



A CITIZENS GUIDE TO MAKING A DIFFERENCE

©2016 Bhutan Centre for Media and Democracy
All Rights Reserved

Content by

Siok Sian Pek Dorji

Manny Fassih

Tshering Eudon

Jigme Choden

Tshewang Lhamo

Tshering Norbu Uden

Needrup Zangpo

Phuntho Namgay

Design and Graphics by

SC Design Studio

www.sonamchophel.com

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, microfilming, recording, or otherwise without permission from the publisher.

Printed in Bhutan



འབྲུག་མངའ་སྡེ་དང་དཔལ་འབྱོར་གྱི་ཁྲིམས་ཁྲུང་།
BHUTAN CENTRE
for MEDIA AND DEMOCRACY

DIPD

DANISH INSTITUTE FOR PARTIES AND DEMOCRACY

THIS BOOK BELONGS TO

.....

.....

Bhutan's Constitution Explained



Think about the first time you played football (or any sport). Before you learned how to score a goal, how to defend, or even how to kick a ball, you had to learn the rules – principles and guidelines that all players have to agree to. The rules of a sport guarantee that everyone is playing the same game that they agreed to play at the beginning. Why do we have to learn these rules? Think, for a moment, what would happen if no one followed the rules. What if people started kicking each other instead of kicking the ball? What if people used their hands to score a goal? And what if a team came out with 40 players on the field instead of 11?

Clearly, we can see that rules exist for many good reasons. Rules are not restrictions. They're designed to set standards so that everyone is playing the same game! Just as we need rules in games, we also need rules in the society that we live in. These sets of rules that we live by are known as the law and the highest of all these laws is the Constitution. Bhutan's Constitution creates the foundation for a Democratic Constitutional Monarchy. This state is based on the principles of freedom, equality and justice. Most importantly, the Constitution belongs to all Bhutanese citizens.

The Constitution is a legal document with deep implications for all Bhutanese. Every citizen should understand Articles 7, 8, and 9 of the Constitution, which define the rights and duties of every citizen, including the state.

What is Justice?

The concept of 'justice' is concerned with how people are treated. In a 'just society', people are treated according to what is considered 'right' or 'fair'. For example, to feed people when they are hungry, to care for people when they are sick; to clean the environment when it is dirty; and to treat each other with kindness and respect, no matter who they are.

“
 ཐོབ་དབང་རྒྱ་
 ག་ཅི་རྒྱུ་ཡིད་ག་?
 ”



What are 'duties'?

The word “duty” comes from the Old French word, *deu*, which means “debt” or something that we owe. As members of a free and peaceful society, we are extremely fortunate – so fortunate, that we might consider this fortune a sort of “debt”. Why? Because this society has provided us with the conditions for happiness, for justice, and for peace. These are ideals that all humans strive for. Fortunately, we can repay this “debt” by fulfilling the duties listed in our Constitution. Even a small, local action can help make a difference to a larger community.

Article 9

What should the state do?

The Constitution not only sets the duties for individual citizens; it also sets the duties, and limitations, of the state. Remember – His Majesty the King is the head of state, and our Prime Minister is the head of government. If we think of Bhutan's society as a family, then we can say that the government is like the head of our Bhutanese family. The first thing that the head of any family should be concerned about is that everyone has a good quality of life.



“
 འགན་ཁུར་ཟེར་མི་
 ག་ཅི་ལུ་གོ་ལྟ་མོ?
 ”

What is a good quality of life? It is a life in which everyone has everything that they need, including food, shelter, water, and electricity. It is also about having family ties and a sense of belonging to a community. Remember – needs are not the same as wants! Just because I want a new pair of shoes, a cool mobile phone, or a car, doesn't mean that I need them. Think – what do I really need in life? In a country that aspires to Gross National Happiness (GNH) ideals, Bhutan has always emphasized that people's contentment and wellbeing is more important than monetary and material gain.

“
 ཅུ་ཁྲིམས་ཆེན་མོ་འདི་ནང་ འབྲུག་མི་དོ་རྒྱུད་གི་ འགན་ཁུར་ཆུང་མ་གཅིག་གིས་མ་དོ་བར་ རྒྱལ་
 ཁམས་སྤྱོད་མི་ འབྲུག་མི་རྩལ་ལས་ཡུལ་ འགན་ཁུར་དང་ཆད་འཛིན་རྒྱ་ འཁོད་དེ་ཡོད།
 མི་དབང་མངའ་བདག་རིན་པོ་ཆེ་མཆོག་ རྒྱལ་ཁམས་ཀྱི་དབུ་ཁྲིད་ཡིན་མ་དུ་ གློན་ཆེན་དེ་
 གཞུང་སྤྱོད་གི་དབུ་ཁྲིད་ཡིན། འབྲུག་མི་གར་ བཟའ་ཚང་གཅིག་གི་འབྲུག་མི་བཟུམ་ཅིག་སྟེ་
 ཆབ་ཞག་པ་ཅིན་ གཞུང་དེ་ དབཅས་རའི་ འབྲུག་མི་བཟའ་ཚང་གི་དོན་ལས་ བཟའ་ཚང་
 གཙོ་ཅན་བཟུམ་ཅིག་ཡིན། བཟའ་ཚང་ག་བཟུམ་ཡིན་རུང་འདྲ་ རྒྱུ་མི་གཙོ་ཅན་དེ་གིས་
 དང་པར་ བཟའ་ཚང་འབྲུག་མི་གར་ མི་ཆོད་གནས་སྤངས་ ལེགས་ཤོམ་ཐོག་སྤྱོད་ཐབས་
 ཀྱི་ མཚོ་བསམ་གཏང་དགོ།
 ”





“

མི་ཚེ་ཤི་གནས་སྤངས་ ལེགས་ཤོས་ཐེང་མི་ ག་ཅི་བརྒྱུ་ཅིག་ལུ་ ཆབ་ཞལ་ཕྱོ་ཐེང་བ་ཅིན། ངབ་ཅས་མི་ལུ་
 ཏུ་ས་རྒྱ་ཉེ་བར་མཁོ་བའི་ འཛོ་བའི་མཐུན་ཆེན་ དཔེར་ན་ བཟའ་བཏང་དང་ སྤྲོད་ས་ འཐུང་རྒྱུ་དང་ རྒྱུ་ག་མེ་ཤི་མཐུན་ཉེན་ལོགས་
 དགོས་མཁོ་ཆས་ཉམ་ རྒྱན་ལས་ཚོགས་ཉོག་ཏོ་ཐོབ་ཡོད་པའི་ མི་ཚེ་ཤི་གནས་སྤངས་ཅིག་ལུ་སྤྲུབ་ཡིན། དེ་གིས་མ་ཚད་
 བཟའ་ཚང་ནང་ ཐུན་ལས་ལེགས་ཤོས་ཡོད་མི་དང་ རང་ཡང་མི་སྤེའི་བརྒྱུས་མི་ཅིག་ཡིན་པའི་ བཤེ་མཐོང་དང་
 ཚོར་སྤང་བྱུང་མི་ལུ་ཡང་ བློ་ཡིན། ལེགས་ཤོས་སྤེ་ མཛོ་བས་མ་གཏང་བལྟ་བ་ཅིན་ ངབ་ཅས་མི་ལུ་ དགོས་མཁོ་ཡོད་མི་དང་
 དགོས་འདོད་དག་ཉམ་ལུ་ ལུང་པར་ཡོད། དཔེ་འབད་བ་ཅིན་ ངལུ་ འབྲུག་འབྲིན་དང་ ལྷ་ས་གསར་པ་ དེ་ལས་
 ལྷ་ས་འཁོར་གྱི་དགོས་འདོད་ཡོད་མི་དེ་ ཡིན་ག་ཅིག་མིན་ག་ཅིག་ དགོས་མཁོ་ཡོད་པའི་ རྒྱ་དངོས་ཀྱི་གྲངས་ལུ་མི་རྣམས་
 དེ་འབད་མ་ལས་ མི་ཚེ་ཤི་དོན་ལུ་ ངོས་ར་ ག་ཅི་དགོས་འབད་ག་ ངབ་ཅས་ཀྱིས་ མཛོ་བས་མ་གཏང་དགོས་འགའ་ཆེ།
 རྒྱལ་ཡོངས་དག་འབྲིང་དཔལ་འཛོམས་ཀྱི་དམིགས་ལུ་ལུ་ གཙོ་བོར་བཏོན་པའི་ འབྲུག་རྒྱལ་ཁབ་ནང་ ཏུ་ས་རྒྱ་ར་འབད་རུང་
 དཔལ་འབྱེལ་དང་ རྒྱ་དངོས་ཀྱི་ཁེ་ལན་པ་ མི་སྤེའི་ཤི་འདོད་སྤྲུབ་ནི་དང་ ཡན་བཤེའི་ཐབས་ལས་ཚུ་ལུ་
 གཙོ་བོར་བཏོན་གནང་མི་ཅིན།

