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MESSAGE FROM THE PRESIDENT



HRH Ashi Kezang Choden Wangchuck
President of the GNH Centre Bhutan

I am pleased to share the GNH Centre's continued endeavors in this publication. The GNH Centre was founded to promote a GNH society. It provides the crucial need for a means to help internalize and live GNH at the personal, family and community levels.

The year 2015 was brimming with important national events in Bhutan, and the Centre also made a significant mark. We joined the rest of the country in the yearlong celebration of the 60th birth anniversary of His Majesty Jigme Singye Wangchuck, the Fourth Druk Gyalpo by inaugurating the West Dewaling GNH Centre in Bumthang.

The establishment of West Dewaling marks our effort in turning vision to reality by fruitfully building a place to host GNH programs in a modest and natural setting, where participants from all walks of life will experience the joy of holistic living in close communion with

nature. It aims to be a place of reflection and 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.

Gross National Happiness has over the years, with nurture, matured from a vision to a global force for transformative change towards a more meaningful, sustainable, equitable and happier life across the world. Research has revealed that GNH is a more valuable objective than GDP or economic growth. Under GNH values, material well-being is important but it is more vital to enjoy well-being in community, culture, knowledge and health, spirituality and harmony with the environment.

In the 2015 GNH survey, there are a reported 91.2% of happy Bhutanese citizens. The Royal University of Bhutan (RUB) is starting a Masters Programme on GNH and the Gaeddu College has incorporated a module on GNH and Educating for GNH. These efforts are inspiring, thus placing upon the Bhutanese nation, and its citizens, the responsibility of continuing efforts in defining and building a better future for mankind.

We are also now strengthened in support by the Gross National Happiness Commission and the Ministry of Education, who are our new ex-officio Board Members. Their presence marks a positive growth for the GNH Centre in its future aspirations.

I wish to express my sincere appreciation and gratitude to the members of the Board, our international partners, our passionate members

and our staff for their most valuable contributions. It is through this joint effort and partnership that the Centre has been able to make progress against many challenges.

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 journey is a long one, and the state we aspire for and the variety and quality of programs we hope to offer continue to be developed. Also as is often the case with any new initiative, we face financial constraints. However, we are optimistic and confident that our perseverance and the vital importance and relevance of GNH will generate growing support from both within and outside the country.

Tashi Delek

MESSAGE FROM THE EXECUTIVE DIRECTOR

We are happy to share the third Annual Report of the GNH Centre's continued efforts on promoting the values of GNH. In 2015, we conducted four international and three national programmes. So far we have conducted 26 programmes. It is encouraging to see the rise of interest for GNH especially among the young people of Bhutan. It is after all, the young Bhutanese who will have to carry the GNH torch to ensure it burns brighter and sheds radiance on a global level. We are prouder of the fact that despite financial challenges, we have managed to forge on and persist in embracing GNH.

This past year, our small efforts have led to more partnerships internationally and nationally. Strengthened with a new Board, we now have the GNH Commission and the Ministry of Education involved in our work. These two agencies are key partners in taking the work of the GNH Centre forward both in terms of GNH policy and GNH education.



Everyone in the world wants to know "What is GNH?" – for us at the GNH Centre, GNH is holistic human development enabling Bhutanese people to bring a balance between material and spiritual needs of body and mind. At the GNH Centre, our work revolves around the vision of the Father of GNH, His Majesty The Drukgyal Zhipa's compassion and care for a better, stronger Bhutan.

Bhutan has become a living example for rest of the world for our contribution of GNH and living with our innate human values. As a part of the globe, we can be the leaders in societal transformation. Let us be awakened from this fact. May we all continue to serve others, be connected with nature and live with our innate values and wisdom.

Tashi Delek!

