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India-Bhutan Youth Summit

3rd -12th September, 2019
Delhi and Uroli, India



**India-Bhutan
Youth Summit**

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Contents

Overview 3

About the Participants 4

About the Facilitator 10

Discussions on the trek 11

Activities on the trek 21

Other activities 26

Overview

Centre for Escalation of Peace (CEP) in collaboration with Royal Institute for Governance and Strategic Studies (RIGSS) and Pallavan Learning Systems (PLS), organized the second India-Bhutan Youth Summit from September 3 to 12, 2019 in Delhi & Uroli, India.

Eleven participants from Bhutan and ten participants from India came together for the summit that is aimed at enhancing the understanding and appreciation of the youth regarding the importance of building India-Bhutan friendship through meaningful conversations on various aspects of India-Bhutan collaboration. Concurrently, the summit seeks to create a pool of potential ambassadors of this special relationship in both the countries who will carry forward the collaboration.

The ten-day programme was structured in a manner where learning experiences would incorporate a combination of academics and adventure. The Uroli segment of the programme included interactive sessions on leadership with INME facilitator Gaurav Saklani, a three-day trek across the pristine Indian landscape in the state of Uttarakhand, and discussions amongst the participants on core issues. In Delhi, the participants visited the Royal Bhutanese Embassy, Ritinjali community outreach centres, and Drishyakala museum. In addition, there were meetings between the participants and relevant people in India. The comprehensive itinerary was designed to provide ample opportunities for the participants to form everlasting bonds and to gain a better understanding of the two countries.

The discussions during the Uroli segment of the programme revolved around:

- What would I like to learn more in detail about the other country?
- What information can I impart about my country?
- What are some of the global issues that concern me and are relevant to me?
- What are some of my dreams, hopes, expectations and aspirations as a global citizen?
- What are my perspectives regarding my country's society, governance and policies?
- What about my country am I most proud of?
- What about my country am I concerned about?
- What are my hopes and desires for myself and the future?
- What will be my contributions towards realizing the future I envision?
- What are the opportunities that will be pursued with the participants from the summit?

At the end of the summit, the candidates shared their experiences and learning in a form of group presentations. They also composed an original song to celebrate the summit. In addition to giving detailed feedback on the summit, they were asked to submit a programme report detailing their individual journey during the summit. It is expected that the participants will go on to become successful spokespersons and ambassadors of the India-Bhutan Youth Summit community that will continue to grow over the years.

About the Participants



Anshu Saikia

My name is Anshu Saikia and I'm 20 years old. I am a student pursuing a Bachelor's degree in Economics from Delhi University. After college, I plan to pursue my Masters in International Relations. I have been brought up in Delhi most of life but my birthplace is Assam. I am also a singer and currently the president of my society, Zephyr. It is a western music and a capella based society and it has been one of the most significant parts of my college life. Another family that is close to my heart, is the Shining Network. We are a society that works on value building and youth empowerment and it is on this very platform that I found the application for the India Bhutan Youth Summit of 2019. I feel extremely grateful to be a part of this upcoming journey and can't wait to experience everything it holds for us.



Cyril Cherian

Being an engineering undergraduate, I've always been fascinated by how things function. A human connection, I believe, is vital to everything in existence. I've had the opportunity to work as the marketing chief in one of Kerala's fastest growing start-up boot camps which has helped me make constructive connections. Being a campus editor at Manorama, India's third largest morning newspaper in terms of circulation, I dabbled in stuff that needs to be read and heard. I always have been fascinated by good technology, immersive entertainment and sleek design, and have had the opportunity to organise one of the first TED Talks in Kerala. In this ephemeral life I believe that it is the little things that make a lot of difference. Different faces from different places pique my interest and I believe the ideal, Vasudhaiva Kutumbakam is India's greatest contribution to the world. A zealot for good karma, I look forward to working on platforms that would subsidize the aid and development of all life forms. I speak fluent Lorem Ipsum and have known Klingon to sound particularly alien. I'd also prefer a Cuppa coffee over cuppa tea and good music to warm the soul.



Jatin Sharma

I am currently in my sophomore year of BMS (Bachelor of Management Studies) at College of Vocational Studies, University of Delhi. To begin with, I'd like to mention that most of the decisions I make are entirely random. That will help you in wrapping your head around the fact that right now I'm working as a musician, a research assistant, a marketing executive and a talent acquisition intern simultaneously, while heading two academic departments at college along with my full-time coursework.

Now, I will never say that this is a smart thing to do, this is actually almost impossible to manage and I constantly feel like dropping a thing or two - and that is where FOMO comes in. I don't want to miss out on anything that I am passionate about, so at least at this stage of my life, I want to experience all that is possible.

IBYS fits into my cluster of things that I'm passionate about perfectly, as I'm obsessed with culture, diversity and sustainable development. I'd like to take this opportunity to gulp all of the knowledge that you guys have, and to share all that I have through my brief yet diverse experiences.



