

Research Proposal



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Course N°: BSA-350

SEX & SUICIDE IN BHUTANESE COLLEGE LIFE

Objective

As the Institute of Language and Cultural Studies (ILCS) has recently experienced an on-campus suicide, the objective of this research aims to examine the support systems which individuals have at their disposal for suicide prevention & support on campus at ILCS. This paper also intends to explore the relationship between suicide and sex (intimate and physical relationship(s)) as a catalyst for psychological development (Kegan) from Socialized Mind to Self-Authorship.

Abstract

The first generation of Bhutanese to be raised (at least during formative years) with media and its imposing influences, including sexualization and relationship expectation are just arriving to college. According to developmental psychologist, Robert Kegan, our human physiology for sexual behavior develops before our cognitive development catches up (around age 14-17). Since sexual behaviors are increasing and with it new relationship expectations, more and more college students are at risk of moving from the developmental state of Socialized Mind to that of Self-Authorship (Kegan 1992). Can be anticipated that as the new generation is developing, via sexually and emotionally mature relationships, they are equally likely to move away from their collective culture, thereby initiate an erosion of Bhutan's traditional culture? Or is such a western paradigm relevant in an Eastern context?

Suicide, is sometimes the result of despair individuals can feel when they are moving between the above mentioned stages and who are experiencing an internal psychological dissonance between the trans-generational inherited values, beliefs and expectations while, at the same time, trying to pave a new way. This transitional phase is a fragile state and the new generation does not have many like minded, understanding resources to turn to for support. In fact, the transition itself can spawn judgement from previous generations and create alienation which further perpetuates the dissonance.

It is the goal of this paper to document my experience as a student here on campus of the suicide which has taken place, as well as investigate the experiences of others and inquire to their own personal experiences of media influence, romantic relationships, sexual relationships, and the modernizing of Bhutanese culture on those topics in particular.

Methodologies

As anthropologists would state, culture is a fluid and dynamic thing. For this reason, Poststructuralist methodologies will be used in conjunction with interview, Critical theory, Feminist Media research, Difference Theory and ethnography through a feminist lens.

ILCS Campus Advisors

Jude Polsky; English Lecturer

Alok Subba; Professor of Anthropology

Questions to Answer

What are the rituals of death in the event of suicide in Bhutan/Buddhism?

How are these carried out at ILCS on behalf of the community where the suicide took place?

What are the beliefs and stigma around suicide and mental health in Bhutan & Buddhism?

What are the available resources to students in Bhutan for suicide prevention?

What are the available resources to students in Bhutan for grieving and loss?

How does GNH play into the creation of pressure on youth to “be happy” and uphold HAPPINESS reputation?

{Happiness Epidemic?}

What is the relationship between increase sex and an individuals developmental psychology?

Is this different in non-western contexts?

How much do the Bhutanese youth feel cognitive dissonance?

How does the shift in youth’s development psychology effect the social and cultural fabric of Bhutan?

What is the collective nature of traditional Bhutan?

What is the unfolding nature of modernizing Bhutan?

New sexual habits

New relationship expectations

What is the role of media in relationship expectations in Bhutanese youth?

What is the role of the traditional stoicism and youth’s ability to express their feelings and emotions?

To what extent does expressing ones self manifest judgement and alienation from past generations?

Relevant & Related Orphan Ideas

- Intercultural Psychology | Appropriateness of Western psych in an Eastern cultural Context
 - Individual vs. Group social work (for a collective society?)
- Women's Rights
- Women's Empowerment
- Parenting
 - SPEA | Program Review
 - Suicide Prevention?
 - closing the gap on generation to generation understanding

30 Hours + Internship (*a, b or combination of both*)

Design A: recruit campus counselor; set-up weekly office hours for students who need help in the wake of the suicide; act as a facilitator and admin to the counselor for making/managing appointments as needed; participate in sessions as ethically appropriate

Design B: initiate english conversation club which discourses personal topics such as: stress, romance, etc.

