

Educating for GNH at RUB



Royal University of Bhutan

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Royal University of Bhutan



The Royal University of Bhutan (RUB) was launched in June 2003.

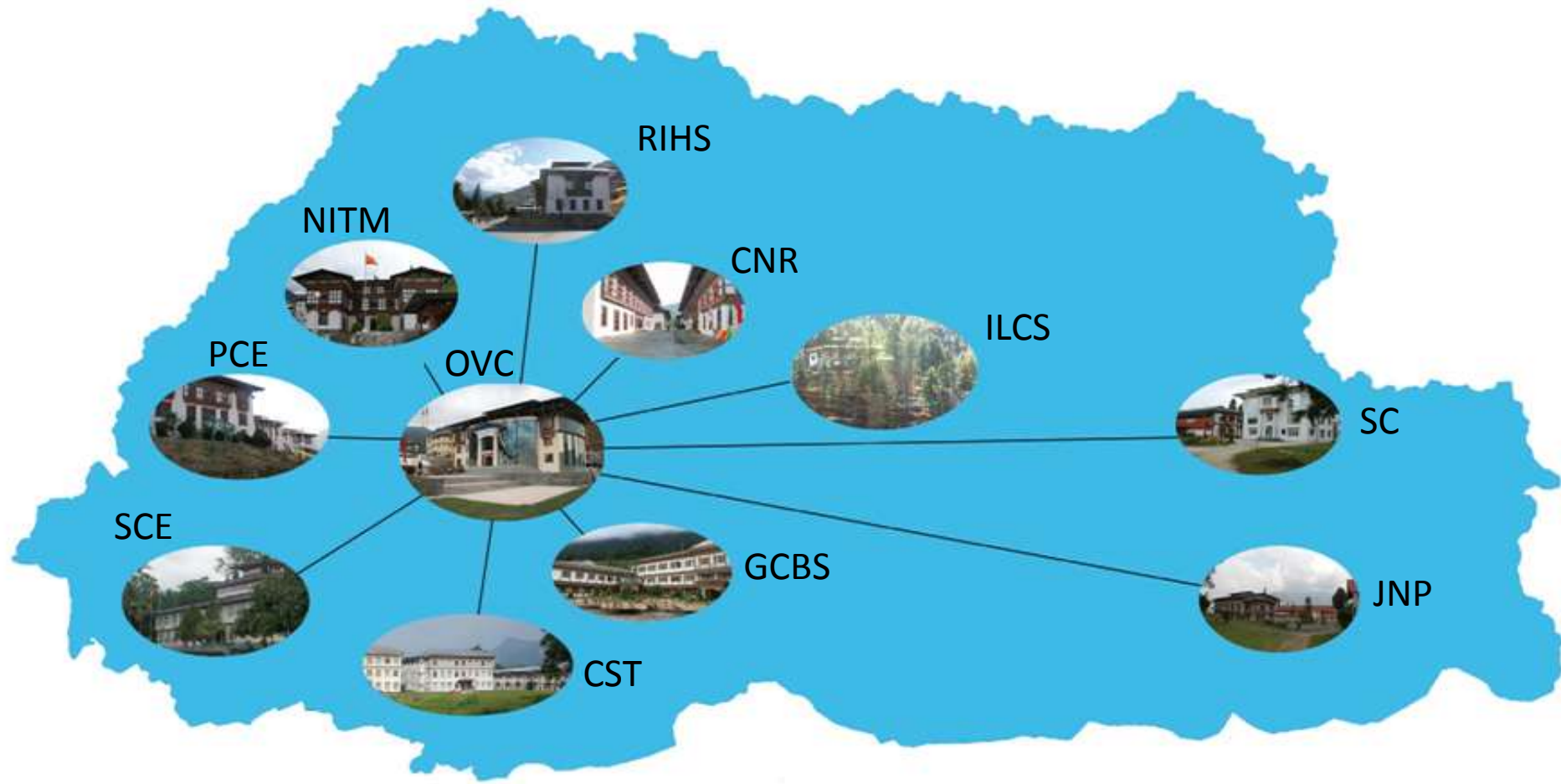
Constituent Colleges

1. **College of Natural Resources (CNR)**, Lobesa, Wangduephodrang.
2. **College of Science and Technology (CST)**, Rinchending, Phuentsholing, Chukha.
3. **Gaeddu College of Business Studies (GCBS)**, Gedu, Chukha.
4. **Institute of Language and Culture Studies (ILCS)**, Taktse, Trongsa.
5. **Jigme Namgyel Polytechnic (JNP)**, Dewathang, Samdrup Jongkhar.
6. **National Institute of Traditional Medicine (NITM)***, Thimphu.
7. **Paro College of Education (PCE)**, Paro.
8. **Royal Institute of Health Sciences (RIHS)***, Thimphu.
9. **Samtse College of Education (SCE)**, Samtse.
10. **Sherubtse College (SC)**, Kanglung, Trashigang.

