

**INTERNATIONAL SYMPOSIUM:
REIMAGINING EDUCATION
FROM
A GROSS NATIONAL HAPPINESS
(GNH) PERSPECTIVE**

June 1- 6, 2024
Paro, Bhutan

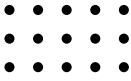




In an era where education is the cornerstone of progress and well-being, the Global Symposium on Gross National Happiness based Education (GNHBE) stands at the forefront of an educational revolution. This landmark event aims to redefine the essence of learning, shifting paradigms towards an educational model that prioritizes the holistic well-being of students, educators, and communities worldwide.

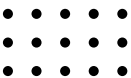
A Vision for Tomorrow

Our symposium embarks on a critical mission to integrate the principles of Gross National Happiness into the fabric of global education. By fostering comprehensive dialogue among leading scholars, practitioners, and innovators, we are setting the stage for a transformative journey. Our goal is not only to explore the philosophy and research underpinning GNH in education but also to showcase practical strategies and best practices that can be adopted by educational institutions globally.



Key Objectives

- **Initiate Comprehensive Dialogue:** Establish a vibrant academic platform to discuss the impact and experiences of GNH in education.
- **Promote GNH in Education:** Encourage a shift towards education that embraces wisdom, vitality, and purpose.
- **Practical GNH Approaches:** Bridge policy visions with ground realities through actionable strategies.
- **Strengthen Scientific Evidence:** Support the development of children through holistic education based on GNH principles.
- **Explore Best Practices:** Share success stories in leadership training, curriculum development, and evaluation.
- **Foster Global Collaboration:** Pave the way for international partnerships and the establishment of an International Institute for GNH Based Education.
- **Benchmark Happiness in Education:** Integrate the PISA Happy Life Index to measure and enhance the well-being of students globally



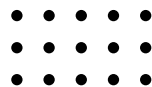


Anticipated Outcomes

The symposium is poised to generate transformative knowledge, outline a GNH-based educational model, share effective practices, establish global partnerships, and create momentum for GNHBE. By integrating research outcomes with practical and policy discussions, we aim to bridge the gap between theory and practice, ensuring that GNHBE principles are grounded in solid evidence and can be effectively implemented worldwide. Through this initiative, we aspire to create an educational environment that fosters joy, well-being, and a profound sense of purpose among learners, setting a global standard for happiness in education.

Join Us on This Journey

This symposium represents a crucial step towards integrating Gross National Happiness principles into education, aiming for a world where educational systems contribute significantly to human flourishing. Aligning with His Majesty The King of Bhutan's initiative to establish the world's first Mindfulness City, we invite you to be part of a vibrant economic and spiritual hub that harmonizes growth with well-being.



Your Participation Matters

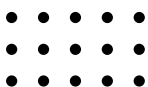
As we convene in the picturesque setting of Paro College of Education, your presence and contributions will be instrumental in shaping the future of education. Together, we can forge a path toward a happier, more fulfilled global community through the transformative power of education.



Registration

<https://www.pce.edu.bt/gnheducation.symposium>

The last date of registration: May 20th, 2024



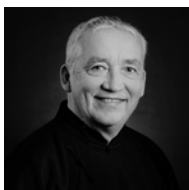
Keynotes



Andreas Schleicher/Germany

OECD

Supporting Students to Learn for Their Future, Rather Than for Our Past



Tho Ha Vinh/Switzerland - Vietnam

Eurasia Learning Institute

Happy Schools and/or Integrating Gross National Happiness into Education: Shaping a Future of Well-being



Dorji Thinley/Bhutan

Paro College of Education

Small and Vast: Exploring the Impact of GNH Values on Global Education Futures



James Doty/USA

Stanford University

The Neuroscience of Compassion and Its Implications for Gross National Happiness Education



Howard Glasser/ USA

The Nurtured Heart Institute

A Remarkable Collaboration - How the Roles of Parents and Educational Leadership Can Be Joined in an Approach for Promoting and Multiplying the Happiness and Wellbeing of Children





Nandini Chatterjee/India
Neuroscientist and Research Lead
at UNESCO MGIEP

*Can Comprehensive Empathy Assessments Provide
Useful Mental Health Insights in Adolescents?*



Lilian Cheung/USA
Harvard Center for Mindfulness
*Mindful Living for
Personal and Planetary Health*



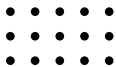
Craig Elevitch/USA
AHACD
*Enhancing Well-Being
through Regenerative Nature Education*