Outline

- **Literature Review**
 - *Bibliography Attached*
- **Media Review**
 - Portrayal of romantic relationships in Bhutanese movies (*see list below*)
 - Portrayal of romantic relationships in Korean films watched by students on ILCS campus (*see list below*)
 - Portrayal of romantic relationships in magazines, TV programs and advertisements in Bhutan
 - Dzongkha TV (daytime vs prime time)
 - Hindi channels
 - The Raven, Kunssel, etc.
- **Catalogue of Campus/Student Accessible Literature of the following categories (i.e. not online):**
 - Suicide Prevention & Mental Health Information
 - Sexual Education
 - Relationship & Lifestyle
 - Women's Health (i.e.: pregnancy, abortion, pleasure, etc...)
- **Interviews**
 - Dr. Gampo Dorji, Ministry of Health; current status and YTD progress of 3 year suicide prevention plan
 - Ms. Chimi Wangmo @ R.E.N.E.W. | regarding suicide prevention hotline (pros & cons; connection to college campuses & student accessibility)
 - Dr. Chencho Dorji @ JDWNRH
 - 3-5 individuals from ILCS about their understanding of the boys death, the boy himself and the impact of his suicide on their emotional affect.
 - The Trongsa Head of Police - about the suicide investigation
 - The girlfriend of the boy who committed suicide
 - Nearest Counselor (Trongsa High School)
 - 2-3 religious figures about the Buddhist belief and understanding of suicide
 - 3-5 ILCS faculty about their training and comfort level with suicide prevention and post-suicide support
 - Ministry of Education (MoE) Interview
 - 3 female college students about their sexual experience and previous education
 - 3 male college students about their sexual experience and previous education
 - Dean of Students regarding ILCS sexual conduct (cases of getting caught, rape, pregnancy, etc...)
- **Personal Journal of the following:**
 - Written descriptions & photo/video log of campus events, energy, mood, and rituals in regard to or inspired by campus suicide
 - Personal affect and body-response to events, conversations or silence on the topic of suicide
 - Personal reflection: my relationship to suicide

BIBLIOGRAPHY

Preliminary Reading & Resources

Title	Author	Topic/Relivence	
A Field Guide to Happiness	Linda Leaming	Cultural Context	X
History of Bhutan		Cultural Context	X
Married to Bhutan	Linda Leaming	Cultural Context	X
Treasures of the Thunder Dragon		Cultural Context	X
Social Media In Bhutan		Cultural Context	X
Forums	Bhutan Center for Media and Democracy	Cultural Context	
Eleventh Five Year Pplan Volume I: Main Document 2013-2018	Gross National Happiness Commission	Cultural Context	
The Problems with Measuring and Using Happiness for Policy Purposes	Mark D. White	GNH	X
Happiness: Toward a new Development Paradigm	NDP Steering Committee	GNH	
Cross-Cultural Adaptation: An Integrative Theory	Young Yun Kim	Intercultural	X
The Power of Collective Wisdom and the trap of collective folly	Brisk, Erickson, Ott, Callanan	Intercultural	
Women and Politics in the Third World	Haley Afshar	Intercultural	
Crazy Like Us	Ethan Watters	Psychology	X
Neuroscience of Human relationships	Louis Cozolino	Psychology	X
Happiness: A Guide	Matthew Richard	Psychology	X
Thinking Fast Thinking Slow	Daniel Kahneman	Psychology	X
Social	Matthew D. Lieberman	Psychology	
Mindsight	Daniel Siegel	Psychology	
Changing on the Job	Jennifer Garvey Berger	Psychology Devp.	X
Over our Heads	Robert Kegan	Psychology Devp.	X
Using happiness data in policy making	Dwight D. Eisenhower	Psychology/GNH	X

Title	Author	Topic/Relivence	
Measuring Happiness to Guide Public Policy Making: A Survey of Instruments and Policy Initiatives	Laura Musikanski Happiness Alliance	Psychology/GNH	X
Feminist Research Practice: A Primer	Hesse-Biber	Research Methodologies & Practices	X
Art as Research	Shaun McNiff	Research Methodologies & Practices	
National Sminar: Gender & Reproductive Health 2011	Bhutan Government	Sex	X
Intimate Relationships	Rowland S. Miller	Sex	X
Royal Bhutan Police (sex crimes)		Sex	
Sex study on adolescence and youth	Dechen Tshomo	Sex	
Consensual Sex Provision To Be Revisited	Kinga Dem	Sex	
Sex Education in Bhutan	Tashi Wangmo	Sex	
National Seminar on “Sexuality Education: Making a Difference” agenda	held at PCE - interview an attendee	Sex	X
Sexual and Reproductive Health among Young People on Bhutan	Lham Dorji National Statistics Bureau of Bhutan	Sex	
Bhutan seeks to curb sexual diseased among Buddhist Monks		Sex	
Beyond the Sky and the Earth: A journey into Bhutan	Jamie Zeppa	Sex/Night Hunting/Girls	X
Tibetan and Bhutanese Women’s Life stories	Pouching Tsering, Zhuoma, Tenzin Jamtsho and Choni Tshewang	Sex/Women’s Health	X
Sin of Suicide	People’s Daily Online	Suicide	X
Suicide is (not) always an option	The Raven	Suicide	X
Suicide as A Response to Suffering	Michael Atwood	Suicide	X
Grief and Mourning in Bhutan	Jodi Nelan	Suicide	X