Dr. Saamdu chetri
Executive Director

IN-COUNTRY PROGRAMMES

24-28 January, 2015: “The Blooming Buds”, Inspiring Bhutanese Youth



Tshering Yangki, class seven student said, “GNH is about earning happiness and giving happiness to the living beings by helping them and having empathy towards them. GNH is not about money.”

Kesang Choden, class twelve student, Bayling Central School, Trashiyangtse, said, “I am so inspired by GNH. I want to work as the Secretary to the Executive Director at the GNH Centre, learn more on GNH and give back to the community, the GNH values.”

With the theme, “The Blooming Buds: Nurturing youths through seeds of GNH”, the GNH Centre conducted a five day youth programme with over a hundred young people from around the country. The main objective of the programme was to inspire youth to add GNH values in their lives by sowing the seeds of love and happiness through the 3 Hs – the head, heart and hand. Educating Head, hand and heart is a holistic approach of transformative experience and relates the cognitive domain (head) to critical reflection, the affective domain (heart) to relational knowing and the psychomotor domain (hands) to engagement.

Tshewang Choden, class five student, said, “GNH means happiness to people. It is an attempt to measure the psychological well being of the people.”

Officials from Department of Culture, Green Public Procurement, Dratshang Lhentshög and Department of Forest and Park Services were invited to educate youths with in depth knowledge on GNH. The youths were also taken for a short nature field trip to Motithang Takin Preserve. The programme marked not only introspective and self reflection but also playfulness, joy and togetherness. The participants enjoyed a living experience of GNH by co-creating conducive environment aligned with GNH principles and values.

March 2-13, 2015: GNH and Right Livelihood Program 2

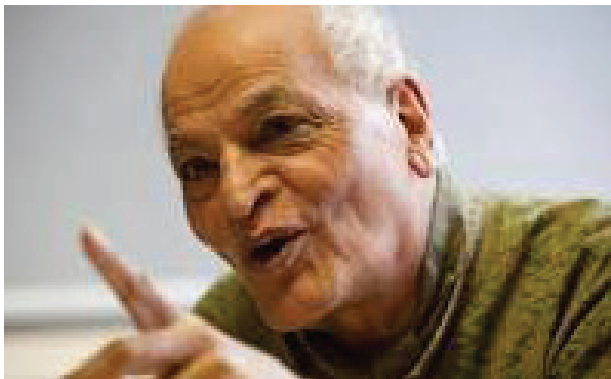


With the overall objective to immerse participants in an experiential exploration of GNH and Right Livelihood in Bhutan, twenty one participants from across the world came together to creatively engage and to deepen their personal exploration of linking inner transformation and social change.

The international participants participated in the Right Livelihood Program, with the theme “deepening our understanding of GNH”. During this programme the participants explored the current system and why it is not delivering well-being for people and the planet. Participants looked at new possibilities and what it was that we as human beings need to let go of for the new to emerge and to search for the path towards our own right livelihood.

The 12-month programme is conducted in collaboration with the Schumacher College in the UK.

10 March, 2015: Ecology and Economy by Mr. Satish Kumar



Organized by the GNH Centre, world renowned figure, Mr. Satish Kumar delivered a talk at Royal Institute of Management (RIM) on Ecology and Economy.

Addressing the audience, he said, “the economy of the world entails ethics, moral and spiritual values, and an economy without such values is like a flower without fragrance”.

He said, “Buddhist economy can challenge the economy of the world because Buddhism believes in interdependence and we cannot manage economy without understanding the ecology. Nature is not there as our slave; we need to take with gratitude and humility from it.” He added that world is swept by the tsunami of economy growth and materialism and have forgotten the values of GNH.

Mr. Satish Kumar is an environment activist. He has been a Jain Monk, nuclear disarmament advocate and pacifist. He is the current editor of Resurgence and Ecologist magazine. Now living in England, Mr. Satish Kumar is founder and Director of Programmes of the Schumacher College international centre for ecological studies

4-5 April 2015: Teachers’ Training Workshop, Punakha Higher Secondary School



With the intention of promoting care as the foundation for learning, a two day programme was held at Punakha Higher Secondary School for the faculty. The Field Officer from the Ministry of Education also participated at the event, encouraging teachers to inculcate these values.

