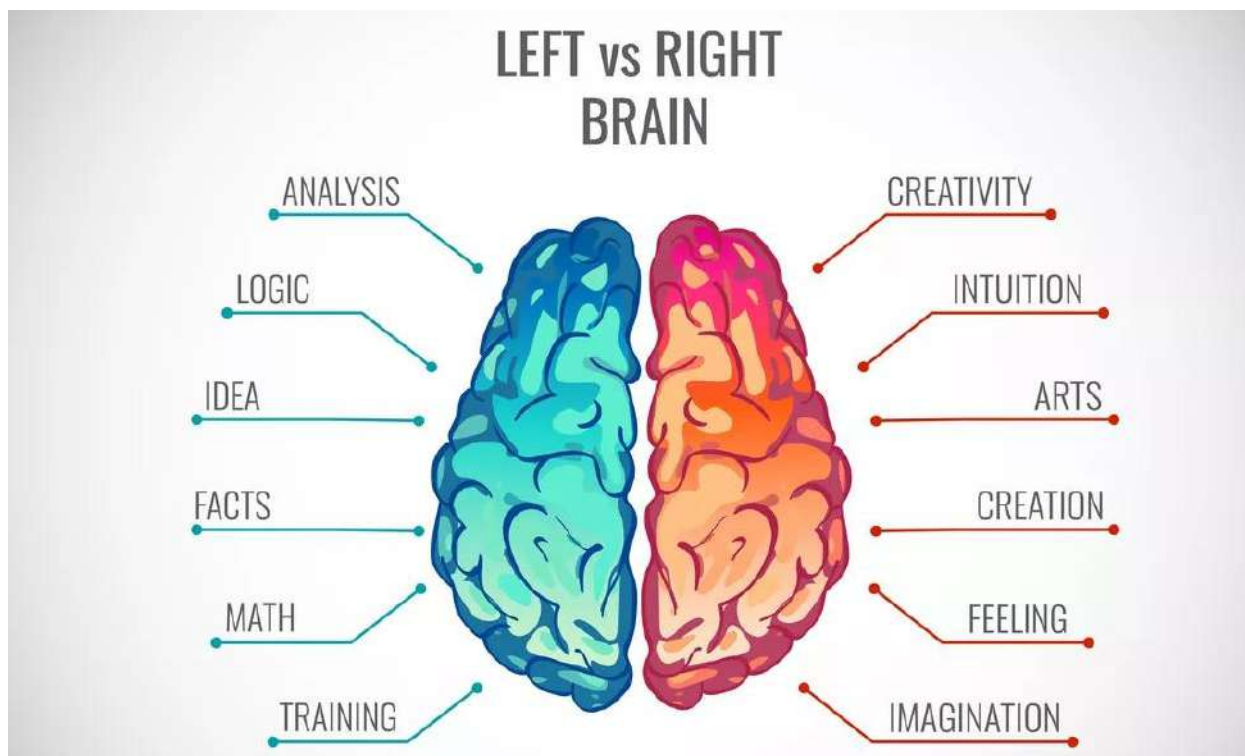linkedin.com/in/philipkotler

YOL - OVERVIEW

YOL is an app based program. It contains a curriculum and it has been approved by AICTE.