Karma Yangchen

I am from Gomphu under Zhemgang Dzongkhag. I graduated from Zhemgang Central School in 2015 and am currently pursuing my Bachelor's degree at Paro College of Education. I am in my final year. I did my teaching practice at Yangchen Gatsel Middle Secondary School under Thimphu Dzongkhag for the duration of six months from where I gained my leadership qualities, communication and sociability skills. This is the result of many years of hard work

and my experience as a teacher trainee.

Since my childhood, volunteering, reading books, travelling and exploring new worlds really interested me. Therefore, I feel that it is a great opportunity for me to be attending the 2nd India-Bhutan Youth Summit. I look forward to learning new things, gaining knowledge, exploring new surroundings with new people. I want to enhance my skills for life as a teacher.



Karma Yeshi

I am from Mongar and currently pursuing B.Sc Food Science and Technology at the College of Natural Resources (CNR), Lobesa in Punakha, Bhutan. It is my third year as the student councilor at the College of Natural Resources. I was elected as councilor by the students when I was in second semester. I have also served as house councilor in my high school and received an award of "Best Student of the Month", "Best Artiste of the Year 2015" and "Most Dedicated Volunteer of the Year 2013" from Yadi Higher Secondary School. I am always energetic and interested in learning new things, eager to develop new skills. I want to work hard to serve the TSA-WA-SUM.



Kinley Seldon

I am currently pursuing BA in Language and Literature at the College of Language and culture Studies in Taktse, Trongsa. I am from Khamdang, Trashi Yangtse (eastern Bhutan). I like reading books, writing articles and am very interested in travelling and exploring different cultures and meeting new people.

Furthermore, I am a highly motivated and an enthusiastic person willing to learn, work with others as well as efficiently on my own. I am excited to learn new things. I am a very adaptable person and take leadership roles competently under any circumstances. Moreover I am confident that I could be an exemplary Bhutanese student as I have excellent interpersonal skills to deal with any individual.



Kinley Wangmo

I am currently in the third year of college pursuing a Bachelor's degree in Population and Development Studies at Sherubtse College. I am a resident leader at Norbuling Hostel for the academic year 2019-2020. I have topped the class for the past four semesters. Being an active member of the Scout and Student Service Unit, I do voluntary work to help benefit the society. Since the program I am pursuing is research oriented I am well versed with statistical software and in doing research. Several of my research papers have been published. I am interested in business as well. I have organized entrepreneurship programs, participated and volunteered in a Comprehensive Entrepreneur Development Course. I am willing to work in a challenging and dynamic environment. I am a fast learner with a positive attitude and am organized, accurate and detail oriented.



Lakshya Sharma

I am a creative, curious and out-going individual. My inquisitive nature keeps me willing to learn and experiment. I enjoy working with others and engaging in discussions. I entered architecture school because of my interest in arts and culture. In college, I realized that I was interested in working towards sustainable architecture and development. I wish to be a proponent of sustainable building techniques such as earth architecture.

I like to sketch, write, dabble in photography and travel. I seek opportunities for travel through workshops and seminars, as I feel meeting new people and being in different circumstances is integral to education.

I am motivated to be a part of this wonderful initiative led by the Centre for Escalation of Peace and The Royal Government of Bhutan that aims to strengthen the efforts for world peace by strategizing for the long term through interaction and capacity building.

I believe I can learn a lot from this event and find ways to contribute towards tackling climate change, poverty and other such issues by making building, planning, policy making and lifestyle more sustainable and bringing it closer to nature and making it more engrained in the community to develop harmony amongst people.



Leki Bumpa

I am currently pursuing Degree in Civil Engineering at the College of Science and Technology, Phuentsholing where I am chief councilor. I am comfortable in languages such as Dzongkha, English, Khengkha and fairly good in Sharchopa (local dialect). I believe in remaining humble and grounded. I enjoy talking to new people and love making new friends. I am an honest person yet open to all sorts of conversations.

My strengths are commitment, passion and dedication towards the work I do. I can adapt to changes and new environment easily. With my dynamic nature and good communication skills, I am comfortable in establishing new relationships. I enjoy reading, writing and talking to people around me.



Muhammed Jaseel C K

Hello or as we say in India Namaste (I bow to the divine in you).

I would like to introduce myself as a social entrepreneur and an activist. I founded the organization The Gulmohar Foundation (TGF) which is working towards enhancing the capacity of youth in Kerala by facilitating dialogues, sharing initiatives and practices, building communities, and strengthening advocacy skills to build leaders who drive our society in the coming future.

I was a participant of Jagriti Yatra- an entrepreneurial journey across the length and breadth of India and attended Grammya Manthan, a nine-day rural immersion program, where the participants live in remote villages. I was one of the volunteers of International Citizens Service, a three-month volunteering programme by Pravah and VSO, funded by the UK Government. I attended Harvard US India Initiative Conference in 2018 and my interest in alternative education led me to the Learning Societies UN Conference. I dream of starting an alternative learning space in Kerala. As part of a journey towards my dream, I travelled across India to learn and experiment frameworks like UNESCO Happy schooling in India context. I represented India in South Asian Youth Peace conference in 2018 and Global Youth Biodiversity Network, Asia-pacific meeting, 2018. Since Kerala is vulnerable to climate change; for the past one year I have been working with Government and non-government organizations for action on climate change.



