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## **Project and Stakeholder Collaboration**

### **Memorandum of Agreement**

#### **Background**

Youth are the jewel of the nation. We have for long said that the future of the nation lies in the hands of the younger generation. On the other hand, we have for a much longer time seen our youth as a problem. As an increasing number of youth remain jobless, take solace in drugs and alcohol and come in conflict with law, the society has come to fear its youth. Despite governments continued efforts in addressing youth concerns in collaboration with other youth-related agencies, we are faced with huge and more challenging youth problems, which not only deteriorate the life of youth themselves but also pose a great threat and concern for the society.

To mitigate similar kinds of issue the Royal University of Education (being home to almost 10000 young people) in collaboration with three Higher Education Institute from European Union developed a project aimed towards enhancing mental health, counselling, and wellbeing support for the students. This project is not just an opportunity to enhance wellbeing, insight and skill of Royal University of Bhutan students, but also it provides an opportunity for the Bhutanese Agencies working in the field of human services, counselling, wellbeing and young people to collaborate, integrate, and work towards addressing the issues concerning our youth, and general population.

As a result of this project, a '*Happiness & Wellbeing Centre*' was established at nine constituent colleges of RUB. These centres embodies a hybrid model of contemporary theories, and practices in the field of counselling, guidance, and wellbeing integrated with the Bhutanese philosophy of Gross National Happiness.

Also, the project will generated a digital platform dedicated for wellbeing and happiness centres, professionals working in the field of human service, students, young people, foreign linkages and regional linkages. The project is co-funded by Erasmus Plus Programme and its planned for two years, starting 11/15/2018. Visit project webpage for more information, and opportunities. <http://www.rubstudentservice.com>



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Beyond this, the project also initiated collaboration and integration amongst the organization working in services related with enhancement of insight, skills and knowledge of young people. In particular, the project conducted meetings, seminar, conference and capacity building of the Agencies responsible of empowering young people in Bhutan. The project also offered these Agencies access to a Digital Platform, a virtual platform which will serve as an integrated communication space for Bhutanese professionals working in the field of career, counselling and wellbeing.

Towards the end of the project a Memorandum of Agreement will be signed between the potential stakeholders and the happiness and wellbeing centres of Royal University of Bhutan. The MoA will provide key highlight of the area of the collaboration between the happiness and wellbeing centres of RUB and National Stakeholders.

#### Happiness and Wellbeing Centres:

- Serve as a unique model of wellbeing, mental health and counselling centre: A centre which will embody the Bhutanese philosophy of Gross National Happiness infused with contemporary knowledge of Mental Health, Counselling and Wellbeing. And take initiative geared towards advancing the centres into a full fledge centres with competent human resource.
  - Coordinate on demand training and share resources related with wellbeing, happiness, and counselling for the stakeholders.
  - Station for the stakeholders to facilitate workshops, run advocacy sessions, conduct study, and disseminate information.
  - Liaise with the stakeholders in reaching out to the community in empowering young people, and enhancing harmony in the community.
  - Provide stakeholders access to a Digital Platform, a virtual platform which will serve as an integrated communication space for Bhutanese professionals working in the field of career, counselling and wellbeing.
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