

3rd India-Bhutan Youth Summit

9 - 18 September 2024
in BHUTAN

REPORT 2024

CENTRE FOR
ESCALATION
OF PEACE | CEP



pallavan
आओ सीखना सीखें
LEARNING TO LEARN

Pallavan Learning Systems

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ABOUT THE SUMMIT

Centre for Escalation of Peace (CEP), Royal Institute for Governance and Strategic Studies (RIGSS) and Pallavan Learning Systems (PLS) conducted the 3rd India-Bhutan Youth Summit from September 9-18, 2024. The first India-Bhutan Youth Summit was organised in 2018 to mark the 50 years of diplomatic relations between the two countries. The launch of the India-Bhutan Youth Summit came at an opportune time to celebrate the 50 years of friendship and partnership. The second summit was organised in 2019.

The main objective of the youth summit was to enhance the understanding and appreciation of the youth on the importance of building India-Bhutan friendship, and to create a pool of potential ambassadors of this special relationship in both countries who will carry forward the collaboration for many years to come. The summit sought to provide an opportunity for the youth to engage in meaningful conversations on various aspects of India-Bhutan collaboration and promote networking and bonding.

This year, the summit had participants from both countries congregate in the Kingdom of Bhutan. The 10-day programme was structured in a manner where learning experiences would incorporate a combination of exposure and adventure. It included an introduction to Bhutan, a three-day trek across the pristine land of Bhutan, interactions amongst the participants on core issues, and meetings between the participants and eminent persons in Bhutan. The participants also visited places of interest and interacted with people to gain a better understanding of the country and the aspirations of the citizens.

At the end of the summit, the participants were asked to share their experiences and reflect on the entire programme. In addition to giving detailed feedback on the summit, they were asked to submit a programme report detailing their individual journey during the summit. Also, in groups, they prepared a presentation and a project proposal on one of the most pressing issues surrounding the India-Bhutan relationship. In addition, they were asked to write an essay on 'what makes you an adult'. 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 ORGANISERS



Centre of Escalation of Peace, India

www.cepeace.org

The Centre for Escalation of Peace (CEP) takes the view that peace is not just the absence of war. Peace cannot be taken for granted; constant effort is required to enhance it as an anchor in a sea of rapid and far-reaching strategic and socio-economic change. As such, peace must not merely be sustained, but escalated through various strategies & tactics akin to the pursuit of victory during war.

With that in mind, the CEP has continuously sought to create platforms and establish programs that encourage the free exchange of ideas across borders, with a distinct focus on empowering young minds. Its dialogues & activities revolve around three 'pillars of calmness', namely (i) Youth and Education; (ii) Trade & Sustainable Development; and (iii) Society & Culture.



Royal Institute for Governance and Strategic Studies, Bhutan

www.rigss.bt

The Royal Institute for Governance and Strategic Studies (RIGSS) is a premier leadership institute and think tank established by His Majesty The King of Bhutan in 2013. The first of its kind in the country, RIGSS is an autonomous, not-for-profit institute to promote excellence in leadership and governance through training, discourse and research.

RIGSS offers a wide range of leadership training and assessment programmes for different sectors. It also carries out research on the accomplishments and future direction for governance. RIGSS courses and research work provide a comprehensive and analytical understanding of pertinent national issues, emerging trends, and challenges and opportunities for the country.

Besides leadership training and research, RIGSS organises public lectures by eminent speakers, policy debates and seminars and international symposiums. It also organises the Track-II India-Bhutan Dialogue (IBD) in partnership with the Centre for Escalation of Peace (CEP) in New Delhi, an effort to further strengthen India-Bhutan friendship and cooperation.



India-Bhutan Foundation, Bhutan

www.indiabhutanfoundation.com

The India-Bhutan Foundation (IBF) was established in 2003 during the visit of His Majesty The King of Bhutan (then Crown Prince) to India through an MoU signed between the Royal Government of Bhutan and the Government of India in recognition of the close ties of friendship and cooperation between the two countries, and inspired by a common desire to further the scope of this exemplary relationship. The Foundation aims to enhance people-to-people exchanges through activities in mutually agreed areas, in particular, in the educational, cultural, scientific, and technical fields. The Ambassador of Bhutan to India and the Ambassador of India to Bhutan are the Co-Chairpersons of the Foundation's Board of Directors.

The IBF, through its Trust Fund, finances proposals received from Bhutanese or Indian nationals for studies, research, educational activities, in-service training for citizens of Bhutan and India at institutions of learning located in each other's countries, exchange visits of scholars, poets, writers, journalists, artists, and other professionals, seminars, symposia, workshops, and support to non-governmental organizations in the two countries whose work contributes to achieving objectives of the Foundation.

IBF is the official sponsor of the India-Bhutan Youth Summit (IBYS) 2024.



Pallavan Learning Systems

Pallavan Learning Systems, India

www.pallavanlearningsystems.com

Pallavan Learning Systems (PLS) is an educational research organisation that promotes the philosophy of wholistic development, focusing on five areas: Cerebral, Emotional, Physical, Social and Spiritual. The Five Areas of Development emphasises the interconnectedness of all areas and focuses on learning how to learn so that all learners are able to actualise their potential. Since 2016, every year, the Five Areas of Development has been recognised by HundrEd, Finland as one of the most influential ideas in education in the world.

Pallavan Learning Systems has numerous years of experience working with schools and institutes operating in various settings – public and private, urban and rural, local and international – and catering to diverse groups of learners – 1.5 to 25-year-olds, learners with special needs, and disadvantaged youth. With the deep understanding of learners and conviction that education is the best route to self-actualisation, PLS continues to strive to make meaningful contributions to the global field of education.



