



# ZHEMGANG MONTHLY

## FROM STEPS TO LEAPS

Issue 11 | Date 31 July 2019

www.zhemgang.gov.bt

### CONTENTS

- Page 2** International Tiger Day
- Page 3** Brief History of ZCS
- Page 4** Opening of RNR Sales Counter at Tingtibi
- Page 5** Words of Wisdom  
Did you Know?
- Page 6** Sersong Water Source Visit  
The Witty and the Wittiest.
- Page 7** Local Government Key  
Result Area 4
- Page 8** Take your life with an  
open mind  
What does spiritualism  
mean for you?
- Page 9** Agriculture Awareness and  
Training  
Summer PD Programme
- Page 10** School Profile - ZCS  
Lower Campus  
  
Annual Dzongdag's Run

### UpComing Event

- 9<sup>th</sup> Aug** - Annual Rio-Sang-Choe Ceremony
- 10<sup>th</sup> Aug** - Marathon - Annual Dzongdag's Run
- 15<sup>th</sup> Aug** - Dzongkhag Tshogdu
- 17<sup>th</sup> Aug** - Monsoon Football Tournament begins

### Month That Was



### From "Huts to Heaven"

An elderly couple living at Gompong Duedul Choeten under Zhemgang Dzongkhag in difficult condition has been moved to Goensho Tshamkhang, a retreat for elderly people, built under His Majesty's People's Project, in Thimphu Wangsisina.

Upon arrival at the Tshamkhang, the couple described the retreat centre as heaven and expressed their heartfelt gratitude to His Majesty for his profound kindness and compassion.



# 9th International Tiger Day- *Their survival is in our hands*



The powerful and loudest roar of the Tiger isn't calling for their own protection rather a bitter reminder to the mankind of various detrimental damages causing to the nature and ecosystem due to survival threat faced by tigers. The top most predator of food chain, an umbrella species and critically endangered "Tiger", is likely to face the extinction from earth if we don't act now and conserve them. The 9th International Tiger Day (29th July 2019) was observed at Panbang Dungkhag, Zhemgang. The event was funded by Bhutan Foundation and hosted by team of the voice of Bhutan in collaboration with Royal Manas National Park, Tiger Centre and Zhemgang Forest Division.

The program was graced by DASHO DZONGDAG and other guest including Drangpoen, Drungpa, Officer Commandant, RBP and Dzongkhag officials. The program was attended by more than 2000 people living in and around Panbang Dungkhag. DASHO shared insight on why we need to conserve this majestic animal and importance of observing the day. In the wild as of now, the Tiger population is around 3000-3600 and Bhutan has 103 tigers recorded during the National Tiger Survey. The Royal Manas National Park, Jigme Singye Wangchuck National Park & Zhemgang has highest tiger densities between 2 to 3 tigers per 100 sq.km. The Tiger Centre, DoFPS based at Gelephu was established in 2018 and the team is gearing towards conservation and protection of Tiger. DASHO also congratulated all the Forest Rangers for their selfless services and shouldering the noble duty of conservation our environment.



The message of the event was further strengthened and conveyed to the public through short play, songs and dialogue performed by the Voice of Bhutan team. The event and the team sensitized how tigers today face incredible challenges due to changes brought about by human activities. The message focused on how everyone should work together to protect this beautiful animal and as without them, the very survival of us and the ecosystem would be in grave danger.

Contributed by Norbu Zangmo,  
Dz. Beautification Officer.

# Brief History of Zhemgang CS

Zhemgang is a place of unparalleled scenic beauty and tranquility in the central region of the Himalayan country, the land of the Peaceful Dragon. The place that is linked to the royal capital, Thimphu and opened to the outer world with the lifeline of NH3 is mostly marked in the Kingdom's map because of its educational abode, Zhemgang Central School. It is located below the town area. It extends over an area of 56.46 acres of reclusive campus. Set against the background of hermit hills and emerald valleys, the institution is a golden silhouette of hope and faith of the people of this region. Situated away from the whirl and chatter of the mechanical living, the institute is an ideal place of learning.