Affiliated College

1. **Royal Thimphu College (RTC)**, Thimphu.

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Educating for GNH at RUB

Bhutan: Himalayan Kingdom

- Ruled by benevolent Monarchs
 - 1907
 - ✓ Handed over by the people to the King
 - 2007
 - ✓ Handed back to the people by the 4th Monarch
 - 2008
 - ✓ Constitutional monarchy with an elected Parliament
- World's youngest democracy



Gross National Happiness

- Genesis
 - Late 1970s, HM the Fourth King Jigme Singye Wangchuck
 - Mumbai from NAM
 - “Gross National Happiness is more important than Gross Domestic Product ”
 - HM realized that the existing development paradigm (GDP) - did not consider the ultimate goal of every human being – HAPPINESS
- HM the Fourth King Jigme Singye Wangchuck
 - ***“Sem Gochoep Zoni”***
 - Peace and harmony within oneself and promoting peace and harmony in others
 - Mindfulness Education



GNH Inspired Education in RUB

- The present King, His Majesty Jigme Khesar Namgyel Wangchuck has said,
“Today GNH has come to mean so many things to so many people, but to me it signifies simply – development with values. Thus for my nation today GNH is the bridge between the fundamental values of kindness, equality and humanity and the necessary pursuit of economic growth. GNH acts as our National Conscience guiding us towards making wise decisions for a better future.”

Creating the Conditions for Happiness

- Happiness – state of mind
- Need for every one to be happy
- Environment can be created
- GNH
 - Sustainable and Equitable Socio- Economic Development
 - Conservation of the Environment
 - Preservation and Promotion of Culture
 - Good Governance



Mindfulness Practice

- Start the school day with 3 – 5 minutes of mindfulness practice – encourage them to do it at home
- Personal development studies
 - Understanding oneself– wisdom mind, thoughts and emotions
 - Gaining control of one's thoughts and emotions
 - Enhancing the potential and the use of one's own mind (focus and creativity)
 - Learning to be aware and mindful of one's actions and being able to recognize those that are harmful, and those that are beneficial for oneself as well as others



Educating for GNH at RUB



1. GNH/Value Education Course

- A foundation program for all students from July 2013
- RUB Colleges have UHV core groups

2. GNH Consistent Pedagogy

- Launched in February 2012 to be continued into the next five to ten years

3. Mindfulness/Awareness Education

- Mindfulness Education Associations created - promote an informal but pervasive environment for mindfulness practice (teachings, talks and discussions, non credited programs, mindfulness practice sessions)

Introduction of UHV in RUB

- Hon'ble VC of RUB attended 1st Int'l Conference on Human Values in Higher Education in IIIT, Hyderabad from 6 – 8 Jan, 2012.
- Came into interaction with Prof. Ganesh Bagaria-ji
- 21 faculty and staff of the RUB attended the 8-day workshop in IIT, Kanpur
- Subsequently, Directors, faculty and staff of colleges attended
- 8 day UHV workshop was held at Gaeddu College of Business Studies from 12 to 19 September 2012
- 12 RUB staff, including 4 college Directors attended PSL2 (Introductory Workshop Level 2) held from 14-20 Oct 2012 at MS3 (Manaviya Shiksha Sanskar Sansthan), Kanpur.

Introduction of UHV in RUB

- Staff and students attended subsequent workshops in IIT, Kanpur, IIIT, Hyderabad and Gaeddu College of Business Studies, Gedu, Bhutan
- As decided in the 27th AB meeting of the university, UHV courses have been introduced in all RUB colleges since July 2013
- All RUB colleges have already started delivering UHV courses as part of the main academic curriculum – one college offers as credited course
- Workshop for the community
- Translate into 'Dzongkha – official language of Bhutan' for the benefit of the community and non-English speaking target group.
- Human Values related student projects

GNH and UHV & Impact of the UHV course

- GCBS & CST has carried out study:
 - GNH and UHV
 - Impact of the UHV course



Thank you