Nimrat Kaur

I am Nimrat and I hail from Ludhiana, Punjab. I have done my schooling from Sacred Heart Convent School (Ludhiana) and presently, I am in my final year of BA LLB (Hons) which I am pursuing from Symbiosis Law School, Pune. It was my keen interest in Human Rights, International Humanitarian Law and Policy formulation which drove me to aspire for a career in this field. Apart from penning a few research papers, interning with Human Rights and Legal Aid Organisations like HRLN (New Delhi) and volunteering as a para-legal at National Maha Lok Aadalats held in Pune, I have worked as a Panchayat Ambassador with the District Administration of Jashpur, Chhattisgarh. It was during the continuation of this office that I was successful in conducting a Legal Awareness cum Medical Aid Camp for the inmates of the Zilla Jail, Jashpur in June, 2019 with the keen support of District Collector, Jashpur District. My recreational interests include reading, travelling and sports.



Nitish Fatarpekar

I am Nitish from Goa and, currently, a senior undergraduate at IIT Bombay in the Department of Physics. You can identify me as the guy who will be petting dogs all the time and interacting with our fellow canine friends in a high pitched voice. Some of the topics I talk about include - Astrophysics, Airplanes, Philosophy, Tea, Neo-Imperialism, etc. My major skills include the ability to be able to fall asleep anywhere, photography, night sky gazing and teaching amateur astronomy.

When I am not glued to my computer screen, I enjoy taking care of my plants, feeding stray dogs on my campus, swimming in the sea, playing squash and continuing the tradition of snail mail. I mumble a lot, so please forgive me for that. Besides this, I can be occasionally fun to be around too and always up for any spontaneous plans.



Phuntshok Dechen Yangchen

My name is Phuntshok Dechen Yangchen. I am 20 years old and am currently a student at the Royal Thimphu College. I am pursuing Bachelors in Commerce and majoring in Finance. I am from Mongar but am currently staying in Thimphu. My interests include playing chess, reading and going for long walks. I used to be a science student in high school but as I grew up, I learned that I like business which is why I am pursuing a course in business right now. I have a small startup business based in Thimphu called Guram. It's a small candy making business that I hope to grow after I graduate from RTC. I spent a year in the U.S studying at Pitzer college where I studied about Social Justice so now I am planning to learn more about that as well.



Rangjung Dorji

I am Rangjung Dorji pursuing a BE in Power Engineering at Jigme Namgyel Engineering College. I am currently in my final year. I am also the Chief Councillor of my college. It is an honour to have this opportunity to lead. I always try my best to be a role model despite my shortcomings and strive to help others and fulfil my role as a student leader. Since my high school days, I have been passionate about volunteering and I have worked in many youth groups. As of now I am an active member of YPEER and this youth group focuses on the sexual reproductive health and rights and also on gender equality. I am also an ambassador for Youth Caring Community.



Sejal Grover

I am a 3rd year MBBS student at Lokmanya Tilak Municipal Medical College, Sion, Mumbai. I am passionate about medicine and I dream of creating a world with equity in availability of basic medical and surgical care. Being a part of the Rotaract community, I have worked as a community service director and along with my team, I organised 100+ health screening camps, health education and awareness sessions in and around Mumbai. I've also worked with the NGO Pride India, and have been awarded the YES Fellowship for the same. I'm very keen about research and have worked on personalised healthcare - a college symposium project, sleep and FD -- an ICMR approved project and on neuroscience -- at the University of Valencia in Spain. Apart from this, I am interested in debates, case and paper presentations, prose and poetry, painting, yoga and meditation and frequently take part in such activities. I've been privileged to learn in the tribal areas of Gadchiroli under the tutelage of Padma Shri Dr Abhay Dr Rani Bang. I've had the opportunity to learn oncology at the prestigious Tata Memorial Hospital, under the guidance of their faculty and professors from Guy's Cancer, London. I adore classics, I play the harmonium and dance Bharatnatyam. I love talking to people, exchanging ideas and co-creating memorable experiences!



Sonam Peldon

I am from Changangkha, Thimphu and I am 20 years old. I graduated from Motithang higher secondary school and I am currently pursuing my Bachelor's degree majoring in Finance at Norbuling Rigter College in Paro. Currently I am the student Vice President in the college. I am from a very humble family; my father works in Punatsangchu Hydropower Project and my mother is a housewife. I have been a member of Harmony Youth Volunteer (HYV) under the department of youth and sports for the last three years. I have taken part in an international business literary festival held at Gedu College (Gfest) in 2018 and bagged first position in the marketing round. I am a sociable person as I like being around people and I love to travel.

Contd.



Thukten Sherab

I am Thukten Sherab currently pursuing a Bachelor's degree in Commerce at Gedu College of Business Studies. I was elected by students and faculty members of Gedu College of Business Studies as the President of 'Forum for External Relations and In-house Coordination' (FERIC) for the academic year 2019-2020. Prior to becoming the FERIC President, I served as the vice coordinator of English Enhancement Centre of the College. In High School I had the privilege to serve as the President of 'Student Representative Council' (SRC) which is elected by students and teachers. Apart from various leadership roles I also received the award of "Best Student" in the year 2016 from Motithang Higher Secondary School. In the same year I stood second in BHSEC examinations for Class 12 with 72.5%. I am keen to learn new things and am fanatic about enhancing my knowledge and skills. More importantly, I am an amenable person.