An eager historian's expedition to the point of origin and infancy of this prestigious institution ends up in the spot of its crescent like origin in 1958. It was established as a primary school with an initial strength of a little more than a hundred students. It started in the cradle of our culture, a traditional building with three classrooms. It was nestled below the present official residence of Dasho Dzongdag. Mr. Kinley Tshering, the first Head master of the school and Mr. Minjur, the only Dzongkha teacher in the year of its establishment, are virtually the pioneer educationalists of this region. Hindi was the medium of education till English replaced it as the Lingua franca.

Mr. Meme Chopel, a Buddhist Monk in his early 80's today, was one of the major contributors to the establishment of the school. He was in the four-member task group who went from door to door in the surrounding villages to coax children in to school. The others who undertook this noble task with him were Tsanka Tshuchue, Lham Tenzin and Lopen Phuchela. They visited the village of Tama, Berty, Onger, Nangkhar and Shingkhar. As he opens the showcase of his memory today, he appears enthusiastic about his past eventful life. He describes the task as a challenging one as many of the parents at the time perceived the idea of sending their children to school with apprehension and reluctance. Though he has proud store of memory today, a cloud of nostalgic feeling shows itself in his eyes when he tells that none of the members of his team is alive today. Man lives in deeds, not in ages.



In 1960, the school was moved to a new location (currently the site for girls' dormitory) to accommodate the rapidly increasing students number. Mr. Jacob, an Indian national, became the second head master of the school. For twenty-four years, the institute functioned regularly in the Sais site conquering the peaks of new heights and achievements. In 1974, the school was upgraded to lower secondary level and was subsequently moved to the present location. It was upgraded to a high school in 1984 materializing a long cherished dream of the people of this region.

Mr. Tyagi was the first principal of the institution. He was designated in 1984. Mr. A. Dhar succeeded in 1987. Mr. Thubten Gyamtsho, the present director of Paro College of Education, became the third principal in 1989. In the same year, the primary section was segregated from the parental institute with a separate head and was placed directly under the Dzongkhag administration. Mr. Tshering Tenzin and Karma Yeshe were the fourth and the fifth principals of the school in 1991 to 1994 and 1994 to 1998 respectively. Mr. Tshewang Tenzin became the sixth principal in 1998. During his tenure in 2001, the school was upgraded to a higher secondary school as a symbol of the fruition of its tireless and committed striving towards quality growth and excellence. Mr. Karma Dendup took over the charge on 1st April 2002 followed by Mr. Rabgay Tobden in 2007, Mr. Chaxing Norbu in 2009 and Mr. Rinzin Namgyal on 19th July, 2013. The first batch of class xii student's graduated in 2002 adding yet another feather to its crown of fame. Keeping up with its trend of growth and excellence, the institute produced its ever-best result in the year 2003. The institute secured 100% results both in BBE and ISC examinations. The pass-outs from this institution bagged 50 seats of Sherubtse College. In the same year, the institute contributed to the nation a total of 31 special graduates; 15 qualified for professional training abroad and 16 within the country.

This great Bodhi Tree of Enlightenment has come to blossom in the form of many of its alumni.

The school is very proud to list the name of Dasho Tshering Wangda, Joint Secretary in the Home Ministry; Mr. Wangpo Tenzin, Curriculum Officer, REC; Mr. Tshering Dorji, Lecturer NIE; Mr. Thinley Dorji, Technical Engineer, Druk Air Corporation; Mr. Dorji Wangdi, ADEO Zhemgang, are the institution's profiles of fragrance. Many of its alumni are now shedding light on the path of young aspirants by joining the unparalleled profession of teaching.

The institution has left behind its far-reaching and multifarious impact in people from all walks of life. While it is the children of this area who have primarily benefited from this shrine of knowledge, it has played a major role in the processes of urbanization of the Zhemgang Dzongkhag. Attracting students from across regional and cultural boundaries of the land, the institutions are a melting point of culture and tradition. Students shaped in this intellectual furnace will be the pillars of society, the promise of tomorrow.

The institute is now in the process of realizing its vision: Education towards excellence in character through the provisions of wholesome Education.