The programme introduced teachers to the Call to Care (C2C) initiative and allowed them to personally experience the dimensions of Social and Emotional Learning (SEL) and the 3 modes of Care (receiving care, cultivating care and extending care) so that they understand and extend this practice on a daily basis.

By the end of the programme, teachers were able to take stock of what the school achieved in alignment with Educating for GNH & Call to Care. They were further able to identify opportunities for building on and strengthening this work. The faculty were also able to lay the foundation for any further training on implementation in the classroom and for assessing and documenting the initiative.

11-16 May, 2015: The Global Wellbeing Lab 2 (Second in the series).



Innovators from business, government, and civil society from countries like Brazil, South Africa, USA, Europe, Bhutan and Vietnam, whose work aims to shift institutions beyond the pursuit of narrowly measured parameters of success participated in The Global Wellbeing Lab 2 (second in the series).

The Lab 2 explored initiatives in the emerging wellbeing paradigm (first in their own region, and later, convening in Asia), and gained experience applying leadership methods for advancing profound personal and institutional transformation.

The programme mainly focused on:

1. Implementing GNH as a New Development Paradigm.
2. What are the deeper values underlying GNH and how relevant are they for other countries and contexts?
3. GNH in society.

The Global Wellbeing Lab is a joint learning and action platform hosted by the Boston-based Presencing Institute, Germany's GIZ Global Leadership Academy, and the Gross National Happiness Centre.

16 May, 2015: Entrepreneurs and leadership challenges of the 21st Century by Dr. Otto Scharmer



Organized by the GNH Centre, Dr. Otto Scharmer, a senior lecturer at the Massachusetts Institute of Technology's Sloan School of Management gave a public talk on "How can young entrepreneurs meet the leadership challenges of 21st Century?" at the Nehru Wangchuck Centre, Thimphu.

He talked on the "Theory U." He said that it connects to our essential self and enables to see our own blind spot and pay attention in a way that allows us to experience the opening of our minds, our hearts, and our wills. Through the process of Theory U, we are able to shift our awareness to allow us to connect with our best future possibility.

Dr. Otto Scharmer is a senior lecturer at Massachusetts Institute of Technology's Sloan School of Management. He is co-founder of the Presencing Institute, and the founding chair of the MIT IDEAS Programme.

7-13 June, 2015 - GNH in Business Exploration - Creating the World We Want.



A diverse group of 24 international and 3 national participants underwent a one week programme on deepening their understanding of GNH and Business in Bhutan. It helped participants envision and refine how they might adapt and apply GNH-related principles and programmes in practical way.

This programme facilitated an introduction to Bhutan; deepening understanding of GNH; session on solo time in nature for reflection; seeding future goals and prototyping a way forward. The programme helped individuals to reflect and understand the deeper connection between personal transformations, self-contentment and business innovation. The programme was led with inspiration from Bhutanese people, spiritual heritage, customs and natural environment along with its philosophy and real life application of GNH.

18-20 June, 2015 : Tour Guides Orientation to GNH Values



It is important that our tour guides are given training on a deeper understanding of GNH since they are usually the first Bhutanese to be met by people from other countries. Thus, 3 day training was conducted for guides that provided a profound understanding on GNH as well as support on communication skills.

The training gave a proper definition and history of GNH, described the relationship between spirituality, Buddhism and GNH, advocated and disseminated GNH in their community/organization, made guides effectively to communicate about GNH to tourists using relevant examples and embody some of the values and principles underlying GNH. The Guides Association of Bhutan and the various guides who attended the programme, agreed that it was beneficial to have these trainings on a regular basis.