Tshering Yangden

My name is Tshering Yangden. I come from Nemjo which is on the outskirts of Paro town. I completed high school from Ugyen Academy in Punkha, which made me qualify for my tertiary education. Currently, I am pursuing a Bachelor's degree in Secondary Education at Samtse College of Education. I have done my teaching training at Lamgong Middle Secondary School, from where I have gained practical knowledge and how to act as a role model. I love reading books, travelling, exploring new landscapes and meeting people, in search of adventures that can enlighten my knowledge and build my interpersonal skills. Thus, inspired by my family and friends, I work toward excelling with the aim to help my future students. Therefore, I look forward to taking part in the 2nd India-Bhutan Youth Summit, from which I shall take with me, the best histories of India-Bhutan relationship and lots of great memories.



Vidhi Bubna

I am Vidhi, a resident of Mumbai city. I am currently working on a book titled 'The Faces of the Indian Democracy', which focuses on IAS officers in the country and a few projects which they have worked on. High altitude trekking is my prime hobby and I love going to the mountains for a few days between my schedule. I have studied Economics and Finance and I want to engage in policy making which is impactful. I love to look at global issues with a global perspective to bring change.



Yoezer Choki

Greetings everyone. I am Yoezer Choki currently pursuing a Bachelor's degree in Computer Applications at Gyalpozhing College of Information Technology. I am 21 years old. I am from Zhemgang which is the central part of Bhutan. I am the eldest of two siblings. I am interested in reading books and comics. I am always curious to learn new things around the world. I like to figure things out in groups as they say, "Two heads are better than one". I look forward to meeting my new friends at the 2nd India- Bhutan Youth Summit.



Zainab Kasimi

I am Zainab Kasimi, currently pursuing a Master's degree in Life Span Development from the Department of Human Development and Family Studies, The Maharaja Sayajirao University of Baroda, Vadodara. I have interned with Yes Foundation, the CSR (Corporate Social Responsibility) of Yes Bank, where I worked with Tata Trusts for 8 weeks. I've also experienced a CSR internship with Gujarat State Electricity Corporation Limited for three months. We have had field works as a part of our curriculum in the Bachelor's program where we were made to design curriculums for the students in disadvantageous situations and also implement those which eventually gave me an opportunity to interact with the tribal adolescents and also the children coming in ICDS Anganwadis. All of these experiences have helped me develop a sensitivity and empathy towards the people in disadvantageous situations. I strongly believe that the first step towards the development of our country should not be

eradication of poverty, instead, I feel the plan should be to make people independent. And for that one of the most important things that needs to be propounded is the difference between charity and philanthropy. The understanding that feeding 1000 people and saying that you are working on eradication of poverty is just something that will make literally no difference.

About the Facilitator



Gaurav Saklani has been leading learning programs with companies and institutions for over 20 years. He facilitates powerful and highly engaging workshops around Creating Winning Teams, Realizing Leadership Potential, and Handling Difficult Conversations.

Gaurav has worked extensively with senior teams from companies across diverse industries including Google, HSBC, PepsiCo, ICICI, GlaxoSmithKline, EY, L'Oréal and Abbott Pharma. He has worked with leading schools like The Doon School, Vasant Valley School, Lawrence School, Sanawar, Neev Academy, Inventure Academy and Hill Spring International School.

An alumnus of the Doon School and SRCC, Delhi University, Gaurav has an MBA from XLRI ('92) with a specialization in HR and Organizational Behaviour. He is a certified MBTI consultant (CPP Worldwide) and has an Advanced Certification in Extended DISC.

Gaurav is co-founder and lead facilitator at Exper Executive Education – a learning and development firm for senior leaders in India. The company has a subsidiary Inme Learning – India's leading outdoor and adventure based life skills program for young adults.

Discussions on the Trek

The three-day trek and the picturesque yet stimulating natural setting provided the right environment for the educational as well as the resilient component of the summit. While enjoying the beautiful scenery and the crisp fresh air, participants engaged in thought-provoking discussions regarding important issues pertaining to the India-Bhutan relationship and the world at large. In addition to the unstructured conversations, there were structured discussions that the participants engaged in regarding themselves, their countries and their place in the world. The salient points of the discussions have been noted below.

September 4 – Interest and Knowledge

What would I like to learn more in detail about the other country?

India

- Political system of India
- Varied practices and customs in different states
- How to wear a sari
- Agricultural practices in India
- Population demography
- Garba dance
- Indian music
- Nature of protests
- Role of a president and his/her importance

Bhutan

- Bhutanese economy
- Healthcare (free) in Bhutan
- Gross National Happiness (GNH) and the happiness index



Mr Arun Kapur addresses the participants



Participants are ready for their train journey to Uroli

- Education system in Bhutan
- Local customs and traditions
- How Bhutan prioritizes the well-being of people
- How Bhutanese imbibe their humbleness and positivity

What information can I impart about my country?