Today, the school is one of the central Schools in the country delivering quality education to the students of Kheng Rig Naam Suum.

## Opening of RNR sales counter at Tingtibi

RNR sales counter at Tingtibi was constructed with funding of Nu. 1.3 from the erstwhile Rural Livelihood Project (RLP) in Zhemgang during 2018. This is in view of establishing viable RNR marketing infrastructures wherein it is located at a very strategic site as per the guideline provided by the Department of Agriculture Marketing and Cooperatives (DAMC). It was inaugurated on 14th July, 2019 by Lam of Zangtopelri. The program included the handing taking of management guideline of the sales counter from the Dzongkhag Administration to the chairman of Takabi women group who will hereafter operate the counter with dual function of value addition to the primary produce and sales.

Previously, making the goods available to the people was a challenge. The sales outlet operator is hereafter entrusted to ensure availability of all types of locally available vegetables, fruits, cereals, any processed products, other non-wood forest products and all livestock products. However, operator should restrict selling of all types of imported agricultural and livestock product such as vegetables, junk food, cool drinks and doma.

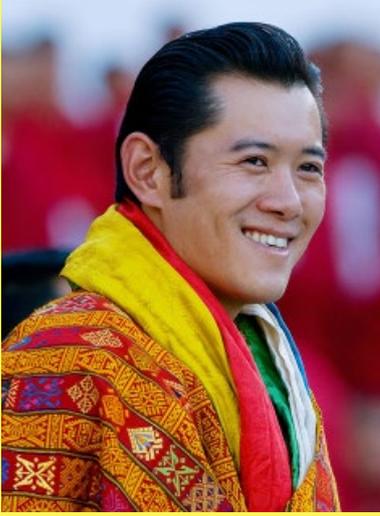
The farmers are optimistic of a good market scope due to the strategic location of the sales counter besides being the central connection among all the eight geogs from which the local produce can be collected for sale thus boosting in income generation at the household level. The farmers are grateful for receiving the much needed aid from the government which will ease the problem of selling their harvested products. Keeping these advantages and wholesome resources in mind, the farmers are grateful and have agreed to operate the sales counter with the best care in accordance to the bylaws provided by the Dzongkhag Administration.



*Compiled and Contributed by Agriculture Sector*

# Words of Wisdom from Golden Throne

Convocation Ceremony of the Royal University of Bhutan  
15th July, 2015



“Our main priorities are the peace, prosperity, security and sovereignty of Bhutan. Towards these goals, we must all work together in first safeguarding our strong foundation of unity and harmony. In our small society, divisions and cleavages can manifest themselves in very destructive ways. We have seen this in other larger countries and the great price they have had to pay. Ngalop, Sharchop, Lhotshampa, Christians, Hindu, Buddhist, me against you, us against them – some people might resort to such useless and irrelevant classifications in their work and dealings with each other. In today’s world, it is more important that we worry about haves and have-nots – economic disparity. I always say, in the past, we were all equally poor. Today, with growing prosperity, we in Bhutan must be mindful of the threat posed by economic disparities within society. Its unfortunate and lasting effects can be seen in so many nations around the world.

I think the beginnings of democracy in Bhutan have been very successful. However, it will take constant work and commitment to make it a lasting success. It’s a long process during which we must deeply contemplate each step so that we do what is right. Mistakes we make today will be irreversible. We cannot falter on our path to a vibrant democracy with an equal and just society. There is no room for divisions and disparities in society.

We must always remember that the ultimate goal of all Bhutanese is the peace, security and sovereignty of our country. I am not speaking only of the physical defense of the nation. The armed forces, without hesitation, will sacrifice their lives to protect our nation and your security. I am confident of this. I am speaking of the peace and security that comes when we, at all times, are united in our love for our country through an abiding respect for our culture, values, laws and the national interest. This is the unique unifying Bhutanese character as individuals and as a nation, which must be nurtured for all time.

As young citizens, all of you must be contemplating with excitement, the future ahead for yourself and for Bhutan. The future of the nation rests in the hands of her individual citizens. Each of us must first be able to stand up and realize our own potential as individuals. Then we must fulfill our obligations to build loving, united and strong families.