ITINERARY

Day 1

Date	From	To	Event
Monday September 09, 2024	12:00 PM	2:00 PM	Arrival at Bagdogra Airport
	2:00 PM	7:00 PM	Travel from Bagdogra Airport to Phuentsholing
	7:00 PM	7:30 PM	Reception at RIGSS Institute
			Welcome remarks by RIGSS Director
			Address by CEP Representative
	7:30 PM	9:00 PM	Brief Session on Bhutanese Etiquette by RIGSS
			Introduction and expectations sharing, Introduction to Learning Portal and daily individual reflections
	9:00 PM	10:00 PM	Welcome Dinner
	10:00 PM onwards		Retire for the Day

Day 2

Date	From	To	Event
Tuesday September 10, 2024	8:00 AM	9:00 AM	
	9:30 AM	12:00 PM	Drive to Chukha Hydropower Plant
	12:00 PM	1:00 PM	Visit to the Hydropower Plant
	1:00 PM	2:00 PM	Lunch at Chukha
	2:00 PM	5:00 PM	Drive to Paro
	5:00 PM		Check in Sinchula Villa, Paro
	6:30 PM	7:30 PM	Interaction with Shri Amitabh Kant
	7:30 PM	9:00 PM	Dinner at Mr Kapur's place
	9:00 PM onwards		Drive to hotel and retire for the day

Day 3

Date	From	To	Event
Wednesday September 11, 2024	8:00 AM	9:00 AM	Breakfast
	9:00 AM	12:00 PM	Visit Rinpung Dzong and National Museum of Bhutan (TaDzong)
	12:00 PM	1:00 PM	Drive to Druk Gyalpo's Institute (DGI), Pangbisa
	1:00 PM	2:00 PM	Lunch at DGI
	2:00 PM	5:00 PM	Engagement at DGI - Campus Visit and interaction
	5:00 PM	6:00 PM	Drive down to hotel
	6:00 PM	7:00 PM	Briefing on Bumdrak Trek (preparation and sharing expectations)
	7:30:00 PM onwards		Dinner and retire for the day

Day 4

Date	From	To	Event
Thursday September 12, 2024	7:00 AM	7:30 AM	Breakfast
	7:30 AM	8:00 AM	Drive to Sangchoekhor Monastery
	8:15 AM	2:00 PM	Sangchoekhor to Bumdrak (lunch on the way)
	2:00 PM	2:30 PM	Check in the Tents
	2:30 PM	3:00 PM	Welcome Tea
			Session 1 - Discussion Theme: Global Issues
	3:00 PM	4:00 PM	How do I see the World today? What are the issues and things that concern me and are relevant for our future? As a world citizen, what are some of my desires, hopes and expectations?
	4:00 PM	4:30 PM	Break
			Team Time (Get into teams to decide on a topic for team project to be presented at the programme closing)
	4:30 PM	5:30 PM	Ask participants for cultural show presentation for the last day (optional)
			Check in updates on Learning Portal
	5:00 PM	6:00 PM	Recess
	6:30 PM onwards		Dinner and Retire for the Day

Day 5

Date	From	To	Event
Friday September 13, 2024	7:00 AM	8:00 AM	Morning circle and Reflective Writing Exercise (letter to self)
	8:00 AM	8:40 AM	Breakfast
	8:40 AM	10:30 AM	Visit Bumdrak Monastery and Other Sites

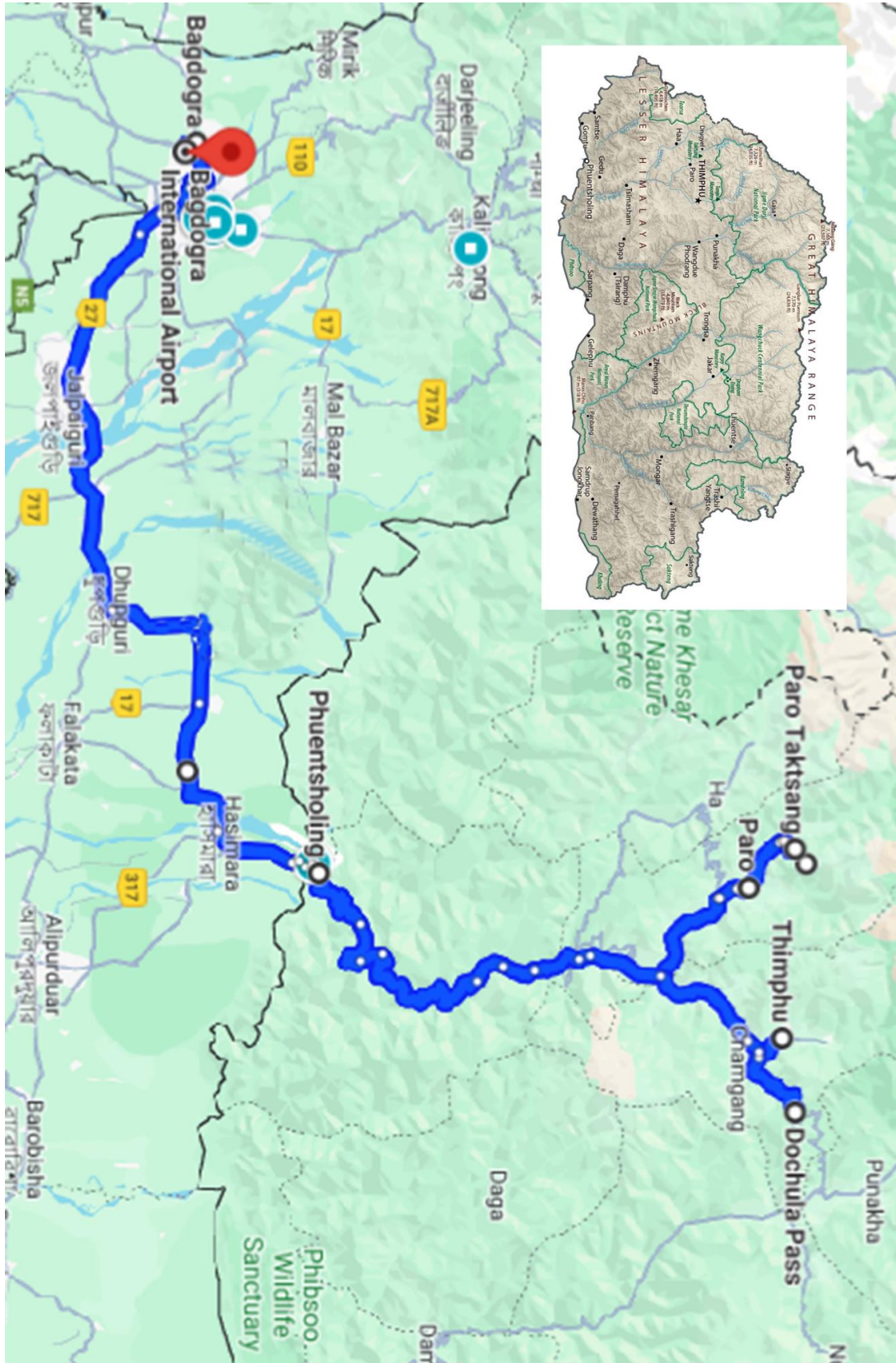
10:30 AM	11:00 AM	Tea Break
11:00 AM	12:30 PM	Session 2 - Discussion Theme: India-Bhutan Friendship
		India-Bhutan Friendship - Sharing about what Bhutanese participants know about India and vice-versa.
12:30 PM	1:30 PM	Understanding the participants' knowledge and views of the respective countries. What are my views about my country? What do I think of the society, governance, politics, democracy, political parties, etc.? What makes me proud? What concerns me?
1:30 PM	2:30 PM	Lunch Break
2:30 PM	3:30 PM	Session 3 - Team Building Activities
		Session 4 - Discussion Theme: Opportunities for the Future
3:30 PM	4:00 PM	What do I think about my future? What are my hopes and desires? What am I willing to contribute or strive for in order to bring about change? What help support / networking opportunities from this group can be of help?
4:00 PM	5:30 PM	Tea Break
5:30 PM	6:30 PM	Debrief and Getting into Teams for Group Presentation Discussion.
6:30 PM onwards		Check in updates on Learning Portal
		Break and Network
		Dinner and Retire for the Day