India

- Indian politics
- Geography of India
- Foreign policy, especially pertaining to the Middle East and Asia
- Education system in India
- Architecture, especially mud and earth architecture
- Indian mythology
- Social entrepreneurship in India
- Legal system of India, intellectual property laws, and state laws
- Youth activism in India
- Public health in India
- Science labs and scientific community
- Demography and population

Bhutan

- Buddhism
- Bhutanese culture and traditions
- Technological advances in Bhutan
- Buddhist astrology - 'kaytshe'
- Capital city, Thimphu
- Bhutanese etiquette – 'Driglam Namzha'
- Hydropower in Bhutan
- Bhutanese history
- Social norms in Bhutan

September 5 – Global Citizenship

What are some of the issues that concern me and are relevant to me?

Political:

- Refugee crisis and ethnic cleansing, citizenship crisis around the world
- Rigidity and militancy regarding one's own religion, nation and way of life
- The shift towards the right in terms of ideology all over the world
- Overdominance of religion in politics and world affairs
- Need for the youth to be more aware about politics to ensure that their voices are represented
- Forceful subjugation of the minority

Economic:

- Rapid urbanization and rural-urban migration
- 'Race to the bottom' approach to economics – we need to realize that if products are cheap, someone pays the price
- Growing emphasis on commodity-based economy instead of community-based economy, materialism is seeing an unprecedented rise
- Too much emphasis on competition
- Unemployment among youth and disenchantment

Social:

- Stereotypes and discrimination based on gender, caste, nationality and other factors
- Stigma and a lack of awareness regarding mental health
- Social media pressures to always be positive and present the best
- Disconnect with self and others
- Public health and increase in noncommunicable diseases
- Divide created by technology

Environmental:

- Problem of waste management



Participants at the campsite, Uroli

- Climate change and its differential effects on humankind
- Desertification and loss of arable land
- Unsustainable development and continuing population growth
- Need for more research and timely epidemic-preparedness

Mindset:

- Insatiable desire/greed and insuppressible ego
- People are not content – in Buddhism, 'contentment' is the most precious wealth
- People today are NATO – No Action Talk Only
- Loss of humanity and mutual respect – humans are becoming superhumans but losing their basic humanness
- Disconnect between exposure and realization – we know the problems but do not act upon it

What are some of my dreams, hopes, expectations and aspirations as a global citizen?

Political:

- A world where a person has the freedom and opportunity to follow his/her dreams and aspirations as long as they don't cause harm to another person
- Creation of more platforms for youth to come together for change
- Our politicians should know the youth's views and aspirations
- Equality of opportunity, especially in health and education

Economic

- Focus on collaboration instead of competition
- Economy as a basis for livelihood and community, instead of being guided by unchecked corporations

Social

- People connect face-to-face and not on gadgets
- Respect differences and embrace diversity
- Create room for more communication and self-care – need to talk about and discuss issues to create awareness
- More empathy and support irrespective of gender, caste and nationality
- Humans know how to use technology in a mindful and ethical manner

Environmental

- Be more sustainable in every facet of our lives and leave a safe planet for our future generation and other species
- Connection with the entire universe – everyone and everything is interconnected and a part of a big family
- Be mindful of the waste we produce
- Reforestation and use of alternative energy
- Understand that sustainability requires numbers – one person doing it perfectly is not as impactful as seven billion people doing it imperfectly
- Become more aware and self-sustaining individuals

Mindsets

- Contribute in small ways and appreciate motivation and good intentions
- Be more action-oriented and work towards the good of mankind
- Become dignitaries of humanity and radiate humaneness

- Inculcate the practice of mindfulness in various facets of our lives
- Lead by example and know that small changes are meaningful
- Be aware of who we are and understand intersectionality of our identities

September 6 – My Country

What are my perspectives regarding my country's society, governance and policies?

Bhutan

- GNH is the guiding policy
- Peaceful and united community
- Good governance and comprehensive constitution
- Conservative but dynamic
- Small so manageable
- Luckiest country in the world

India

- For most Indians, the most important things are daily bread and butter
- One can see a different India as one travels from one state to another
- Unity in Diversity: India is able to personify and support diversity in a competent manner
- Good constitution, penal code and voting rights
- India is like a mother that feeds her children in an unequal manner

What about my country am I most proud of?

