



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 JNEC. The platform has different features dedicated for several services that the Happiness & Wellbeing Centre will provide to students.

How do you log in?

Go to <https://jnec.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 the default password does not work)

Centre Contact

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Happiness & Wellbeing Centre
Jigme Namgyel Engineering College



Background

The JNEC Happiness and Wellbeing Centre will be an avenue for students to seek refuge, and it will provide opportunities for the students to build skills, enhance insight, and grow resilience, which will go a long way in preparing them for life, and their roles as a future citizen.

The centre will also cater services related to happiness, wellbeing, and counselling to JNEC students and staff, local community, government agencies, and NGOs in the locality. Some of the services that the centre will cater are mindfulness, one-one counselling, group counselling, programs on insight, and skill enhancement.

Objectives

1. The centre will offer services aimed towards self-empowerment to enable individuals to live a life that is meaningful and fulfilling.
2. The centre will focus on offering assistance to 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 in the locality.
5. The centre will provide basic digital literacy education to local community and individuals based on need.



Centre Activities

Educational & Mental Wellness Activities

1. Yoga, Mindfulness and Meditation Practice
2. Human Values & Professional Ethics
3. Soft Skills (Presentation Skills, Research Proposal Writing Skills, Project & Seminar Presentation Skills, PE Coaching & RCSC preparation course)
4. Time & Stress Management Workshop
5. Religious Discourse
6. Awareness & Advocacy talk on Addictive Substances, Alcohol, Youth and Social issues.
7. Foundational Leadership Program.
8. Career Guidance and Consultation Workshop
9. Digital Orientation Workshop

Vocational Skills Development Activities

1. Basic House Wiring, Carpentry, Plumbing, Masonry.
2. Fundamentals on Electrical & Electronics Equipment maintenance.
3. Fundamental on IT and IT Equipment Maintenance, Apps development, graphic design, website design.
4. Fundamental on Robotic design, Artificial Intelligence.



Themes

The centre will aspire to provide services guided by the following themes:

- Leadership of the self
- Working with life challenges (counselling)
- Mindfulness and awareness
- Emotional and social intelligence
- Being bhutanese.