Title	Author	Topic/Relivence	
Meditations on Living, Dying and Loss	His Holiness the Daiai Lama	Suicide	X
The Happiness-Suicide Paradox	Daly, Oswald, Wilson, & Wu	Suicide	
SUICIDAL PREVENTION IN BHUTAN - A THREE YEAR ACTION PLAN (July 2015-June 2018)	Royal Government of Bhutan; The primary writer of the document is Dr. Gampo Dorji, Ministry of Health.	Suicide	X
Buddhist View on Suicide	Hardcore Zen	Suicide	X
The Connection Algorithm	Jesse Warren Tevelow		

PRELIMINARY NOTES

SUICIDE PREVENTION IN BHUTAN - A THREE YEAR ACTION PLAN (July 2015-June 2018)

bib: Dorji, D. G. (2016, February 28). SUICIDE PREVENTION IN BHUTAN - A THREE YEAR ACTION PLAN (July 2015-June 2018). Retrieved February 29, 2016, from

p.2: Every month, around 7 people die in Bhutan by suicide. -- Highlighted Mar 1, 2016

p.2: the nation's first comprehensive suicide prevention action plan. Our aspirational **goal is zero death by suicide**; no families, villages, communities, and neighborhood would desire anyone dying of suicide. -- Highlighted Mar 1, 2016

p.2: due to the rapid social transition, our social fabric, family values and relationship are fast changing. Economic demands, need for academic and work excellence are getting ever more competitive which puts pressure on the society. -- Highlighted Mar 1, 2016

p.2: The plan is comprehensive addressing universal prevention targeting general population **through, mass media** and social mobilization, to providing specific services for individuals at high risk of suicide and those affected by suicide. -- Highlighted Mar 1, 2016

p.3: Dasho Tshering Dorji, Secretary, MoHCA -- Highlighted Mar 1, 2016

p.3: Mr. Sonam Tobgay, Director General, BLO, MoHCA -- Highlighted Mar 1, 2016

p.3: 9. Mr. Chenchu Dorji, Director General, DYS, MoE -- Highlighted Mar 1, 2016

p.3: 10. Ms. Chimi Wangmo, Executive Director, RENEW -- Highlighted Mar 1, 2016

p.3: The primary writer of the document is Dr. Gampo Dorji, Ministry of Health. --

p.4: MoE Ministry of Education -- Highlighted Mar 1, 2016

p.4: MoHCA Ministry of Home and Cultural Affairs -- Highlighted Mar 1, 2016

p.10: Also it causes loss of economic productivity as most suicide deaths occur among economic productive age group. -- Highlighted Mar 1, 2016

**p.10: Interesting to note this economic factor -- Written Mar 1, 2016

p.10: in Bhutan, **suicide deaths ranks among the top six leading causes of deaths** after alcoholic liver disease, other circulatory diseases, cancers, respiratory diseases, and transport deaths. -- Highlighted Mar 1, 2016

p.10: Suicide deaths outnumber the combined deaths due to TB, malaria and HIV. [4] -- Highlighted Mar 1, 2016

p.10: 2009 -2013 in Bhutan, a total of 361 suicide deaths were documented by the Royal Bhutan Police. [5] This is an average of 73 suicide cases in a year or six suicide deaths in a month. The completed suicide rate in Bhutan is 10 per 100 000 -- Highlighted Mar 1, 2016

p.10: slightly lower than the global rate of 11.4 per 100 000 population per year -- Highlighted Mar 1, 2016

p.10: proportion of suicide deaths among all deaths is 4.5% higher -- Highlighted Mar 1, 2016

p.10: suicide rates in Bhutan have remained steady -- Highlighted Mar 1, 2016

p.11: increased particularly in 2012 and 2013. -- Highlighted Mar 1, 2016

p.11: intentional self harm reported in the health facilities ranged from 502-682 -- Highlighted Mar 1, 2016