While education and any periodically assessable programs prepare the learner only to acquire the **basic foundational bricks,** more like ticks in the checkbox, the proposed program by YOL is **sustainable and real time where the learner is able to see her/his progress in real time.**
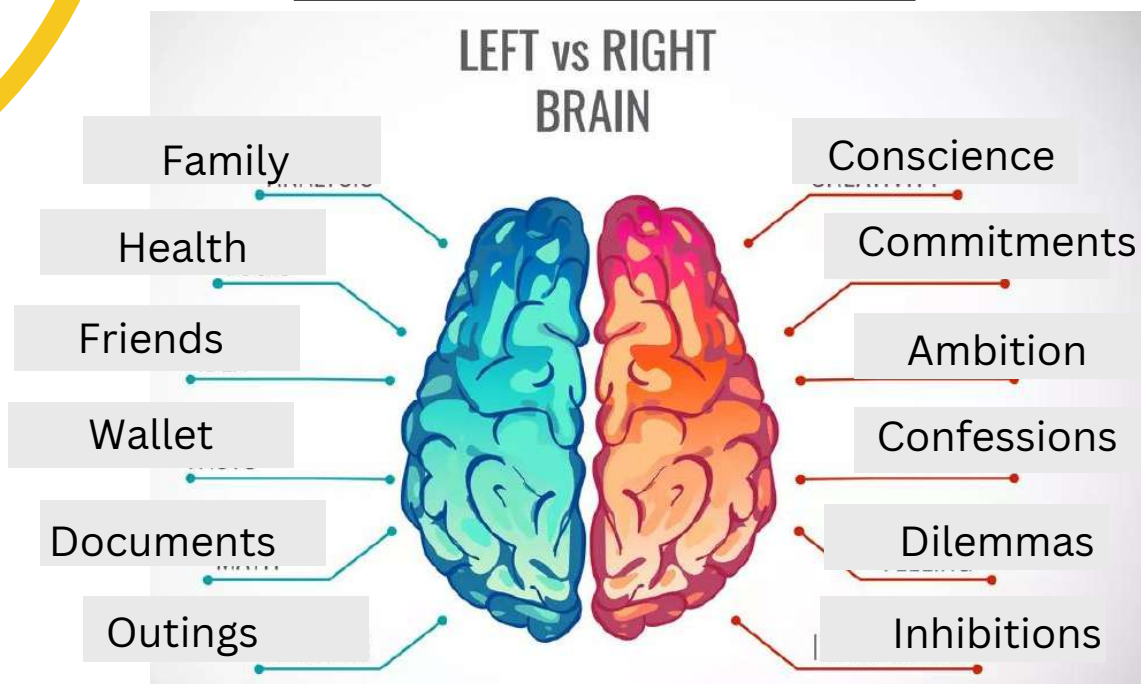
The cerebrum is divided into two halves**: the right and left hemispheres.**

The app is based on neural science and impacts the two halves. It is based on providing an exercise to the learner to work with the left and right side of the brain

The above is transposed with 12 aspects of human life as given below:

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LEFT vs RIGHT BRAIN

Family

Health

Friends

Wallet

Documents

Outings

Conscience

Commitments

Ambition

Confessions

Dilemmas

Inhibitions

The app requires the learner to update a timeline using a unique 6-sigma approach vested in the only 6 universal questions: **Who, What, When,Where, Why, and How. This encourages discovery by the learner**

The learner is prompted and nudged through color codes on the 12 aspects. The same 4 palette of 4 color codes denote a kaleidoscopic view of the learner in terms of: Happiness Index, Mindshare, Mindmap and Reward token earnings.

YOL-YourOneLife app thus helps the learner ameliorate 12 aspects of life by adapting, adopting and integrating these and recover life from the digital SMOG all intuitively assisted by color codes.

It is based on its approach of *self teaching-learning* and addressing *social and emotional* **aspects of learning** that are critical per the recently released and **updated NEP 2020**.

It is the only **SYSTEMIC** tool for sustained happiness in the world.The app in addition to **approval that it has received from AICTE**, has been acknowledged by **UN** and awarded at the **British Parliament** in 2022 **.**

REPORT CARD
The **report card** of a student that currently assesses only the academic prowess and proficiency of a student will now have **9 other features** of the student using the app. These are:
i) Social learning. ii) Emotional learning iii) Left brain iv) Right brain. v) IQ. vI) EQ. vii) Mind map viii) Mind share ix) Happiness IndexThe above are deduced on the basis of a student's engagement with 12 aspects of her/his life

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YOL- THE PROBLEM STATEMENT

Studies reveal an average individual spends over 6 hours on screen time leading to a compulsive sense of **FOMO** (fear of missing out). This is time spent on **random, ambiguous, meaningless and disconnected dots** that turns minds into a **BANI** state (**brittle, Anxious, Non Linear and Incomprehensible**).