Further upon these, we then build our higher allegiance and commitment to society and the country. There is complete interdependence in the relationship between these elements of a nation. Whatever goals you set for yourself, as you go out to fulfill them, do so with the right values – values that enrich your own life and the lives of those whom you touch on your journey. Gain the wisdom to achieve your personal goals and ambitions in harmony with others as they strive to achieve theirs. Acquire the right skills and knowledge but remember that learning is a lifelong process. Utilize the experience that comes from your personal efforts as you go but do not forget to use the vast experience that exists in history. I hope these words will be of use to you at the start of this new chapter in your lives”.

*Compiled by Dechen Pema Yangden*

## Do you know?



“Bhutan Bird Festival” is now an annual signature event that will be celebrated in Zhemgang on 11 - 13 November coinciding with the Birth Anniversary of The Great Fourth Druk Gyalpo.

BBF Logo and promotional video clip were launched on 25th July 2019.

(For more visit [www.zhemgang.gov.bt](http://www.zhemgang.gov.bt))



## Sershong Irrigation Water Source Visit - a quest for water



A team led by Dasho Dzongdag visited Sershong water source to carry out a feasibility study for the construction of irrigation channel for the community of Dangkhar, Dungbi, Tingbi Pam and Craspai under Trong Gewog on 19th July 2019. The irrigation channel is planned to be constructed through GOI assistance under Small Development Project (SDP-I). Once completed, it is expected to irrigate 178.1 acres of paddyfield benefitting the people of 71 households in four communities under Trong Gewog contributing hugely to the National goal of Food Sufficiency and Nutrition Security.



Submitted by :*Damchen(Asst. Engineer)*

### *The Witty and the Wittiest*

This article is based on a true story that happened sometime between 1960's and 70's at Paro Dzong and it was shared by my elder brother. A novice monk was always attached with a Lama as 'Tozay' and it still exist in the monastic institutions in order to get the best attention for the novice. But this time the novice outwitted his witty master.

Those days biscuits were scarce and everyone regarded themselves propitious to get a pie. Shops weren't abundant either. 'Druk biscuit', the brown wheat biscuits solely existed as the best to be served for guests with tea. One day the lama got a packet of biscuit from the oblation and took home to be served for his venerated guests with tea but was quite skeptical of getting it swallowed by his little partner. To get his packet spared, he planned to wit his innocent partner. He cautioned, "Oye Alu! Don't eat it or you will end up dead. This is poisonous." The kid nodded with inquisitiveness. Next day the little novice overslept and couldn't make on time. His breakfast call was accompanied by few spankings. The upset novice thought of taking a requital when the boss leaves. After early breakfast he was left alone at the temple with few pages to memorize. He knew the wit of his master and thought of the best compensation. He started with a piece and followed by the next. He couldn't resist his temptations and after few hours he could see only the wrapping. He took the compensation but couldn't directly confess as a requital. So, he was thinking of a good excuse to save his butt from scars. After few hours the outsmart kid got his answer. He started memorizing the pages, yet he kept on reconstructing the repost for his master's missing biscuits.

The footsteps on the wooden stair became louder and louder. He knew it was his master. The master was shocked to see the wrapping on the floor and asked, "Why did you eat this? Don't you remember how I cautioned you?". The little kid started to murmur. "GET LOUDER!" He exclaimed in a ferocious look. The little monk replied, "Please spare me for the mistake (Gom ma thray la)". Since morning I was really upset and missed my parents. The spankings worsened my mood. So I opted to commit suicide. All I knew about dying was by eating poison. That's why I chose the biscuit as cautioned" and started to frown. The ferocious master melted to his innocent response without knowing that he was outwitted.

Moral of the story.

Never underestimate the power with size. Remember; small chillies are the hottest.