Day 6

Date	From	To	Event
Saturday September 14, 2024	6:30 AM	7:00 AM	Morning Tea and Packing
	7:00 AM	7:30 AM	Breakfast
	7:30 AM	11:00 AM	Hike to Taktshang
	11:00 AM	12:00 PM	Hike to Taktshang Cafe
	12:00 PM	1:00 PM	Lunch at Taktshang Cafe
	1:00 PM	3:00 PM	Hike to Taktshang Base
	3:00 PM	5:00 PM	Drive to Thimphu and Check in Ludrong Hotel at Langjophakha
	6:30 PM onwards		Engagement with Indian Ambassador, followed by dinner
			Briefing for the next day
			Check in updates on Learning Portal

Day 7			
Date	From	To	Event
Sunday September 15, 2024	7:00 AM	8:00 AM	Breakfast
	8:00 AM	9:30 AM	Buddha Point (Kuensel Phodrang)
	10:00 AM	12:00 PM	Thimphu Tshechu
	12:30 PM	1:30 PM	Lunch
	1:30 PM	4:30 PM	Leisure
	5:00 PM	7:30 PM	Group Presentation and Report Preparation
	7:30 PM onwards		Dinner
Day 8			
Date	From	To	Event
Monday September 16, 2024	7:00 AM	8:00 AM	Dochula Pass
	8:00 AM	9:00 AM	Breakfast at Dochula
	9:00 AM	9:40 AM	Drive to Royal Takin Preserve in Thimphu
	10:00 AM	12:00 PM	Royal Takin Preserve
	12:00 PM	1:00 PM	Lunch at the Royal Takin Preserve Cafe
	2:00 PM	3:30 PM	Group Presentation and Report Preparation
	4:00 PM	5:00 PM	Engagement with Eminent Members
	6:00 PM onwards		Closing Dinner hosted by MFA (cultural programme)
Day 9			
Date	From	To	Event
Tuesday September 17, 2024	7:00 AM	8:00 AM	Breakfast
	8:30 AM	10:00 AM	Group Presentation
	10:00 AM	11:00 AM	Individual Reflections Sharing
	11:00 AM	12:00 PM	Packing and Loading
	12:00 PM	1:00 PM	Lunch Break
	1:00 PM onwards		Participants Depart
Day 10			
Date	From	To	Event
Wednesday September 18, 2024	6:00 AM	7:00 AM	Breakfast at RIGSS Coronation Hostel
	7:00 AM	12:00 PM	Indian participants depart from RIGSS
	12:00 PM	4:00 PM	Indian participants depart by air from Bagdogra Airport
End of Program			

ROUTE MAP



LIST OF PARTICIPANTS

SLN	Name	Nationality	College/University
1	Aswathi Alappat	Indian	Indian Institute of Technology, Madras, India
2	Bal Bdr Gayalal	Bhutanese	Gedu College of Business Studies, Gedu, Bhutan
3	Dathatreya B	Indian	Regional Institute of Education, Mysore, India
4	Jesna Stephan	Indian	St. Stephen's College, Delhi, India
5	Jewel James	Indian	Rajagiri School of Engineering and Technology, Kochi, India
6	Jigme Lhendup	Bhutanese	College of Science and Technology, Phuentsholing, Bhutan
7	Kezang Tshoki Lhamo	Bhutanese	Norbuling Rigter College, Paro, Bhutan
8	Kuenga Norbu	Bhutanese	Royal Thimphu College, Thimphu, Bhutan
9	Kuenga Wangmo	Bhutanese	Samtse College of Education, Samtse, Bhutan
10	Muktansh Shah	Indian	Anant National University, Ahmedabad, India
11	Passang Dorji	Bhutanese	College of Natural Resources, Punakha, Bhutan

12	Ritesh	Indian	National Academy of Event Management & Development, Delhi, India
13	Roshna Gurung	Bhutanese	Jigme Namgyel Engineering College, Samdrup Jongkhar, Bhutan
14	Sarika	Indian	Daulat Ram College , Delhi, India
15	Saswata Kumar Dash	Indian	Regional Institute of Education, Bhubaneswar, India
16	Shacha Wangmo	Bhutanese	Paro College of Education, Paro, Bhutan
17	Sonam Wangmo	Bhutanese	College of Language and Culture Studies, Trongsa, Bhutan
18	Sonam Yangchen	Bhutanese	Sherubtse College, Trashigang, Bhutan
19	Sukheth Kallupalli	Indian	Indian Institute of Technology, Madras, India
20	Tsering Jigmath	Indian	Elizer Joldan Memorial College, Leh, India
21	Tshewang Gyeltshen	Bhutanese	College of Science and Technology, Phuentsholing, Bhutan
22	Yashika Yadav	Indian	Chandigarh University, Mohali, India



ABOUT THE PARTICIPANTS



Aswathi Alappat

Indian Institute of Technology,
Madras, India

I am Aswathi Alappat, in my first year of Masters in English Studies from I.I.T. Madras. I belong to the tropical, southern

state of Kerala, although I grew up in the capital, Delhi. I am fascinated by languages and literature and how they carry and shape culture. I believe that literature can connect people across the globe and promote understanding and acceptance. Knowing four languages- English, Hindi, Malayalam and French, I am always on the lookout for an opportunity to learn new languages and experience new things. I love adventure, nature, and sports, and I find joy in trekking, swimming, and rafting.