An illustration of this is how timelines are updated in quick succession with remarks such as WOW, congratulations and RIP etc without meaning any of these. The casualty of this is human empathy. It is converting individual **emotions** into **emoticons** thereby disrupting, unsettling the **endocrine** production of enzymes such as Serotonin, Dopamine, Oxytocin and Endorphin that in turn adversely impacts human health.

It promotes **consumption** of meaningless content thereby adversely impacting **creation** and individual productivity.

It reduces the attention spans and the spans between synapses in the mind. **That impacts tenacity and focus**

It trivialises and falsifies validations without substance that is sought and offered on various social media timelines. A good case for study would be how a PhD is achieved through deep study and only upon validation by learned guides as compared to how trivia is today validated.

It slices, dices and tosses attention spans leading to autism and Attention deficit syndrome.

A vivid example of how it is further impacting the society is the usage of personal filters on phones that are used when touching up pictures and selfies. These in turn point to a disinterest and denial of an individual of one's own persona in turn promoting a culture of disbelief, lack of faith, scepticism and fault finding in others.

This is impacting our epigenetic constructs and re-engineering our DNA based on how changes to the thoughts occur based on what is viewed.

YOL -YourOneLife draws its inspiration from delving into the problems illustrated above.

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YOL- The happiness innovation

YOL is an app that has been developed to eventually turn into a dApp that shall tokenise happiness on a blockchain. It rewires the human mind (read: dominant mind) as it disconnects from the random and ambiguous and leads to self-cognition resulting in a balanced spatial and temporal growth of human mind.

The app is a fascinating, gamified tool comparable to Facebook. Facebook works on the principle of engaging the mind's neuroplasticity, providing validations as placebos and creating a fake self-appraisal for 99% of its users. It prompts a sense of urgency related to FOMO. In other words it serves a dope rush in an individual where the individual is prompted every 15 seconds to seek more from Facebook and in the bargain the user gets soaked in it.

This hijacks the dominant mind of the user into a mist of randomness and ambiguity.

YOL - The Master

YOL rewires the mind around an individual's vital and critical aspects and provides the user 4 parameters: (MASTER CONTROL)

1. Happiness Index 2. Mindmap 3. Mindshare 4. Reward tokens

HAPPINESS INDEX:

Happiness or the lack of it is based on the variance between EXPECTATION & EXPERIENCE.

The distillate of the mind is captured through two simple questions asked on the home screen to be answered Ref. legend in the (IMAGE 1 below):

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1. What is your forecast for the day?
2. How was your yesterday?

Happiness is the difference or the alignment between EXPECTATION (forecast) and EXPERIENCE (yesterday).

YOL provides the user to select a button each on the two arms of the clapper board based on the legend provided above (see image 1)

The arms then close and the user is then prompted to update life (image 2)

Scrolling down on the HOME screen one can now see variance between EXPECTATION(forecast) and EXPERIENCE(yesterday) (image 4)