25 Oct- 5 Nov, 2015 :GNH in Education- education for Global Happiness and Wellbeing



The programme offered a unique opportunity to live and experience GNH principles in daily life and in education and reflected on how to implement these principles within our own context in practical ways. It also co-created an inspirational and motivational journey that has the potential to transform participants deeply. A total of 22 participants attended the event.

The participants visited the Royal Thimphu College, to attend an in depth presentation on GNH and its values by the President of the college. The participants also visited Motithang Higher Secondary School and met with the Principal to know how GNH values are implemented in the school.

The Principal of the Arekha Primary School, Chukha, also presented the conditions of the rural education system, to provide a comparative analysis.

The understanding of GNH was further deepened through; nature experiences, linking observation and understanding of the pristine Himalayan natural environment, visit to Chari and Taktshang monasteries, mindfulness practices and meditation.

Christine from Hong Kong, said, "I am touched by the culture of Bhutan, and I have immense respect for your ancestors. I am feeling so much love and positive energy here. I can see that Bhutanese are content and beautiful people, both inside out."

Felipe from Chile said, "It gave a platform to practice mindfulness and self-care. Further, it also gave an opportunity to learn the GNH values and how it is put into school curriculum."

December 7, 2015: Students from Environmental Planning and Technology(CEPT) University



Twenty three students from the Centre for Environmental Planning and Technology (CEPT) University, Ahmedabad, India, visited the GNH Centre to learn about GNH and how to implement its values in their lives. They were given presentations on GNH and also joined the GNH Centre staff to meditate on mindfulness.

Himaniy Yadav, one of the students said, " GNH is an answer to the chaotic world. It's values are so serene and peaceful. I'll carry these values forever."

Poonam Minde said, " GNH is development tool of the people and the nation. It teaches us how to be a good human beings. The activities of the GNH Centre have implanted in me the human values further."

December 22- 31, 2015 Camp RUF (Rural-Urban Friendship)



Two staffs from the GNH Centre participated in the ten day Camp RUF program in Tsirang. Camp RUF brings together rural and urban youth and provides platform to educate their hearts. Through cultural and experiential learning like sharing the same food, living under the same roof and exchanging indigenous knowledge, youth cultivate GNH values – empathy, compassion and love. Camp RUF aspires for national unity and thus promotes His Majesty’s vision for youth empowerment. The GNH staff supported the camp by conducting meditation sessions and briefed the participants on mindfulness. The GNH team also conducted a simple happiness survey to assess youth perspectives.

TAKING GNH ABROAD

Feb 11, 2015: GNH goes to the House of Commons, British Parliament UK.



Dr. Saamdu Chetri, Executive Director of the GNH Centre was invited to present a statement at the House of Commons. The experience of Bhutan’s GNH values was shared in order to offer a better understanding of Bhutan’s development paradigm to the British Parliament.

Before and after his statement, the Executive Director led a guided meditation session for the audience. It was a unique moment, where the House of Commons went silent and simply observed breathing and basic meditation.

He emphasized that not everyone may adopt GNH as it is put into practice in Bhutan, as other countries have different situations, but that it can be an inspiration for other nations seeking an alternative development strategy.

Mind and Life Conference Delhi, India: March 4-5

Objectives:

Present to HH the Dalai Lama and a selected group of spiritual leaders and scientists the work done in Bhutan and Vietnam in the field of Education: Call 2 Care, bringing Mindfulness and Compassion in the schools from kindergarten to University.

Outcome:

HH the Dalai Lama expressed his full support and appreciation for the education program and many useful contacts were established to strengthen our network in this field

Talk at Aligarh Muslim University, Ahmedabad, India: March 22

Dr. Saamdu Chetri, Executive Director, GNH Centre Bhutan, was invited to Aligarh Muslim University as the Valedictory Guest for their first ever literary festival. He delivered a talk on sustainable growth and economic development, launched a fractals collection of poetry by Sudhir Sen, and spoke on GNH. They are thinking of forming a GNH group at the university.