Bhutan

- Deeply held values and a culture of respect
- Concept of karma and cause and effect that provide guidance to people's lives
- Visionary leaders and monarchs – democracy was given to the people
- GNH is a comprehensive policy framework even though it needs to be more quantitative
- Free healthcare and education



Participants take a breather during the trek



Participants visit a temple during the trek

- Strong culture and traditions
- Exemplary relationship with India
- Ability to cope and balance progressive thinking with age-old values – decriminalization of LGBTQ
- Sustainable development – one of the corner stones of GNH
- Exemplary forest cover – enshrined in the constitution
- Bhutan has never been colonized
- Education policy to include everyone and genuine efforts to help the disadvantaged
- Very few homeless people
- Driglam Namzha – rule of etiquette
- Sociable and kind people
- United community

India

- Diversity
- Government is doing a competent job despite the vastness of the country
- People are nice and open to discussion despite differences – most Indians are accommodating
- Resilience and persistence displayed throughout history
- Entrepreneurship mindset, especially of the present generation
- Technological advances, e.g. 'Chandrayaan'
- Foreign policy – India is respected in the region and worldwide
- Decentralization – the system of 'Zela Parishat'
- Conservative but progressive in some aspect – Striking down of Section 377
- One can question the constitution
- Reservation system – a move to right the wrong
- Indians are 'Jugaadi' people who are innovative and hardworking
- 'Asha' system in health care
- Balance of individual and societal rights
- Diversity of culture and freedom of speech
- Defense forces

What about my country am I concerned about?

Bhutan

- Danger of loss of values
- People are developing faster than the country and forgetting their roots – there is a need to reconcile modernization with age-old culture and tradition
- Youth unemployment
- Brain drain and emigration to countries with high currency exchange rates
- Most people are simple-minded and easy to sway – known to be an easily agreeable population
- Lack of dignity of labour – most Bhutanese are not willing to do blue-collar jobs
- Disenchantment with political parties and issue of corruption
- A huge section of the population suffer from herd mentality
- Complacency – need more people to be proactive and become entrepreneurs
- Some section of the population is conservative and not accepting of change – reaction to decriminalization of LGBTQ
- Population growth rate is 1.7 – aging population
- Youth are not stepping up to the plate

India

- Caste system – important steps have been taken but it still manifests in society
- Politics is governed by bipartisanship, religion and caste
- Lack of implementation or differential implementation of policies and rules – there needs to be stricter adherence to rules and regulations
- Archaic traditions that are antithetical to human rights are still in practices – need to rectify
- Issue of brain drain
- The youth do not feel a sense of healthy patriotism and belongingness
- There is a need to focus on education and skill development to make people self-sufficient
- Population size and rapid increase
- Good policies are in place but loopholes corruption in various levels thwart the efforts – an example is the ease of forging papers and certificates
- Censorship of media and speech in some cases



Participants pose in front of a traditional house



Participants in deep contemplation before the discussion

- Emphasis on short-term policies instead of having a long-term picture
- Situations of some citizens – Dalits who are manual scavengers, tribal population whose lands have been taken away
- Health care makes up less than 1% of GDP
- Youth like to deliberate but don't vote – need to be more involved and proactive

September 7 – Myself: My Future and My Contributions to this Group and Beyond

What are my hopes and desires for myself and the future?

General:

- Future where everyone is satisfied with their efforts and everyone is afforded the opportunity to pursue their dreams
- Understand that our growth is connected to the growth of our society and community
- Share our resources and expertise towards making a future better
- Create a platform for collaborative social entrepreneurship
- Promote a culture of social work and philanthropy at a young age
- Collaborate in the community to promote education and universal healthcare
- Think about ways of inculcating inner peace in ourselves

Specific:

- Work on my candy product and promote entrepreneurship in Bhutan
- Contribute in the field of empowering women and helping disadvantaged communities
- Work in the area of climate change and sustainability
- Promote mud/earth architecture as sustainable alternatives
- Work towards more equitable healthcare
- Promote artistic expressions
- Work in hydropower and think about renewable energy
- Be mindful about how to invest my time and be immersed in deep, high impact work
- Be a role model for my students and be the best teacher possible
- Become a food entrepreneur and potentially start India-Bhutan food exchange

- Work with the government to strengthen structures in rural areas
- Have trainings for parents and teachers regarding early childhood
- Deal with issues of population and demography and volunteer at the Kidney foundation
- Become a cultural officer and promote Bhutan's traditions and culture, for example, the 'toray' system
- Think about bettering myself and about my position in the world every single day
- Volunteer for the elderly
- Work on designing effective traffic lights in Bhutan

What will be my contributions towards realizing the future I envision?

Individual contributions:

- Teach children from slum areas
- Do pro bono legal work in the arena of human rights
- Work with RENEW (Respect, Educate, Nurture and Empower Women) in Bhutan to empower women and promote entrepreneurship
- Advocate for more student exchange between Bhutan and India
- Impart social entrepreneurship information to those in need
- Provide free health consultations
- Be involved in medical research and collaborate with others in the scientific community
- Work in the field of mental health to create awareness
- Visit Bhutan to understand the context and the country's needs better
- Continue volunteering for 'Clean Bhutan' and create awareness around waste management
- Advocate for Rural-Urban Youth Summit in Bhutan
- Impart learning from this summit to my institution and community
- Take the energy and commitment of this group back to my community
- Continue working in non-formal education
- Create a system and culture where people do social work on a regular basis
- Promote technology as an asset and not a hindrance to our way of life



Participants interact with the local kids



Participants visit the Red Fort

What are the opportunities that will be pursued with the participants from the summit?