LEGEND

IMAGE 1
the two arms:
Expectation-Forecats
Experience-Yesterday

IMAGE 2
UPDATE LIFE

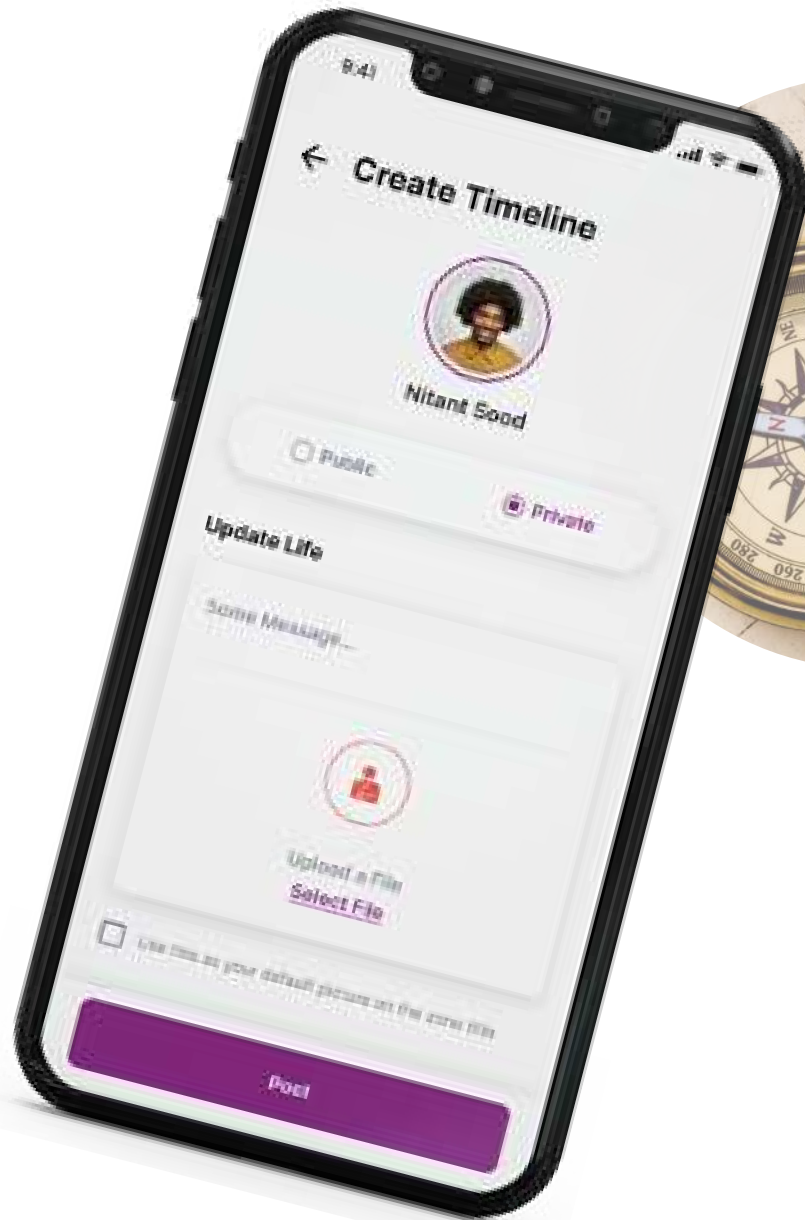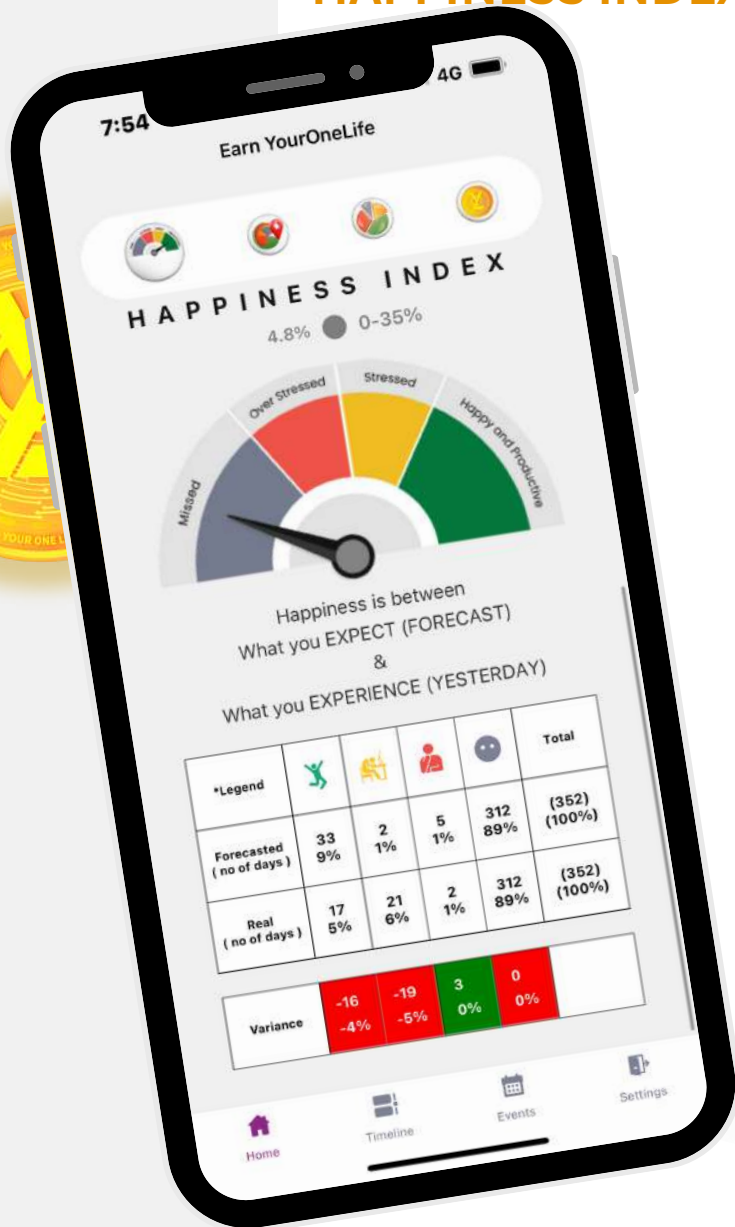**WE CREATE, CALIBRATE & CELEBRATE HAPPINESS**

