



## Aerobic Exercise, Sorig Zhiney and Luejong Program Launched to Combat NCDs



In an effort to reduce non-communicable diseases (NCDs) and promote healthier lifestyles, the Dzongkhag Administration in collaboration with the Eastern Regional Referral Hospital in Mongar, launched a comprehensive wellness program on March 7, 2025. The program which combines Aerobic Exercise, Sorig Zhiney and Luejong practices is themed "MOVE FOR HEALTH, BEAT NCDS."

The launch event was attended by over 46 participants, with DASHO DZONGDAG gracing the occasion as the chief guest. In his address, DASHO DZONGDAG emphasized the importance of the program and directed that sessions be held three times a week (Monday, Wednesday and Friday). He further noted that the sessions could be extended to daily workouts if the participation increases. These sessions each lasting between 1 to 1.5 hours will take place after 5 PM.

long-term health benefits for the community.



This initiative aims to encourage healthier lifestyles through structured physical activities and traditional healing practices. By incorporating aerobic exercises, Sorig Zhiney and Luejong into daily routines, the program seeks to not only improve physical fitness but also enhance mental and spiritual well-being. The ultimate goal is to prevent NCDs, fostering

With a focus on holistic health, this program underscores the significance of maintaining both physical and mental well-being. The combined approach of aerobic exercise, Sorig Zhiney and Luejong provides a balanced pathway to better overall wellness, contributing to the long-term health and vitality of individuals in the region.

Contributed by: DPHO Office

### Highlights

- 7<sup>th</sup> Mongar Dzongkhag Tshogdu
- Aerobic exercise to combat NCDs
- Waste to Craft Club

## Transforming Waste Management-Inauguration of Waste Shredding Incinerator Plant



On March 25, 2025, DASHO DZONGDAG inaugurated the Waste Shredding Incinerator Plant of Mongar Dzongkhag which was privatized to "Wecare" a private company in Mongar after re-

maining underutilized for a long time. This event marked a significant step toward sustainable waste disposal and management in Mongar Dzongkhag.



Contributed by: Wecare

## Empowering Electoral Excellence-Capacity Development Program in Election Administration, New Delhi



A Capacity Development Program in Election Administration was successfully conducted by the India International Institute of Democracy and Election Management (IIIDEM), New Delhi in collaboration with the Election Commission of India and the Election Commission of Bhutan. The program took place from March 10 to March 21, 2025 and was attended by 40 election officials from Bhutan, led by Hon'ble Election Commissioner

Dasho Ugyen Tshewang. The participants included Electoral Officers, Electoral Registration Officers, Returning Officers and National Observers, all of whom had been actively involved in the 4th Parliamentary Election of Bhutan.

The training covered a wide range of critical topics related to the election process including Voting Procedures, Leadership and the use of Technology and Social Media, all of which are essential for enhancing the electoral process and ensuring its transparency and efficiency.

This intensive 12-day program saw participation from the Election Commissioner of India as well as distinguished professors and Chief Electoral Officers from India who shared



Election Commissioner of India- Shri Ajit Kumar

their expertise and insights on best practices in election administration.

The training session concluded with a vote of thanks from the Hon'ble Election Commissioner of Bhutan, expressing gratitude for the invaluable learning experiences and collaborative efforts that made the program a success.

Contributed by: Election Office

## Mushroom Cultivation Takes Root in Remote Gewog ThangRong

The one-day intensive hands on training on mushroom cultivation was provided to five farmers of Thangrong Gewog. This is the Training of Trainers (ToT) to expand the promotion of Oyster mushroom across the Gewogs for their consumption and generating income in future. The materials such as spawn, tarpaulin, binding rope and plastic where supported through CARLEP/IFAD funding.

### 1. Chopping of Raw materials

Hands on training started from the cutting of raw materials (paddy straw) with reasoning and background.

Paddy straw is one media readily available but varieties of other media can be used based on the local availability.

### 2. Soaking of chopped raw materials

Demonstrated the second major step on sterilization for



the foreign materials and free the other fungal disease, at least 20-30 minutes sterilization is necessary.

### 3. Steaming

After steaming for 1 to 2 hours the steamed materials were taken out of the drum and let to cool for applying the spawn and packed in the plastic for spawn run.

After having completed all the procedures they were asked to keep the spawn in a cool place in dark place for spawn run and monitor till the visibility of the spawn run. After visibility of the spawn, it should be watered every day and also keep the surroundings moist.

The final stage is to monitor every day and keep the stock moist and wait for the fruiting.



Contributed by: ES, Changa Tshering

## Introducing Waste to Craft Club-Wecare in Collaboration with MHSS



On 26<sup>th</sup> March, 2025, Dasha Dzongdag

Craft” club has been launched, encouraging members to transform discarded trashes into artistic and functional products. During the opening remarks, Dasha had highlighted and addressed on importance of waste management through fostering innovation, recycling, advocacy, awareness and eco-friendly craftsmanship.



ated by Wecare in collaboration with Mongar Higher Secondary School.