Global Lab regional sensing journey Vietnam: April 18-24

Objectives:

The Bhutanese and Vietnamese Global Lab participants travelled together to Vietnam to experience firsthand innovative social, educational and ecological projects

Outcome:

The sensing journey created a strong bond between the participants and some innovative prototypes emerged as a result from this journey, strengthening the link between Bhutan and Vietnam Call 2 Care Sensing Journey

Call 2 Care Sensing Journey Vietnam: April 26 to 30

Objectives:

Share learning and field experience from educators from Bhutan and Vietnam in implementing the Call 2 Care programs in different contexts

Outcome:

Participants learned a lot from their observations, conversations and experiences. A strong collaboration between educators from Bhutan and Vietnam is developed.

Mindfulness retreat Chandolin, Switzerland: July 11-18

Objectives:

A week of intense meditative practice connecting inner transformation and social innovation in light of GNH.

Outcome:

Over 90 participants from all over the world practiced together and created a strong community that is inspired by common ideals of inner and outer transformation for the wellbeing of all.

Right Livelihood at the Schumacher College, UK: July 20-24

Objectives:

Explore what is wrong with the current system and why it is not delivering well-being for people and planet. Looking at the seeds of new possibilities and what it is that we need to let go of for the new to emerge. Searching for the path towards our own right livelihood.

Outcome:

The first cohort of students concluded their one year program and there was an unanimous feedback that this program had been a life transforming experience helping participants to redefine their own right livelihood and their social engagements towards a better and more sustainable world.

Mindfulness Teacher's Retreat Hong Kong, August 12-15

Objectives

Contribute to facilitating the last module of a certified one year long Mindfulness Teachers Training.

Outcome

The presentation of GNH enabled the teachers to look beyond the inner dimension of Mindfulness and Compassion and to become aware of the importance of social dimension.

Participation in various events in Vietnam

Talk at IIM (Indian Institute of Management) Indore, India: 10 August

Dr. Saamdu Chetri, Executive Director of Gross National Happiness (GNH) Centre, Bhutan, visited IIM Indore on Monday, August 10th, 2015. He delivered an interactive speech on the topic, Journey from Gross National Income to Gross National Happiness (GNI to GNH).

He encouraged to eradicate negativity and create trust and transparency among each other. He said that we need to give a thought about living a good life and collaborate with one-another, instead of competing. The program was attended by faculty, staff, and students of IIM Indore.

Participation in various events in Vietnam: September 1 - 23

Objectives:

Enhance the awareness of GNH in the field of education and business in Vietnam

- Public talks on GNH Ho Chi Minh City and Hanoi
- Course for educators
- GNH Course for young people
- Workshop for business people on GNH in Business

Outcomes

- A group of educated young Vietnamese professionals want to work closely with the GNH Centre to develop a GNH Movement in Vietnam
- The relationship between the GNH Centre and the Peaceful Bamboo Family has been strengthened and deepened
- The Education Department of Central Vietnam wants to become a partner in the Ethics and Education Project.
- Organizing a youth workshop bringing together young people from Bhutan and Vietnam next year.
- Major Vietnamese medias: television and newspapers published very positive reports on GNH as an alternative development model that could help Vietnam to go forward

Meetings with B.Grimm leaders and Mahidol University Bangkok, Thailand:November 10-13

Objectives:

Prepare the creation of a GNH Centre Thailand in collaboration with B.Grimm Group and the Ministry of Education

Outcome:

The GNH Centre Thailand should start its activities in 2016

Awakening the Light of Dharma: How to Uphold Dharma in the World Today Varanasi, India:November 5-9 2015

Objectives:

An international dialogue designed for deep reflection and exploration of the concept of Dharma - how to live in harmony with the universal laws that support and sustain life.