Meanwhile with the arms closed the user can proceed to scroll lower on the screen and see one's own happiness index (left image below)
or
Update life using the + button from the screen above and arrive at the right image below

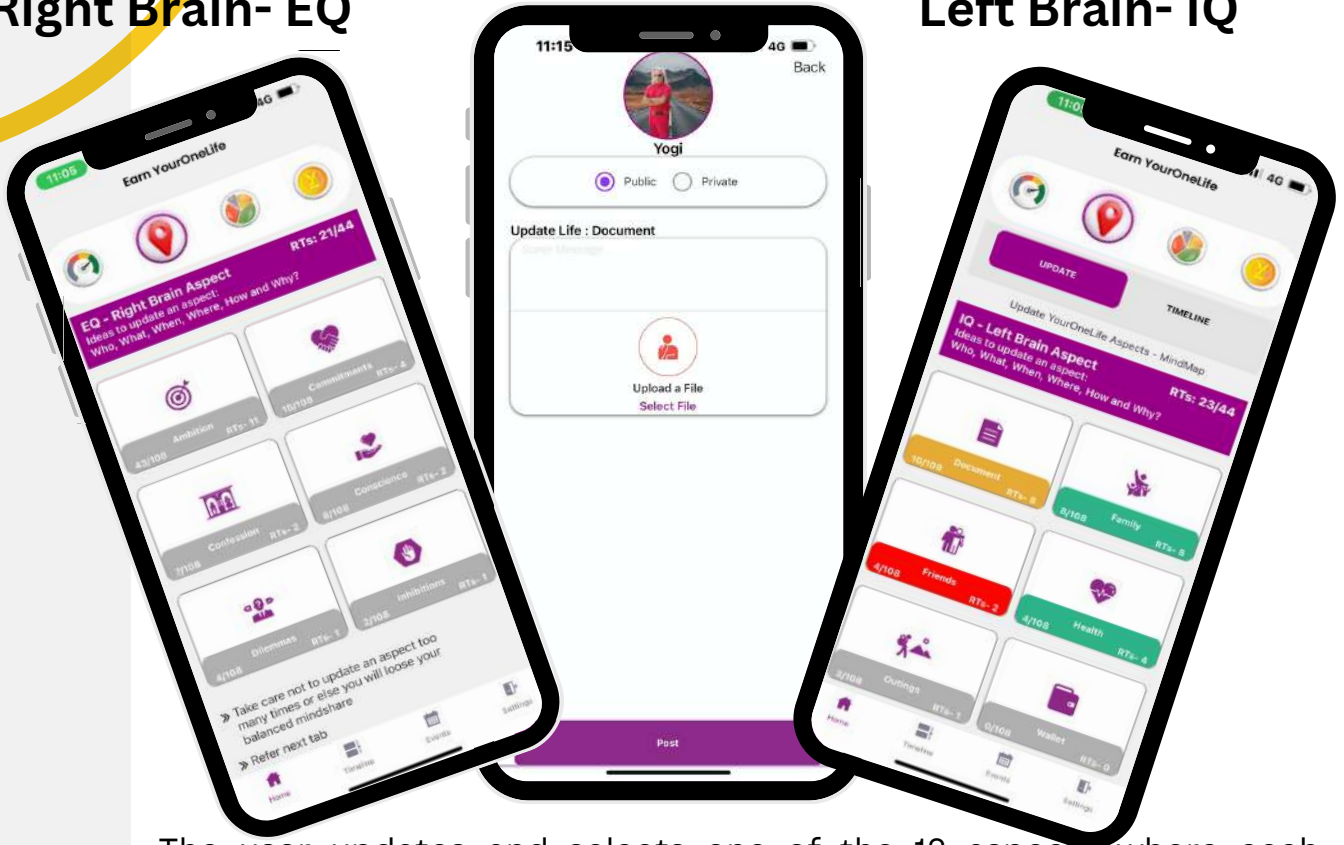## HAPPINESS INDEX

TIMELINE

Each update on the timeline can be selected and kept public or private.

As the user presses POST button, it enquires of the user as to which aspect of the user's life does the post pertain to.

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Right Brain- EQ

Left Brain- IQ

The user updates and selects one of the 12 aspects where each update is archived and available for ready reference, review and assessment for any period at the click of a button. The 12 aspects are:

Left brain (6): Family, Friends, Assets & wallet, Health, Outings and documents

Right Brain (6): Conscience, Confessions, Dilemmas, Commitments, Ambition, Inhibition

If the user clicks any of the twelve boxes the user is taken to the timeline of just that one individual aspect. Thus the user can connect one's dots and see the chronology and evolution of thought in each aspect.

Just updating an aspect shows the user two other dimensions of life when clicked on the MASTER CONTROL. **1. MIND MAP and 2. MIND SHARE**

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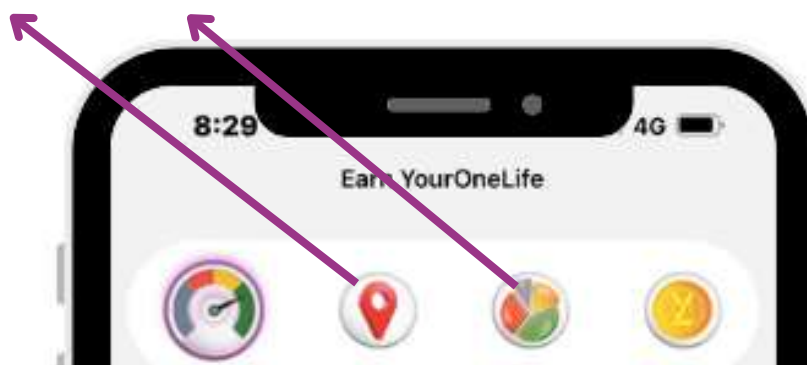
On each of the 4 master controls, the user has 4 different legends using which one can intuitively circumnavigate and update one's life. Thus just one simple act of an update now takes the user to calibrate life across three dimensions. Hindsight, Foresight and Insight

Through an interesting color code for which legends are provided on each of the master controls, the app then nudges the user to calibrate aspects of her or his life that have either not been addressed or are stressed or overstressed.