Anantha Duraipah/India
Inaugural Director UNESCO MGIEP
*Measuring the Wellbeing of a Country:
Human Capital and Emotional Competencies*



Luis Gallardo/Spain- USA
World Happiness Foundation
*Contemplative Education:
Catalyzing Freedom, Consciousness, and
Happiness in a Happytalism Framework*





Parallel Keynotes

1. Education and the Politics of Being

Thomas Legrand/ France

*2. Alignments and Misalignments in Complex School Systems:
Happiness as an Educational Value in Bhutan and Beyond*

Matthew Schuelka/ USA

Fora Education/ University of Minnesota

Kezang Sherab/Bhutan

Centre for Educational Research and Development,

Paro College of Education

3. Innovative Teachers Trainings

for the Future of Learning and Teaching

Yael (Yuli) Tamir/Israel

President of Beit Berl College





4. Mindfulness for Vulnerable Children.... Only?

Russia Ha-Vinh Leuchter/Switzerland

Geneva University Hospital

5. Art and Science of Human Flourishing in Higher Education

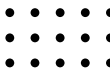
Susan Huber/ USA

Centre for Healthy Minds, University of Wisconsin-Madison

6. Transformative Integral Education to initiate Human Flourishing, Economic Wellbeing and Societal Happiness – across all Continents: Africa, Asia, Arab World, Americas, Europe

Alexander Schieffer/ Switzerland & France

Trans4m Center for Integral Development



Panel Discussion

1. Understanding the Need for a Paradigm Shift in Education

Rinchen Dorji, Samtse College of Education, Bhutan

Tan Sri Dato' D.A. Razak, International Islamic University,
Malaysia

Kiran B. Sethi, Riverside School, India

Jamyang Dolma, AHACD, Hawaii

Empty Chair

2. GNH Principles and Educational Practices

Thakur S. Powdyel, Former Minister of Education, Bhutan

Dawa/Pema Thinley, Lhomon Education, Bhutan

Deki Choden, ELC School, Bhutan

Edith Favoreu, HEG/Geneva Management School

Empty Chair

3. Building a Scientific and Practical Foundation for GNHBE

Nimrod Sheinman, Center for Mindfulness in Education, Israel

Matthew Schuelka, Fora Education, USA

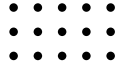
Olga Klimecki, Friedrich Schiller University Jena, Germany

Siok Sian Pek-Dorji, Centre for Media and Democracy, Bhutan

Karma Tenzin, Associate Professor, Khesar Gyalpo University of
Medical Sciences

Jane Mann, Education Director, International Education
Cambridge University Press & Assessment





4. Design of Education for the Future: Youth Voices

Trisha Chhetri, Pelkhil High School, Thimphu
Shridipta Satpati, Grade 12 Student, National Gems
Higher Secondary School, India

Nancy Jiang, University Graduate of UC, San Diego

Kinley Rabgyal Dorji, Grade 10 Student of ELC School

Kinley Yuden Tshering, Grade 5 Student of ELC School

Yuhan Wang, Grade 10 Student, China

5. GNH and Vajrayana Buddhism

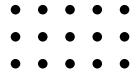
Neytrul Ngawang (Hefu Tulku)

Khamtrul Rinpoche

Paro Lam Neten

Lungtean Gyatso





Parallel Workshop



33 workshops on transformative education by 40+ educators and practitioners from 17 countries.

Re-storying Community through Digital Storytelling: A Creative Approach to GNH in Education

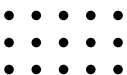
Ching-Chiu Lin/ Simon Fraser University/Canada

Kezang Sherab/Paro College of Education/Bhutan

Chimi Dema/Paro College of Education/Bhutan

Advancing Conflict Resolution Education in School Curriculums for Future Generations

Ana Maria Maia Gonçalves/Portugal



Action Planning to Infuse GNH Values into Higher Education Curriculum Policy and Practice

Maureen Bell/Wollongong University/Australia

Deki C Gyamtso/Paro College of Education

Self-Management Tools for Daily Life

Tshering Eudon/Contentment Foundation/Bhutan

Karma Dolma/Contentment Foundation/Bhutan

Educational Policy Design Framework: Balancing Spiritualism and Materialism in Advancing ‘Educating for Gross National Happiness’ in Bhutan

Nha Thanh Nguyen/

Christina Nobel Children Foundation/Vietnam

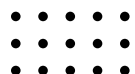
A University Teaching Program in Communication Designed and Deployed on the Basis of Learning Emotional and Social Intelligence, Non-Violent Communication Techniques and the Practices of Collective Sharing and Community Service (the Famous Giftivism).