Author: Karma Tshering

## Local Government Key Result Area 4

Description Local Government Key Result Area 4: Quality of education & skills improved

Programme Title: Quality education and skills enhancement

Objective: To improve quality of education and skills

Collaborating Agency/ies: MoE/BCSEA/MoLHR (Technical Training Institute)/RCSC/RUB/REC

Programme Strategies:

In 2017, the Dzongkhag was ranked 10th out of 24 Local Government entities (20 Dzongkhags and 4 Thromde As) with a score of 95.12 percent in terms of Academic Learning Outcomes (ALC) for class III. For class VI, it was ranked at 20th out of 24 with a score of 66.78 percent; its position improved by four positions from 2015. In 2016, the BCSE (class X) baseline performance in STEM subjects were: English 51 percent, Science 49.5 percent and Mathematics 51.5 percent.

In terms of teacher student ratio, the Dzongkhag has seen a marked improvement; the average teacher student ratio stands at 1:15. However, remote schools still face acute teacher shortage, where in most cases, a teacher shoulders the workload of 30-hour teaching a week against the standard 18-hour week for class PP-III, and the same teacher teaches all the subjects. The Dzongkhag also faces shortages in terms of general and dzongkha teachers for class PP-VI.

As per the GNH survey 2015, the average year of schooling is 2.7 years lower than the national average of 4.2 years and literacy rate is 43.96 percent which is below the national average of 52.32 percent.

Currently, eight out of thirty schools are not connected by a motorable road, which impedes on the provision of quality in educational services.

These statistics clearly points to an urgent and important need to enhance the quality of education and strive towards improving the learning outcomes at different assessment levels.

In order to improve learning outcomes, quality of education, develop behavioural and life skills, prepare for jobs, the Dzongkhag will:

1. Address teacher shortage issues by preparing a comprehensive mapping of teacher requirement for schools with MoE and RCSC for strategic deployment and management;
2. Develop and implement incentives plan for teachers serving in remote areas and those teachers who have served in remote areas for longer years such as training packages and other non-monetary recognition like certificates and awards;
3. Develop and implement objective and transparent redressal mechanism for addressing teacher's deployment issues and related grievances;
4. In order to take advantage of online resources and e-platforms, teachers shall be provided adequate computers and schools shall be equipped with reliable internet connection;
5. Equip libraries with relevant books and online resource materials for references, self-learning and online education;
6. Regularly assess student's strengths, weaknesses, performance and individual student's learning needs for feedback and all-round improvement especially focusing on improving those who are poor performers and slow learners;
7. Provide life skills through social interactions, creative activities and educational trips for peer learning to adapt to and to manage real life complexities and challenges. For that strengthen existing club activities and introduce additional extracurricular clubs such as health, fine arts, music, culinary, technology etc., in the schools to make education more fun, and to learn additional life and social skills;
8. Initiate programmes to improve competencies such as effective communication, problem solving, cognition, critical thinking, creativity, value education complemented by life guidance and career mentorship to prepare students for the future life and jobs;
9. Strengthen professional development (PD) programmes for teachers by preparing and implement PD plan for teachers in schools for execution, monitoring and review for enhancing teacher's competency and each child's development;
10. Dzongkhag will implement WASH and Menstrual Hygiene Management facilitates in schools by ensuring reliable and clean water supply, constructing toilets as per national standard (1 for every 25 girls and 1 for every 40 boys) in every secondary schools, supplying sanitary pads to girl students on a regular basis and proper sanitary pad disposal facilities.

Contributed by Thinley Jamtsho

# Take your life with an open mind

I did a guest lecture for final year media students at Sherubtse College. I introduced to them one of my pioneering work in academia – the middle path journalism – a theoretical framework for the Bhutanese media. The book chapter by the same title is already used in some foreign universities as a required reading. I am glad it will also be included here from next semester. Besides the academics, the students asked me for some advices as they complete their college life in two months time. Here is what I shared with them.

## 1. Learn to communicate.

As a media student you will be expected to communicate well. If you don't, you will be doubly handicapped – as a graduate and as a media graduate. Even otherwise, in any career or in life communicating well is a prerequisite to a successful life, career and relationships. Not communicating and not knowing are the same. Make sure you are able communicate so that you can share your knowledge and take our country and humanity forward.

