ANNUAL REPORT 2014
GROSS NATIONAL HAPPINESS CENTRE, BHUTAN
Empowering people through compassion and wisdom, towards a happy society
CONTENTS

MESSAGE FROM THE PATRON AND PRESIDENT : PG 4
FROM THE EXECUTIVE DIRECTORS DESK : PG 6
NATIONAL LEVEL MEETINGS : PG 7
TAKING GNH ABROAD, OUR INTERNATIONAL ACTIVITIES: PG 8
IN-COUNTRY PROGRAMMES : PG 10
MEMBERSHIP DRIVE : PG 18
FUTURE EVENTS AND PLANS : PG 18
OUR PARTNERS IN PROMOTING GROSS NATIONAL GLOBAL HAPPINESS : PG 19
I am happy to welcome the Second Annual Report of the GNH Centre. It marks the successful end of another year in our various endeavors, to create a place that will become a worthy tribute to the extraordinary legacy of His Majesty the Fourth Druk Gyalpo, Jigme Singye Wangchuck.

Gross National Happiness is no longer just a vision, philosophy and development paradigm that guides our nation alone. It has become an inspirational force for transformative change towards a more meaningful, sustainable, equitable and happier life across the world.

GNH, thus places upon the Bhutanese nation, and its citizens, the responsibility of continuing efforts in defining and building a better future for mankind.

Under the wise and able guidance of His Majesty the King, Bhutan will always promote conditions that enable the successful pursuit of Gross National Happiness. His Majesty is a true manifestation of everything that GNH represents, a selfless People’s King who embodies in body, mind and speech the
very essence of GNH. To His Majesty the King who has taken GNH forward, and to His Majesty the Fourth Druk Gyalpo who has endowed us with the legacy of GNH, we owe our utmost gratitude and love.

The GNH Centre was founded as the third vital component in Bhutan’s GNH society, to provide support at the individual and community level, to contemplate and realize the purpose of life and to discover ways to achieve fulfillment and happiness. Our role is to offer space and means for reflecting on and understanding the need to balance daily life with spiritual and material nourishment, in an otherwise consumerist world. Our purpose is to help people become mindful of how our happiness depends on the wellbeing of all those around us, our community, and other sentient beings and the natural environment.

It is with a great sense of joy that the Centre will achieve an important milestone in its slow but steady growth. In October of next year, we shall come together in Dewaling, Bumthang, to celebrate the 60th Birth Anniversary of our beloved Fourth King by consecrating the first set of simple structures that will embody the GNH Centre. Thus, turning vision to reality by hosting GNH programmes in a modest and natural setting, where participants of all ages and from all walks of life will experience the joy of simple, harmonious and holistic living in close communion with nature.

We are still a long way from achieving the state we aspire for and the variety and quality of programmes we hope to offer. We continue to face serious financial constraints that limit not only our capacity to provide adequate physical facilities, but the scope for attracting and retaining good and able people who cannot afford to leave their basic material security. Nevertheless, once the basic structures are in place, it will be our endeavor to increase the range and number of programmes especially for our youth, both in and outside institutions.

Notwithstanding the circumstances I have mentioned above, I am very pleased with the quality of the small staff we have at the Centre. Their hard work and dedication is most commendable. I would also like to take this opportunity to mention the excellent work and contributions of our Executive Director Dr. Samdu Chettri, our Programme Director Dr. Tho ha Vinh, and our Sr. Program Advisor Dr. Julia Kim. The extensive and impressive work they have done is reflected in the ensuing report.

I would also like to thank the Centre of Bhutan Studies and GNH Research, and the GNH Commission for their work. This includes developing the conceptual aspect of GNH, defining and refining GNH indicators, and conducting the impressive service of informing our policy makers and planners, as well as ourselves on how we are progressing on the shared path to happiness. Theirs is a challenging task but one that they are carrying out admirably.

I wish to express my sincere appreciation and gratitude to the members of the Board for their most valuable contributions. It is through their vision and thoughtful leadership that the Centre has been able to make progress against many challenges. I would also like to extend my heartfelt appreciation to the Mind and Life Institute, the Global Leadership Academy, the Presencing Institute and Schumacher College for their valuable and mutually satisfying collaboration. We hope to continue our cooperation for many years. Finally, and most importantly, I offer my deep gratitude to the valued members of our Centre. They are not large in number but high in their sense of dedication and commitment to perpetuating the exceptional legacy of our Fourth King for the peace, prosperity and happiness of all Bhutanese people.

Tashi Delek

HRH Princess Kezang Choden Wangchuck
President and Patron of the GNH Centre Bhutan
The Gross National Happiness Centre is a Civil Center Society Organization founded in October 2012, under the royal patronage of Her Royal Highness, Princess Kezang Choden Wangchuck.