****female suicide rate is much lower, but what is the ratio of self-harm and suicide attempts between male & females?**

p.11: Most suicide deaths (88%) have occurred in rural areas, among married people (66%) and those with less education -- Highlighted Mar 1, 2016

p.12: Only 12% of suicide deaths had received mental health support -- Highlighted Mar 1, 2016

p.12: The majority (58%) of suicide deaths has a history of alcohol addiction, and about 14% were addicted to marijuana or other drugs. -- Highlighted Mar 1, 2016

p.12: key risk factor for suicide was mental problems (84%), stressful events (68%), addiction (59%) and followed by domestic violence (46%). -- Highlighted Mar 1, 2016

p.12: (BHUs) and hospitals can potentially identify patients with suicidal risk factors and behaviors but mental health screening or suicide risk identification is not a routine practice. -- Highlighted Mar 1, 2016

p.12: universal strategies on suicide prevention using mass media and educational programs are not available yet Religious and socio-cultural values that can build a positive influence that can discourage suicidal behaviors have not been fully tapped. -- Highlighted Mar 1, 2016

p.13: inappropriate reporting of suicide by mass media can have a contagion effect. -- Highlighted Mar 1, 2016

p.13: Stigma remains the major barrier for suicide prevention efforts across the world -- Highlighted Mar 1, 2016

p.13: prevents vulnerable people and their friends, families and individuals from accessing services such as counseling and postvention support -- Highlighted Mar 1, 2016

p.13: Public information campaigns to support the understanding that suicides are preventable and mental illnesses are treatable must be established -- Highlighted Mar 1, 2016

***p.13: I haven't seen anything yet - of any propaganda really.. I wonder how they will ultimately implement this*

-- Written Mar 1, 2016

p.13: Social media such as facebook, twitter, youtube and apps-enabled media are fast penetrating the lives of Bhutanese; -- Highlighted Mar 1, 2016

p.13: he writer and the paper have jointly agreed to leave out the various methods of carrying out suicide from this story to prevent any copycat acts. -- highlighted Mar 1, 2016

p.14: Providing support to neighbors during sickness and death is an age old social capital prevalent across communities in Bhutan. Such practices should be promoted and encouraged, particularly in fast growing urban communities in Bhutan, where society is caught between the values of modern and traditional lifestyles -- Highlighted Mar 1, 2016

p.14: Suicide prevention in schools and institutions -- Highlighted Mar 1, 2016

p.14: LOOK UP : SPEA (school parenting education and awareness).... where are they programs? What ages? How well are they working? Who is trained (parent or teachers who provide "parenting" while the children are in boarding schools)?

-- Written Mar 1, 2016

p.14: The Ministry of Education's existing counseling services and school parenting education and awareness (SPEA) programs[9] are universal interventions in schools in Bhutan that can contribute towards case finding among students. -- Highlighted Mar 1, 2016

p.14: Since 2011, counseling services have been strengthened by providing full time school guidance

counselors (SGCs) in middle and higher secondary schools. -- Highlighted Mar 1, 2016

***p.14: This is a good time to add education (and pre-shame) but there is not the same development at this age group to truly address some of the main stress factors (ie: sex)*

-- Written Mar 1, 2016

p.14: Counselors provide preventive program, development program (psycho education), and peer help program and remedial programs such as one to one counseling, group counseling and critical response programs -- Highlighted Mar 1, 2016

***p.14: Relationship and Academic/Career issues out weight the drug/alc. abuse. Also - the abuse is likely a bi-product of underlying issues from the other categories. -- Written Mar 1, 2016*

p.14: 725 were counseled for substance abuse, 301 for family issues, 465 for academic and career issues, 270 for relationship issues and 69 for self harm incidents. -- Highlighted Mar 1, 2016

*****p.14: Personal Experience of Alcohol: As a responsible drinker (with occasional flamboyancy) here and in the United States, i directly experience the beer (and aura - brewed at home) as unpredictable to my behavior and character. I have noticed that the label on the bottle says "up to 8%" which indicates a range of potency and there for varying effects to the consumer. For youth, who are learning to navigate healthy personal boundaries with such things, this lack of consistency can be confusing and misleading.***

