

GNH YOUTH LEADERSHIP PROGRAMME: GETTING YOUTHS CONNECTED TO GNH



FIRST PHASE

Starting in January, the week-long Module 1 GNH Leadership Workshop saw over 30 youths deliberating on all matters GNH and happiness. The leadership workshop covered an introduction to GNH, understanding the tools - GNH Index and the GNH Survey. Participants also conducted a mock survey to assess their own levels of happiness and well-being, furthering interesting debates and discussions. The exercises were designed to enhance their understanding of GNH, realize their role as future citizens of Bhutan and embrace GNH values. The event also saw a panel discussion with experts from the Youth Development Fund, the National Parliament, Bhutan Narcotics Control Agency, Drizlam Namzha, Department and a spiritual discussion with learned practitioners. The informal setting and interaction encouraged the young participants to have an open dialogue and that created a platform for innovative project ideas.



SECOND PHASE

Youths and students presented their project prototypes to implement the values of Gross National Happiness in daily living. They presented various project ideas aimed at highlighting or amplifying one of the pillars, domains, or simply an aspect of GNH to create an applicable and viable programme to the benefit of youths and the general public.

Students from Taktse College of Language and Cultural Studies were the proud recipients of the best GNH Prototype Project titled "Promoting Community Vitality".



They presented their research on how effective reduction of cell phone addiction can reduce insomnia, and depression, manage time and generally improve their ability to concentrate on studies and reduce costs incurred in data usage.

Other students, meanwhile, presented various other project ideas that were no less impressive, as the zealous pupils sought to address many other issues pertinent to the nation such as environmental conservation, and mindfulness.