”

“

གཞུང་གིས་ མི་མེར་ཆས་ཉམ་ལུ་ ཁོང་ར་ཤི་དགོས་མཁོ་ཚུ་ རྒྱལ་ཤི་འདོད་ལུ་ མི་སྤེའི་གནས་སྤངས་
 ལྷག་པར་དུ་འདྲ་མཉམ་ བཟོ་རྒྱུ་ལས་ཤེས་བརྟན་བཟོ་དགོ། མི་སྤེའི་འདྲ་མཉམ་གྱི་སྤྱི་ལས་ ག་ཤིས་
 གཞི་ཉེན་མཐུན་ཆེན་ཚུ་ ཐོབ་སྤྱོད་འབད་ ཚུགས་པ་མ་ཚད་ འགྲོ་བ་མི་རིགས་ལུ་ འོས་འབབ་ཡོད་པའི་
 རེ་འདོད་ཆས་ཉམ་སྤྲུབ་ནི་ལུ་ གོ་སྤྲུབ་ཅིན་རྒྱུ་ལས། འདྲ་མཉམ་ཐེང་མ་དུ་ འབབ་ལུངས་དང་ རྒྱ་དངོས་
 སྤྱོད་ཁྲིམ་ཚུ་ ག་ར་ལུ་ ཅོག་ར་འཐད་པ་འོང་དགོ་ཐེང་བའི་ གོ་དོན་མེན་པ་ རྒྱལ་ཡོད་དང་ཉམ་རྒྱུ་དེ་གི་བར་ན་
 ལུང་པར་སྤོས་ ཆགས་མ་བརྒྱུག་པའི་དོན་ཡིན། འགྲོ་བ་མི་རིགས་ག་ར་ལུ་ རྒྱན་བཅོས་དང་
 ཤེས་རིག་ཡོན་ཏན་ དེ་ལས་ ཚོས་ཉམས་སུ་ལེན་ནི་འོག་སྤྲུབ་མ་ཚུ་ ཅོག་འཐད་པ་སྤེ་ ཐོབ་དགོས་པ་ཚད་
 ཁྲིམས་གཅིག་གི་འོག་ལུ་ བཤེ་མཐོང་ཅོག་འཐད་པ་ ཐོབ་རྒྱུ་ལས་བཟོ་དགོ།

”



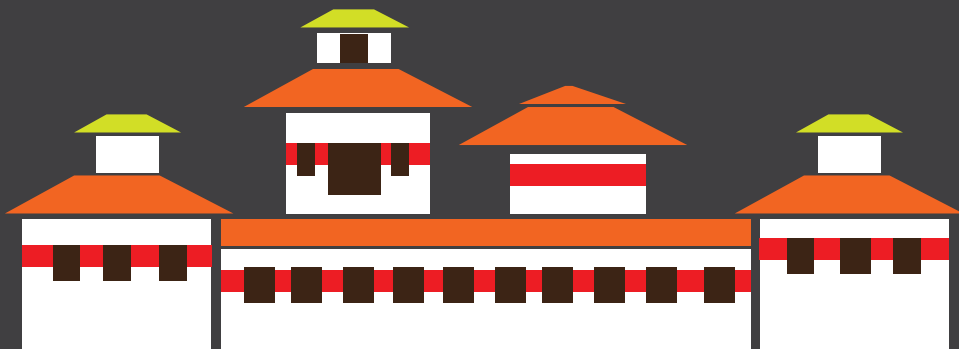
“

བཟའ་ཚང་ག་ཅིག་ལུ་ མི་ཚེ་ཤི་གནས་སྤངས་ ལེགས་ཤོས་ཐོག་ གནས་རྒྱུ་ལས་བཟོ་ནི་འདོད་ལུ་
 གནས་སྤངས་ལག་ཆེ་ཤོས་ཅིག་ རང་འཛོ་རང་ལུང་བཟོ་ནི་འདོད་ཡིན། རང་འཛོ་རང་ལུང་ཐེང་མི་འདི་
 རང་གི་འཛོ་བའི་དོན་ལུ་ གཞན་ལུ་བརྟེན་མ་དགོས་ཅིག་ལུ་ རྒྱལ་ཡོད་པ་ལས་ རང་གི་འཛོ་གནས་
 ཀྱི་དོན་ལུ་ རང་གིས་སྤེ་ རྒྱལ་དགོས་ཅིག་ཡིན། ངབ་ཅས་རའི་ མི་ཚོ་ག་ཅིག་གི་རིང་ གཞན་ལུ་རེ་སྤྱོད་
 མི་དེ་ རང་གིས་སྤེ་ རང་གི་མི་ཚོ་དེ་ ཉེན་ཁ་ནང་ བརྒྱུས་དོ་བབུས་ཅིག་ཡིན། ཉེན་ཁ་གཅིག་འབད་མ་དང་
 ངབ་ཅས་ར་བརྟེན་སྤྱོད་མི་ མི་དང་ལ་འབྲུག་འགྲོ་དགོ་པའི་ཏུས་ཚོད་དང་ ཡང་ཅིན་ ཁོང་གིས་ ཆོ་ལས་
 འབད་མ་རྒྱུག་པ་ལུ་ འབྲུར་བའི་དུས་ཚོད་ཅིག་ འོང་སྤྱོད་ནི་ཡིན་མི་རྣམས་ མཛོ་བས་མ་གཏང་དགོ།
 རང་གི་རྒྱང་མ་ག་ རང་ཡོང་རྒྱུ་ལས་བཟོ་ནི་དང་ རང་གིས་རང་ ལང་རྒྱུ་ལས་བཟོ་ནི་ལུ་ ག་སྤྲུག་གི་
 དོན་ལུ་ ག་ཅི་འབད་པར་དྲག་ག་ཐེང་ མཛོ་བས་མ་གཏང་དགོ།

”

WHAT IS PARLIAMENT?

The Parliament of Bhutan makes laws and is the only institution that can pass laws in the country. The parliament ensures that the government safeguards the integrity of the nation and fulfils the aspirations of the people through a public review of policies and issues, bills and other legislations and the scrutiny of state functions.



HIS MAJESTY THE KING

His Majesty the king is the head of State and the symbol of unity of the Kingdom for the people of Bhutan.

His Majesty attends the opening and closing of every session of Parliament.

For a bill to be passed as a law, it has to be discussed and voted on by the two houses and submitted for His Majesty's Royal Assent for final endorsement.

The Druk Gyalpo, in exercise of His Royal Prerogatives, may award titles, dhar for Lhengye and Nyikyelma in accordance with tradition and custom; grant citizenship, land kidu and other welfare kidus; grant amnesty, pardon and reduction of sentences, command Bills and other measures to be introduced in the Parliament.

THE NATIONAL COUNCIL

It is also called the upper house or the House of Review
It is non-partisan

It consists of 25 members comprising one member elected by the voters in each of the 20 dzongkhags and five eminent persons nominated by the Druk Gyalpo.

Other than Monetary and Financial Bills, the National Council can introduce any legislative bill.

The National Council also serves as the House of review in issues concerning the security and sovereignty of the country and the interests of the nation and the people that need to be brought to the notice of the Druk Gyalpo, the Prime Minister and the National Assembly.

The House monitors and reviews fiscal performance and positions of the government in accordance with the principles of fiscal sustainability and transparency. The National Council meets at least twice a year.

THE NATIONAL ASSEMBLY

It is also called the lower house
The National Assembly consists of 47 members.

The House forms the Government and the Opposition after two rounds of national election: primary and general elections.

The MPs are elected from each dzongkhag in proportion to its population. However, no dzongkhags can have fewer than two members or more than seven members.

The members then elect a Speaker and Deputy Speaker from among its members.

The activities of the National Assembly are based on the principles of political pluralism, free discussion of issues and their settlement by joint efforts.

The National Assembly meets at least twice a year.

Parliament committees and what they do

There are three types of committees in the Parliament. They are Standing Committees, ad-hoc committees and joint committees. The standing committees are constituted through standing orders or resolutions passed by the National Council. They continue to remain in office irrespective of the completion of work and deal with specific business of the House.

The Ad-hoc Committees are mostly temporary and cease to exist after completion of their task. These Committees perform such specific functions as are assigned to them from time to time. They may also be

called Select or Special Committees.