EXPLORE: Alcohol regulation in Bhutan -- Written Mar 1, 2016

p.14: through adequate peer network program in schools. Efforts of the MoE to build student peer helpers programs as link to SGCs[10] are a welcome movedzongkhag level Peer Helper Conference was started in 2014, where 54 students from selected

schools participated in a two day conference -- Highlighted Mar 1, 2016

p.14: MoE - School Counseling Service Data (CECD?) - 2015 reports. See if there are any improvements so far -- Written Mar 1, 2016

p.15: The SPEA program initiated in 2010 is such policy that aims at raising awareness among parents on parenting³, understanding child's needs, addressing children's behavioral disorders, understanding mental illnesses.[11][12] -- Highlighted Mar 1, 2016

p.15: In an effort to integrate mental health in the primary health care services, a mental health curriculum was included in pre-service training of health workforce at the Royal Institute of Health Sciences -- Highlighted Mar 1, 2016

p.15: mental health services are still limited and rudimentaryMost of the six psychiatric nurses and psychiatrists trained have already left the mental health services. There are no clinical psychologists or social workers in the mental health care cadre in the whole of Bhutan. -- Highlighted Mar 1, 2016

p.15: 3 Shonkoff and Phillips (2000 p226) state that 'parenting' is a term used to "capture the focused and differentiated relationship that a young child has with the adult (or adults) who is (are) most emotionally invested in and consistently available to him or her." -- Highlighted Mar 1, 2016

p.16: Royal Government of Bhutan recruits expatriates to address shortage of specialists including psychiatrists. -- Highlighted Mar 1, 2016

p.16: The psychiatric unit at the JDWNRH considered as the nation's referral center for mental illness and psychiatry has only eight hospital beds. Ward infrastructure of the psychiatric unit of the JDWNRH is inadequate for proper patient care. Ideally, wards should be located at a central location to be able to monitor the patients; the nurse's duty station is detached from the patient ward. The current infrastructure does not have any room for such redesign. The unit's eight nurses are not trained in psychiatric nursing, de-addiction or detoxification. The

situation in JDWNRH demonstrates large gaps in human resources in mental health care. Priority should be given to human resource management and development in psychiatric and mental health services in the country. -- Highlighted Mar 1, 2016

p.16: The mental health curriculum in the pre-service training at the Faculty of Nursing and Public Health (FNPH) does not address suicide prevention. -- Highlighted Mar 1, 2016

p.16: At all levels of care, suicide screening and prevention education is largely non-existent or where provided, it is not systematic -- Highlighted Mar 1, 2016

p.16: hanging is the most common means (91%) -- Highlighted Mar 1, 2016

p.16: drugs/substance accounted for 64% of the total attempted suicide -- Highlighted Mar 1, 2016

p.17: RENEW provides walk-in counseling services and telephone consultations at its Headquarter in Thimphu. Every week, the center receives 7-8 new walk-in clients, and a total of 20 clients per week including the old cases. The unit also provides daily telephone counseling for former clients -- Highlighted Mar 1, 2016

p.17: RENEW services cater to people at risk of suicide. -- Highlighted Mar 1, 2016

p.17: RENEW walk-in center received a call that a woman was about to jump in Thimpchu near the Weekend Vegetable Market area. The counselor alerted the police and later the client was escorted by the RBP to the RENEW counseling center where she made to a full recovery. -- Highlighted Mar 1, 2016

p.19: counseling, -- Highlighted Mar 1, 2016

**p.19: These centers provide counseling, but how well trained are the counselors? -- Written Mar 1, 2016

p.19: DICs are managed by 2-3 counselors who are trained for a week in cognitive behaviors therapy (CBT), and another week in basic counseling. Counselors employ motivational interviewing (MI)

technique for clients in denial and for relapse counseling. -- Highlighted Mar 1, 2016

p.21: Village health workers (VHWs) are a classic success story of community engagement in primary health care services in improving antenatal, family planning and immunization services. Without burdening their current roles, VHWs should be engaged as a health literate community member in raising suicide prevention messages in the communities. -- Highlighted Mar 1, 2016

p.21: Suicide attempters mostly received treatment from a traditional healer. -- Highlighted Mar 1, 2016

p.21: 11 Draft Suicide Survey Report 2014, Royal Government of Bhutan -- Highlighted Mar 1, 2016

