

Key Decisions

1. Logical Framework

The team adopted nine primary objectives, and sequenced the objectives in order of their priority in the project result.

2. Financial Modality

After much deliberation on the project team's remuneration the members decided to follow the payment guidelines from the Erasmus Plus project document as cited in the financial guidelines and provisions of the grant. For other participants involved in training or capacity building, RGOB financial guidelines will be applied.

3. Seed Fund for Centre's Sustainability

Pema Dorji, Student Service Officer will inform the Office of Vice Chancellor about the value addition of the Project in terms of enhancing student wellbeing at RUB colleges. The need to initiate a seed fund for sustainability of the centres will be proposed at relevant forums in RUB (for e.g. Academic Board, DSAs Forum).

4. Integrated Hub for Centres

The happiness and wellbeing centres in the two colleges of education- Paro and Samtse, will be developed as the hub for counselling education, training, and research. They will play a lead role in sustaining the programmes and activities of the other centres.

5. Ownership of the Centres

For the sustainability of the centers the colleges needs to be ensured to take the ownership of the centres, Mr. Pema Dorji to take the lead in ensuring the RUB colleges to take the ownership.

6. Training Manual Development

The team members from Samtse will take the lead in developing training manual/material.

The subject experts will develop a content of training package that are infused with contemplative counselling practice. Training package and the module will be aligned with the BBCC requirement for certification.

Along with the training package, the project will also develop tailor-made courses related to wellbeing, mental health, and counselling.

7. Centre Name

After much deliberation the members agreed to name the centres as '*Happiness and Wellbeing Centre*'. Gakyid Dang Deyney Tewa has been kept as tentative name in Dzongkha, however lopen Dechen Wangda and the members are to explore for other name either from dzongkha or Sanskrit.

8. Project Assistant Recruitment

The team members highlighted the need for a fully dedicated position to shoulder project responsibility. Therefore, the Project team decided to recruit a project assistant. The recruitment process will be initiated by Paro College of Education.

9. Work Package

The work package of the partner institutes needs to be endorsed in the project-signing meeting in Brussels.

Three phases of partner institute visits have been laid out, the first phase tentative in March 2019, the team members will be the subject experts. Second phase tentatively inthe team members will be the technical teams, and the third phase set tentatively in June 2019 the team members will be research experts.

The potential counsellors will visit two to three universities or institutes in the region to study the best practices, and the duration of the placement will be about 7 to 10 days. However, this is still subject to prior approval from the Agency.

10. Need Assessment Study

A small-scale need assessment for student wellbeing in the RUB colleges will be conducted with Mr. Sonam Dorji as a lead. He will take the lead and work on the development of the survey tools, circulate among the members for feedback and comments or input from the members. The survey tools will be ready by February 10th 2019.

11. Prototype of the Centres:

The team decided following thematic areas of the centres. The team members will write a short description of the focal area (reflected next to their name). The write up should discuss the problem statement, possible measures, and specific measures catered through the centres to address the problem.

Preciousness of human life and self-development:(Dr.Dorji Thinley)

The focus of the project should be on mental health wellbeing; the centre will be guided from a humanistic, person-centered perspective.

Mindfulness and Awareness (Karma Gayphel,Dechen Wangmo, Pema Dorji)

- Knowing yourself
- Present moment awareness
- Befriending emotions (desire, anger, ignorance, pride, jealousy,)

Leadership of self (Dr.Dorji Thinley, Sonam Dorji. Dr.Rinchen Dorji)

- Resilience
- Astuteness
- Perseverance
- Communication

Emotional and social intelligence (Karma Nidup,Pema,Khandu, Sangay)

- Self esteem
- Confidence building

Being Bhutanese (Dr.Rinchen Dorji)

- Identity
- Cultural and traditional values

Working with life challenges (Sangay, Khandu, Pema, Karma Nidup)

- Physical health
- Substance use
- Relationship
- Stress and anxiety
- Conflicting emotions

12. Eligibility Criteria for selection of Potential Counsellors are set as:

- Should be a serving resident coordinator and has worked with students.
- Should have initiated programs for improvement of students' well being.
- Should have good social and communication skills.
- Should have emotional maturity.
- Should possess leadership qualities.

Enhancing Mental Health, Counseling, and Wellbeing Support for University Students'

Project Progress Meeting II, Samtse College of Education

Date: 4th Jan- 5th Jan, 2019

Members Present:

Dorji Thinley, PhD, Paro College of Education, Chair

Rinchen Dorji, PhD, Samtse College of Education, Co-chair

Mr. Sangay Dorji, Paro College of Education, Coordinator

Mr. Pema Dorji, Office of the Vice Chancellor, Member

Mr. Sonam Dorji W, Paro College of Education, Member

Ms. Pema Latsho, Paro College of Education, Member

Ms. Khandu Dorji, Paro College of Education, Member

Mr. Karma Nidup, Paro College of Education, Member

Mr. Dechen Wangda, Paro College of Education, Member

Ms. Dechen Wangmo, Samtse College of Education

Mr. Karma Gayphel, Samtse College of Education, Member