



Some of the services that the centre will cater are mindfulness, one-to-one counselling, group counselling, courses on insight, and skill enhancement. The centre will also initiate tailor made group courses on need-based themes such as 'Being Bhutanese' 'Leadership of Self' & 'Working with life challenges' etc.

### Centre contact details

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### Objectives

1. The centre offer services aimed towards self-empowerment to enable the individuals to live a life that is meaningful and fulfilling.
2. The centre will focus on offering assistance to the individuals who are experiencing challenges in their lives.
3. The centre will offer mentoring, academic guidance and career counselling.
4. The centre will serve as the hub for counselling & wellbeing education, training, and research. It also will play a lead role in sustaining the programmes and activities of the other centres at RUB colleges.

Co-funded by the Erasmus+ Programme of the European Union



**Happiness and Wellbeing Centre  
Paro College of Education**



**“Preciousness of Human Life & Development of Self”**

## Background

The Happiness and Wellbeing Centres will be a safe place for the students of the Royal University of Bhutan (RUB) to seek refuge, and it will provide opportunities for the interested students to build skills, enhance insight, and grow resilience, which will all go a long way in preparing them for life. The happiness and wellbeing centre will lead in counselling & wellbeing education, training, and research programmes. The centres will also cater services related with happiness, wellbeing, and counselling to RUB staff, local community, government agencies, and Non-Governmental Organizations.

## Centre Services

Yoga

Mini-Library

Zumba Dance

Reprographic Services

Guidance & Counseling

Mindfulness & Meditation

Professional Development Programs

## Digital Platform

The centre also has a virtual digital platform which serves as a communication tool, resource bank, and information booth for students and staff of PCE. The platform has different features dedicated for several services that the Happiness and Wellbeing centres.



How do you log in?

Go to <https://pce.emcwub.pce.edu.bt/>  
Username: your student ID or staff ID  
Password: your student ID or staff ID  
(You can also use the lost password link on the login page in case their default password doesn't work)

*“Preciousness of Human Life &*