

Enhancing Mental Health, Counseling and Wellbeing support for University Students in Bhutan

Co-funded by the Erasmus + Programme Of the European Union



Objectives of Project

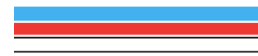
- Establishing a Happiness and Wellbeing centre at the participating colleges of RUB
- Establishing a lead Happiness and Wellbeing centre at Paro College of Education with an extension at Samtse College of Education
- Training potential counselors and centre managers
- Developing a Digital Platform and an App to support Mental Health, Wellbeing and Counseling services.
- Developing a training manual, working framework for the counseling centres and ethical code of conduct for counsellors working at the centres.
- Equipping the centres with essential resources to support the successful implementation of activities related to education, training and research.



UNIVERSITY OF BIRMINGHAM



VRIJE UNIVERSITEIT BRUSSEL



INSTITUTO UNIVERSITÁRIO DA MAIA ISMAI

Enhancing Mental Health, Counselling and Wellbeing Support for University Students in Bhutan

The project is coordinated by Royal University of Bhutan in partnership with University of Birmingham, UK; Institute University of Da MAIA ISMAI, Portugal; and Vrije University Brussel, Belgium.





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Erasmus + Programme
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Erasmus Program

The Erasmus Program is a European Union student exchange program established in 1987. Erasmus+ is the new program combining all the EU's current schemes for education, training, youth and sport, which started in January 2014.

The Erasmus program together with a number of other independent programs, was incorporated into the Socrates program established by the European commission in 1994.

The project 'Enhancing Mental Health, Counseling and Wellbeing Support for University Students in Bhutan' is funded by the European Union through Erasmus+ Program. The project is coordinated by Royal University of Bhutan in partnership with:

1. University of Birmingham, UK
2. Institute University of Da MAIA ISMAI, Portugal
3. Vrije University Brussel, Belgium



Royal University of Bhutan

"Reaching New Heights"

Royal University of Bhutan

The Royal University of Bhutan (RUB), founded in 2003, is the primary university system in Bhutan. The university's teaching, research, and service are guided by its vision - *An internationally recognized university steeped in Gross National Happiness values*. RUB is a federated university with nine constituent colleges and two affiliated (Private) colleges spread across the country.



Paro College of Education (PCE) and Samtse College of Education (SCE) will lead the project as coordinating institutes and will take full responsibility for implementing the project activities successfully.

Project Contact

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Benefits of the Project

At the Local level

- Enhancement of student support system of RUB students through a 'Happiness and Wellbeing Centre'.
- Capacity building of RUB staff members through training, workshops and seminar related with Mental Health, Counselling and Wellbeing.
- Capacity building of RUB Colleges through purchase of selected equipment.

At the National level

- Integration amongst RUB Colleges through 'Happiness and Wellbeing Centre'.
- Capacity building of professionals working in the field of human series and young people in Bhutan.
- Development of Digital Platform/App which will serve as an integrated communication space for Bhutanese professionals working in the field of Mental Health, Counselling and Wellbeing.

At the International level

- Collaboration between Bhutan and the European Union through partnership in Tertiary Education.
- Development of relationship and exchange of good practice between RUB and Higher education institutes in European Union.
- Development of a unique model of student service centre: A centre which will embody the Bhutanese philosophy of Gross National Happiness infused with contemporary knowledge of Mental Health, Counselling and Wellbeing.