The Joint Committees are established by an Act of Parliament or by concurrent resolution of the National Council and the National Assembly comprising members from both the Houses.

In Bhutan, right now there are total of eleven committees under National Assembly and National Council. The number of committees are subject to change. All the committees comprise five to 11 members.

List of Committees

I. LEGISLATIVE COMMITTEE

This committee's job is to review bills, conventions, treaties, protocol or agreements referred to it by the speaker of the house. They draft and introduce any bill into the house as and when directed by the speaker of the house, and they also review, inquire, investigate any matter that is brought to the notice of the committee among many others.



II. PUBLIC ACCOUNTS COMMITTEE

This is a joint committee and, unlike other committees, it consists of five members – three members from the National Assembly and two from the National Council. This committee assesses the integrity, economy, efficiency, transparency and effectiveness in the rules of public resources. It examines the annual financial accounts of the government, the accounts and financial statements of the public corporations, public companies and agencies in which the public funds have been invested, among many others.



III. FOREIGN RELATIONS COMMITTEE

This committee reviews old laws and policies and recommends what changes can be made related to Foreign Relations. It also ensures that Bhutan's engagement with other countries is consistent with its national objectives by established embassies. It also recommends measures for the protection of political, economic and trade ties with foreign nations, among many others.



IV. SOCIAL AND CULTURAL COMMITTEE

This committee's job is to find a way to preserve and promote languages, traditions, religion, arts and crafts, and cultural heritage. It looks after poverty reduction programmes and makes sure that the projects carried out by ministries or organisations concerned achieve their intended objectives, among many others.



V.HUMAN RIGHTS COMMITTEE

The committee's job is to review laws and policies relating to human rights and purpose new ones, consider human rights related questions and issues, and visit prison cells/detention/lock-ups on the directive of the house, to check any incidences of human rights violations.



VI.GOOD GOVERNANCE COMMITTEE

This committee reviews and studies the status of the quality of public service delivery by government ministries, agencies, and public corporations. It also studies and reports on the annual anti-corruption report to the house, among many other duties.



VII.ENVIRONMENT AND URBAN DEVELOPMENT COMMITTEE

This committee has to review and recommend possible course of actions on matters affecting the general public related to the environment, land and urban development. The members also have to look after issues related to agriculture and natural disasters, among many others.



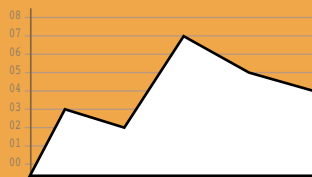
VIII.WOMEN, CHILDREN AND YOUTH COMMITTEE

This committee's job is to support promotion of the rights of women and children and point out any other issue related to women, children and youth referred to by the House and submit its findings, opinions and recommendations. It also has to ensure that the laws passed by the National Assembly are gender-neutral, among many others.



IX.ECONOMIC DEVELOPMENT AND PRIVATE SECTOR COMMITTEE

This committee researches and suggests ideas that will help the government to formulate labour and employment policies and strategies and profile emerging issues having impact on the unemployment problems in the country. It also advocates innovation and streaming of Corporate Social Responsibility (CSR) within the private sector and help reduce poverty through increased economic activity base for balanced regional growth and development, among many other duties.



X.HOUSE/ PARLIAMENTARY COMMITTEE

This committee consists of a member each from the National Assembly Committees and representatives from the opposition party. Unlike other committees, this committee has to deal with the matters related to the members of the National Assembly. It has to represent all members of the National Assembly and report their administration problems to the Secretariat. They look into the problems and welfare of the members and they also have to consider all training, seminars, conferences, study tours and other HR-related matters of the members of the National Assembly, including logistics, among many others.

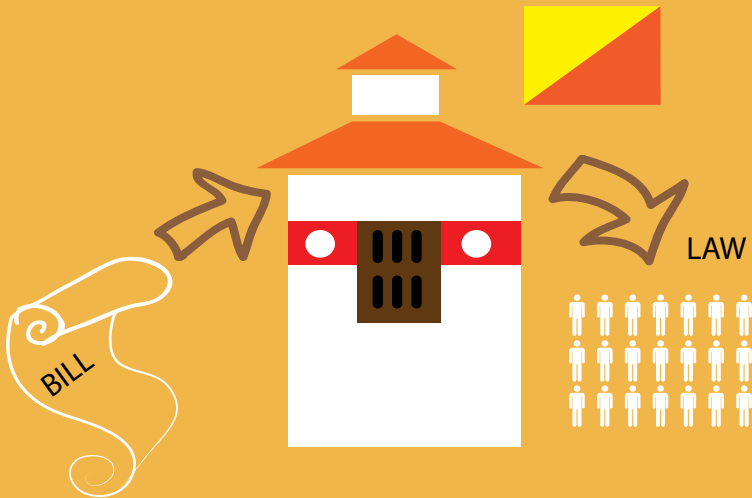


XI.FINANCE COMMITTEE

For more details you can visit their www.nab.gov.bt or www.nationalcouncil.bt



What is a Bill?



A bill is a new law proposed for discussion and endorsement or an existing law proposed for amendment by Parliament.

Except for money and financial bills which shall originate only in the National Assembly, any other legislative bill may originate in either house of Parliament. His Majesty the King, in exercise of His Royal Prerogatives, may command bills.

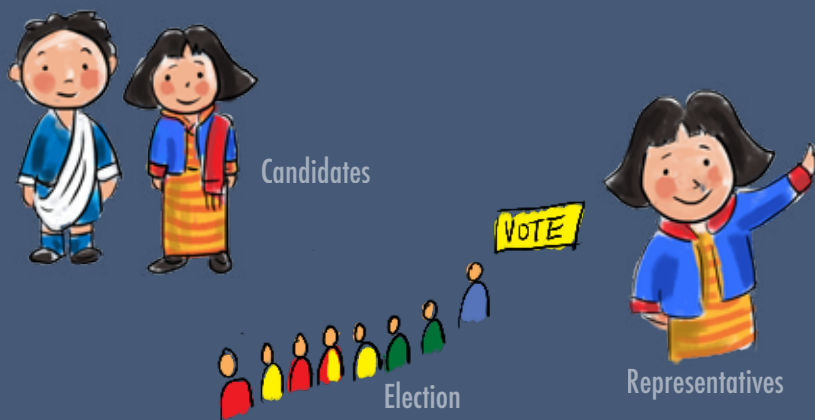
A bill introduced and passed by one house shall be presented to the other house within 30 days of the passing of the bill. If this house also passes the bill, it shall submit the bill to His Majesty the King for Royal Assent.

If the King does not grant Royal Assent to the bill, he returns the bill with amendments or objections for Parliament to deliberate and vote on the bill in a joint sitting. After deliberating and passing the bill in a joint sitting, Parliament resubmits the bill to the King who must then grant his Assent to the bill. The bill then becomes the law and is enforced by the executive.

How easy is it to change the law?

It takes time and careful thought. Otherwise, things can go wrong. People may not understand the new law, there may not be resources in place to implement the law, and there may not be strong enough motivation to put the law in place. However, these processes are essential in a democracy to ensure that relevant and expert views are taken into consideration and all viewpoints are considered and debated before any decision is taken.

Bhutan Children's Parliament



Every Bhutanese needs to participate more actively in fostering a strong democratic culture. Since the future of Bhutan as a democracy rests on the children of today, their meaningful engagement right from childhood and adolescence would contribute to a vibrant democracy envisioned by our Monarchs and enshrined in the Constitution. The Election Commission is taking steps to prepare children for their roles and responsibilities as citizens and potential future leaders through activities that promote their active engagement and constructive participation in policy discussions.

The Election Commission of Bhutan (ECB) initiated Democracy Clubs to enable students to learn the principles and practice of electoral democracy while in school. The Democracy Clubs provide opportunity and platform for students to interact and share the national experiences, opinions, hopes and aspirations.

The Commission is also introducing the Bhutan Children's Parliament (BCP) to help hone leadership skills and the sharing of opinions, hopes and aspirations of young people.

Aims and Objectives of the Children's Parliament:

- Encourage learning about the meaningful roles and responsibilities of citizens in nation building and sustaining the Bhutanese Democracy
- Serve as a platform for the Democracy Clubs to come together and contribute towards policy options regarding children and current issues for consideration by Parliament and the Royal Government; and
- Provide hands-on-training to members of Democracy Clubs in effective participation in national level discussions and decision-making.

Visit the Bhutan Children's parliament website at bcp.election-bhutan.org.bt for more details.