It is a humble tribute to His Majesty the Fourth Druk Gyalpo Jigme Singye Wangchuck, the pioneer of Gross National Happiness (GNH).

The Centre strives to propound values of GNH globally, and in the hearts of all Bhutanese. With the varied crisis that the world is facing, the pursuit of Gross National Happiness offers remedy.

The Centre manifests in living practice the principles of GNH in every aspect of its physical infrastructure, programmes and processes. These include green buildings, living in harmony with nature, humility and dignity of work, nurturing meaningful relationships, and bringing GNH values into family and work places among many other things. It is the intended goal of the Centre to enable all participants to discover their inner qualities, and their ability to pursue a meaningful life not only for their own happiness but for the well being of all sentient beings with which we share this precious planet.

Since the establishment of the GNH Centre in October 2012, it was only by the start of 2014 we were able to conduct our activities. The Centre has effectively conducted 14 international programmes, 6 youth programmes, 4 training of trainers programmes (including 2 international), 3 tour guide basic training workshops on GNH and 2 school programmes in Chokortay Primary school in Bumthang and the Mind and Life institute (MLI) Call to Care program in Punakha Higher Secondary School.

The Centre has also signed a MoU with the MLI for two years ending in 2015, with the Schumacher College for three years beginning in November 2014 and with GIZ for The Global Leadership and GNH lab that will continue on an annual basis. On a global scale we have been taking GNH abroad to Europe, America, South Africa and Asia, including at institutional levels in India.

Our appreciation and thanks to our board of directors, advisory council, members, well-wishers, participants and our small staff. To Dr. John Raimondo, Helvetas, RoD, CSOFF, TCB, BDFCL, Small Giants, Common Wealth publishing Co. Ltd, Enlightened earth association through Master Hung, Mr. Henk Rogers, McKinsey, De poi consultant and to all our other donors we offer our most sincere thanks.

Dr. Saamdu Chetri
Executive Director
GNH Centre Bhutan
National Level Meetings

The GNH Centre conducted its first ever Annual General Meeting (AGM), chaired by the President, Her Royal Highness Ashi Kezang Choden Wangchuck, on 19th June 2014. Around 75 participants, inclusive of Board members, secretarial staff and members of the GNH Centre attended this important event.

The main highlights of the meeting were:

(i) Ratification of legal documents
(ii) Formal appointment of the Board Directors
(iii) Presentation of the 2014 annual budget and plan, the audited final accounts and approval of them
(iv) Presentation and adoption of the 2013 Annual Report and
(v) Presentation of supplementary report/statements.

The meeting was a success and it concluded with prayers for all sentient beings.

In addition, in the year 2014 three Board Meetings were held to discuss various issues of importance to the Centre. Key discussions were held in regard to:

(i) The GNH Centre’s institutional set up and sustainability
(ii) The membership drive and fund raising activities
(iii) The programmes held in the country
(iv) Taking GNH abroad and forging collaborations
(v) The construction of the Dewaling Centre
Taking GNH abroad
Our International activities

Although the core focus of the GNH Centre remains firmly in Bhutan, a natural and complementary role has evolved to disseminate the message and philosophies of GNH abroad. The GNH Centre has participated and played an instrumental role in enabling the establishment of relations with many international institutions abroad, as seen below:

**PRESENTING GLOBAL FORUM, BOSTON**

**Objectives:**
- To follow up Global Wellbeing and GNH Lab
- Extend the network of the GNH Centre
- Prepare the next iteration of the Global Lab

**Outcomes:**
- Strengthened network of people and organizations implementing GNH-inspired projects in various fields
- Partnership to start a Global GNH and Well-Being lab 2.0 in November 2014
- The German Government agrees to contribute financially to the second iteration of the programme

**FEB 7**

**NAROPA UNIVERSITY**

**Objectives:**
- To present the GNH Centre to students, professors and the larger Naropa community
- Build partnership in the field of mindful education

**Outcomes:**
- Established a partnership with Naropa University on Mindfulness and Compassion in education, and contemplative education
- Received access to the research on GNH and education by Naropa professors and received support for our Mind and Life project

**FEB 17**

**COPAKE CAMPHILL COMMUNITY, NEW YORK STATE**

**Objectives:**
- To present a public talk on GNH to further develop networking and potential partner organization
- To build co-operation with the International Camphill Movement, whose goals are very similar to the GNH Centre’s

**Outcomes:**
- Copake Village Community’s potential partnership with the GNH Centre for future activities

**FEB 12**
**MIND AND LIFE MEETING**

**Objectives:**
- To finalize co-operation with Mind and Life Institute
- Access to research on “Ethics, Education and Human Development”
- Finalize implementation of the project

