

DIGITAL PLATFORM

The centre also has a virtual digital platform which serves as a communication tool, resource bank, and information booth for students and staff of CST. The platform has different features dedicated for several services that the Happiness and Wellbeing centres.

How do you log in?

Go to <https://cst.emcwub.pce.edu.bt/>

Username: your student ID or staff ID

Password: your student ID or staff ID

(You can also use the lost password link on the login page in case their default password

Centre Address

The centre is located inside the campus of the College of Science & Technology, beside Lecture Theater-I, Phuentsholing,

Centre Contacts

Centre Coordinator:

Bharat K Humagai, Dean Student Affairs
(mob: +975-17161040)

Centre Manager:

Inchu Dorji, Student Service Officer
(mob:+975-17734846)

Centre Wellbeing Coach:

Chimi Dem, Student Service Officer
(mob:+975-17379976)

Happiness & Wellbeing Centre College of Science & Technology



**Enhancing Mental Health, Counseling
and Wellbeing support for CST
students and community**

BACKGROUND

Happiness and Wellbeing Centre at the College of Science and Technology's serves as a safe place for the students to seek refuge, to build skills, enhance insight, and grow resilience, which will all go a long way in preparing them for life, and their roles as a future responsible citizen. The centre is established through the project 'Enhancing Mental Health, Counselling and Wellbeing Support for University Students in Bhutan'. It is funded by the European Union through Erasmus+ Program.

The centres will cater services related with happiness, wellbeing, and counselling to RUB staff, local community, government agencies, and Non Governmental Organizations. Some of the services that the centres will cater are mindfulness, one-to-one counselling, group counselling, courses on insight, and skill enhancement. The services under the centre are informed by five major themes related with empowerment of the self, and working with life challenges.

OBJECTIVES OF THE CENTRE

- The centres will offer services aimed towards self-empowerment to enable the individuals to live a life that is meaningful and fulfilling.
- The centres will focus on offering assistance to the individuals who are experiencing challenges in their lives.
- The centres will offer mentoring, academic guidance and career counselling.
- The centre will serve as the hub for counselling & wellbeing education, training, and research. It also will play a lead role in sustaining the programmes and activities of the other centres at RUB colleges.

THEMES

The five themes are:

- Leadership of Self
- Working with Life Challenges (Counselling)
- Mindfulness and Awareness, and
- Emotional and Social Intelligence

OUR SERVICES

