



THE GNH PULSE



GNH YOUTH IN ACTION

The Gross National Happiness Centre Bhutan hosted a 5-day programme in July where youths and students presented their own project prototypes to implement the values of Gross National Happiness in daily living. The event, that took place from 9th to 13th July 2018, was the second module of the Annual Youth Leadership Programme (GYLP) that was first held in January where 30 youths from various colleges in the country participated.

The youths presented various project ideas aimed at highlighting or amplifying either one of the pillars, domains or simply an aspect of GNH to create an applicable and viable programme to the benefit of youths and general public.

Students from Taktse College of Language and Cultural Studies won the best GNH Prototype Project titled "Promoting Community Vitality". The students presented how effective reduction of cell phone addiction can reduce insomnia, depression, manage time and generally improve their ability to concentrate in studies and reduce costs incurred in data usage.

Other students presented various project ideas aimed at highlighting or amplifying either one of the pillars, domains or simply an aspect of GNH to create an applicable and viable programme to the benefit of youths and general public

IN THIS ISSUE

GNH Youth In Action

GNH Advocacy & Outreach Programme

The Bridging GNH Practitioner Class

UPCOMING EVENTS

Journey Through GNH

Orientation to GNH

FOCUS EVENT : THE GNH EXPERIENCE- "EXPRESSIONS OF HAPPINESS"



The GNH Experience - 11 November

The GNH Experience is held every 11 November to commemorate two significant events - the birth anniversary of the Father of GNH, HM Jigme Singye Wangchuck, the Fourth King of Bhutan and the National Happiness Day.

This year's theme is designed as an international cultural festival in Bhutan between Bhutanese and other world citizens to demonstrate through dance, music, poetry and other creative expressions to experience, promote and embrace the values of GNH



GNH ADVOCACY & OUTREACH PROGRAMME

To further the noble vision of GNH, the GNHCB in August 2018 completed the first ever GNH Advocacy and Outreach Programme in various schools, colleges and technical institutions of the nation. The main purpose was to inspire Bhutanese youth to understand the concept of GNH and how it offers a solution towards contemporary issues in today's world.

- 20 INSTITUTIONS/ SCHOOLS
- OVER 9000 STUDENTS
- 1 MONTH ACTIVITY

Listed among the objectives of the advocacy were the introduction to GNH, the 4 pillars and the 9 domains; introduction to basic meditation sessions; the current youth issues in



the nation, creation of GNH Clubs/projects in various institutions and enhancing the GNH Centre's visibility.

Principles, teachers and students expressed their appreciation for the initiative taken by GNHCB. They said they were able to learn a lot more about GNH and were happy to learn that they could also participate in our programmes. The presidents from few colleges supported the idea of opening new GNH clubs in their colleges.

"We are very inspired by this Advocacy programme. We all hear about GNH, but today we were able to gain insightful and deeper knowledge and decipher the intricate meaning of GNH, which is the development of ourselves mainly through contentment and value system taught to us by Their Majesties. Programmes such as these are very helpful to youth and adults alike."

-Sharon Tshomo Bhattarai, student, Phuntsholing Higher Secondary School



"This advocacy is very important, especially now that this philosophy has been accepted throughout the world and increasing number of people are trying to embrace GNH. Our youth need to understand the alternative path of development for nation building. It becomes important and pertinent for all of us to make our young people understand what GNH is and what it means to a small nation like Bhutan."

-Mr. Tshering Wangdi, President of Sherubtse College



Announcement

The GNHCB hosts talks and presentations for visitors at a nominal fee. Please call 02-321263 to inquire about the rates and programme details



THE BRIDGING GNH PRACTITIONER CLASS

The Bridging GNH Practitioner Class held at the Schumacher College, UK from 23 July to 2 August 2018 acted as a formal bridge for those who have previously completed a GNH-inspired programme.

It was aimed at deepening the participants understanding of Gross National Happiness, and developing their own GNH prototype.

Participants learnt that in contrast to the narrow pursuit of economic growth for its own sake, GNH promotes the sustainable happiness and well-being of all life, by balancing equitable

and sustainable socio-economic development with environmental conservation, cultural promotion, and good governance. Spreading far beyond the Himalayan Kingdom of Bhutan, GNH is now inspiring individuals and organizations from around the world to adapt and apply its principles and practices in diverse contexts and countries.

The bridging class was designed in collaboration between Schumacher College and the Gross National Happiness Centre Bhutan

Our Mission: To create a unique place of reflection, learning, and action where nature, culture and spirituality blend in a harmonious way towards happiness and compassion for the world.

Our Vision: Empowering people through compassion and wisdom towards a mindful and happy society.



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