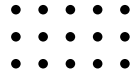
To Phuong Ho/Hu Tech University/Canada

Your Productivity: Mastering the Eisenhower Matrix

Mousumi Boral/ Satyapriya Roy College of

Education/India





Parallel Workshop (continued)

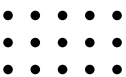


Promoting Teacher Agency and Well-Being through the Four Immeasurable Qualities of Loving-kindness, Compassion, Joy, and Equanimity

Kinzang Lhendup,
Tenzin Choden Lekphel,
Sonam Lhazeen & Karma Gyalley/
Paro College of Education/Bhutan

EduCARING at ELC: School-Level GNHBE Practices for Student, Parent and Teacher Wellbeing

Deki Choden/ELC School/Bhutan
Tim Huang/ELC School/USA



Experiment Social Presencing Theatre to Find Solution for the Paradigm Shift in Education

Fanny Walter/Centre BNB France (BNB = Bonheur National Brut in French = GNH) /France

Enhancing Socio-Emotional Learning and Wellbeing in Children and Adolescents.

Russia Ha-Vinh Leuchter/ Geneva University Hospital/ Switzerland

A. Ambresin/Lausanne University Hospital/Switzerland

E. Favoreu/Geneva Management School/Switzerland

Mme C. Van Klaveren /Eurasia Learning Institute for Happiness and Wellbeing/Switzerland

Olga Klimeski University of Jena Germany

Building a Research Project to Evaluate Programs Designed to Enhance Socio- Emotional Learning and Wellbeing in Children and Adolescents

Russia Ha-Vinh Leuchter/ Switzerland

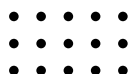
A. Ambresin/ Switzerland

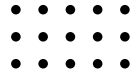
V. Siffredi/ Lausanne University Hospital/ Switzerland

C. Van Klaveren/ Switzerland

Developing Higher Education Curriculum to Ensure that GNH Is Central to the Why, What, Where, When and How of What We Offer to Our Students

Owen Hicks/University of Western Australia /Australia





Parallel Workshop (continued)



Developing Mindful Organizations & Leadership: Insights on Wisdom at Work for Personal and Organizational Resilience
Catia Cebola/Polytechnic Institute of Leiria/Portugal

The Profound Interweaving of Mindful Presence, Empathy, and Responsive Compassion: Keys to Deep Resilience & Transformational Learning
Joel Levey /Wisdom at Work/ USA
Michelle Levey/ Wisdom at Work/ USA
Reshma Piramal/ Social Emotional and Ethical Learning Program/India



From Refuse to Resource: Personal Transformation and the Alchemy of Composting

Sagara/Hawaii

Conscient Education for Humanity of the III Millennium

Zyomara Briseida Delgado/ NGO International Gnostic Moverment/Mexico

Cultivating Self-Compassion for Professional Growth and Well-being

Jambay Lhamo/PCE/Bhutan

Mindfulness, Self-Compassion and Creativity - an Inspiring Light-footed Path to Happiness

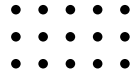
Cyndee Bessant/USA

Helga Luger_Schreiner/MAT - Mindfulness ART-based Transformation/Austria

Co-Creating the One Home UnivEARTHsity for Regenerative Future Building: Built on the Go On the One Home Journey: 7 Years for 7 Generations, a Collective Future Building Expedition of Humanity in Unity to All Countries on Earth, Home to Home, and Culture to Culture.

Alexander Schieffer and Rama Mani





Parallel Workshop (continued)



Gender-transformative Climate Literacy: Pathway to a Green and Gender-Equal Future

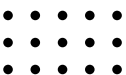
Thinley Choden/ Consultant/
Social Entrepreneur/Bhutan

Reimagining Assessment: Leveraging AI to Make SEL Explicit, Adaptive and Joyful. An EdTech Perspective from Singapore

Aik Yang Ng/ Singapore

Collaborative Calm: Building Resilience Together in Schools with Mindfulness and Compassion

Toe Ho Fang



Global Norms in the Making: The Intersection of Education, Politics, and GNH in Bhutan's International Influence

Namgyel Wangchuk

Education for Sustainable Development: Issues, Principles and Practical Strategies for the Localization of ESD