My travels across India have shaped me and taught me the importance of preserving both nature and culture. I envision and hope to help create a world of multicultural exchange, environmental conservation and peace.



Bal Bdr Gayalal

Gedu College of Business Studies, Gedu,
Bhutan

I am Bal Bdr Gayalal, a committed BCom Finance student at Gedu College of Business Studies. Through active participation in both

academic and extracurricular activities, I have honed my leadership skills. Notably, I played a pivotal role in organising the International Business Literary Festival, G-Fest. As an organiser, I led my team in securing sponsorships from a diverse array of organisations, demonstrating our capability to engage with the broader business community. The publication of the event's report highlights the significance and achievements of the festival, reflecting my commitment to the project. In addition, as an active member of Y-PEER Bhutan, I played a pivotal role in the success of the Gedu Training of Trainers (GTOT) program. Beyond my studies in finance, I am keenly interested in the latest technologies and spend my leisure time developing websites for local entrepreneurs. This endeavour allows me to apply my technical skills and explore innovative solutions where I continue to contribute meaningfully to both my academic and professional communities.



Dathatreya B

Regional Institute of Education, Mysore, India

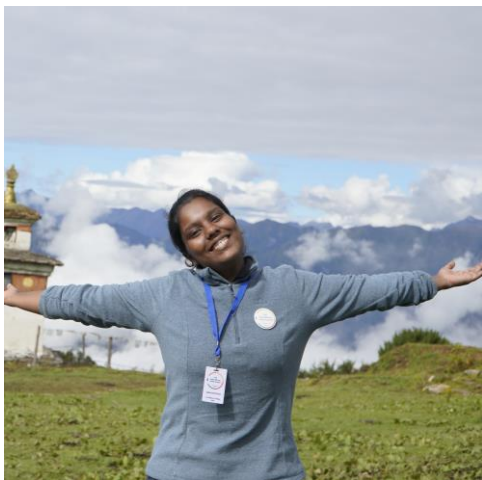
I am a student at the Regional Institute of Education (NCERT), Mysore, with a lifelong dedication to the classical arts. From a young age, I have immersed myself in the traditional forms of Bharatanatyam, Carnatic music, and classical percussion instruments such as the mridangam and ghatam. Over the years, I have had the privilege of performing in over 200 stages, earning the title of "Yathna Thilakam."

As an active student leader, I currently serve as the Cultural Secretary at RIE (NCERT) Mysore and represent my institution at the University of Mysore Student Union. My academic interests lie in History, English and Linguistics, and I have developed a deep

passion for literature. As a budding poet, I have written over 50 poems that explore themes of nature and life experiences.

My current focus is on the classical arts, comparative aesthetics, and integrating art into education. Additionally, I am in the process of writing a book on comparative aesthetics, examining how the classical traditions of India and the Western world have influenced their respective education systems.

My vision for Mutual Coexistence through Tolerance and Acceptance starts with grassroot culture-based education, and through my work on art and culture and as a future educator, I strive to promote peace and harmony, slowly yet surely, thereby contributing a part of myself to the global academia and well-being.



Jesna Stephan

St. Stephen's College, Delhi, India

I'm Jesna, meaning "Garden of Heaven" or "Victory." I hail from the capital city of India but stay deeply connected to my roots in Kerala. Currently, I am pursuing a degree in economics at St. Stephen's College.

I am an artist by passion, a socialist at heart, and curious by nature. I cherish the moments I spend with my friends and family. I firmly believe in the word "IMPOSSIBLE," which itself says "I am possible," and I embody this belief by never giving up and always striving forward. I am someone who constantly seeks knowledge and learns through experiences and opportunities. Teamwork and hard work are the values I hold dear as I navigate life's journey.

**Jewel James**

Rajagiri School of Engineering and Technology,
Kochi, India

I'm Jewel James a student pursuing my engineering degree in Computer Science and Business Systems from Rajagiri School of Engineering and Technology. I wanted to explore a different degree; then I came to know about CSBS which is an initiative of TCS. This course is of great use to anyone who wishes to combine their technical and management skills. I try my best to grab all opportunities which cross my path.

**Kezang Tshoki Lhamo**

Norbuling Rigter College, Paro, Bhutan

I am a third-year Bachelor of Commerce (BCom) student majoring in Finance at Norbuling Rigter College. Known for being friendly and adaptable, I find it easy to connect with others and embrace new experiences. As a passionate foodie, I love exploring different cuisines and cultures, which adds to my appreciation for diversity. I have a strong track record of leadership, beginning in primary school and continuing to my current role as the Student Vice President at Norbuling Rigter College. My leadership journey has been enriched by participation in leadership training programmes and exchange programmes, which have broadened my perspective and sharpened my skills. In addition to my academic focus, I am involved in extracurricular activities, earning certificates in sports, leadership, academics, and social services. My enthusiasm for learning, combined with my talkative and

approachable nature, has helped me build lasting relationships and grow as a well-rounded person.



Kuenga Norbu

Royal Thimphu College, Thimphu, Bhutan

My name is Kuenga Norbu, and I am from Kuenzangling, Nyisho Gewog, Wangdue Phodrang. I was born and raised by humble parents and completed my early education in my village. I graduated from Kelki Higher Secondary

School in 2018. I was awarded a scholarship from the Gyalyum Charitable Trust Fund to study in China, but due to the pandemic, I pursued my studies online for two years at Capital Normal University. Currently, I am in my final year, pursuing a Bachelor of Business Administration (BBA) in General Management.

I am a Desuup from the 41st batch and served at the Motithang station during the first nationwide lockdown. I had the opportunity to join the Desuung Skilling Programme at Beta Park, specialising in Digital and Motion Graphics. Additionally, I completed a cultural tour guide course at Karma Training Institute in Thimphu. In college, I served as the Events Coordinator, actively participating in various events, and I am currently the Student Government President of Royal Thimphu College.



