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## Happiness & Wellbeing Centre: Progress Report 2020 Autumn Semester

*Vision: Preciousness of Human Life and Development of Self*

Name of centre: Happiness & Wellbeing Centre; PCE

Centre Manager: Mr. Chimi Rinzin, DSA

Wellbeing Coach: Ms. Choki Yuden, SSO

Activities	Dates	Lead	Description	Progress Indicator
Aerobic/Zumba Dance	30 <sup>th</sup> Sept, 2020	Tempa	The aerobic session was started on 30 <sup>th</sup> September, 2020 for residents. It was conducted for the Student Leaders during first session. The sessions were conducted class wise as per the schedule drawn. The instructors were from 2 <sup>nd</sup> Diploma in Physical Education and Sports Coaching (DPESC) students. It was conducted 4 days a week for the efficiency. Each session was led by a team of students including a team of Rovers (Scouts).	All the residents participated in sessions as per the schedule.
Yoga for Fitness	1 <sup>st</sup> Oct, 2020	Tempa	For the stillness both physically and mentally, a Yoga session was started for the residents. At first, it was also scheduled class wise but it had to be kept for interested ones	All the residents attended the session at the beginning but a group of students attended at the later stage.



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			<b>later the later stage because Yoga is difficult for physically challenged ones. The session was instructed by a 3<sup>rd</sup> student who has a good knowledge on Yoga.</b>	
“Healthy Living; Healthy Lifestyle”	23 <sup>rd</sup> Oct, 2020	Tempa	A seminar and a sensitization programme was conducted on “Healthy Living; Healthy Lifestyle” for the students of 1 <sup>st</sup> year. The group was selected because first year students are at the youthful stage where they need the guidance and awareness programme on a healthy lifestyle. The presentation was done by Mr. Sangay Dorji, Lecturer (H & WC Project Coordinator). The topics on substance abuse, alcohol consumption and digital addiction were covered.	All first year students attended the programme
Bhutanese Values and Tradition	28 <sup>th</sup> Oct, 2020	Tempa	The Programme on ‘Being Bhutanese’ was conducted for first year students and interested students from other levels and sections. It was facilitated by Mr. Dechen Wangda, Lecturer (Subject Specialist).	Students attended the programme
Comprehensive Sexuality Education	2 <sup>nd</sup> Dec, 2020	Tempa	A seminar on ‘Comprehensive Sexuality Education’ was conducted for first year students in collaboration with UNDP. The programme was conducted by Ms.	Students attended the programme.



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			Ugyen Tshomo, Lecturer (Programme Coordinator) and other specialist on the subject.	
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### Challenges:

The challenges are as below;

1. Hard to convince students to participate voluntarily.
2. Difficult managing time
3. Difficult managing refreshments during such programmes and activities.
4. Arranging facilitator/Instructors is a problem

### Recommendations:

The centre was started with the noble intensions and I feel it is serving humanity. Those needy students who are in need of 'Counselling' cannot consult us when in the office where students are called to on disciplinary problem. The current location of the place where students in need of conselling is not so appropriate with the stigma that those visiting office would rather mean s/he might have committed mistakes/disciplinary issue.

On this ground, it would be much appropriate and convenient if the conselling room is separated from the student service office. This will open the door for those are in need of counselling and guidance services.