HOW TO BE AN EFFECTIVE REPRESENTATIVE

Representatives are people who have been given the responsibility to share and express an opinion on behalf of an individual or a group of people. Representatives represent the views of others, even if they don't agree to them. They represent the views of his or her entire constituency, not as experts in issues.

The role of representatives demands hard work but it can be rewarding, especially if you can achieve the aims and objectives of others through your work. It is the job of elected representatives to work for everyone's best interests. Here are some tips on how to be an effective representative of young people and your organisation that we drafted for the Youth Initiative. It can apply to any young person who is representing a group of people.

Quality: An effective representative should:

- Develop an understanding that they represent other young people and their organisation, not themselves as individuals.
- Regularly consult other young people before attending meetings to obtain their views and opinions.
- Ensure that the opinions, views and concerns of others are passed on.
- Regularly attend relevant external meetings where invited, ensuring that they contribute to discussions.
- Maintain two-way communication between their organisation or group and external organisations, as well as between themselves and members of the group they are representing.

The views of others:

- A representative is expected to represent the views of all his or her constituents, so it is advisable to introduce a system of gathering information. This can be done in a variety of ways, including, but not limited to:
- Focus group
- Surveys
- Email
- Social media

Reporting back :

- The job of a representative, be it in the national parliament, local government or in the youth groups, is to act as a bridge between the government and the people. While the above-mentioned points help convey the people's views to the government, it is equally important to inform the people on the work and concerns of the government. This can be done in many ways, including the following:
- At the end of each session, you are expected to present the resolutions to your constituents.
- Notice boards
- Emails
- Message boards
- Social Media



འབྲུག་གི་ཕ་ཁྱིམ་ས་ཆེན་མོ།

འབྲུག་རྒྱལ་ཁབ་འདི་ རང་བཅོན་གྱི་རྒྱལ་བརྒྱན་རྒྱལ་ཁབ་ཅིག་ཡིན།

ཁྱོད་གྱི་
ཐོབ་དབང་

འདྲིན་

ཆོས་ལ། འདྲོད་དབང་ རང་མིའི་བདེ་སྐྱེད།

གསལ་ལྟོན་ ལ་སྐབ་ བསམ་འཆར་
དེ་ལས་གནས་ཚུལ་གྱི་ཐོབ་དབང་ཡོད།

རང་མིའི་འདྲོད་མས་དང་འཁྲིལ་པའི་
ཆོས་ལུགས་གནས་ཁབ་བརྒྱུད་ནི།



གསལ་ཤོག་དང་ རྒྱུད་བརྒྱུགས་ རྒྱུད་མཐོང་ བཅེས་རྒྱུད་
གྱི་རྣམ་པ་གཞན་གྱི་དལ་དབང་ཡོད།



ཆོག་ལ་རྒྱུ་རྒྱུད་ནི།

ལཱ་གི་ཁྱད་ཆོས་འདྲ་ མཉམ་དང་བརྒྱན་པའི་སྒྲོ་ལོགས་འདྲ་མཉམ་

ཞི་བདེའི་འཛུམས་འདྲ་དང་ བརྒྱན་ཆོག་ལ།



རའི་མཁས་རིག་ལཱ་གི་ཁྲིམས་མཐུན་བདག་དབང་
(ཁྱོད་ཀྱི་རྒྱ་དོས་)



ཁྲིམས་གྱི་ཡོག་ལཱ་འདྲ་མཉམ་དང་ ཁྲིམས་གྱི་ཉིན་
རྒྱུ་ལཱ་འདྲ་མཉམ་ཡོད།

ཁྲིམས་དང་འཁྲིལ་ཉེ་ཉེས་རྒྱུ་ལྡན་པའི་སྐབས་སུ་བཅུ་ཉེས་མིན་སྒྲུབ་ཉེས་ཐོབ་དབང་ཡོད།

མན་དགའ་ཅོད་དབང་ལཱ་བརྒྱ་ནི་མེད།



ཁྱོད་རའི་སྒྲུབ་དོན་མི་ཆོ་རྒྱུད་བཞག་ལཱ་གསལ་བ།

བཅོན་དབང་ལོག་ འཛིན་བརྒྱུད་ ཡང་ན་ དོད་མཁྱི་དཔལ་ལཱ་བརྒྱ་ནི་མེད།

འབྲུག་པའི་ཁྲིམས་ཅོད་ཅིག་གིས་ཐོག་ལས་ ཁྲིམས་དོན་རྒྱུ་བ།

རང་བཅོན་གྱི་དབང་ཆ་དང་འདྲ་ འབྲུག་པའི་མི་མེར་གྱི་བདག་དབང་ཡིན།

འབྲུག་མངའ་བདག་རྒྱལ་པོ་མཆོག་

རྒྱལ་ཁབ་སྤྱི་དབུ་ཁྲིད་དང་

རྒྱལ་ཁབ་དང་འབྲུག་པའི་མི་མེར་གཅིག་མཐུན་གྱི་

བཅེས་ཆོན་ཡིན།

ཁྱོད་གྱི་

འགན་ཁུར་

འདྲིན་

སྤྱི་ཆོག་སྤྱི་མ་གསལ་བཅུ་གནས་དང་
རྒྱལ་ཡོངས་ཞབས་ཏེག་ཁྱུ་དེག་ལ།

རྒྱལ་ཁབ་ཀྱི་མཐའ་འཁོར་ ལས་སྒོ་ལ་ དེ་ལས་ སྒོ་ལ་
རྒྱན་པའི་ གཉེན་རྒྱུད་ ཉིན་རྒྱུབ་ དེ་ལས་ བཅི་ལུ་དང་
འབད་དགོ།



བཅོད་མེས་ས་ བན་ཆོན་བཅི་ལུ་དང་ དེ་ལས་
སྒྱུན་རྒྱུ་འདྲུ་ཤེས་བརྒྱུད་དགོ།



གཞན་ལཱ་ཡོག་སྒྱུད་ ཡང་ན་ དབང་བཅོད་སྐབས་ལཱ་
འདྲིན་ལཱ་ཉེན་རྒྱུ་ལཱ་འབད་དགོ།



རྒྱལ་ཁྱེད་དང་ རང་བཅོན་ཁྱེད་དང་ཆོག་གིས་ ཉམས་རྒྱུད་
མོག་མི་ཚུ་ལཱ་ གྲོགས་རམ་འབད་དགོ།



དྲུག་ཁྲིམས་མོང་ལཱ་ལུ་དང་དེ་དང་ དན་རྒྱུད་ཀྱི་སྒྲོག་ཐབས་བརྒྱུག་དགོ།



ཁྲིམས་ལཱ་དབུང་གྲོགས་གྱི་དང་མེད་འབད་དགོ།





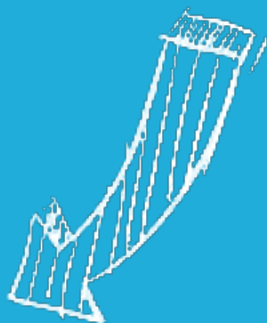
A series of horizontal dotted lines for writing, spanning the width of the page.



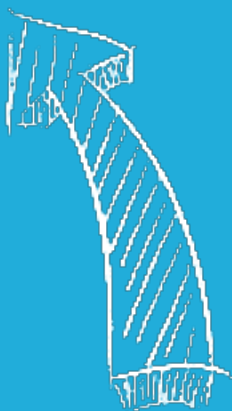
A blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. A vertical margin line is present on the left side, creating a narrow left margin. The paper is framed by a green border at the top and bottom, and a blue border on the right side.

A blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. A vertical margin line is present on the left side, creating a narrow left margin. The paper is framed by a green border at the top and bottom, and a blue border on the right side.

A blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. A vertical margin line is present on the left side, creating a narrow left margin. The paper is framed by a green border at the top and bottom, and a blue border on the right side.



“Democracy
is an everyday
exercise...”





“Remember, achieving democracy is not the goal. The real fruits of our efforts should be that democracy brings greater unity, harmony and prosperity to our nation. Democracy must be able to fulfill the aspirations of our people”


His Majesty the King of Bhutan, 105th National Day address to the nation, 17th December 2012

His Majesty the King has described democracy as not just a “gift from the throne”, but as a “responsibility to strengthen Bhutan”. This reminder reinforces the need for us to learn how to make democracy a daily action.

Democracy is not just about exercising our vote once in 5 years. Having exercised the formal responsibility of choosing our leaders, we have the responsibility of keeping them accountable. We do this by listening, sharing our views in a spirit of mutual respect, and by being active members of the community. Every step moves us closer to becoming a strong democracy that is regarded as the path to good governance guided by the overall vision of GNH.

