

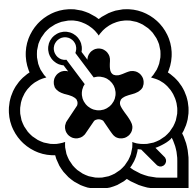


# **Bhutan's Prevention Initiatives**

## **~ Naina Kala Gurung**



# Outline



Emerging Challenges



Developmental Policy



Prevention Perceptions & Practices



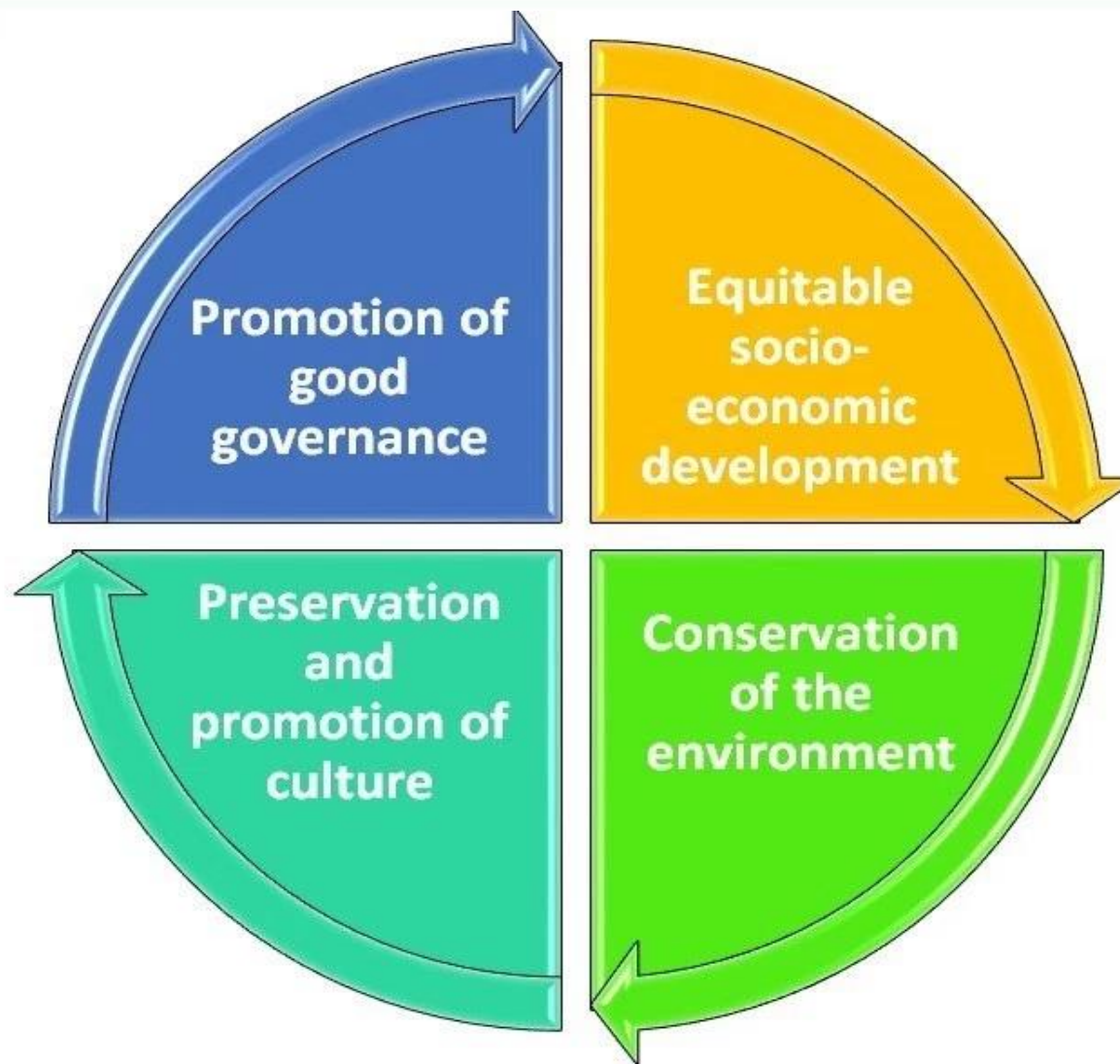
# The Developmental Policy

## **Gross National Happiness**

**A Compass Towards A Just And Harmonious Society**



# The Pillars Of GNH



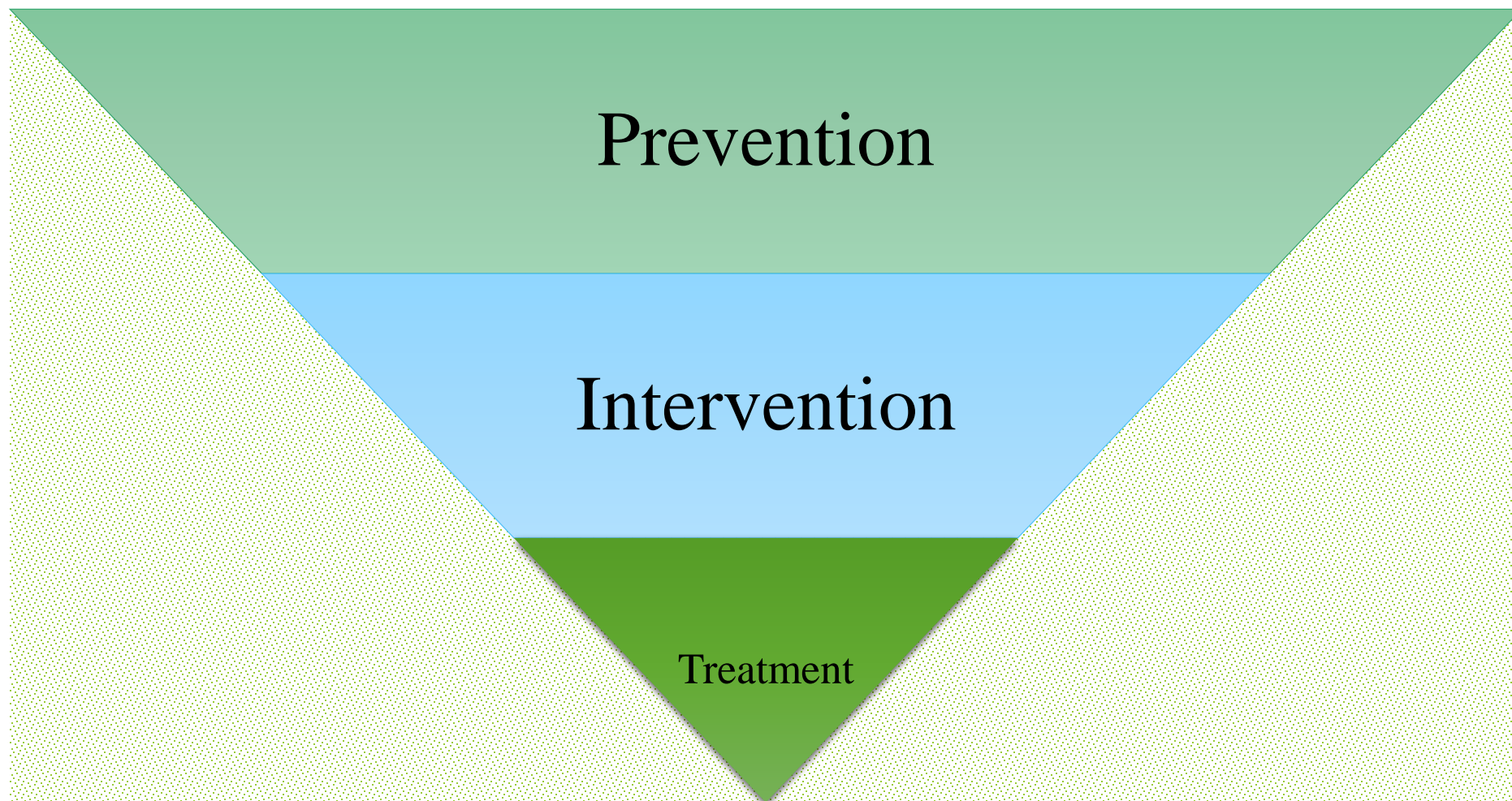


# 4 Pillars & 9 Domains

- I. Sustainable & Equitable Socio-Economic Development**
  - 1. Standard of Living
  - 2. Health
  - 3. Education
- II. Conservation of the Environment**
  - 4. Ecological Literacy
- III. Preservation & Promotion of Culture**
  - 5. Time Use
  - 6. Psychological Wellbeing
  - 7. Community Vitality
  - 8. Cultural Diversity
- IV. Good Governance**
  - 9. Performance of the Government



# Prevention Perceptions & Practices





Developmental Philosophy  
Ministry Of Education

# Educating for Gross National Happiness

**ASEAN Conference on Global Prevention Practices and Interventions**  
November 27-29, 2019, SEAMEO-INNOTECH, Quezon City, Philippines





# Objective Of Educating For GNH

- Being Good Human Beings.
- Holistic Development.
- Conducive Micro & Macro Environments for healthy development of children.
- To help people, particularly young people, to avoid or delay the initiation of harmful substances. If they have started already, to prevent that they develop disorders.





