

Contributors

Deki Choden is the Founding Principal of the Educating for Lifelong Citizenship (ELC) School in Thimphu.

Dr. H. Elizabeth is an Associate Professor of Social Work at Mizoram University. She is actively involved in research, training, and academic leadership, contributing to public health and social work education in Northeast India.

Dr. Joel and Michelle Levey have been leaders in contemplative science research and teachings for five decades. Founders of Wisdom at Work, they have pioneered introducing mindfulness and contemplative science into government, higher education, medicine, organisations, leadership, and sports arenas around the globe. They served as faculty at University of Minnesota Medical School, Mahidol University, and the Indian Institute of Management. They have authored numerous books.

Elżbieta Jablonska is a Master Certified Coach (MCC) accredited by the ICF, a distinction held by fewer than 4% of coaches worldwide. She has nearly 30 years of international experience in clinical, post-disaster, and community contexts. She has completed doctoral research in Public Administration and Leadership and is currently pursuing a PhD in Psychology. Engaged with Bhutan since 2006, her publications and contributions—highlight the integration of happiness, emotional health, and visionary leadership into education, healthcare, and governance.

Gautam Makwana is a Social Scientist at Gujarat Ayurved University, India, with multidisciplinary expertise in social work, psychology, gerontology, and health sciences. He is pursuing a Ph.D. in Social Work at Mizoram University. He has published on aging, mental health, disability, and social development, and volunteers as a social worker.

Giulia Frittoli is a Partner at Bjarke Ingels Group. With expertise spanning urban design, architecture, and landscape architecture, Giulia has helped craft transformative environments across the world. She is

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the Lead Masterplanner for Gelephu Mindfulness City in Bhutan. Her approach to the Mindfulness City reflects a belief that urban spaces can nurture awareness, community, and harmony with nature.

Katsu Masaki is a faculty member at Konan University, Japan, and an executive committee member of the Japan-Bhutan Friendship Association. His publications include “Reorienting the Sustainable Development Goals: Lessons from Bhutan’s Gross National Happiness” (Journal of Developing Societies, Vol. 40, No. 2). He holds a D.Phil. from the Institute of Development Studies (IDS), University of Sussex, UK.

Kezang Sherab, Chimi Dema, Deki C. Gyamtso, Kinzang Lhendup, and research team: The authors were faculty of the Paro College of Education, bringing together diverse teaching experiences ranging from 5 to over 30 years. Their collective expertise spans pedagogy, curriculum design, assessment, and teacher development. Rooted in Bhutan’s philosophy of Gross National Happiness, they integrate mindfulness, compassion, and holistic well-being into their educational practice.

Kinchho Tshering is a former media professional, lecturer in political science, and currently a private entrepreneur. He has a Master’s degree in Diplomacy and International Studies. He blogs at: kinchhotshering.wordpress.com

Lopon Lungtaen Gyatso holds master’s degrees in Buddhist Studies, Sanskrit Literature, and Tibetan Language. He currently serves as the President of the College of Language and Culture Studies (CLCS) at the Royal University of Bhutan (RUB). He is a recipient of the Bharat Mitra Sammon-Indology Award (2023) from the Government of India. Lungtaen Gyatso’s academic focus lies in Buddhist Studies, Mind Science, and Education. He has contributed numerous articles, chapters to various publications on the subjects.

Phub Dem is a doctoral student at Nagoya University, Japan, co-developing resource indicators to support sustainable decision-making. She is a lecturer at the College of Natural Resources, Bhutan.

Professor Kaveri Gill recently stepped down from her tenured academic post at the Department of International Relations and Governance Studies to ordain as a monastic, while continuing to teach part-time and hold visiting professorships and chairs at a range of universities, inter alia, Shiv Nadar University, Goa University and Punjab University, India.

Ratan Gurung is a doctoral student at Nagoya University, Japan, specialising in forest policy and community-based natural resource management.

Siok Sian Pek-Dorji is the founder of, and currently adviser to the Bhutan Centre for Media and Democracy. She is an independent consultant, involved in media, communications, and civil society related projects for media and development agencies, and the government. She is a member of The Druk Journal editorial board.

Stephen Torrence is a freelance IT consultant, AI educator, and mindfulness facilitator from Austin, Texas, USA. He grew up with the Internet, became jaded with corporate work in his late 20's, then spent years as a Buddhist meditator. Since COVID, Stephen has been integrating tech with mindfulness, helping humanity bring more good into the world.

Tenzin is the Chief Administrator of the Bhutan Alternative Dispute Resolution Centre and is an adjunct faculty member at the Jigme Singye Wangchuck School of Law. Before assuming his current role, he was Chief Judge of the Wangduephodrang District Court and Judge of the Chhukha and Pemagatshel District Courts.

Tim Huang leads wellbeing programmes at the ELC School, Thimphu, and also trains schools with the Contentment Foundation. Both have been contributors to the Ministry of Education and Skills Development's School Health and Wellbeing Strategy.

Tshering Gyeltshen is a Communications Officer at the Prime Minister's Office, Bhutan, and manages government communications, supporting the development and sharing of key messages and facilitating open engagement with the public and the media. He is also a visual artist who explores societal themes.

Tshering Tenzin Choden is a Tourism Officer at the Gelephu Mindfulness City (GMC). She was previously an Assistant Employment Officer at the Ministry of Industry, Commerce and Employment, Bhutan. Tshering holds a Postgraduate Diploma in Advanced Studies and Research from Ashoka University, where she also earned her undergraduate degree in Economics (Hons).

Ugyen Lhendup is Head of the Centre for Leadership Development at the Royal Institute of Management, Bhutan. A senior trainer/lecturer/consultant specialised in policy, leadership development, Result Based Management and neuroscience-spiritual programmes. His experience spans private, CSO and civil service public policy research, capacity building, mindfulness integration, and advisory roles in national and community initiatives.