HAPPINESS

Happy & Productive | Lazy or Busy | Not Good | Life Missed

MIND MAP

Updated (< 7 days) | Delay (> 7 days) | Forgotten (> 14 days) | Lost It (> 21 days)

MIND SHARE

Balanced | Stressed | Overstressed | Need Attention

These three masters have been codified in legends and entitled to token rewards as per the 4th component of the master. See IMAGE BELOW

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REWARD TOKENS EARNED

Refer MindShare and MindMap
Aspects that turn from
GREEN to YELLOW to RED to GREY Earn
100%, 75%, 50%, 25% rewards respectively
against all posts in that aspect

The final score as can be seen and understood is distilled from 12 important and vital aspects of an individual.

The HAPPINESS INDEX is evaluated in final score that takes into account all the other 10 parameters as stated above.

More; the user earns rewards for it.

ASSESSMENT:

Each student is assessed and certified by the YOL Happiness Foundation on the following parameters:

1. **Left Brain**
2. **Right Brain**
3. **Social Learning**
4. **Emotional Learning**
5. **Mind Map assessment**
6. **Mind-Share assessment**
7. **Happiness Index**
8. **Final Score-card**
9. **Counselling**

The app also counsels the user. Thus the app leverages the individual engagement on phone as it helps develop the human potential of the user by creating, calibrating, promoting and denoting 12 aspects of human life across 9 Parameters as above.

The color coding and gamification in the app further nudges the user to steer one's life in the surrounding digital SMOG (Smoke+FOG)

YOL not only measures and evaluates the human mind, it intuitively

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engages the learner on 12 aspects of her/his life. (6 left brained or social/rational + 6 right brained or emotional). It inspires the learner to remain connected with oneself and one's own intrinsic aspects.

Its astute, succinct and elegant all of the above encompassed in three screens.

YOL is an app that has been developed to eventually turn into a dApp that shall tokenise happiness on a blockchain. It rewires the human mind (read: dominant mind) as it disconnects from the random and ambiguous and leads to self-cognition resulting in a balanced spatial and temporal growth of human mind.

The app is a fascinating, gamified tool comparable to Facebook. Facebook works on the principle of engaging the mind's neuroplasticity, providing validations as placebos and creating a fake self-appraisal for 99% of its users. It prompts a sense of urgency related to FOMO. In other words it serves a dope rush in an individual where the individual is prompted every 15 seconds to seek more from Facebook and in the bargain the user gets soaked in it.

Happiness or the lack of it is based on the variance between EXPECTATION & EXPERIENCE.

YOL not only measures that, It engages and evaluates the learner on 12 aspects of an individual's life. (6 left brained or social/rational + 6 right brained(emotional).

Pl find attached:
 1.   A video clip introducing this app.
https://drive.google.com/file/d/1vvphYHNkFlQPvCg41r-zSUJASKA6BZWM/view?usp=sharing

 2.   The app has been approved by the Ministry of education
             and the higher ed regulator. **www.aicte-india.org**

It also carries a curriculum and eligible to earn 2 or 4 credits. The grading and assessment is also done by the app used by the students and the app is sought to be introduced as a customised app unique for each institution in the form of courseware for your students alone.

Endorsement from chairman AICTE.
https://drive.google.com/drive/folders/1kz6S469oZi1C8l5a0cKC23DYwiEHNn6X

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The app can also be offered as a stand-alone certificate course. Yale has a course n happiness that has so far had 4 mn subscribers at 40 USD per subscriber. The course is descriptive and prescriptive however happiness is a holistic concept and extends beyond any prescription and description. Most content that is taught also tends to exhaust as the learner meanders and navigates life based on personal choices, transliteration and interpretation.

The current course has been created based on etymology of human happiness and can in addition to being ubiquitously applied also inspires a practice for life.

YOL is recognised and approved as model that reclaims the mind and restores it on the same phone and is therefore unique.

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