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GNH CENTRE BHUTAN

www.gnhcentrebhutan.org

2017: Vol I

“What is our end objective when we talk of GNH? It is to ensure that we have a just, equal and harmonious society. When our people are able to live Happy and Secure Lives, we know that we have achieved our objectives. That is what Gross National Happiness means”

-His Majesty Jigme Khesar Namgyal Wangchuck

11th Convocation of RUB, 2016

From the Executive Director's desk



Welcome to first edition of GNHCB newsletter for 2017. We conducted several international, and national programs. It is encouraging to see the rise of interest for GNH especially among the young people.

The GNHCB has over the years, with nurture, matured from a vision to a global force for transformative change towards a more meaningful, sustainable, equitable and happier life across the world. The GNH journey is a long one, and the state we aspire for and the variety and quality of programs we hope to offer continue to be developed.

As a non-profit organization, we face financial constraints. However, we are optimistic and confident that our perseverance and the vital importance and relevance of GNH will generate growing support from both within and outside the country.

We are happy to share our work with you and hope that the newsletter is interesting for all to read.

Wishing you a very happy read!

UPCOMING EVENTS:

25 May - 2 June 2017 GNH Journey through Bhutan for Vietnamese participants

June 2017 Annual General Meeting

12-30 June, 2017 - Slow Change Experience Program in Australia

26 July - 6th August 2017 –Launch of GNH International Training of Trainers at Schumacher College, UK

Looking back on 2016's achievements



The year 2016 saw milestones for the GNHCB. We established the first international GNH Centre Thailand in October 2016. Our President,

HRHashi Kezang Choden Wangchuck signed the MoU with the BGrimm Company to establish the GNH Centre Thailand.



The first GNH Fair was launched in November, with the intention to commemorate the birth anniversary of HM Druk Gyalpo Jigme Singye

Wangchuck the Father of GNH, and the National Happiness day. The event was graced by Gyalum Tshering Pem Wangchuck and members of the Royal Family. The event will now will be an annual event.



The GNHCB was honored by the visit of HE Ohood Khalfan Mohamed Kalfan Al Roumi, Minister for Happiness, United Arab Emirates. The visit was to gain

better understanding of what different GNH agencies do in Bhutan.

2017 January | GNH Youth Leadership

GNH Youth Leadership Programme is designed to promote leadership and mindfulness. The first programme was held in January 2017. Sessions on practical application of how young people can cultivate GNH in living practice, with compassion and wisdom to their personal lives. The 10 day programme saw students from the Royal University of Bhutan and Karmaling village learn about the values of sharing, traditional value systems and the connection between all forms of lives. The goal was to introduce mindfulness and advocate GNH values to the young citizens to become effective leaders and bring societal changes in their communities.

2017 February | RoundGlass Fellows

In February, the GNHCB partnered with RoundGlass to introduce GNH in their organization. The programme comprised of RoundGlass middle managers as participants on an inner journey to reflect and use mindfulness techniques to understand and implement the values of GNH.

2017 April | A month of GNH exploration

The Right Livelihood

Heading into its third year, the Right Livelihood - Finding Deeper Purpose; is a joint collaboration between the GNHCB and the Schumacher College, UK. The course explores what is wrong with the current system and how to improve wellbeing for people and planet. Implementing the values of GNH, the participants review alternate possibilities and what it is we need to let go of for the new to emerge. The Right Livelihood will continue through 2018.

Branding Workshop

The GNHCB Secretariat and Board came together to undergo a one day workshop on Sustainable Branding. It was conducted Dr. Sirikul Laukaikul, Branding Expert from Thailand. The workshop resulted in linking the GNHCB aspirations to the vision statement as well as how to improve communications.

Establishing GNH Centre Spain

The GNH Centre Spain was launched on 25 April 2017. Representatives from the GNH Centre Bhutan and Mr. Ian Triay, Honorary Consul of Bhutan in Spain signed the Letter of Intent, and presented GNH to a small audience. The GNH Centre Spain will be in partnership with the Impact Hub, Madrid and try to align programs both in Bhutan and externally. Additionally, efforts are underway towards collaborating with France, Switzerland and Vietnam as well.

Voice of Youth:

Young opinions on GNH Values

Pema Uden

Yangchenphug Higher Secondary School

GNH is a unique development philosophy with values that guide us in pursuit of both spiritual and materialistic wellbeing in balanced and more sustainable ways. We know that it is a guiding star to direct our country on the right path towards happiness and sustainability. "Happiness" in GNH is not a momentary happiness, I think it is an approach to create conditions that would provide happiness to the people and to the country on the whole. People, especially the youths often mistake GNH with momentary happiness. We also think that GNH is only at the policy level. For me, GNH starts with me! It encourages me to have those values in me to be a better human being. A simple example would be to pick the paper on the street and put it in the trash bin. If we put the actual concept of GNH without altercation, it is really a profound philosophy that helps us all in finding our happiness with moral values, etiquette and dignity.

- This article has been edited and condensed for clarity.

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