# Green Schools For Green Bhutan

1. Natural & Environment Greenery
2. Intellectual Greenery
3. Academic Greenery
4. Social Greenery
5. Spiritual Greenery
6. Cultural Greenery
7. Aesthetic Greenery
8. Emotional Greenery
9. Moral Greenery



# Five Ways To GNH

1. Meditation and Mind Training
2. Infusing GNH into the School Curriculum
3. Broader Learning Environment
4. Holistic Assessment of Children
5. Media Literacy and Critical Thinking



# Colombo Plan

- ☼ Universal Prevention Curriculum
- &
- ☼ Universal Treatment Curriculum

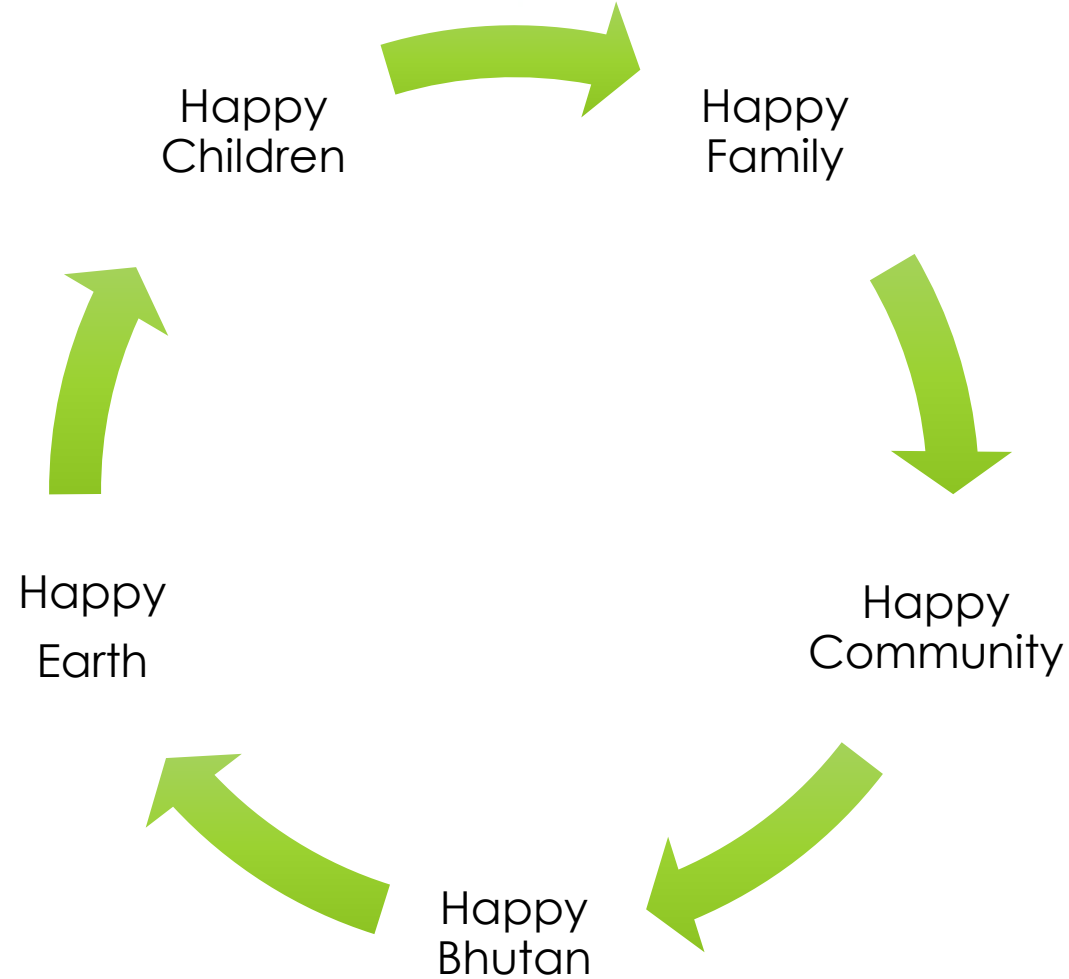


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# A Thought, A Perspective!





# Mental Health

- Mental Health Courses for educational professional
- Guidance Programme
- Cultural Intervention & Promotion
- Awakening My Goodness Within
- Collaboration with all the stakeholders



# The Four Noble Truths

1. Noble Truth of Suffering
2. Noble Truth of the Cause of Suffering
3. Noble Truth of the End of Suffering
4. Noble Truth of the Middle Path or the Noble Eightfold Path





# Eightfold Path

1. **Right Understanding** (leads to Wisdom)
2. **Right Aspiration** (leads to Divine Inclination)
3. **Right Speech** (leads to Truth and Understanding)
4. **Right Behavior** (leads to Goodwill)
5. **Right Livelihood** (leads to Sharing)
6. **Right Effort** (leads to Highest Outcome)
7. **Right Mindfulness** (leads to Purposeful Living)
8. **Right Absorption** (leads to Unity)



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- Educating for GNH documents



**Thank You!**

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