The GNH Pulse | A Quarterly Update

FROM THE EXECUTIVE DIRECTOR’S DESK

Welcome to the GNH Pulse, our quarterly newsletter. It is now in the second year of publication, and provides the space to share our events and plans at the GNH Centre Bhutan (GNHCB) with you.

Over the past few months, we have been working with young Bhutanese citizens and international organizations in taking the values of GNH to new heights. I hope that our small efforts will inspire and motivate you to learn more about the GNHC’s work both in and out of Bhutan.

With gratitude and compassion.
Dr. Saamdu Chetri

“GNH acts as our National Conscience guiding us towards making wise decisions for a better future.”

“It is a constant reminder that we must strive for a caring leadership so that as the world and country changes, as our nation’s goals change, our foremost priority will always remain the happiness and wellbeing of our people – including the generation to come after us.”

– His Majesty The King Jigme Khesar Namgyal Wangchuck

JOURNEY THROUGH GNH, MAY 2017:

The GNHCB welcomed participants from Vietnam for the GNH Journey Programme from 27 May – 2 June, 2017. It brought participants together on a learning process to understand the philosophy of GNH and to reflect on implementing GNH values in a practical way. The programme was held in Thimphu, Punakha and Paro. The event was organized by the GNHCB in collaboration with the Eurasia Learning Institute (ELI) for Happiness and Wellbeing, Vietnam. As a result of the successful programme, the Letter of Intent, which is an expression of interest towards establishment of a GNH Centre was also signed between the GNHCB and ELI, Vietnam.
In May, the GNH Training of Trainers (ToT) Module 1 was held in Bangkok, Thailand. The GNH ToT is a joint effort between the GNH Centre Bhutan and the GNH Centre Thailand. It serves as an orientation to GNH and Bhutan, and how to integrate GNH into business and organizational structures. The participants included the staff and senior executives of B.Grimm companies.

Dr. Saamdu Chetri, Executive Director, GNHCB, delivered GNH lectures to over 1500 students on the title "Live Life Happily" at IIT Kharagpur, West Bengal, India. He also addressed over a thousand students on "Look at life without Complaining, Comparing & Competing," at the Kakinada Engineering Institute of Technology, near Vishakapatnam, Andra Pradesh, India.

As a result of the Slow Change Experience held in Bhutan in 2016, the GNHCB was invited to Australia for the follow up program. The main objectives were to meet with potential partners and to spread the values of Gross National Happiness. As a result, the Mayor of Byron Bay Shire, Australia signed a Letter of Intent with GNHCB to begin the process of creating the GNH Centre Australia.

In July 2017, the first Gross National Happiness Master Class, Module 1 was conducted at the Schumacher College, UK. The program is designed to help all participants cultivate the skills and experience to develop their own GNH-inspired prototype. The GNH Masterclass is a collaborative one-year program hosted by the GNH Centre in Bhutan, and Schumacher College in the UK. This is the second area of collaboration with the college.

Themed, "Igniting our faith in GNH for self transformation," a 5 day GNH Youth Leadership Workshop was conducted for 40 youth from 14-18 July. Sessions included practical application of how young people can cultivate GNH in living practice, with compassion and wisdom to their personal lives, as future leaders. The participants included high school graduates, university students and graduates. The programme was conducted in partnership with the VITA Foundation, Germany.

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The GNHCB in partnership with the Sustainable Brands Thailand, hosted an exclusive Leadership Summit from 11-15 September 2017 on the theme, “Exploring Leadership for the Good Life”. It was designed for international business leaders to explore the integration of GNH values and practices into their organizations.

The overall four day programme provided an overview of GNH in the Bhutanese context, GNH leadership, and how Bhutan has been able to integrate GNH values within the government and business sectors.

Programme participants included Chief Executive Officers and Presidents of business organizations such as B Grimm Group, the Health Promotion Foundation, Thai Listed Companies Association, Stock Exchange of Thailand, Tourism Authority of Thailand and Sustainable Brands, among others.