Kuenga Wangmo

Samtse College of Education, Samtse, Bhutan

My name is Kuenga Wangmo, and I am from Bumthang. I am currently pursuing a Bachelor's degree in ICT at Samtse College of Education.

My educational journey began at Gaytsa LSS, continued through Chumey CS, and culminated in my graduation from Jakar Higher Secondary School in Bumthang Dzongkhag. I have a keen interest in listening to podcasts and learning new things. I am passionate about leadership and was fortunate to hold several leadership positions during my school years. As an extrovert, I love making new friends and thrive on social interactions. If karma is real, I must have done something great in my life because I'm lucky enough to have received this opportunity from my college. I see myself as hardworking and determined, and I gave my best effort in the interview. I'm already excited about this opportunity and hope to learn many things from it.



Muktansh Shah

Anant National University, Ahmedabad, India

When we achieve something, do we crave to do more, or do we feel that what we've done is not enough? This question often lingers in my mind as I navigate my journey as an architecture student.

My fondness for travel has given me the opportunity to interact with individuals from different cultures, which has enhanced my knowledge of design and how it affects society. Life is fleeting, precious, and full of possibilities.



Passang Dorji

College of Natural Resources, Punakha, Bhutan

I am currently pursuing my BSc in Sustainable Development and am in my final year at College of Natural Resources and serving as the Chief Councillor for the

Student Body (CETA). I started my educational career in 2009 at Dungna Lower Secondary School and completed my Higher Secondary Education at Chhukha Central School. From the beginning of my school years, I have been interested in building leadership skills and participating in various literary activities. I also possess certificates and awards in this field. Having served as a student leader in various capacities, I possess interpersonal and communication skills, which I have acquired through my experience in working with diverse groups of people as a student leader. I have a keen interest in learning new knowledge and working with different groups of people from different cultural, social, and religious backgrounds.



Ritesh

National Academy of Event Management & Development, Delhi, India

I am Ritesh from Delhi and pursuing B.A. Programme from Delhi University. I want to become an event manager. My hobbies include sketching, writing poetry, songs, and stories, and stand-up comedy. My interests are travel, dance, and singing. I have good communication skills. I am always ready to do hard work and believe discipline is the most important thing in our lives.



Roshna Gurung

Jigme Namgyel Engineering College, Samdrup Jongkhar, Bhutan

I am Roshna Gurung, a final-year student pursuing a Bachelor's degree in Power Engineering at Jigme Namgyel Engineering

College, Bhutan. I am currently serving as one of the student councillors, playing a vital role in representing student interests and fostering a supportive college environment. I have also served as the Youth Peer Education Network Secretary and as the Me for Myself (M4M) Ambassador 3.0, where I represented my college in promoting mental well-being.

I am passionate about personal growth and community engagement. I enjoy exploring new places and meeting new people, continually seeking new experiences and knowledge. I have been selected for the prestigious third India-Bhutan Youth Summit Programme, reflecting my commitment to leadership and cross-cultural collaboration. I aim to make a positive impact both in my field of Power Engineering and in broader social issues.



Sarika

Daulat Ram College , Delhi, India

I am Sarika, an undergraduate student in the Department of History at Daulat Ram College, Delhi University. I am passionate, inquisitive, and driven by a love for learning. My interests range from immersing myself in books and engaging in meaningful discussions to seeking adventure through activities like rafting and hiking.

I am also interested in quizzes and served as the Vice President of The Quiz Society in my college. In addition to my pursuits, I am deeply committed to social causes. I serve as the Vice President of the National Service Scheme (NSS), where I actively contribute to initiatives that align with the NSS motto, "Not Me, But You."

As a student of History with a focus on Environmental History, I am concerned by the rapid change from vernacular ways of living to uncontrolled urbanisation worldwide. I am a strong advocate for sustainable development and sustainable tourism, further believing that youth involvement is essential for crafting a more sustainable and equitable future. This India-Bhutan Youth Summit represents an opportunity for me to add to more than 50 years of diplomatic relationship between India and Bhutan.



Saswata Kumar Dash

Regional Institute of Education, Bhubaneswar,
India

I am Saswata Kumar Dash, a Master of Education student at the Regional Institute of Education (NCERT), Bhubaneswar. I aspire to pursue a Ph.D. in Educational Technology to enhance the teaching-learning process by integrating technologies such as Augmented Reality and Artificial Intelligence. My academic background includes a Postgraduate degree in Physics. Beyond academics, I am passionate about Indian classical and folk-dance forms. My creative pursuits also extend to singing and photography, through which I capture the essence of diverse cultures and traditions. Interacting with people from various cultural, traditional, and linguistic backgrounds enriches my experiences and complements my love for travel. These experiences have deepened my understanding and appreciation of the world. I profoundly appreciate India's rich culture and heritage, which significantly influences my personal interests and professional endeavours. Looking ahead, I aspire to combine my passion for education and culture by developing a curriculum incorporating indigenous knowledge, helping preserve India's cultural heritage while providing students with a holistic learning experience. I am excited to explore the intersection of education and culture and am committed to making a meaningful impact in the field of education in India.



Shacha Wangmo

Paro College of Education, Paro, Bhutan

I'm Shacha Wangmo, and I am currently pursuing a Bachelor's in Primary Education at Paro College of Education. I pride myself on my confidence and ability to find something positive in every situation. Teamwork is something I deeply believe in, and I thrive in collaborative settings. I'm a convincing speaker and an active listener, always attentive to the needs of others. My dedication extends beyond the classroom; I am passionate about playing a role in strengthening the relationship between India and Bhutan, and I am committed to making a meaningful contribution in this area.



Sonam Wangmo

College of Language and Culture Studies, Trongsa, Bhutan

I am Sonam Wangmo, a third-year student pursuing a BA in language and literature at College of Language and Culture Studies. I completed high school at Taktse Central School in 2021. I have been an active and passionate student since middle school. I am fascinated about exploring and learning new things, sharing knowledge and participating in extracurricular activities.