Democracy is a way of life and its success depends on the actions of each citizen. As the first generation of democrats in Bhutan, we have been given the responsibility to ensure that democracy actually reinforces good governance and builds a stronger future for Bhutan. It is an honour and a privilege, as well as a duty for this generation of Bhutanese to create this future.

Democracy is not what we have, it is what we do every day.



We can bring democracy alive through the active engagement of the people; democracy thrives when citizens exercise real choice in decisions and take actions to shift decisions that govern our daily lives. These issues can range from reasonable affordable homes to employment policies, to whether the country should open up more to tourism or to mining, or to electric vehicles.

All of us have a role to play in the community, and the extent to which we volunteer, sit on committees, attend town hall meetings, provide constructive feedback to legislators and to government are key to a vibrant democracy.

We can all learn skills to improve our ability to engage in a democracy. We need to understand the democratic processes in Bhutan, and develop our potentials to work in a group, to speak in public, and engage in dialogue with all kinds of people, including people who share different perspectives from us. The ability to obtain and analyse relevant information is crucial as are skills to evaluate social issues and to seek solutions to challenges.

Finally, democracy requires that we strengthen values of tolerance and respect for all kinds of individuals and groups, to learn to listen, and to develop an understanding and interest in working for the good of our communities and nation. Schools and homes are the best places to learn the values, competencies and responsibilities of being a citizen.

Start today by talking to your friends, parents or teachers about civic responsibility. What have we done to contribute to a safer, stronger, happier community and country? You'll be amazed at what you can do to build a strong future for Bhutan.

The Active Citizen's Checklist



TALK

Talk with friends about issues that are important to you. Having discussions and debates can help you reflect on your positions and understand other perspectives.



BE INFORMED

Read the newspaper or other media sources about current issues. Citizens must be informed in order to make good decisions and hold their leaders accountable.



ASK QUESTIONS

Only by asking questions will we be able to understand what's happening in the world around us. If you do not understand a decision, an idea, or what someone writes – ask. Learn to ask your teacher, the authorities, and even MPs about anything that is unclear to you.



WRITE

Share your opinions by writing letters to the editor and op-editorials – and then submit them to the relevant newspaper. Engage in online forums as a registered member.



BE AN EVERYDAY ACTIVIST

Be an example for others by (1) acting responsibly and (2) bringing sustainable living practices into your life. What is a "sustainable living practice"? Any practice that uses the earth's resources in a way that induces less pressure on the earth: walking to school instead of driving, turning off the lights when you are not using them; buying local foods rather than imported, packaged foods like instant noodles.



VOLUNTEER

Give your time and assist in an activity to benefit the community.

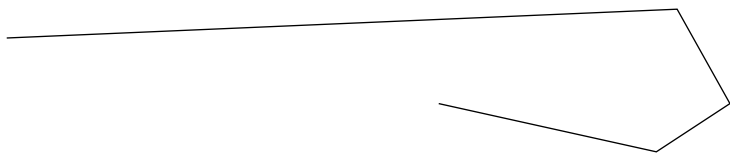


KNOW YOUR RIGHTS & DUTIES



And last but not least...**VOTE!**

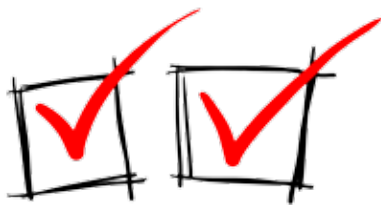
Vote for the representative that you think can **BEST LEAD** the country.



:



:





:

:



:



Volunteering





“Volunteering is the ultimate exercise in democracy. You vote in elections once every five years but when you volunteer, you vote every day about the kind of community you want to live in.”

- Marjorie Moore

Civil society – in everyday organized life – expresses human caring. As the space where people come together outside the institutions of the market and government, the development of civil society is based on the understanding that none of us stands alone. As fellow occupants of this planet, our fate, and the fate of the societies we inhabit, are bound together. We have a responsibility to each other – and to the places we inhabit.

This notion of caring is not simply an input for the nourishing of life; it is also an output to enable the flourishing of others. In any society, this care for others manifests itself in the form of volunteerism – unpaid service done to promote good or improve the quality of human life. Cleaning campaigns in which people pick up garbage, tutoring children struggling in school, teaching children to read in a library, or helping rebuild damaged monasteries are all examples of people voluntarily taking action to improve the lives of their communities. Volunteering not only helps communities, but it also helps individual volunteers to integrate their own idealism and realism in a healthy way.

The commitment to care for others is widely promoted by all the spiritual traditions and it is not a conservative or a liberal issue. Caring and compassion simply helps to define us as being human. Caring and compassion simply helps to define us as being human. This impulse to volunteer is especially important in a democracy, which is by definition governance by the people. As citizens, people must recognize the rights and responsibilities that are inherent in a democratic government. A wise citizen is one who understands that volunteering is not merely an altruistic act, but an obligation that all of us share by being members and stakeholders of the same nation. their own idealism and realism in a healthy way.

The Boy & The Starfish



What difference will volunteering make? Consider this story:

One day, a man was walking along a beach. As he continued walking, he noticed a figure. As he got closer, he realized the figure was that of a boy picking something up and then throwing it back in the ocean.

Approaching the boy, he asked, "What are you doing?"

The youth replied, "Throwing starfish into the ocean. Soon the sun will set and the tide will go down. If I don't throw them back, they'll die."

"Son," the man said. Don't you realize there are miles and miles of beach and hundreds of starfish? You can't possibly make a difference."

After listening politely the boy bent down, and continued picking up starfish and threw it into the surf.

Then, smiling, he said to the man. "I made a difference for that one."

Whoever you are, wherever you are, whatever capacity you have, you can make a difference. Sometimes, we feel that we are insignificant like the little boy. Yet, just like the little boy who picked up the starfish, we can do small things that have big results.

Case Study:



VAST (Voluntary Artist Studio, Thimphu) was started by a group of artists in 1998 to encourage and assist youth to explore their full potential through exposure and participation in art and social issues.

One of their main volunteer initiatives is the “Make a Wish” project. The project aims to improve the relationship between the young and the older generation, which, with lifestyle and culture changes, is breaking down in many places.

In 2009, members of VAST identified the first group of 27 elderly men from Kabjisa, Punakha. Most of them had never travelled out of their village and their wish was to go on a pilgrim

The VAST volunteers shared this idea to friends, family and others to contribute in any way they could. They organized everything starting from travel to Punakha to pick up the elderly, pitch tents, and ensuring the welfare of the elderly during the trip. During the 9-day trip the volunteers and elders visited the nyes in Trongsa, Bumthang and WangduePhodrang.

The trip gave the young and the old the opportunity to bond. The elders told stories of the past, the changes they see and shared personal stories. A few of them sang some of the very old traditional songs that most of us had never heard.

With dedicated volunteers and contributors, VAST organised two more “Make a Wish” projects, one in 2010 (elderly women from Punakha) and one in 2012 (for a mixed group from Nyabji-Khorphu, Trongsa).

Put that aspiration to volunteer into action!

In Bhutan, there are a growing number of Civil Society Organizations (CSOs) – groups that focus on bringing positive social changes in people's lives. These groups are non-profits, meaning they do not provide services and products for profit like businesses do. Whatever funds they receive are put back into the activities they offer.

Rather, they rely on the kindness of organisations and individuals who provide funding and support so that the CSOs can focus on causes that the government and private sector cannot, such as women's empowerment, serving the rural poor, and engaging youth.

These organisations need your support!