## 2. Prepare from now.

Make the most of your time left out here to start preparing for whatever you will be pursuing as a career. If you heading for the civil service, revise your maths skills because that's where media students suffer in the BCSE test. In other sections of the exam, you should be okay. If you are going for career in media, start collecting your portfolios of photograph you took, video you made and articles you have written. This will come handy when you apply for jobs. Be ahead of your competitors in life. Don't lazy around.

## 3. Take life as it comes.

Most importantly, as you move into the next phase of your life, always remember that many good thing will happen – but so will bad things. The key thing to remind yourself is not to be too sensitive or be too reactive to either and to let go both eventually. Don't take life too seriously. Enjoy your life, have fun, cherish each moment and people you meet and above all, be open-minded on everything. Do not discriminate between jobs, or people or experiences. Take everything with an open mind. People say that things happen, and people come in your life, for a reason. I would say you find reasons and make the best of everything.

Have a long-term vision, but do what is immediately placed in front of you. Grab anything that comes your way, do as many things as possible, go see places, meet as many people

Lastly, whatever happens, especially if you are going through hell, keep going.

<https://dorji-wangchuk.com/>

**MINDS ARE LIKE  
PARACHUTES**

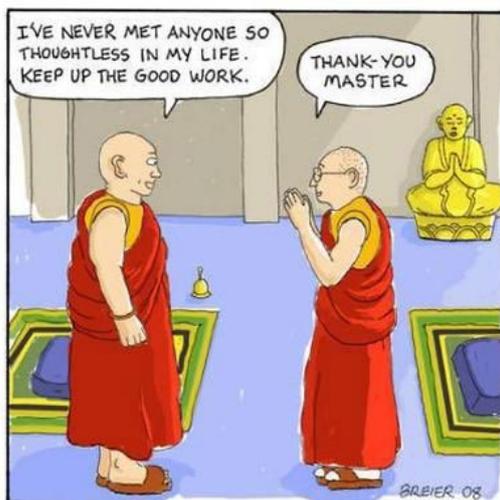


## What does spiritualism mean for you?

I got asked this question yesterday at the Bhutan Dialogue, and honestly, for me this is the most difficult question to answer – especially in a Vajrayana country. What does it mean to be religious? What is spiritualism?

So here is my struggling reply:

“For me it has been a lifelong balance between my search for inner peace and stability (infact in Bhutanese languages, Buddhism translates as Religion of The Inner – nangpa ghi choe) and fulfilling the inherited rituals and traditions. As a leading member of my clan of some 50-55 people, and a descendent of several religious families and lineages, I have inherited some 17-18 deities and gods and goddesses to seek refuge and protections, and to conduct some 4-5 large annual rituals in four different locations. With the help and participation of my family, we fulfil this responsibility dutifully. I also do it with great honour and pride, afterall not everyone has that privilege. Interestingly this gives me peace and stability too.”



Buddhist Compliment

With time and age, I have also realised there is difference between being religious and being spiritual. The former refers to being part of an institution, its dogma and the inherited traditions – an important responsibility – a social responsibility perhaps? The latter is to be in continuous dialogue with myself: who am I? I practice this by making pilgrimages to sacred sites – such as Bumthang or Paro. While I find this more liberating, one cannot ignore either of the two. Afterall, you are who you are because of where you are born into. In a collective society like ours there is only a blurry difference between the social self and the inner self.

The two, I guess, are the two sides of the same coin, the coin being myself. I can call these two sides the religious me and the spiritual me. As a layman I have not been able to merge the two. I hope to be reborn again and do it – like my two living masters, Tsugla Lopen and Rangshikhar Rimpoche – and the masters of the past – especially Drukpa Kuenlay and Tertön Pema Lingpa.

<https://dorji-wangchuk.com/>

# School Agriculture Awareness and Training Program

To encourage youth involvement in agriculture, RDTC during school breaks provide youth awareness and training program for about hundred students of classes from nine to eleven or ages between 15 to 24. The program aims to improve nutrition, environmental awareness and food traditions through the establishment of school gardens, poultry, dairy, piggery and mushroom farming. Students also learn about food processing and postharvest of fruits and vegetables, and other aspects of farm economics and agribusiness. The students have also gained a practical experience through already established farms e.g. poultry, dairy, piggery, mushroom, fruits and vegetable farms in RDTC.