Share the GNH ideal as a way to manifest Dharma in the social field

Outcome:

Building an impressive network of spiritual leaders from many traditions and many countries, that could lead to positive collaboration for the GNH Centre in the future

Mindfulness Based Compassion and Happiness training of trainers Ho Chi Minh City, Vietnam: November 14-17

Objectives:

Train 40 University professors, deans and lecturers plus 15 socially engaged participants in Mindfulness, Compassion and Happiness Skills to implement this program with 10,000 students in HoaSen University

Outcome:

It was the first module of a one-year training of trainers program. The participants reported profound transformation and have committed to practicing Mindfulness daily between the modules.

Inauguration of the GNH Centre, dedicated to His Majesty Jigme Singye Wangchuck, The Fourth Druk Gyalpo



As a tribute to the Father of Gross National Happiness (GNH) His Majesty the Fourth Druk Gyalpo, the GNH Centre Bumthang was officially opened on October 18, 2015 in west Dewaling, Bumthang.

The Centre will be the mother centre for the world to serve those in search of purpose of life and happiness. The ceremony was attended by Lyonpo Yeshey Dorji, Minister of Agriculture and Forests, officials of the Bumthang Dzongkhag, Board of Directors, members, local community, and foreign dignitaries, tourists and well wishers.

The Construction of the Nu. 20 million western phase was built on 1.5 acres of land on the left flank of Chamkharchhu, west of the centre. It will serve as space for the centre's activities until the main centre on the right bank of Chamkharchhu is ready in near future which will sprawl on 58 acres of land.

The newly constructed Centre boasts an exclusive meditation hall, conference hall, administrative block, dining hall, kitchen and two staff quarters.

It was appropriately launched at a time when the entire nation was coming together to celebrate the 60th birth anniversary of the Fourth Druk Gyalpo, the Father of GNH.

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

You can log on to www.gnhcentrebhutan.org for the membership form and fees or contact at telephone No. 00975-2-322354 during office hours.

OUR PARTNERS

We would like to thank our partners in promoting GNH, building and sharing their knowledge while ensuring that GNH is always nourished and nurtured. We look forward to continued partnership.

1. Mind and Life Institute, USA
2. Presencing Institute, USA
3. Global, Learning Across Borders, USA
4. Schumacher College, United Kingdom
5. Navdanya, India
6. Punakha Higher Secondary School, Punakha
7. Early Learning Centre, Thimphu



OUR NEW LOGO



The GNH Centre Bhutan is pleased to announce our new logo. It represents the linkages between the four Bhutanese elements of life and the values of Gross National Happiness. It is termed as Bjungwa zhi in Bhutanese culture. According to Bhutanese belief the balance of these four elements represent harmony and peace. These are significant to the ideals of GNH which is to live a balanced life with ourselves, others and nature.

The White (kar) – represents the element Water. It is a natural force that quenches thirst for knowledge and happiness, while at the same time the color represents a pure heart. It represents the GNH pillar of promotion and preservation of culture.

The Yellow (ser) - symbolizes the natural element Earth and a space for contemplation, enrichment and equanimity. This represents the sustainable socio economic development pillar of GNH.

The Red (mar) – signifies the element Fire and compassionate energy, as well as the elimination of all ignorance. It appropriately symbolizes the GNH pillar of good governance.

The Green (jang) – corresponds to the element Air, and the spirit of perseverance and accomplishment. This represents the GNH pillar of the conservation of environment.

The all-encompassing exterior circle including the text GNH Centre Bhutan brings all the natural elements and values together, signifying the holistic nature of GNH including the sharing of knowledge and learning without discrimination. The four natural elements also represent the 4 pillars of GNH. The elements and GNH pillars are safe guarded by the two arms of GNH Centre Bhutan.

Taken as a whole, the GNH Centre logo represents a conviction that true happiness and wellbeing can be cultivated through a consciousness that delivers societal change, reflecting both deep respect for nature and the human potential for purposeful living.