Consider volunteering for one of the Public Benefit Organisations listed below

Bhutan Centre for Media and Democracy (BCMD) Registered on 12/03/2010	Executive Director – Siok Sian Pek-Dorji 02-327903, pekdorji@bcmd.bt Programme Officer- Jigme Choden jc@bcmd.bt www.bcmd.bt / www.bhutanspeaks.bt
The Loden Foundation (Registered on 12/03/2010)	Executive Director- Dorji Tashi 02-33739, dtashi506@gmail.com /dtashi@loden.org Co-Director – Dr. Karma Phuntsho kp287@cam.ac.uk www.loden.org
RENEW (Respect, Educate, Nurture & Empower Women) (Registered on 09/04/2010)	Founder & President - Her Majesty the Queen Mother, Ashi Sangay Choden Wangchuck Executive Director – Chime Wangmo 02-332159, (Fax no. 332411) chimyd@yahoo.com Programme Officer- Yeshey Om yeshey.om@renewbhutan.org www.renewbhutan.org
BAOWE (Bhutan Association of Women Entrepreneurs) (Registered on 15/04/2010)	President – Damchae Dem 02-322027, damchae@pelden.bt Project Manager – Ngawang Tshering mail2ngawang@gmail.com www.baowe.org
Bhutan Youth Development Fund (Registered on 20/07/2010)	President – Her Majesty the Queen Mother Ashi, Tshering Pem Wangchuck Deputy Director – Dorji Ohm 02-327483, dorjiohm@bhutanyouth.org Senior Development and Communication Coordinator- Tashi Choden, tashichoden@bhutanyouth.org www.bhutanyouth.org

<p>Royal Society for Protection of Nature (Registered on 02/09/2010)</p>	<p>Royal Patron – Her Majesty, Gyaltsuen Jetsun Pema Wangchuck</p> <p>Executive Director – Dr. Lam Dorji 02-322056/326130(Fax no. 323159) ldorji@rspnbhutan.org</p> <p>Program Manager -Rinchen Wangmo rwangmo@rspnbhutan.org</p> <p>www.rspnbhutan.org</p>
<p>Draktsho (Registered on 26/11/2010)</p>	<p>Chairperson – Ashi Sonam Choden 02-322558, wtara@druknet.bt</p> <p>Executive Director – Jigme Wangmo 02-327650/02-328750 jigmewangmo@hotmail.com</p> <p>Deputy Director- Deki Zam dekzang@hotmail.com</p> <p>www.draktsho-bhutan.org</p>
<p>Tarayana Foundation (Registered on 26/11/2010)</p>	<p>Founder & President – Her Majesty the Queen Mother , Ashi Dorji Wangmo Wangchuck</p> <p>Secretary General – Chime P. Wangdi, 02-329333, di@gmail.com</p> <p>Senior Programme Officer- Roseleen Gurung roseleengurung@gmail.com</p> <p>www.tarayanafoundation.org</p>
<p>The Disabled Persons Association of Bhutan (Registered on 26/11/2010)</p>	<p>Executive Director- Sonam Wangmo sowenmo@gmail.com</p> <p>Treasurer - Sonam Deki sdeki12@gmail.com</p> <p>www.dpab.org.bt</p>
<p>LHAK-SAM (Registered on 26/11/2010)</p>	<p>Executive Director –Wangda Dorji 02-340878 (Fax No. 337687) wangdadorji1@gmail.com/ lhaksambnp@gmail.com</p> <p>Program Officer – Tsheltrim Dema tsheltrimdema@gmail.com</p> <p>www.lhaksam.org.bt</p>
<p>Royal Society for Senior Citizens (Registered on 21/02/2011)</p>	<p>Chairman – Dasho Karma Dorji 02-333213</p> <p>Program Officer –Phendey Zangmo zphendey@gmail.com</p>

<p>Royal Textile Academy (Registered on 13/06/2011)</p>	<p>Chairperson- Her Majesty the Queen Mother, Ashi Sangay Choden Wangchuck</p> <p>Executive Director – Rinzin O Dorji 02-335117, zukijuno@gmail.com</p> <p>Program officer- Rinzin Dema rinzeedt@gmail.com</p> <p>www.royaltextileacademy.org</p>
<p>Phuentsholing Sports Association (Registered on 13/06/2011)</p>	<p>General Secretary – Gyem Tshering 05-252433, plingsports@yahoo.com</p> <p>Office Assistant – Jambay 05-253964</p>
<p>Menjong Foundation (Registered on 10/11/2011)</p>	<p>Chairperson – Chench Dorji chenchdorji82@yahoo.com</p> <p>Executive Director – Tshering Tshomo tsheringmatsho@yahoo.com</p> <p>Treasurer- Mindu Tshering 02-337627, shaminduet@gmail.com</p> <p>www.menjongfoundation.org.bt</p>
<p>Ability Bhutan Society (Registered on 10/11/2011)</p>	<p>Royal Patron – Her Majesty, Gyaltsuen Jetsun Pema Wangchuck</p> <p>Member Secretary/Executive Director – Beda Giri 02-340747, absbhutan@gmail.com</p> <p>Program Officer –Thuji absbhutan@gmail.com</p> <p>www.absbhutan.org</p>
<p>Chithuen Phendhey Association (Registered on 29/11/2011)</p>	<p>Executive Director/Program Coordinator – Tshewang Tenzin 02-333111, ttenzin86@gmail.com</p> <p>Program officer- Dawa Penjor dawap46@gmail.com</p> <p>www.cpabhutan.com</p>
<p>Lho Mon Society (Registered on 07/02/2012)</p>	<p>Founder/Director of the first class – Khyentse Dzongsar Jamyang Norbu 08-271408 khyentse@mac.com</p> <p>Director of the second class – Tashi Tobgay yana@druknet.bt / office@lhomon.bt</p> <p>www.lhomon.bt</p>

SAARC Business Association for Home Based Workers (SABAH) (Registered on 02/04/2012)	Project Manager/Executive Director – Yuden Dorji yuden.sabah@gmail.com Production Manager- Sonam Choden sonam.c.sabah@gmail.com www.sabahbt.org
Music of Bhutan Research Centre (Registered on 02/04/2012)	Chief Executive Officer– Sonam Dorji 02-333824, somdomusic@yahoo.co.in Program Officer – Tshering Penjor penjortshering777@yahoo.com www.musicofbhutan.org
Rural Education Foundation (Registered on 05/04/2012)	Executive Director – Karwang Yohzin ruralbhutan@gmail.com Program officer- Rinchen Pem 02-345678, programbhutan@gmail.com www.refbhutan.org
Construction Association of Bhutan (Registered on 30/04/2012)	General Secretary –Rinzin Namgyal 02-324421 caboffice123@gmail.com Administrative Officer- Sonam Rinzin www.cab.org.bt
Bhutan Center for Nature Conservation (Registered on 30/04/2012)	Executive Director –Sonam Chokie 02- 326284, sonamchokie@gmail.com
Bhutan Kidney Foundation (Registered on 15/08/2012)	Chairperson – Dasho Yeshey Lhendup yesheylhendup@hotmail.com Executive Director – Tashi Namgay tashinamgay1@gmail.com www.bhutankidneyfoundation.org
GNH Centre Bhutan (Registered on 18/10/2012)	President – Her Majesty, Ashi Kezang Choden Wangchuck Executive Director – Dr. Saamdu Chhetri 02-326357 gnh.centre@gmail.com Administrative Officer –Sherub Choki 02-322354 www.gnhbhutan.org

<p>Youth Media Centre (Registered on 17/04/2013)</p>	<p>Executive Director –Pemaa Dorji 02-340753, pemaa.mstudio@gmail.com</p> <p>Programme officer- Nim Daw nimdawymc@gmail.com ymcbhutan@gmail.com</p> <p>www.youthmediacenter.org</p>
<p>Bhutan Animal Rescue and Care (Registered on 14/06/2013)</p>	<p>Executive Director –Kinlay Gyaltsen bhutananimalrescue@gmail.com Post Box No. 120, Yusipang, Thimphu.</p>
<p>Jangsa Animal Saving Trust (Registered on 18/06/2013)</p>	<p>Chairman – Lama Kunzang Dorjee</p> <p>Focal Person- Sonam Norzin jangsamember@gmail.com</p> <p>www.animalsavingtrust.org</p>
<p>Keshet Foundation of Bhutan (Registered on 07/11/2013)</p>	<p>President –Sonam Wangmo 02-323270, soenamongmo@gmail.com</p> <p>Director –Subarna Lama 02-322965, rainbow@rainbowbhutan.com</p>
<p>Jangtrul Community Service Association (Registered on 10/12/2013)</p>	<p>President –Jangtrul Yangsed Rinpoche memyselfandjangtrul@yahoo.com</p> <p>Secretary–Mr. Karma Yonten</p>
<p>Ogyen Choling Foundation (Registered 20/01/2014)</p>	<p>Kunzang Choden 02-323355, kcrjakar@druknet.bt</p>
<p>Royal Society for Protection and Care of Animals (Registered 20/01/2014)</p>	<p>Royal Patron – Her Majesty the Queen Ashi Tshering Yangdon Wangchuck</p> <p>Executive Director- Tashi Payden Tshering 02- 333147, tashipayden@gmail.com</p> <p>President - Tenzin Dhendup 02-324281, t_dhendup@moa.gov.bt</p>

Bhutan Transparency Initiative (Registered on 10/11/2014)	Project Manager – Ms. Pema Lhamo khenlhamo@gmail.com
Clean Bhutan (Registered on 11/11/2014)	Founder/Executive Director – Mr. Nedup Tshering cleanbhutan1@gmail.com #17110388/333708/333709 www.cleanbhutan.org
Bhutan Centre for Entrepreneurship (Registered on 10/11/2014)	Executive Director – Mr. Yonten Phuntsho yantscho@gmail.com # 17678009
Remoen (Registered on 10/11/2014)	Chairman – Dasho Ugyen Namgyel jachungbhutan@gmail.com Founder/Executive Director – Ms. Karma Yangdon kyangdon@gmail.com #17118587
Bhutan Media Foundation	Chairman – Mr. Tashi Dorji (General Manager BBS2) tashidorji@bbs.bt Executive Director –Mr. Dawa Penjor ed@bmf.bt dpenjor@gmail.com www.bmf.bt

You've got a choice

Use Your Voice!