**Outcomes:**
- Agreement between Mind and Life Institute and the GNH Centre signed
- Overall budget allotted to cover the first 2 years of the project
- Educational workshop with Peter Senge conducted in Thimphu in October 2014

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**SCHUMACHER COLLEGE**

**Objectives:**
- To run a pilot course on “The Economics of Happiness” in preparation for the year-long postgraduate programme on “Right Livelihood”
- Finalize the Right Livelihood curriculum
- Strengthen the network and partnership with Schumacher College

**Outcomes:**
- The Right Livelihood programme curriculum is completed, and the agreement signed
- Satish Kumar, founder of Schumacher College, will create a GNH Centre support group to help with fundraising and other support
- Co-operation has been agreed with the UK-based Network of Well-Being

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**GNH AND MINDFULNESS RETREAT CHANDOLIN, SWITZERLAND**

**Objectives:**
- An intense week of contemplative practice with over 90 intergenerational participants, it was conducted in partnership with Eurasia Foundation

**Outcomes:**
- To develop inner transformation and a mindful approach through daily meditative practices as part of social innovation methods

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**RIGHT LIVELIHOOD PROGRAMME**

**Objectives:**
- To forge a partnership between the GNH Centre Bhutan and the Schumacher College UK

**Outcomes:**
- A one-year programme established to support participants to align their work and life to their inner values. A part of the course will be hosted by the GNH Centre in Bhutan as part of the learning process
In-country programmes

Several small, yet meaningful activities took place successfully across the nation in an effort to advocate GNH values and principles. These events included Bhutanese school students, teachers and international students. They were joint efforts co-facilitated with external partners who shared their expertise and the global problems with the Bhutanese people. Many of the events prompted participants on their understanding of GNH and how it could be taken and applied in their respective lives.

27 JANUARY – 1 FEBRUARY, 2014

GNH - FROM CONTEMPLATION TO ACTION
Paro | Thimphu

With 60 youth (opening day) and 10 international participants, the programme offered a platform to contemplate and implement the values/principles of GNH in daily life. The objective of the programme was to transform and inspire the participants and provide a deeply motivational experience. It created a space to reflect on the meaning and purpose of life, helping participants discover by themselves the deeper answers to these questions. Mindfulness was a common thread that ran through all activities.
17-20 MARCH, 2014

GNH YOUNG AMBASSADORS OF CHANGE
Thimphu

Participants from 9 schools and colleges as far as Trashigang attended the program. Discussions on youth hopes and challenges, the meaning of GNH, and how they might apply GNH through practical action in their daily lives were some key activities. Meditation and mindfulness practices such as mindful eating, walking meditation and deep relaxation formed a core aspect of the program. The event was co-facilitated by Sister Truong Thi Huyen Trang, Sister Caroline Philippine Marie Stephanie and Mr. Vo Van Duc from the Asian Institute of Applied Buddhism in Hong Kong (founded by the Venerable Thich Nhat Hanh). Teachers from the participating schools took part in the delivery of the programme and an enthusiastic team of 15 GNH Youth Volunteers played a crucial role in supporting the program. The program concluded on 20th March with a celebration for the World Happiness Day.
19-21 MAY, 2014

GNH PROGRAMME FOR TOURIST GUIDES - KNOW YOUR GNH BASICS
Thimphu

As tour guides are usually the first Bhutanese met by visiting tourists, it is of paramount importance that they are given a deeper understanding of GNH. Thus, the three-day programme provided a more profound understanding on GNH, the Four Pillars and 9 Domains, history of GNH, and how the values and principles can be applied. In addition they were also given support on communication skills. This program saw a successful outcome with 25 guides who attended the event. This has also led to a demand for a refresher course for tour guides, and a dedicated day where tourists can visit the GNH Centre for a presentation and learning on GNH values for a minimum fee.
The programme offered lessons to use GNH principles in daily life, and to apply the principles in our own context in a practical manner. Mindfulness was a common thread that ran through all activities. To encourage a reflective and motivational session, participants hiked to Bumdra, Paro, and visited Taktshang monastery on the way down. The activities provided an inspirational experience with the objective of transforming participants. It created a space to reflect on the meaning and purpose of life, helping participants discover by themselves the deeper answers to these questions.
YOUTH WORKSHOP ON GNH AND MINDFULNESS
Punakha

This programme started the partnership between the GNH Centre and the Mind and Life Institute. It initiated the MLI “a call to care” to develop mindfulness and compassion in schools, in collaboration with the Ministry of Education. The participants were given deeper understanding on GNH and mindfulness. The programme is applied in the pilot school of Punakha Higher Secondary School. Positive improvements were reported in the school’s performance as well as students’ civic sense.
LEADERSHIP, EDUCATION AND ENTREPRENEURSHIP FOR GNH WITH PETER SENGE

