

The Mindfulness Retreat Camp

(Background)

The Mindfulness Retreat Camp has been initiated by RCSC in collaboration with the Institute of Science of Mind, Simtokha. The program is being initiated with the following objectives:

- To enhance emotional intelligence among civil servants.
- To enhance mental health and psychological wellbeing of the civil servants.
- To build the qualities of mindfulness in civil servants.

The program has so far been conducted twice with first retreat being organized at Royal Manas National Park, Panbang for 5 days (January 21-25) with 8 participants from Executives and Specialists.

The second program was conducted at Professional Development Center, Tsirang for female executives from March 4-8. There were 13 participants from Executives, Specialists and managerial positions.

Given its benefits, the RCSC will strive to ensure that all interested civil servants will be able to attend the retreat at least once in their lifetime. The retreats will be offered in selected locations around the country. To start with, priority will be given, however, to those in leadership positions as well as those about to retire from the civil service. The program will be offered twice a year to a maximum of 60 participants for each program.