Report Your Story!

As the “fourth estate” of democracy, the media are required to inform the public on what’s going on in the nation, act as a ‘watchdog’ that oversees the activity of the government, and, importantly, to give every citizen a voice.

If you have a story that you think is going unreported or an opinion that you would like to share, you should inform the media!

Find the news outlet that reaches your voice.

BUSINESS BHUTAN

Bhutan's first business oriented news paper, Business Bhutan was launched on 26 September, 2009. The paper mainly focuses on business and financial stories. It is a weekly paper published every Saturday.

Post Box No: 1190
Thimphu, Bhutan
Tel: 339904/339905, Fax: 339882
E-mail: editor@business.bt
www.businessbhutan.bt

BHUTAN OBSERVER

Bhutan Observer is Bhutan's first private bilingual newspaper launched on June 2, 2006. It is a weekly newspaper published every Friday. With nation-wide circulation, it covers a wide range of issues from across the country.

Post Box No: 1112
Thimphu, Bhutan
Tel: 334891, Fax: 327981
www.bhutanobserver.bt

BHUTAN TIMES

Bhutan Times was launched on 30 April, 2006. With a blend of national, regional and international news, it covers wide range of news and issues. It is a public company owned by 289 shareholders and promoters. It is a weekly paper published every Sunday.

Post Box No: 1365
Thimphu, Bhutan
Tel: 975-02-335006, Fax- 975-02-328451
E-mail: btimes@druknet.bt
www.bhutantimes.bt

BHUTAN TODAY

Bhutan Today was launched on 30 October, 2008. The paper provides the widest possible coverage on all issues confronting the nation. It is bi-weekly paper published every Thursday and Sunday.

Post Box No: 1532
Thimphu, Bhutan
Tel: 336806/4, Fax: 336805
E-mail: btoday1@gmail.com
www.bhutantoday.bt

KUENSEL

Kuensel, Bhutan's first national newspaper was founded in 1965 as an internal government bulletin. In 1986 it was reformatted and published weekly as Bhutan's only newspaper by the government. Later in 1992, a royal edict de-linked Kuensel from the government and made it an autonomous corporation to allow for the professional growth of the media. From a weekly paper Kuensel went daily since 27th April 2009. It covers wide range of issues and is published from Monday to Saturday.

Post Box No: 204
Thimphu, Bhutan
Tel: 324688/322488/322134, Fax: 322975/326638
E-mail: editor@kuensel.com.bt
www.kuenselonline.com

THE JOURNALIST

The Journalist was launched on 20 December, 2009. It covers wide range of general issues. It is a weekly newspaper published every Sunday.

Post Box No: 1336
Thimphu, Bhutan
Tel: 327540, Fax: 321680
E-mail: markjournalist@gmail.com

THE BHUTANESE

The Bhutanese was launched on the 21 February, 2012. The paper's focus is on bold and investigative stories that expose wrong doings and improve accountability. With the objective to improve systems through good, brave, intelligent and responsible journalism, it covers Bhutanese political, economic and social environment. It is a bi-weekly paper published every Wednesday and Saturday.

Post Box No: 529
Thimphu: Bhutan
Tel: 335605, Fax: 335593
E-mail: bhutanesenewspaper@gmail.com
www.thebhutanese.bt

Kuzoo FM

Kuzoo FM is the second biggest radio station in Bhutan that was established on 28 September 2006. It is a forum where youth can enjoy best of the music and express their views, opinions, and share their experiences. Kuzoo FM is one of the first project under the 'People's Project' under His Majesty's Secretariat which became an autonomous organization in 2008. It covers wide range of issues, news, information, entertainment and educational programs in Dzongkha and English and airs 24 hours daily.

Post Box No: 419
Thimphu, Bhutan
Tel: 335264,
Fax: 335263
www.kuzoo.net

TELEVISION

BHUTAN BROADCASTING SERVICE

BBS Television was launched on 2 June 1999. It is the only television channel that caters local news and programmes in Bhutan and is available in more than 40 Asian countries.

Post Box No 101
Thimphu, Bhutan
Tel: 323071, Fax: 323072
www.bbs.bt



Transparency and Accountability

“Transparency” is a word that is heard increasingly in Bhutan’s system of governance. The word refers to the ability of citizens to “see” and understand the workings of government. Access to information is the means by which we achieve “transparency; hence Bhutan’s legislature has been discussing a draft Right to Information Act, whose principal function is to ensure that the government provides all the information that is necessary to enable citizens to make decisions and to understand how the system of governance works.

“Accountability” refers to people’s ability to take action when public officials The means of achieving accountability include some of the most basic processes of democratic government, starting with the election of people who will hold public office.

How government’s ensure transparency and accountability:

There are numerous ways in which the government shares information to be “transparent” in their operations and decision-making. The Prime Minister of Bhutan provides an annual State of the Nation report to the country, the Parliament deliberates on the budgets for development projects, and the annual audits of government, civil society and other institutions are some of the measures to promote transparency and accountability.

Journalism also plays a role in ensuring transparency and accountability. It has a watchdog role to hold people elected to office and the government accountable through investigative reporting. Media also provides the space for people’s concerns, voices, questions and feedback to be shared in the public domain.

Transparency is enhanced through access to information through the following means:

- Print and electronic media
- Public speeches
- Public meetings
- Through word of mouth
- Social media

Transparency is also assured in various ways through open legislative sessions (such as the broadcasting of Parliament sessions or when people are permitted to sit in on Parliament sessions), publications of formal proceedings, press conferences, public speeches, and open court proceedings





Contact your Representatives



Contact Your Representatives



“Social accountability is not about demanding rights and my entitlements but it’s about creating the space for citizens to engage. Democracy means sovereign power in the hands of the people but it doesn’t mean anything if you don’t create the space, give the opportunity; build the capacity in the citizens”.

Chairperson of Anti Corruption Commission of Bhutan, Dasho Neten Zangmo

In a democracy, when you vote a candidate into a position of power – be it an Member of Parliament (MP) , a Gup, or even a class captain – you vote for them to represent the larger interests of the people, including YOU. While these representatives are educated, and probably have good ideas and intentions, they cannot read your mind. As leaders, they have lots of work and even more people to please, so they can sometimes forget about an issue that is important to you and your community.

Rather than complaining and not doing anything, why don’t you take the time to contact your leader by writing a letter or even meeting them in person? Tell them about what issues matter to you, why, and bring your ideas for how they can change the current situation.

[illegible]

[illegible]

Social Media Guidelines



Social Media Guidelines

Here are some simple rules on how you can use social media to responsibly voice your opinions and help to create a world you can be proud of while inspiring others to do the same.

1. **Think before you post or text.** A bad reputation could be just a click away. Before you press the 'post' button, imagine the last person in the world that you would want seeing what you post – Ama? Your teacher? What if His Majesty saw it?
2. **What comes around goes around.** If you want your privacy respected, respect others' privacy. Posting an embarrassing photo of forwarding a friend's private text without asking can cause unintended hurt or damage to others.
3. **Spread a good heart, not a wounded one.** If you wouldn't say it in person, don't say it online. Stand up for those who are bullied or harassed, and let them know that you're there for them. In other countries, online bullying can lead victims to lose self-confidence, depression, and even suicide.
4. **Give credit where it's due.** We're all proud of what we create. Illegal downloading, digital cheating, and cutting and pasting other people's stuff may be easy, but that doesn't make it right. You have the responsibility to respect other people's creative work and the right to have your own work respected.
5. **Make this a world you want to live in – spread the good stuff.** Share articles that inspire you; debate on issues your friends raise; post a story or an article on your blog; and enjoy the most democratic space in the world in the most democratic way possible!