Sonam Yangchen

Sherubtse College, Trashigang, Bhutan

I am pursuing a BA in Media Studies at Sherubtse College. I am very passionate about social work and travelling. I started volunteering from Khuruthang Youth Centre, where 2024 marks 6th year of my being a part of it. Today, I serve as the Vice President of the Forum for International and National Awareness (Student body), founding and leading the Young Girl Circle at Sherubtse - a way to empower young girls, offering them a platform for personal growth, leadership development, and community support. Additionally, I serve as an ambassador for G17 Sherubtse (No Poverty), which aligns with a commitment to address social challenges and work toward a more equitable and just world.



Sukheth Kallupalli

Indian Institute of Technology, Madras, India

I am Sukheth Kallupalli, a 5th year undergraduate at IIT Madras. I major in Mechanical Engineering with an interdisciplinary master's in Quantitative Finance. I am extremely interested in startups, particularly in the climate space, which is one of the most pressing problem spaces of our time. I currently serve as the Secretary of Co-Curricular Affairs (Tech & Entrepreneurship) at IIT Madras, where I have the privilege of interacting with many incredibly passionate innovators and entrepreneurs. Professionally, I've worked as an intern with McKinsey & Company, Dalberg Advisors, ITC Limited and GalaxEye Space, which have all played pivotal

roles in my journey. I originally come from Bangalore, but I've been lucky enough to move around a lot in my childhood, giving me the exposure I think has made me the person I am today. When doing nothing else, I love listening to Indian indie music and binge-watching Polymatter, Wendover, and Veritasium, among others, on YouTube. Exciting times ahead!



Tashi Wangyel

Gyalpozhing College of Information Technology,
Thimphu, Bhutan

My name is Tashi Wangyel, and I was born and raised in Yonphula, Trashigang. I am currently pursuing a Bachelor of Science in Computer Science at GCIT, with a specialisation in Fullstack Development, and I completed my high school studies at Jigme Sherubling Central School. I currently serve as the Chief Councillor of Gyalpozhing College of Information Technology. Beyond the classroom, I have a deep passion for sports, particularly football and volleyball, which keep me grounded and energised. Recently, I had the privilege of participating in the UNDP Hackathon, where my team and I worked tirelessly to develop innovative solutions for the Legal Aid Centre.



Tsering jigmath

Elizer Joldan Memorial College, Leh,
India

My name is Tsering Jigmath. I'm a student at Eliezer Joldan Memorial College in Leh Ladakh, where I earned my BA in my 3rd year. I studied up to 12th class from

Government Higher Secondary School, Tangtse. I am from Tharuk Lalok in the eastern part of Ladakh popularly known for its rich culture, centuries-old monasteries and world-famous pashmina is produced from this region. My childhood days were spent in a nomadic family. Apart from my studies I love choreography and I teach the folk dance "Jabro" to the students of Ladakh as well in my college. The dance "Jabro" is well appreciated and popular all over Ladakh. I also love to do theatre plays. I am a nature lover and love to travel.



Jigme Lhendup

College of Science and Technology,
Phuentsholing, Bhutan

My name is Jigme Lhendup, and I am currently pursuing a Bachelor of Civil Engineering at the College of Science and Technology. In addition to my academic pursuits, I have been entrusted with the role of Chief Councillor, a responsibility that has significantly enhanced my leadership abilities. I also had the privilege of completing the 11th Scout Leadership Training, a 21-day program at the Military Training Center in Wangdue Phodrang. Beyond my studies, I am deeply passionate about reading and gaining insights from the talks of influential leaders. I am equally committed to serving my community in any capacity I can. I firmly believe that youth hold the power to drive meaningful change, and I aspire to be part of that movement.



Yashika Yadav

Chandigarh University, Mohali, India

I am currently pursuing a Master's degree in Clinical Psychology at Chandigarh University. I am deeply committed to understanding the complexities of mental health and promoting psychological well-being. Alongside my academic pursuits, I have demonstrated strong leadership skills, serving as a Senior Under Officer at Delhi Girls' Battalion and participating in various events like the EBSB camp in Jammu. I have also attended the prestigious International Convention of Student Quality Circles. My passion for community service and mental health advocacy led me to work in the psychiatry department at Aarvy Hospital, where I gained practical experience in the field.

I believe in the power of youth to shape a better future and actively seek opportunities to contribute to positive change. With a love for reading and a keen interest in exploring different cultures, I aspire to use my knowledge and experience to bridge gaps in mental health awareness and provide compassionate care to those in need.



DAILY DOCUMENTATION OF ACTIVITIES AND DISCUSSIONS

Monday, 9 September 2024

The inaugural evening of the India-Bhutan Youth Summit 2024 began with participants arriving at Bagdogra Airport from various parts of India, followed by a bus journey to Phuentsholing. Bhutanese participants also made their way to the RIGSS hostel from different colleges across Bhutan.



Indian participants arriving at Bagdogra International Airport, Siliguri.

The formal proceedings commenced with a reception at the RIGSS Institute. Dasho Chewang Rinzin, Director of RIGSS, welcomed all summit participants and highlighted that the key objectives of the summit is to strengthen India-Bhutan relations by nurturing future leaders in both the countries. He provided a historical perspective of the relations, the trust built by our leaders and the establishment of formal diplomatic ties in 1968. Dasho highlighted that the friendship between the two countries has always been special and mutually beneficial, especially the people to people contact, economic cooperation, security concerns and India's generous development assistance. Dasho also provided an overview of RIGSS as a leadership institute and a think tank and the work it does in leadership development and research as envisioned by His Majesty The King. He emphasised the important role of the IBYS and its participants in taking India-Bhutan relations forward through enhanced people to people interactions, personal bonds and cross-cultural dialogue.



Dasho Chewang Rinzin inaugurating the session with his address.

Following the reception, Choki Wangchuk from CEP addressed the gathering, spotlighting ongoing collaborative projects between India and Bhutan. Delegates were introduced to the bespoke Pallavan Learning Portal, designed to enrich the summit experience through daily engagement and reflections. Participants were also briefed on Bhutanese etiquette, particularly for visits to Dzongs (monasteries), by Sigay Dem of RIGSS.

The formal agenda concluded with a welcome dinner from 10:00 PM to 11:00 PM, offering an excellent opportunity for informal networking. The dinner featured a blend of Indian and Bhutanese cuisine, creating a friendly atmosphere that encouraged dialogue among participants. They later retired to the RIGSS Coronation Hostel.