WeCare in an effort to promote creativity and sustainability, a new “Waste to



The program was actively participated by the Principal, Vice Principal, Municipal Engineer, Assistant Environment Officer, Thromde Ngotshab and a Club Members of Mongar Higher Secondary School.

*Contributed by: MHSS Office*

## Empowering Future Leader-A Visit to Ridaza School



Dasha also congratulated the students on their current academic performance while encouraging them to strive for even greater achievements in the future.



*Ridaza Principal & Dasha Dzongdag*

On 25<sup>th</sup> March 2025, Dasha Dzongdag, accompanied by the DEO and HRO visited Ridaza Primary School in conjunction with the school’s morning assembly. During the visit, Dasha engaged with the teachers and students, emphasizing the importance of discipline, raising awareness about the dangers of drugs and substance abuse and the significance of preserving culture and national identity.

Following the assembly, Dasha held a separate meeting with the teachers, highlighting the importance of teamwork and collaboration, the need to improve board examination mean



scores and the broader goal of enhancing the overall quality of education.

As a gesture of support, the school received a library book (A Book of Lamps: Journey of Education in Bhutan) and candies for students.

*Contributed by: Education Office*

## A Consultative Meeting with Social and Cultural Affair Committee



Hon'ble Namgay Dorji (Punakha NC), Phub Dorji (Wangduephodrang NC), Tshering (Gasa NC) & Kezang Chuki Dorjee (Eminent Member)

addressing the rising concerns over substance abuse among youth and the adults, particularly the consumption of alcohol, tobacco and the drugs.

During the discussion, the Royal Bhutan Police emphasized their ongoing initiatives including awareness programs, surprise inspections and highway checks which have proven to be effective deterrents. Local lead-



ers voiced increasing concern over the growing prevalence of tobacco and mostly the consumption of alcohol in both urban and rural areas.

The Social and Cultural Affairs Committee conducted a consultative meeting with Monggar Dzongkhag comprises of Dasho Dzongdag, the Senior Superintendent of the Royal Bhutan Police, Dasho Dzongrab, Local Government leaders, the Regional Director of Revenue and Customs, sector heads and business representatives. The meeting focused on



ers voiced increasing concern over

Contributed by: CO Office

## A visit to Nagor Primary School

Dasho Dzongdag along with Dasho Drungpa of Weringla Drungkhag, Chief Dzongkhag Education Officer,

students. Dasho Dzongdag emphasized the importance of discipline, raising awareness about the dangers of drugs and substance abuse and highlighting the value of strong teamwork and collaboration between the host and feeder schools. Teachers were sensitized on the need to improve board exam mean marks and enhance the overall quality of education. The school received library books, furniture, and sweets for the students. During the visit, the team also inspected the school mess at lunchtime to check hygiene and meal quality.



Human Resource Officer and the Principal of Nagor School visited Silambi Primary School on 20<sup>th</sup> March 2025 and met with the teachers and stu-



Contributed by: Education Office

## Basic Unit Leadership Training



The Basic Unit Leader Training (BULT) which began on 4<sup>th</sup> March has successfully come to an end on 8<sup>th</sup> March. The closing session was graced by the Chief Guest Honorable Dasho Dzongdag, DSA Commissioner and Principals of various schools. 45 teachers with 10 resource Person-

als and 10 leadership volunteers took part in the vigorous training course.

The closing ceremony marked the successful conclusion of the program which primarily focused on specialized and compulsory Scouting activities. The event highlighted the achievements of the participants, emphasizing their growth in essential



Scouting skills, discipline, leadership, and teamwork.

The ceremony ended on a high note, inspiring Scouts to carry forward the values of service, leadership and discipline to back at their schools.



Contributed by: MHSS Office

## 7<sup>th</sup> Monggar Dzongkhag Tshogdu

The 7<sup>th</sup> session of the Monggar Dzongkhag Tshogdu of the 3<sup>rd</sup> Local Government took place from March 10<sup>th</sup>



Dzongkhag Tshogdu Thrizin & Dasho Dzongdag

11<sup>th</sup>, 2025. The session was presided over by the Dzongkhag Tshogdu Thrizin and attended by key figures, including Dasho Dzongdag, Members of Parliament from Dramedtse-Ngatshang and Kengkhar-Weringla, Dasho Drangpoen, Dasho Dzongrab, Dasho Drungpa from Weringla Drungkhag, Dasho OC, local government members, a representative from the Dratshang, GAOs, regional and sector heads and both public and private sector representatives.

gewogs presented their respective



annual activities and budget proposals during the session. The discussions were primarily focused on aligning the proposed activities with national targets and objectives. The session was characterized by active engagement and productive dialogue, contributing to a comprehensive examination of developmental priorities and the challenges faced by the people of Monggar Dzongkhag.