Collaboration:

- Create a platform to discuss issues that affect us and then devise strategies to address them
- Devise a programme that we can take back to our institution and community – work on the presentation with input from the participants
- Collaborate with fellow participants to look at case studies in entrepreneurship
- Coordinate with others to impart a new skill to other participants
- Elect an ambassador (India-Bhutan Youth Ambassador) who would oversee the projects
- Start written letters (pen pal system) among the participants
- Assess the feasibility of a cross-country music exchange programme
- Collaborate in the area of 'Right of media' and freedom of speech
- Work towards a system where more Indian teachers come to Bhutan and Bhutanese teachers get the opportunity to teach in India
- Think about publishing a book focused on various customs and traditions (visual book) of the two countries
- Use creativity to spread Bhutanese philosophy of peace and calmness to other parts of the world
- Think about ways to sustain the interests and commitments of the participants

Activities on the Trek

In addition to the discussions, the facilitators conducted many activities throughout the trek to encourage invigorating interactions and provided opportunities for participants to exhibit leadership qualities and question their existing mindsets.

Learning as a Cycle

Participants were asked to think about what constitutes reflection. The responses included thought, analysis, memory, review, change and transformation. It was stated that reflection is the ability to look back at a previous experience in a dispassionate way.

Then, there was a discussion on what entails 'experience'. It was noted that experience refers to something that is done or felt consciously, remembered for a long time, has an impact, and involves the five senses (and another sense that we refer to as gut feeling).

The participants were asked whether we learn by experiencing or by reflecting. To answer that question, participants delved into what learning meant. It was noted that learning constitutes exploration, realization, transformation and value addition – learning and change go hand in hand. The facilitator explained that there are four pillars of learning:

- Experience
- Observation, reflection
- Thought, analysis
- Practice, Doing, Acting

It was explained that learning takes place as a result of varied pathways among the four pillars with no fixed starting/end point. That is why Kolb and McIntire came up with a model that showcases that learning is a cycle. It was noted that the task or context at hand dictate how much time or effort is spent at each pillar. In addition, the preferred pillar/style of learning depends from person to person.

Fake Rs. 2000 note

The facilitator told the participants a short story followed by a question.

According to the story, a woman goes to a shopkeeper to purchase a phone cover that cost Rs. 1200. The woman hands the shopkeeper a Rs. 2000 note. The shopkeeper does not have change. He borrows change for the Rs. 2000 from his neighbour and gives the phone cover, along with Rs. 800 balance to the woman. Later that evening, the neighbour comes running and tells the shopkeeper that the Rs. 2000 note was fake. The shopkeeper then gives the neighbour Rs. 2000 and takes back the fake rupee note.

Then, participants were asked a simple question - what was the loss (financial) incurred by the shopkeeper assuming that the cost price of the phone cover was Rs. 1200? The participants were not allowed interaction to arrive at an answer.

Individuals came up with many different answers. Groups were made based on different answers. Then time was given for the groups to arrive at a common answer. The outcome was to test the resolve in one's own belief, and



Gaurav conducts a session with the participants

to question why other people were coming to different conclusions despite having the same information. The answer, which was not revealed until later was Rs. 2000. How can the loss caused by a Rs.2000 fake note be more than Rs. 2000? Participants were finally relieved and content with the final solution.

It was interesting to see group dynamics at play because individuals who had initially given Rs. 2000 had changed their answers during the group discussion. It was noted that in situations that are time bound, it is easy for pre-conceptions, seemingly logical narratives and dominant voices, to dominate the situation leading to false conclusions. At the same time, participants who were adamant about their answers being right were asked to reflect on their willingness to keep an open mind and listen to varied perspectives. The facilitator noted that although the task at hand was to find the correct answer, the objective, for most of the participants, became to prove their answers and convince others. He reminded the participants to be cognizant of such scenarios in real life.

Five Characters Rank-Up

This activity too used a story to bring attention to issues of leadership and bias.

The story began with a girl being shipwrecked on an island with two strangers, an old man and a sailor. Her fiancé and his friend were on another island. The girl asked the sailor if he could take her via the boat to the other island. The sailor asked her to sleep with him in return. She was shocked. She asked the old man for advice and the old man simply told her to follow her heart. The next day, the sailor took the girl to the other island. Upon reaching her destination, the girl shared the sailor's demand and her complicity with her fiancé. The fiancé became angry and called off the wedding. However, his friend offered to marry the girl and she accepted.

Based on the story, participants were asked to rank these five characters. The story provoked varying views on technical and moral issues. No instruction was given on what the ranking should be based on. The initial discussion was of a moral nature – who amongst the characters were the best? The problems raised here were: what are the scales to rate them with respect to what? Is it one's own value system? What is the value in letting people with different value systems vote on the values associated with the characters in the story? The participants could not come to a consensus as a group. The rank-up differed based on individual's bias, value system, emotions, culture, upbringing, perspective and ego.

The facilitator told the participants that this activity emphasized the importance of understanding the reasons behind our beliefs while being cognizant of the opinions of others. He asked them to reflect on the role of bias and subjective value systems in our day-to-day interactions. The importance of OFAV – Objectives, Facts, Approaches, Values – in our daily communication was stressed upon. It was noted that organizations and professional gathering should have a separate set of values; facts should be presented upfront along with setting common objectives. This was a good way to deal with conflict because often subjective value systems, morals and ethics lead to interpersonal conflict.