Tuesday, 10 September 2024

The day began with a journey to the Chukha Hydropower Plant, a significant landmark in Bhutan's energy sector. The scenic drive offered a glimpse of the country's natural beauty. After arriving at the plant, the team took a break for lunch, reflecting on the morning's discussions about Bhutan's energy sector and its sustainable development. The visit provided an in-depth understanding of hydropower generation and its significance to Bhutan's economy, particularly in terms of energy exports to neighbouring countries.

The group then drove to Paro, passing through picturesque villages and mountainous terrain, showcasing the beauty of rural Bhutan. Upon arrival, they checked into Sinchula Villa in Paro. Then, they drove up to DGI for an interaction with Shri Amitabh Kant, former CEO of NITI Aayog. The conversation covered topics such as Sustainable Development, education systems, economic growth, and the future of innovations between India and Bhutan. His insights provided a deeper understanding

of how nations like Bhutan can harness their resources for balanced development while prioritising Gross National Happiness.



Engaging evening discussion with Mr Amitabh Kant and Mr Arun Kapur.

The evening concluded with dinner at the residence of Mr. Arun Kapur (Director of DGI), where participants continued their discussions in a relaxed setting before returning to their hotel.

Wednesday, 11 September 2024

The day began with breakfast at 8:00 AM, followed by a reflective writing session from 9:00-10:00 AM, allowing participants to process their experiences so far. By 10:45 AM, the group arrived at the National Museum of Bhutan, Ta Dzong, located about 5 km from Sinchula Villa.

The museum comprises two buildings. In the upper structure, the participants were captivated by the intricate craftsmanship of Bhutanese masks and the Artist Collaboration Program, which fosters creativity and preserves artistic traditions. Exhibition on Bhutan's rich biodiversity underscored the country's deep connection to nature. Participants were also fascinated by the Takin, Bhutan's national animal, which many had never seen before.



Exploring the National Museum at Ta Dzong, Paro.

In Ta Dzong, participants explored the six floors, each offering a different facet of Bhutan's history and culture. Highlights included the 16 "I's" of Zhabdrung Ngawang Namgyel, Bhutan's unifier, on the 3rd floor, and the 1st-floor display of traditional household items, grounding visitors in Bhutanese daily life over the centuries.

After the museum visit, the group admired the breathtaking views of Paro Valley before heading to DGI. Upon arrival at the Druk Gyalpo's Institute (DGI), participants were welcomed by students and staff. They shared lunch, providing an opportunity for informal interaction. Groups of IBYS participants were then guided on a tour of the school, observing its unique educational approach, which blends academics with practical skills such as painting, sculpture, and 3D printing. The school's emphasis on physical activity and its distinctive classroom structure also stood out.



Exploring the Bhutan Baccalaureate learning process during a visit to Druk Gyalpo's Institute.

The Bhutan Baccalaureate system, focusing on mentorship and holistic development, was introduced during a session led by DGI teachers. Participants learned about the system's philosophical foundations, including contextualisation and learning as a community. A Q&A session followed, exploring topics such as student assessment, growth areas, and the expansion of DGI's educational model across Bhutan.

After tea and snacks, the visit concluded with a fun photo session before the group returned to Paro. The day ended with a session on the upcoming trek to Bumdrak, followed by dinner.

Thursday, 12 September 2024

Day 4 of the summit began early, with participants packing their bags and enjoying breakfast before heading to Sangachhoechor. Upon arrival, they were greeted with hot chocolate and snacks, along with an introduction to the medical team and trek guides.



With the first step, the participants' journey to Bumdrak takes flight.

The trek began in groups of five, with participants supporting one another through the challenging terrain. They reached the midpoint by 1:20 PM for a lunch break, and the second leg of the hike continued smoothly, arriving at their destination by 4:26 PM.

After refreshments, participants were allocated tents for the night and engaged in a session on global citizenship, exploring key global issues and discussing their visions for the future. The day concluded with dinner and light-hearted games, creating a relaxed and fun atmosphere before retiring for the night.

Friday, 13 September 2024

The day began at 7:00 AM with an energising group exercise session led by Sigay Dem. The exercises included stretches, jumps, and shakes, initiated by the participants themselves. This invigorating start fostered a sense of community and well-being.



A deep dive into discussions on India-Bhutan relations.

Following the exercise, participants engaged in a self-reflection activity, writing personal letters that captured their current thoughts, aspirations, and goals for the next six months. These letters, securely kept by the organisers, will be returned to participants later as a reminder of their personal growth and journey. After this reflective session, participants enjoyed a hearty breakfast, providing a range of nutritious options.



An activity of writing a reflective letter to one's future self.

After breakfast, a discussion centred on India-Bhutan relations. Participants shared insights on their respective countries, delving into topics such as society, governance,

politics, democracy, and national pride. India's diversity and Bhutan's focus on Gross National Happiness and environmental conservation were key points of discussion. Participants shared their views on their countries' strengths and challenges, leading to a rich dialogue about the relationship between India and Bhutan. Opportunities for collaboration in areas like environmental conservation, tourism, and education were highlighted. Indian participants expressed a particular interest in learning from the Bhutan Baccalaureate system and incorporating Vedic mathematics into educational practices.

The afternoon began with a visit to the serene Bumdra Monastery, where participants took photos to commemorate the moment. After the photo session, participants were divided into groups to engage in a "Blindfold Game," a team-building activity designed to enhance communication, trust, and teamwork. The two groups that excelled were awarded prizes, fostering a sense of achievement.

Participants shared their future aspirations, ranging from pursuing political careers to contributing to environmental preservation. Key themes included equality, justice, and national security. Many expressed their desire to drive societal change through



Exploring future opportunities and possibilities in an intense discussion.

various career paths, such as politics, agriculture, writing, and mental health advocacy.

Contributions to societal improvement included leading innovation in green energy, supporting young girls through self-sufficiency projects, and fostering independent thinking among students.

The importance of networking and support within the group was emphasised, with participants discussing ways to stay connected and collaborate on shared goals.

Saturday, 14 September 2024

The day began with a brief photography session after breakfast, followed by a visit to the renowned Taktsang Monastery, also known as the Tiger's Nest. Although Indian participants were not allowed inside the monastery, Bhutanese companions shared their experiences, which fostered deeper cultural exchange.



Glimpsing the renowned Taktsang Monastery through the misty clouds.