Besides the heavy rain and several road blocks, forty nine students have attended the training. There were twenty-four girls, twenty-five boys, one escort teacher from the matron from Zhemgang Central School.



## Course Objectives

To provide basic knowledge and skills on the following topics

- Vegetable production
- Fruit production
- Mushroom production
- Piggery
- Poultry
- Dairy
- Floriculture
- Farm economics



## Teaching approach

The training consisted of classroom lecture where the resource persons gave theory input. The classroom teaching also included other forms of teaching-learning exercises like practical demonstrations, group works, assignments, hands on experiences, etc. The students were mainly involved in hands-on-practical training in the farms like dairy, poultry, piggery, mushroom, vegetable garden and fruit orchards.

Dasho Drangpon of Zhemgang graced the closing ceremony and awarded the certificate to the participants. In his key note address to the participants, he expressed the importance of farming for our country's economy, employment, food security, etc. He briefed on the cause and effect, which is Thadamtshe-Lajudra, as a Bhutanese we should also remember that every Cause has its Effect.

Dasho also highlighted on the court procedures, people feels that court is a place where people are torched, harassed, etc, but it is not and it is one of the service provider like any other offices. He also advice students not to engaged in alcohol, drugs and rape, instead serve the parents, king, people and the country well. The participants expressed their opinions about receiving such trainings which will help them beyond their schooling.



Contributed by RDTC

## Summer Professional Development Programme for Teachers

The 2019 Professional Development Programme on Neuroscience-based Mindfulness & Emotional Intelligence and Helping Skills initiated by Ministry of Education took off in July all over the country. In Zhemgang Dzongkhag, the summer PD started from 3rd of July for English and Dzongkha teachers at both the venues - Zhemgang Central school and Tingtibi Lower Secondary School and over 271 participants including the staffs from the Dzongkhag administration also attended the workshop. Dasho Dzungda graced the opening ceremony where he highlighted the importance of enhancing the professional skills and well-being of the teachers so that they are more equipped to help and support the children in the schools.

The PD was conducted separately for English and Dzongkha cohorts wherein the resource people elaborated on Counselling and Helping skills and Search in Yourself with variety of activities and prompting the participants with intriguing questions. The last cohort of the workshop ended on 17th July. The closing ceremony was attended by Dasho Dzungda where he congratulated everyone on successfully completing the PD program and wishing everyone to make good use of what was disseminated over the 5 days' sessions.

As stated by the ministry, this year's focus was on Neuroscience-based Mindfulness & Emotional Intelligence and Helping Skills. The programme was designed with research based concepts and practices on neuroscience based mindfulness and emotional intelligence and orientation on basic helping skills for teachers was targeted to enhance the knowledge, understanding, and skills of the teachers in dealing with students to care, guide, and support student's health and wellbeing as they learn in the schools.

This is the third nationwide PD programme (after Transformative Pedagogy -2016 and Effective Communication Skills -2017), provided by the Ministry.

Contributed by Education Sector

## School Profile - ZCS Lower Campus

Current Zhemgang Central School (lower campus) was initially established in 1958 as a Primary school with less than hundred students and two teachers. Since then the school has been playing a vital role in educating the children of Khenrig Namsum as well as in children from the central region of the country. It was during the reign of our late Druk Gyalpo Jigme Dorji Wangchuck that this school was established for the modern education of the people of Khenrig Namsum-Upper Kheng, Middle Kheng and Lower Kheng.

