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Action Plan/Activity Blueprint

Happiness & Wellbeing Centre

Vision: Preciousness of human life & development of self

Name of the College: [Paro College of Education](#)

Centre Manager: [Mr. Ngawang Phuntsho \(DSA\)](#)

Counsellor Head: [Sangay Dorji](#)

Counsellor: [Mr. Tempa Gyeltshen \(SSO\)](#)

Wellbeing Coach: [Ms. Choki Yuden \(SSO\)](#)

The activity blueprint of the H&W C is provided below. The activities will be implemented between 1st March to 30th June 2022.

Activity	Lead	Start Date	Description	Success indicator
1. Advocacy on Happiness and Wellbeing Centre	DSA, Sangay Dorji, Tempa & Choki	Third week of March	Team members will provide essential information on the H&W C. Update of centre brochure and sharing it through vlc, email and other virtual platform.	-Increase in general awareness of the centre. -Increase in number of students visiting the centre. -Centre Log
2. Recruitment of Centre members.	Tempa	Final Week of March	The centre will recruit students' members from diverse programme, year and cohort.	Registered member of the centre, and ToR of the members.
3. Certificate Course in Career Guidance and Counselling	PCE H&W C and RENEW (BBCC)	Third Week of March	In line with endorsed MoU, PCE H&W Centre in collaboration with RENEW (BBCC) will facilitate a three months programme on career counselling for	-Certification of the participants.



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			educational consultancy firms in Bhutan.	
4. Digital Platform and Online Wellbeing Support.	Choki	Second Week of April	Centre coach will orient students and staff on basic operation of digital platform. Also, as a key agenda of this activity the online wellbeing support system (counselling, information, support) through mobile phone, email, social media will be advocated.	-Increase in number of platform users. -Communication received in the centre phone.
5. Session on Self-Care	Sangay Dorji	Final Week of April	The centre will facilitate an hour session for PCE staff using online platform.	Participants' list to be maintained.
6. Time Management	Tempa & Choki	Second Week of May.	The centre will initiate an online session using the digital platform on 'time management skills'.	The interaction and visitors log in the digital platform.
7. Life after PCE: Next Step	Sangay Dorji	Final Week of May.	The centre will conduct a session on professional identity for the final year students. The session will include discussion on 'professional habit', 'professional goal' and	Feedback and Questionnaire. Session report. Participant's Log



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			‘professional identify’.	
<p>8. Daily Wellbeing Support:</p> <ul style="list-style-type: none"> i. Mindfulness ii. Mini library iii. Academic Support iv. Happy Space 	<p>Tempa & Choki Sangay Dorji</p>	<p>On going</p>	<p>These list of activities will be facilitated on daily/weekly basis. *follow vle/digital platform/pce webpage for more details.</p>	<p>Visitor’s log. Participants’ log</p>