

Contact Us

Counsellor

Ms. Chimi Yangdon

chimiyangdon.gcbs@rub.edu.bt

contact # 00975-17314921

Mr. Dawa Gyeltshen

dawagyeltshen.gcbs@rub.edu.bt

Contact # 00975-17377659

Centre Manager

Tenzin Norbu

tenzinnorbu.gcbs@rub.edu.bt

contact # 00975-17308242

"Happiness and Wellbeing Centre"



About Us

GCBS HWC will be a safe place for the students 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, and their roles as a future leaders. The happiness and wellbeing centre at GCBS campus will serve as the place for counselling and wellbeing education. The center will also cater services related with happiness, wellbeing, and counselling to GCBS staff and local community. Some of the services that the center will cater are mindfulness, yoga, one-to-one counselling, group counselling, programs on insight, health services and skill enhancement.

HAPPINESS AND WELLBEING CENTER

Gedu College of Business Studies



 Address: Gedu College of Business Studies

 Ph:00975-5-282292

 Email: hwc.gcbs@rub.edu.bt

 URL: gcbs.emcwub.pce.edu.bt



VISION

Preciousness of human life & development of self

OBJECTIVE

The centre will offer

1. Services aimed towards self-empowerment to enable the individuals to live a life that is meaningful and fulfilling.
2. Focus on offering assistance to the individuals who are experiencing challenges in their lives.
3. Offer mentoring, academic guidance and career counselling.
4. Provide opportunities to the students/staff with basic business, research and entrepreneurial courses.

THEME

- Leadership of Self
- Working with Life Challenges (Counselling)
- Mindfulness and Awareness, and
- Emotional and Social Intelligence
- Being Bhutanese



Serene place to find peace



ACTIVITIES

1. COUNSELLING
2. MINDFULNESS
3. YOGA
4. TIME MANAGEMENT
5. STRESS MANAGEMENT
6. CAREER COUNSELLING
7. AWARENESS
 - a) HEALTH
 - b) SUBSTANCE ABUSE
8. LEADERSHIP WORKSHOP
9. COMMUNICATION SKILLS
10. ENTREPRENEURSHIP WORKSHOP
11. PE AND RCSC COACHING CLASSES
12. MANY MORE

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. The platform has different features dedicated for several services that the Happiness and Wellbeing centres.

How do you log in?

Go to <https://gcbs.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)