At the Taktsang Cafeteria, overlooking Taktshang.

After lunch at the picturesque Taktsang Café, participants returned to Thimphu, where they attended a formal dinner hosted by the Indian Embassy. This event provided an opportunity for participants to present their views on topics ranging from mental health to cultural exports, with distinguished guests, including Ambassador Mr. Sudhakar Dalela, Mr Arun Kapur of DGI, and RIGSS Director Dasho Chewang Rinzin, in attendance.



Group photo with Indian Amb. Sudhakar Dalela, Mr Arun Kapur of DGI, and RIGSS Director Dasho Chewang Rinzin along with Participants, India House staff and the organising team

Sunday, 15 September 2024

The day's activities began with breakfast, followed by a visit to the Thimphu Tshechu, a famous Bhutanese festival showcasing traditional mask dances. The festival highlighted Bhutan's rich cultural heritage and spiritual traditions, and participants thoroughly enjoyed the vibrant atmosphere.

Next, the group visited Buddha Point, where the majestic 169-foot Buddha statue symbolises peace and spiritual growth. The stunning views of the Thimphu Valley added to the day's spiritual experience.



Attending the Thimphu Tsechu in the courtyard of Tashichho Dzong, Thimphu.

After lunch, participants split into groups to work on their respective projects, which focused on mental health, education, technology and entrepreneurship, development and livelihood, and diplomacy. These discussions helped participants consolidate their learning and plan for the future.

In the evening, participants explored Thimphu city, experiencing local arts, crafts, and cuisine. The day concluded with preparations for a dance performance, blending Bhutanese and Indian cultural elements, showcasing the friendship between the two nations.

Monday, 16 September 2024

The day began with a visit to the Dochula Pass, where participants learned about the significance of the stupas and rehearsed their joint dance performance. The group then visited the Royal Takin Preserve, where they gained insight into Bhutan's wildlife conservation efforts.

In the evening, the participants had a thought-provoking discussion with Dasho Sonam Kinga on the unique relationship between India and Bhutan, touching on the security perspectives of both nations.

The Summit concluded with a vibrant closing programme, where key speakers, including Mr. Choki Wangchuk, delivered comprehensive overviews of the discussions and outcomes. Participants from both India and Bhutan shared reflections on the Summit's impact on their personal and professional growth.

The highlight of the evening was the joint cultural performance and an awards ceremony, where the Hon'ble Foreign Minister presented certificates to all

participants. The Summit concluded with cultural performances, celebrating the rich heritage of Bhutan and the lasting bonds formed during the event.



Farewell dinner hosted by the Ministry of Foreign Affairs and External Trade, Royal Government of Bhutan.

Tuesday, 17 September 2024

The day was filled with learning, collaboration, and emotional farewells—a truly eventful conclusion to a memorable journey.

At 7:00 am, the day began with a nourishing breakfast, offering the much-needed energy for the busy schedule ahead. By 8:00 am, the participants gathered for the Group Presentation, an enriching experience that facilitated an exchange of ideas on enhancing collaboration between India and Bhutan. Discussions revolved around pivotal topics such as mental health, education, technology, and social development. Each group's presentation was insightful, laying a strong foundation for potential future project proposals. The session provided a valuable platform for learning from each other's perspectives, with ideas that could spark long-term collaboration.



Showcasing Group Project Proposals.

The lunch marked a bittersweet moment as the end of the program drew near. Emotions ran high as participants shared heartfelt farewells, expressing their deep gratitude for the unforgettable experiences shared. When some boarded the bus and others waved them off, the reality of parting began to sink in. Many reflected on how quickly bonds had formed, wishing they had cherished every moment together from the very first day.

After lunch, the group embarked on the journey back to the RIGSS Hostel, stopping along the way to enjoy coffee together. It was a small but meaningful pause, a chance to savor the final moments as a group before their time together ended.

In the evening, the group ventured to Phuentsholing Market, where they explored the vibrant local culture. The day concluded with a dinner and karaoke party graciously hosted by CEP and RIGSS. The lively evening was filled with music, laughter, and celebration—a perfect way to unwind and reflect on the experiences they had shared. As the night came to an end, the participants expressed their deepest gratitude to CEP and RIGSS for their exceptional hospitality and seamless organisation. The participants stated that the memories of this day, and indeed the entire experience, would remain forever etched in their hearts.

CONCLUSION

Centre for Escalation of Peace (CEP), Royal Institute for Governance and Strategic Studies (RIGSS), and Pallavan Learning Systems (PLS) collaborated to organise the 3rd India-Bhutan Youth Summit from September 9-18, 2024.

This year's summit took place in Bhutan and brought together participants from both India and Bhutan for a 10-day immersive programme. The agenda was designed to blend learning with adventure, offering participants unique experiences that went beyond traditional educational settings. The highlight of the summit was a three-day trek through Bhutan's untouched landscapes, providing a hands-on opportunity to experience the natural beauty of the country and bond with fellow participants.

Throughout the summit, there were numerous discussions centered around India-Bhutan collaboration on various themes such as mental health, education, technology, and social development, and international diplomacy. These conversations allowed the participants to explore pressing issues and exchange ideas on how both nations could work together in these areas. In addition to these discussions, participants had the opportunity to meet with notable Bhutanese leaders and figures, gaining insights into the country's governance, cultural values, and aspirations.

At the end of the summit, participants were encouraged to reflect on their experiences, offering detailed feedback on the programme and its impact. They were tasked with submitting individual reports as well as group project proposals addressing critical issues related to the India-Bhutan relationship. As part of their reflective process, participants were also asked to write an essay on the theme "What Makes You an Adult," allowing them to explore themes of maturity, responsibility, and personal growth. These reflections, combined with the project proposals, were designed to

equip the participants with the tools to become strong advocates for the India-Bhutan partnership.

Looking forward, the summit organisers expect the participants to serve as ambassadors for the India-Bhutan Youth Summit community, which is set to grow and evolve in the years to come. The programme aims to build a lasting network of young leaders who will continue to promote the values of cooperation, friendship, and mutual understanding between India and Bhutan, fostering a future of strengthened collaboration between the two countries.



Participants alongside Lyonpo D.N. Dhungyel, Hon'ble Minister for Foreign Affairs and External Trade, and the organising team, as they receive their certificates of participation.

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