Control Theory

Great leaders focus on direct control and they have a positive outlook to what is in their control. They don't worry about things that are beyond their control. Average people on the other hand will focus on things that are beyond control because their mind is set on failure and negativity. We need to move from a limiting mindset where negative attributes (fear of failure) are focused on. This leads to being defeatist, cautious, safe and nervous. A growth mindset is better where there is a desire to succeed and focus on positive attributes. This leads to being confident, proactive, ambitious and a risk-taker.

Our current reality is a tug of war between where we are on one side, and our vision on the other. And when there's too much stress, we inevitably pull back on our vision. But it is important that we strive on and do the opposite.

Physical Activities

One of the first physical activities on the trek was a tutorial on how to pitch a tent. The facilitators demonstrated the right technique to follow and gave interesting lessons to ensure that the tent is secure and strong. Then, in groups, participants were asked to demonstrate the procedure. On the second day of the trek, participants were asked to pitch their own tents.

One evening of the three-day trek was dedicated to the Friendship Ladder. The facilitators demonstrated how the activity would be performed. Then, in pairs of two, participants were harnessed securely and given the directions to climb a towering structure with ladder-like support. Since it was imperative for the participants to



Participants learn the art of Linocut painting



Helium pole activity in session

work with each other in order to make it to the top of the structure, the activity exhibited the importance of support and trust in collaboration and partnership.

The other physical activity involved a long pole filled with helium gas. This was again a group activity. Participants were asked to put one finger under the pole and lower it slowly till it hit the ground. Because of the helium gas, it became important that every member of the team lowered their finger at the same time. That exercise highlighted the importance of coordination and collaboration, and stressed the point that everyone in the group is important.

Beads

As a closing activity to the three-day trek, this interaction focused on appreciation and commitment. Each participant was given three beads to present to their friends and themselves. There was a 'Thank you' bead, an 'Appreciation' bead and a 'Commitment' bead. The 'Thank you' and 'Appreciation' beads were presented to others for their helpfulness and inspiring qualities. The 'Commitment' bead was given to oneself as a reminder of what they aim to achieve after the summit. The commitments made were as follows:

- Add more to my knowledge base and share with others – Nimrat
- Give more to the community and work towards the betterment of the environment – Tshering
- Find more opportunities like this summit that makes us grow – Lakshya
- Spend more quality time with family and friends – Vidhi
- Be more aware of our culture and the environment – Kinley Seldon
- Grow every day to become a better human being – Rangjung
- Be a better citizen of Bhutan and a good ambassador of the India-Bhutan friendship – Leki
- Host all of you at my home – Yoezer
- Give more time to social work – Cyril
- Work at becoming a better doctor and dancer – Sejal
- Learn every single day and share with the world – Jatin
- Be a responsible citizen of the world – Kinley Wangmo
- Constantly learn and go outside of my comfort zone – Phuntsho
- Follow what I have learnt in this summit and be more action-oriented – Zainab



Participants work together to climb the Friendship Ladder

- Be a good friend to all the participants of this summit – Karma Yangzom
- Fulfill my parents' wishes and be a good citizen – Karma Yeshe
- Become a person of substance – Thukten
- Commit to my passion (music) and live in the present more - Anshu
- Develop my communication skills and strengthen the friendship formed during this summit – Sonam
- Be mindful of my time and energy – Nitesh
- Keep in touch with all and work on projects coming out of this summit - Jaseel

Other Activities

In addition to the trek segment of the trip, the summit organized various activities to explore the diverse facets of the India-Bhutan relationship and Indian culture.

The meeting with the Bhutanese Ambassador to India, Ambassador V. Namgyel offered the participants a unique opportunity to understand the intricacies of the India- Bhutan partnership and gauge what is being done at the highest level to address them. Ambassador V. Namgyel explained the exemplary relationship that Bhutan and India have shared over the years and responded to queries from the participants.

The participants visited Ritinjali, a non-profit organization that works at the grassroots level for the betterment of the community. They went to the Kusumpur Pahari Learning Centre to interact with the children at the centre. Participants designed painting, reading and other activities for the children. Then, they visited the Second Chance School where a facilitator had organized an interactive session for them. The session provided an opportunity for them to mingle and work together with the boys of the school and women from the Ritinjali Skilling Centre.

The participants spent an evening with the alumni of the India-Bhutan Youth Summit. Some of the alumni were able to attend the gathering physically while others joined via Skype. The participants and alumni shared their experiences and learning during the summit through a formal question-answer session and an informal interaction. The participants also interacted with Mr Vijay Chhibber, a CEP board member and the Former Secretary of the Ministry of Road Transport and Highways. Mr Chhibber expressed the importance of Bhutan as a valuable neighbour to India and offered his views on delicate matters pertaining to India.

As part of the cultural segment of the summit, the participants visited many places of interest such as the Red Fort, Drishyakala visual arts museum and Sarojini marketplace.



Participants interact with the children at the Ritinjali Learning Centre



Group Picture