The session commenced with the Zhugdrel Phuensum Tshogpa, followed by a review of the 6<sup>th</sup> Dzongkhag Tshogdu resolution. Deliberations centered on budget allocations and the annual plan for the 2025–2026 financial year. Gewog Administrative Officers from the seventeen

Contributed by: DT Office

## 41<sup>st</sup> Mongar Dzongkhag Education Symposium



Chief Education Officer, Mongar

The 41<sup>st</sup> Dzongkhag Education Symposium on the theme "Excellence in Education Quality and Academic Performance" was conducted from

8-9<sup>th</sup> March, 2025 at Wangchuk Hotel, bringing together all 39 school heads, 10 Principals from HSS and MSS, 23 Principals from PS and 6 Offtg. Principals from ECRs, along with Vice Principals of HSS/MSS, SMT members and School Captains from Mongar HSS/MSS, Kidheykhar CS and DEOs.



Presided over by Dasho Dzongdag, the symposium provided a vital platform for educational leaders to discuss strategies for enhancing academic performance and strengthening the quality of education across Mongar Dzongkhag.

Key discussions focused on academic excellence, student-centered learning, data-driven decision-making, and innovative pedagogical approaches to ensure continuous improvement in schools.



The event reinforced the collective commitment of school leaders and the Dzongkhag Administration to nurture a culture of excellence, innovation and accountability in education for the holistic development of students.

Contributed by: Education Office

## A Visit of RCSC Commissioner– Better Initiatives



Hon'ble RCSC Commissioner Dasho Baburam Sherpa

On March 7, 2025, the RCSC Commissioner, Dasho Baburam Sherpa and his team met with 75 civil

servants in the Old DT Hall. The meeting was attended by Dasho Dzongdag, Sector and Regional Heads, Principals and Offtg. Principals and other relevant participants. While Dasho Commissioner sensitized the attendees the



The Dzongkhag thanks Dasho Commissioner and team for the opportunity and the participants for taking part in it with enthusiasm.

Contributed by: HRO Office

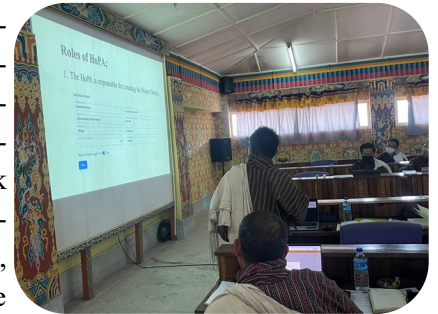
## Web-Base CMS Training for HoPAs and Engineers under Monggar Dzongkhag



The Dzongkhag Administration successfully organized a one-day training session on the CMS for HoPAs and GAO, along with a six-day training for Engineers in Monggar Dzongkhag. The sessions were facilitated by Mr. Lobzang Tshering and Mr. Pema Leki who had previously completed a ten-day Trainer of Trainees program with the Department of Infrastructure Development (DoID), Ministry of Information and Transport (MoIT).

The training sessions were presided over by the esteemed Dasho Dzongdag and the Dzongkhag Tshogdu Chairperson. This comprehensive seven-day program has equipped HoPAs and Engineers with the requisite skills and confidence to effectively implement the system. Consequently, the system's timely and efficient deployment will enhance the planning, execution and monitoring of construction projects, ensuring greater precision and consistency.

With the adoption of the web-based CMS, the previous practice of maintaining Measurement Books (MB) will be gradually phased out, significantly reducing the time required for officials to prepare documentation. Furthermore, the system will mitigate the risk of miscalculations and unauthorized bill payments. It will also function as a control mechanism for supervising and approving officials, ensuring that all records and processes are systematically routed. Additionally, the reduction in paperwork will streamline procurement procedures, contributing to more efficient project management.



Finally, we express our sincere gratitude to the Department of Infrastructure Development (DoID), Ministry of Information and Transport (MoIT) for their generous funding, which covered all necessary expenses related to this training.

Contributed by: Engineer Office

## Empowering Voters-Civic Education Program



Hon'ble Election Commissioner Dasho Dawa

about the Civic Education Program (CEP).

The team led by Chief Planning Officer Mr. Nidup presented on various voting process and unique salient features of electoral process of Bhutan. Not only that he em-

phasized that one must take responsibility to elect good government with good representatives for the betterment of the country and its people.



The program combined awareness sessions with interactive discussions, allowing urban residents to share innovative ideas for enhancing the electoral process. Civil servants and members of the business community participated in the program.

Contributed by: Election Office

### March Month in Pictures



PoP of 2<sup>nd</sup> Batch Gyalsung on 23rd March 2025

### March Month in Pictures



Monggar Dzongkhag Meonlam Chenmo Committee attending Pemagatshel Dzongkhag Meonlam Chenmo



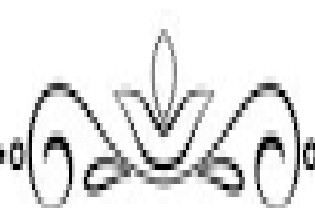
### March Month in Pictures



**Meonlam Chenmo Committee attending Trashiyangtse Dzongkhag Meonlam Chenmo**



**Dasho Dzongdag & Staff participating in aerobic exercise, Zhiney & Luejong Program**



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