Zainal Abidin Sanusi/Sejahtera Centre for Sustainability and Humanity, International Islamic University /Malaysia

Reimagining Education Systems: Utilising a High Leverage Point Approach for Transformative and Sustainable Change

Richard Ingram/Exeter University /UK

Challenging the Established: From Personal Evolution to Global Revolution

Paulina Nava Villazon/ Mexico

Play, Wholeness, and Sustainability in Education

Astrid Kidde Nørgaard Larsen & Ane Tyrrestrup/ VIA University College/ Denmark





Program

Day 1- Saturday 1st June, 2024

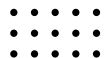
6.00PM: Opening Ceremony- Marchang

7.30PM: Welcome by the hosts

7.30PM: Interaction at the Dinner Table

8.00PM: Welcome Dinner & Cultural Programme

9.30PM: Transportation to the Respective Hotels



Day 2- Sunday 2nd June, 2024

“Understanding the Need for a Paradigm Shift in Education”

6.30AM-7.45AM: Breakfast and Transportation

8.15AM: Mindfulness Practice & Overview of the Day

8.30AM: Keynote 1- Supporting Students to Learn for Their Future, Rather Than for Our Past
/ Andreas Schleicher

9.00AM: Keynote 2- Integrating Gross National Happiness into Education: Shaping a Future of Well-being
/ Ha-Vinh Tho

9.30AM: Interactive activity of participants

10.00AM: Health Break

10.30AM: Parallel Keynotes # 1

- Education and the Politics of Being/ *Thomas Legrand*
- Alignments and Misalignments in Complex School Systems: Happiness as an Educational Value in Bhutan and Beyond/*Mathew Schuelka & Kezang Sherab*
- Innovative Teachers Trainings for the Future of Learning and Teaching/*Yael (Yuli) Tamir*

11.15AM: Interactive session in groups

Day 2- Sunday 2nd June, 2024 (continued)

“Understanding the Need for a Paradigm Shift in Education”

12.00PM: Lunch

1.30PM: Human Bingo

2:00PM: Panel Discussion #1

Understanding the Need for a Paradigm Shift in Education

- *Rinchen Dorji*
- *Tan Sri Dato’ D.A. Razak*
- *Kiran B. Sethi*
- *Jamyang Dolma*

3.00PM: Health Break

3.30PM: Parallel Workshop #1

5.30PM: Group gathering and synthesis

6.30PM: Movie- A Monk and the Gun

7.30PM: Dinner

9.00PM: Transportation to the Respective Hotels

Day 3- Monday June 3, 2024

“GNH Principles and Innovative Educational Practices”

6.30AM-7.45AM: Breakfast and Transportation

8.15AM: Mindfulness Practice & Overview of the Day

8.30AM: Keynote 3- Small and Vast: Exploring the Impact of GNH Values on Global Education Futures/ *Dorji Thinley*

9.05AM: Keynote 4- A Remarkable Collaboration - How the Roles of Parents and Educational Leadership Can Be Joined in an Approach for Promoting and Multiplying the Happiness and Wellbeing of Children/ *Howard Glasser*

9.30AM: Panel Discussion #2

GNH Principles and Educational Practices

- *Thakur S. Powdyel*
- *Dawa/Pema Thinley*
- *Deki Choden*
- *Edith Favoreu*

10.30-12:30 Parallel Workshop #2

12.30PM: Lunch

1.30PM-9.00PM: Cultural and School visit to Thimphu
(Own Dinner)

Day 4 Tuesday 4th June, 2024

“Research, Evidence, and Best Practices”

6.30AM-7.45AM: Breakfast and Transportation to the College

8.15AM: Mindfulness Practice & Overview of the Day

8.25AM: Keynote 5- The Neuroscience of Compassion and Its Implications for Gross National Happiness Education/
James Doty

8.55AM: Keynote 6- Can comprehensive empathy assessments provide useful mental health insights in adolescents?
/Nandini Chatterjee

9.25AM: Choosing our Future- Youth Voices
*Trisha Chhetri, Shridipta Satpati, Nancy Jiang
Kinley Rabgyal Dorji, Kinley Yuden Tshering, Yuhan Wang*

10.00AM: Health Break

10.30AM: Parallel Keynotes # 2

- Art and Science of Human Flourishing in Higher Education/
Susan Huber
- Transformative Integral Education to initiate Human Flourishing, Economic Wellbeing and Societal Happiness – across all Continents: Africa, Asia, Arab World, Americas, Europe/
Alexander Schieffer
- Mindfulness for vulnerable children.... only?
Russia Ha-Vinh Leuchter

