



THE GNH PULSE

MESSAGE FROM GNHCB

Happy New Year! As we usher in 2020, the GNHCB team wishes you a fantastic year ahead! Take a moment to reflect on the year that was and be grateful for all the experiences that shaped us with cherished memories and learning, and here's looking to obtaining unprecedented heights. We share with you the last chapters of 2019 as we anticipate 2020.

WORKSHOP FOR YOUTH CLUB COORDINATORS



AUGUST 2019: A workshop for all GNH club coordinators from various colleges who have adopted GNH club/activities was held in August. Over 20 participants from Sherubtse College, Gaedu College of Business Studies, College of Language and Culture Studies, and Samtse College of Education came together to brainstorm how best to apply GNH in action in their institutions. Together, amazing ideas on the application of GNH were born that will be taken forward. We can't wait to share the outcomes of these in our future issues.

rites of Passage with DR ARNE RUBINSTEIN



SEPTEMBER 2019: With the common vision to create a unique youth program, the GNHCB partnered with Dr. Arne Rubinstein, Rites of Passage Australia to introduce the RoP framework. Dr. Rubinstein first visited Bhutan in 2018 as a GNH workshop participant and seeing areas of possible collaboration, sharing a common concern for the wellbeing of young people, and after much planning the RoP arrived in Bhutan. Despite a short week program, the GNHCB organized a one day orientation workshop that saw attendance from the Ministry of Education, Ministry of Labour, private schools, fellow CSO organizations, youth representatives and parents. A leadership training for CSOs working with youth, visits to schools and a public talk on ROP were all conducted successfully.

The RoP framework integrated with GNH values was found could help Bhutanese youth face their challenges and transition in a rapidly changing world, and support them to embody the values of GNH. The young Bhutanese has a long way to go in strengthening self awareness, building resilience and being relevant today and the GNHCB aims to continue to create opportunities through our youth programs and camps for them share their stories, identify their challenges, and be seen for their unique gifts and talents. Rites of Passage have a lasting impact within a community because they are inter-generational and engage multiple generations in the process.

Working this way links to the GNH domains of Community Vitality and Preserving Culture by both building and supporting communities to grow stronger connections. This was also a successful demonstration of how GNH can be integrated in any aspect of life and work, in and beyond Bhutan.

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2020 UPCOMING EVENTS

- April 2020 Journey Through GNH
- April 2020 GNH Spring Session Youth Workshop
- May 2020 Advocacy & Outreach

ADVOCACY EFFORTS

OCTOBER 2019: As part of our national mandate, the fourth GNH Advocacy Programme was conducted in the Chukha Dzongkhag. Covering 11 schools and institutions, the advocacy effort spread GNH values, the works and programme of GNH Centre Bhutan. The advocacy is part of the ongoing “GNH in Youth in Action project” with is targeted to be completed by 2022. A major outcome of the advocacy has been the establishment of GNH activities, youth leadership workshops and the creation of GNH Clubs in the respective institutions. The programme was also attended by teachers and lectures from the respective education institutes.



CHINESE STUDENTS EMBRACE GNH

NOVEMBER 2019: The Centre welcomed a group of Chinese students studying sustainable development for a two day interaction. The students received GNH sessions and interacted with youth members who helped them design their own GNH related projects at their respective schools. They also participated in offering butter lamps at the Memorial Chorten to commemorate the National Happiness of Day.



THE GNH EXPERIENCE | 11 NOVEMBER



NOVEMBER 2019: Since 2016, the Centre has adopted 11 November as a tribute for Drugyal Zhipa and the profound vision of GNH. Over the years, the Centre organized various events to commemorate the day. In 2019, the Centre led a prayer and butter lamp ceremony for Drugyal Zhipa's health and long life in the heart of the capital at the Memorial Chorten. The ceremony was graced by Gyalum Tseyrim Pem Wangchuck, HRH Ashi Kezang Choden Wangchuck, members of the international community and Bhutanese citizens. To conclude the ceremony, the Centre hosted a lunch for the community of elder citizens.

WINTER YOUTH WORKSHOP



DECEMBER 2019: The six -day GNH Winter Youth Leadership programme was conducted to support Bhutanese youth towards positive transformation and the importance of building communities, projects and lifestyles guided by GNH principles .20 participants who were GNH club members from four different colleges joined the programme. The Winter Youth Leadership programme was also the first of a kind to have implemented the ROP framework of storytelling, visioning, transition and honoring with the aspects of GNH values. During the week-long programme they were introduced to GNH values with detailed sessions on understanding the 9 domains and its application in their daily lives.

Guest speakers were also invited from the Bhutan Ecological Society, social entrepreneurs and included a site visit to the Bhutan Toilet Organization and Chithuen Phendey Association. As a part of the cultural and spiritual experience the students also visited Chimi Lhakhang. The programme also covered various aspects on how to sustain and improve GNH clubs in their colleges. The students also shared their respective club activities undertaken so far while also reflecting on lessons.



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