Thimphu | Paro

Starting in Thimphu, the event saw over 60 participants ranging from youth to government officials. Interactive sessions to understanding the importance of holistic education frameworks, leadership and entrepreneurship, were conducted. A public talk by Peter Senge, an American systems scientist and a senior lecturer at the MIT Sloan School of Management, was also organized. The programme concluded in Paro where conversations were deepened among a more intimate group, including 3 Bhutanese and 14 international participants.
HIS MAJESTY, THE FOURTH DRUK Gyalpo Jigme Singye Wangchuck’s Birth Anniversary Commemoration
Bumthang | Thimphu

To commemorate the importance of the Fourth King’s Birth Anniversary, the GNH Centre held two concurrent events in Bumthang and Thimphu.

In Bumthang: The celebration was held at Dewaling with teachers and students of the Choekhortoe School. This included meditation, a talk on mindfulness and recitation of prayers for the long life of His Majesty. A presentation on GNH followed by a discussion was held for students and teachers. During the discussions, the questions raised by students were: What is the benefit of meditation? What is the difference between GNP and GNH? Why was Bumthang selected for the GNH Centre? Why, when and where did our King propound it? How long has GNH been practiced in our country?

In Thimphu: A day hike to Choekhortse Lhakhang was undertaken with various youth, a brief conversation regarding the importance of the day and the connection with GNH was also delivered. While walking, the youth cleaned the trails by collecting trash along the path. At Choekhortse Lhakhang, 100 butter lamps were lit with prayer offerings.
6-16 December, 2014

GNH Facilitator Training Programme
Thimphu | Paro

The programme was designed for those wishing to learn from Bhutan’s experience of GNH, and to adapt and implement GNH-related initiatives in their own country or context. The learning methodology was based on the Theory U developed by Otto Scharmer at the Presencing Institute. The programme exposed participants to a range of GNH domains (e.g. environment, health, education, community vitality, cultural diversity, time use, psychological well-being). Members from all Civil Society Organizations participated and discussed the emergent civil society in Bhutan.
Membership drive

The GNH Centre welcomes membership from all walks of life and age. The membership rights and duties are as stated in Articles 4, 5 and 6 of the Articles of Association.

For Bhutanese nationals and organizations, the tax exemption shall be applicable for any contribution made to the Centre under the “Exemption Registration No. E62” of the Department of Revenue and Customs, Ministry of finance:

Individuals: Personal Income Tax payers can contribute 5% of adjusted gross income.

Organizations: Corporate Income Tax/Business Income Tax Payers can also contribute 5% of the assessed net income.

For international members, the Centre can help obtain tax exemption by facilitating transfers through legally registered civil society organizations in the US, Switzerland and Denmark.

All members shall enjoy the right to attend courses at the Centre on payment of certain concessional fees or free of cost depending on the specific arrangements. The Centre shall make brief presentations on GNH to groups of members without cost, provided requests are made in advance.

Membership contributions and perquisites are subject to change by the Board Members as may be required by changing circumstances.

For more details on Membership:

You can log on to www.gnhcentrebhutan.org for the membership form and fees
Call us at +975-322354 during office hours
Email us gnhcentrebhutan@gmail.com

Future Events and Plans

While the GNH Centre’s challenges remain, the Centre is positive with the developments and partnerships that have been forged in 2014. The Centre aims to carry out key activities for the upcoming 2015:

The Centre will join the nation in commemorating the 60th Birth Anniversary of His Majesty the Fourth King Jigme Singye Wangchuck in October 2015. Some key memorial events are:

- The consecration of the GNH Centre in Dewaling, Chokhortoe, Bumthang
- Talks on GNH values with Bhutanese people
- Launching of publications and different types of competitions
- A historic photo exhibition dedicated to His Majesty the Fourth King of Bhutan, Jigme Singye Wangchuck

Other activities and programmes will continue to expand as envisioned under the support and patronage of the President, HRH Ashi Kezang Choden Wangchuck.
Our partners in promoting Gross National Global Happiness

The GNH Centre Bhutan would like to thank our international partners whose valuable support has made possible many accomplishments. Our success is due to their faith in us, embracing GNH values and for giving GNH a chance to progress further.

We would like to thank our partners in promoting GNH across the globe, building and sharing their knowledge while ensuring that GNH is always nourished and nurtured. It is because of their conviction and efforts that GNH values will continue to spread in different parts of the world.

We look forward to your continued partnership and happy collaboration.