Day 4 Tuesday 4th June, 2024 (Continued)
“Research, Evidence, and Best Practices”

11.00AM: Recap

12.00PM: Lunch

1.30PM: Human Spectrum

2:00PM: Panel Discussion #3

Building a Scientific and Practical Foundation for GNHBE

- *Nimrod Sheinman*
- *Matthew Schuelka*
- *Olga Klimeski*
- *Siok Sian Pek-Dorji*
- *Karma Tenzin*
- *Jane Mann*

3.00PM: Health Break

3.30PM: Parallel Workshop #3

5.40PM: Parallel Workshop #4

7.45PM: Group gathering and synthesis

8.30PM: Dinner

9.30PM: Transportation to the Respective Hotels



Day 5- Wednesday 5th June, 2024

“The spiritual dimension of Education, an experience of Bhutanese culture”

6.30AM-7.45AM: Breakfast and Transportation

8.00AM: Mindfulness Practice & Overview of the Day

8.20AM: Keynote 7- Mindful Living for Personal and Planetary Health / *Lilian Cheung*

8.55AM: Keynote 8- Enhancing Well-Being Through Regenerative Nature Education/*Craig Elevitch*

9.30AM: Panel Discussion #4

GNH and Vajrayana Buddhism

- *Neytrul Ngawang (Hefu Tulku)*
- *Khamtrul Rinpoche*
- *Paro Lam Neten*
- *Lungtaen Gyatso*

10.30AM: Health Break

10.45AM: Optional Tour

Hike to Tiger’s Nest/Visits to other Spiritual sites/
Paro School/National Musuem/Paro Town

6.45PM: Debrief of the experience

7.30PM: Dinner at the Respective Hotel

Day 5- Wednesday 5th June, 2024 (continued)

“The spiritual dimension of Education, an experience of Bhutanese culture”

Special Sponsor Event

2.00PM: Happy Organizations: Embracing Gross National Happiness for Transformative Business Leadership

/Ha Vinh Tho

- *Presentation*
- *Book signing*

3.15PM: Health Break

3.45PM: Interactive workshop/ *Edith Favoreu*

- *Group work on integrating GNH in organisation*

5.00PM: Meeting with special invited guest:

Rinpoche or other prominent Bhutanese (Royal Family)

6.00PM: Break

7.00PM: Gala dinner with guests and cultural show



Day 6- Thursday 6th June, 2024

“From Vision to Action Implementing GNHBE Models Global Collaboration and Future Trajectories”

6.30AM-7.45AM: Breakfast and Transportation

8.15AM: Mindfulness Practice & Overview of the Day

8.20AM: Keynote 9- Measuring the Wellbeing of a Country:
Human Capital and Emotional Competencies
/Anantha Duraiappah

9.00AM: Keynote 10- Contemplative Education:
Catalyzing Freedom, Consciousness, and Happiness in a
Happytalism Framework/ *Luis Gallardo*

9.30AM: Interactive activity of participants

10.00AM: Health Break

10.30AM: Parallel working groups

- *GNHBE in Teacher Training and Schools*
- *Operationalising GNH in Education - Insights into Practical Models and Strategies for GNH Implementation*
- *Levers for Change - Exploring Catalysts for Integrating GNH into Educational Policy and Practice*
- *PISA Happy Life Index*
- *Building a Research Project to Evaluate Programmes Designed to Enhance Socio- Emotional Learning and Wellbeing in Children and Adolescents*
- *Happy Schools Programme*

Day 6- Thursday 6th June, 2024 (continued)

“From Vision to Action Implementing GNHBE Models Global Collaboration and Future Trajectories”

12.00AM: Lunch

1.30PM: GNH Energy Exchange- Sparking Joy and Ideas

2.00PM: Parallel working groups (cont'd)

3.00PM: Health Break

3.30PM: Poster presentations of the working groups

4.30PM: Final synthesis

5.30PM: Closing ceremony/ Presentations/ Gala Dinner/
Cultural Programme by the Royal Academy of Performing Arts

9.00PM: Transportation to the Respective Hotels



The International Organizing Committee

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Gross National Happiness
(GNH) is more important than
Gross Domestic Product (GDP).
4th King.

Dr. Tho Ha-Vinh

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Hosts



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