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ROYAL GOVERNMENT OF BHUTAN
ROYAL CIVIL SERVICE COMMISSION
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Press Release: Mindfulness and Meditation Practice Program



On the joyous occasion of the 12th Royal Wedding Anniversary, the RCSC in collaboration with the Zhung Dratshang will be instituting the Mindfulness and Meditation Practice program for civil servants in Thimphu. This program draws inspiration from Her Majesty the Gyaltshen's commitment to promoting mental health and in a small way aspires to contribute to the mental wellbeing of our citizens.

As a nation steeped in rich, age-old wisdom and method of cultivating mindful awareness, the program aims to promote mental health and psychological wellbeing of the civil servants through the application of the mindfulness practices to cultivate positive emotions and manage work life challenges which should translate into a strengthened civil service. The program also endeavors to impart the techniques and skills of mindful awareness to our civil servants for adoption as part of daily practice.



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Towards the program, the Zhung Dratshang have curated a two days mindfulness and meditation program for civil servants based on the age-old meditation tradition of Shamatha and Vipassana. The program draws on the method of Bhavana Karma, the first stage of meditation, based on the age-old tradition of Mahamudra and Dzogchen teachings. Some of the skillful methods of the world – renowned and widely practiced Vipassana meditation program have also been incorporated.

The inaugural session of the program was held on 13th October, 2023 at Kuensel Phodrang for civil servants in Thimphu. The Mindfulness and Meditation practice will be a regular event and will be offered as a three-hour program on Saturdays (every third and fourth week of the month), to all interested civil servants. The program will initially cater to the interested civil servants in Thimphu but will subsequently be extended to interested civil servants outside Thimphu.