Also beware of social media sites that profess to be news sites. They often contain unstated biases (i.e. supporting one party over another), and the information on these blogs and others sites have not been verified or fact checked. Many of the social media sites that emerged during elections contained defamatory comments despite attempts to monitor and block such sites. The Election Commission appoints a media arbitrator whose task it is to monitor social media use during elections to ensure objectivity and fairness, and to deal with complaints. There is also a 48 hour black-out period for social media use just before the general elections during which Bhutanese social media users should not make any comments on the upcoming elections or candidates.

The slide features a solid orange background. In the center, the word "Organize" is written in a large, white, sans-serif font. Surrounding the central text are four hand-drawn puzzle pieces, each rendered in a light orange, sketchy line style. These pieces are positioned in the corners: top-left, top-right, bottom-left, and bottom-right, creating a frame around the central text.

Organize

“There is a higher responsibility – not written in any legal document, but instead enshrined in humanity and history – a natural responsibility and duty that we all must shoulder equally, irrespective of who we are. Of paramount importance to the strength of a nation is the ability of her people to live as one united family – a community in which interaction is marked by trust, understanding, and cooperation.”

- Druk Gyalpo Jigme Khesar Namgyal Wangchuck

Often, when there's a problem, we want somebody else to do something. But we all are somebody! Get together with friends to make a difference. By combining your collective talents and passions, you can:

Conduct an awareness campaign on an issue that you care about. For example, recycling, the harmful effects of drinking, or the high rate of domestic violence.

Persuade elected Leaders to take action. Power comes in numbers! If you want your local government to repair a road, provide more facilities, or enact a policy, let them know. It is their job to serve you and to listen to your concerns.

Start a Community Dialogue or Forum. Community Dialogues are a great way to bring people together to address and solve problems. Host a public discussion at a school or community center.



How do I determine what I care about?

“See the Person, Not the Disability”

Ability Bhutan Society (ABS) is a Public Benefit Organisation founded on the recognition that persons living with diverse abilities, primarily children and their families have special needs. It was registered with the Civil Society Organisation Authority of Bhutan (CSOA) on 10 November 2011. The concept of Ability Bhutan Society was inspired by His Majesty King Jigme Khesar Namgyel Wangchuck's vision of a 'compassionate and just society'. The Royal Patron of ABS, Her Majesty Gyaltsuen Jetsun Pema Wangchuck, inaugurated ABS on 6 April 2012 as a project under the Kidu Foundation established as an endowment for Royal Projects.

Beginning in 2007, families of children living with diverse abilities gathered informally to share their problems of loneliness and helplessness and to explore ways in which to make life better for their children with moderate to severe diverse abilities. These children were often left at home alone or at best with an untrained caregiver. This was a very critical situation for the individuals and their families. It was during that time that the idea of ABS was conceived with the aim to help each other to provide direct early intervention and assistance to their children living with diverse abilities.

Initially, ABS started intervention with seven children. Within the span of three years, ABS is helping 194 children and their families and about 105 of them receive intervention through home-based, centre-based and school-based programmes. Children are helped in communication, social interaction, behaviour management, activity of daily living skills such as dressing, washing, and developing motor skills of the child. ABS conducts advocacy and awareness on the disability issues through outreach programmes and observance of the international disability day.


Story of Damcho Norbu (six-year-old boy) Living with Cerebral Palsy

Damcho came to ABS almost two years ago. He was facing challenges in communication, physical mobility, and found it hard to socialize with people. He is the younger of two siblings, and lives with his parents at the police community housing facilities. He is currently enrolled in a primary school. Since being at ABS, he has developed good skills in communicating his needs both verbally and non-verbally. He shows interest in learning new things and he enjoys walking without the help of his caregiver or his parents. He often shows interest in being with friends and he loves to be around younger children. However, he gets distracted easily and will not rest until he goes to examine things around him. His mother's hope for Damcho is that when he grows up, he will be able to live self-sufficiently without having to depend on others for help. Our Social Worker also assist teachers in his schools.

Damcho is now studying in a mainstream school.

“Inclusion is what ABS BELIEVES”





**What do you
care about?**

What do I care about?

Thinking back to your reflections on the things you would like to change or improve in the world, what stands out as most important to you? What issues are you passionate about? What would motivate you to act?

Take a moment to create a list of issues that are important to you. It is important to identify the issues that interest you most because they will help to guide your approach to change.

It could look something like this:

Climate change

Culture & identity

Youth violence

Substance abuse

Mental health

Educational technology

Women's rights

Now create a list of your own:





Get Informed

Develop your knowledge and expertise by getting informed about the issues that concern you. This will allow you to be more effective and have a greater impact as you carry out the changes you want to see take place. Based on the issues you identified...

Ask yourself

What more can I learn about the issues that concern me?

Develop a set of questions that you want to answer. Here's some you might want to use:

- What makes this issue unique and important to address?
- Who is most affected by the issue and why?
- How does this issue differ locally, nationally, and globally?
- What different approaches have been taken to understand and tackle this issue?
- What groups are currently working on addressing this issue?



Lead your project to success

Identifying your skills and characteristics will help you lead your project with success. Start by understanding your own strengths and needs, and then consider how creating a team could help to better achieve your goals. Helping your team members identify and leverage their own strengths and talents for the project is an important part of leadership. It is also important to ensure that all those involved are able to share in the vision of what you are trying to achieve.

Can you think of someone who shows strong leadership? What makes that person a good leader?

“How else would you know that it can work without trying?”

Reflect on the following leadership characteristics. Circle the characteristics that most apply to your personality and abilities and add any that you think are missing.



Develop a Team

Teamwork involves having a group of people who work together towards a common goal, with a shared sense of purpose.

It is important to realize that everyone in the project can lead in different ways – and each member of the team can set personal improvement goals.

Have an open discussion with your team to allow each person to share some of the characteristics that they would like to develop and improve upon on both an individual and group level.

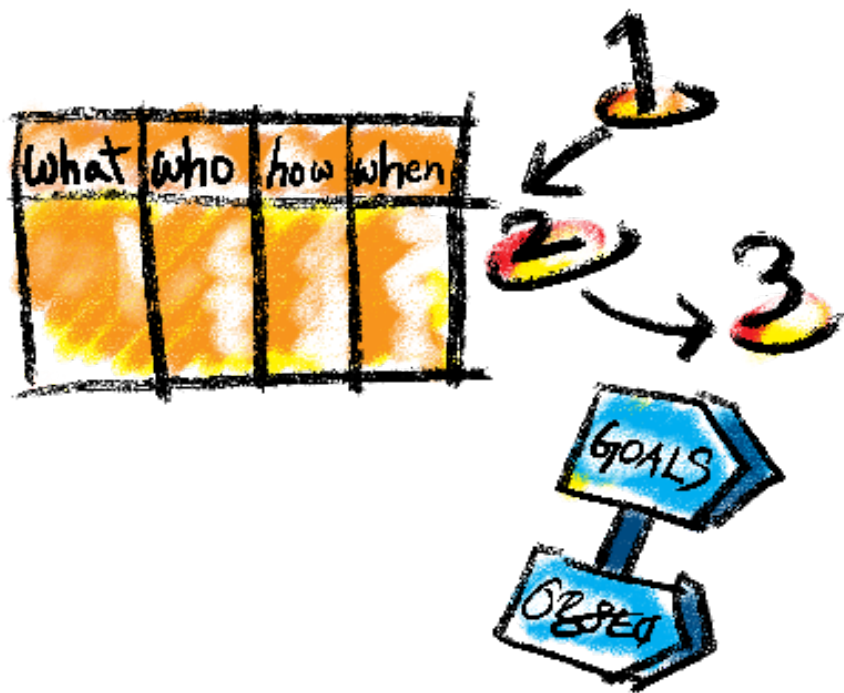
All team members can also fill out a chart, similar to the one below, in order to identify the ways in which each person can best contribute to the project. First discuss this in your group and then fill in the chart. You will find that each member of your team brings a unique set of skills and experiences to the table. This is good! It makes for a stronger team, and will ultimately help you to reach your project goals and objectives.

[illegible]

Develop Your Personal (or Group) Action Plan

Everyday we make decisions that have an impact. How we treat other people, what we buy and the resources we use all have an effect. It is essential to set goals and always work towards them in order to ensure your impact is a positive one.

Every great action begins with a single step. As you begin your action planning, the best place to start is with yourself and personal actions that you can take.





A series of horizontal dotted lines for writing, consisting of 24 lines.





འབྲུག་པན་པར་དྲུང་དྲུང་ཁང་གཙོ་ཁྲིའི་བ།
BHUTAN CENTRE
for MEDIA AND DEMOCRACY

— A Bhutan Centre for Media and Democracy publication —

2016 ©