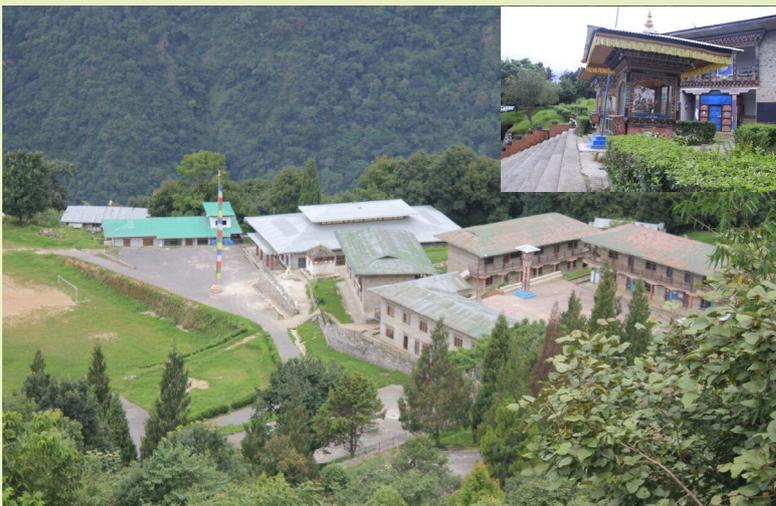
The first Head Teacher Mr. Kinley Tshering was pioneer of the school. He started the school with the help from Lopen Minjur. The primary school remained there till it's relocation to new site in 2003. In thirty two years time since its founding, additional infrastructures and constructions were carried out to meet the needs of the school till 2003. Some of the infrastructure developments carried out were additional classrooms, dining hall and a small football ground.

In 2003, after completion of three modern school buildings at a place called Wam-takpa, the school was shifted to its assigned site (the present site of the school) and was upgraded to lower secondary school. The buildings at the old site were handed over to Zhemgang Higher Secondary School (current Zhemgang Central School - upper campus) to be used as their Girls Dormitory after renovation. The school was clubbed with the higher school and labeled as Zhemgang Central School since 2015. The Upper Campus has classes from 9 till 12 and the Lower Campus has Pre Primary till 8.

Today, the school houses over 400 students with 33 staffs under guidance of Principal Sonam Wangchuk. The school has 18 units of classrooms with services like IT, music and HPE. The school also serves as school with SEN program incorporating the idea of inclusivity of education. The school strives to cater the needs of children with different disabilities.

The school believes in "An Educated and enlightened society of GNH, built and sustained on the unique Bhutanese values of ta dam-tsig ley gju-drey". The teachers and staff labors to develop sound educational policies that enable the creation of a knowledge-based GNH society and provide equitable, inclusive and quality education and lifelong learning opportunities to all children and harness their full potential to become productive citizen equipped with appropriate knowledge, skills and values to cope with the challenges of the 21st Century.

*Contributed by School Administration, ZCS, Lower Campus*



## Annual Dzongdag's Run for Happiness Marathon

MSTF-CBSS of Zhemgang will be organizing – Annual Dzongdag's Run for Happiness Marathon, mainly to curb Non-communicable Diseases (NCDs) and enhance community vitality through sports.

Date: 10<sup>th</sup> August 2019

Who all can participate: Open to only the Civil Servants/ Corporate/Business/Private Individuals of Zhemgang – either census in Zhemgang or working in Zhemgang (Not Students)

Starting Point: Dzongkhag Parking

Category: Men (Age: 34 years and below, 35 years and above), Women (all)

Race Route: Men (Dzong Parking – Gompong Chorten – Dzong Parking),

Women (Dzong Parking – Tarala (old stone quarry site) – Dzong Parking)

Reporting Time: 8.00 AM

Prizes: 1<sup>st</sup> – Rice Cooker, 2<sup>nd</sup> – Curry Cooker, 3<sup>rd</sup> – Water Boiler, 4<sup>th</sup> – Flask, 5<sup>th</sup> – Water Bottle and 6<sup>th</sup> Mug.

Entry Fee: Not Required.

Further Information/Contact: 17122679(DHO)/17632271(DEO)  
Refreshments will be served to all the participants.

-----  
BE PREPARED & GET READY

### Newsletter Team

Advisor

Mr. Lobzang Dorji, Dzongdag



Coordinator

Mr. Karma Wangchuk, Dy. CDEO



Photography, Design & Layout

Mr. Mohan Subba, IT Officer



Mr. Thinley Jamtsho, Sr. Planning Officer



Editorial Team

Ms. Dechen P. Yangden, Teacher, ZCS LC



Ms. Tshering Pelden, Teacher, ZCS LC