p.22: Youth Volunteers in Action (Y-VIA), an active network of young people initiated in 2003 under the Bhutan Youth Development Fund, is now established in 8 Dzongkhags -- Highlighted Mar 1, 2016

p.23: crisis helplines -- Highlighted Mar 1, 2016

p.24: The disastrous handling of suicide events in Bumthang in 2014 which led to the dismissal of an EMT staff for irresponsibly spreading suicide photos in social media indicates systemic weakness and very poor postvention service provision -- Highlighted Mar 1, 2016

p.27: The RBP has four officers trained in DNA Technology, Forensic Biology and Serology, Fingerprints, and Physical Evidence. Approximately 30 police personnel trained in basic forensic investigations have been deployed in key police stations. However, the RBP capacity for forensic and suicide investigation services is still limited largely due to inadequate skills upgradation -- Highlighted Mar 1, 2016

p.27: Forensic and criminal investigation procedure guidelines for suicide cases should be developed as a priority. -- Highlighted Mar 1, 2016

p.27: Currently, the data collection method for crime and forensic investigations is not standardized. -- Highlighted Mar 1, 2016

p.27: The Crime and Criminal Information System of the RBP does not provide detailed data on suicide cases; it can be improved by developing a standard format, acquiring adequate data devices, and upgrading data software. -- Highlighted Mar 1, 2016

p.27: common sources of misclassification of suicide and suicidal behavior in HMIS include 'burns', 'drowning', 'poisoning' and 'other causes of injuries'. Scope for framing of enabling law/policy to register and investigate all suicide cases including death due to drowning/accidents should be given high priority in order to avoid under-reporting. -- Highlighted Mar 1, 2016

p.28: Except for the national suicide assessment conducted in 2014, there are hardly any publication on suicide and suicidal behaviors in Bhutan -- Highlighted Mar 1, 2016

p.29: Overall, the fast pace of country's development and societal transition poses major stress on the society. Such stressors include economic and livelihood opportunities, academic competition for excellence in schools and institutions, and job stresses. The increasing tension between relaxed traditional lives with fast and stressful modern lifestyles in the context of rapid urbanization impact the social fabric, family and interpersonal relations and social dynamics affecting all age groups including the old which has direct bearing on mental health and suicidal behaviors. -- Highlighted Mar 1, 2016

p.29: Suicides are often underreported, in part because it may be difficult to determine intent -- Highlighted Mar 1, 2016

p.31: SWOT ANALYSIS Table 1. SWOT analysis for suicide prevention -- Highlighted Mar 1, 2016

p.31: Strength, Weakness, Opportunity & Threats chart -- Written Mar 1, 2016

p.32: Figure 1. Summary of the existing levels of interventions and potential programming areas in suicide prevention in Bhutan -- Highlighted Mar 1, 2016

p.34: Twenty nine participants representing various organizations participated in the prioritization

workshop on February 18, 2015. Each activity was graded on a 10 pointer scale in five domains effectiveness, cost, feasibility, public health benefits and cultural acceptability of the activities. Activities scoring an aggregate of above 60% were considered in the priority list and the other activities were left out. The action plan is not an aspirational document, but an actionable deliverable national work plan -- Highlighted Mar 1, 2016

p.34: document emphasizes on action -- Highlighted Mar 1, 2016

p.35: quarterly review meetings of the key stakeholder focal points -- Highlighted Mar 1, 2016

*****p.35: Inquiry about attending the quarterly meeting -- Written Mar 1, 2016***

***p.36: There was nothing about prevention in the presentation here on campus immediately following the suicide. It was even so what hidden that it was about suicide - as there were other "crime" addressed topics which became the focus. There were "crime prevention" things noted - but not Suicide. -- Written Mar 1, 2016*

p.46: Appoint a suicide prevention unit office bearers and office equipment in 13 divisions plus headquarters - by Dec 2016

***How is this coming along? -- Written Mar 1, 2016*

p.46: Appoint a suicide prevention unit office bearers and office equipments in 13 divisions plus headquarters -- Highlighted Mar 1, 2016

***p.62: 5.4 - Update on school guidance counselors training -- Written Mar 1, 2016*

p.62: Adaptation completed by December 2015, and 50% of SGC trained by December 2016 and remaining 50% by December 2017 -- Highlighted Mar 1, 2016

p.64: Schools make it mandatory for atleast one of the parents to attend the annual SPEA meeting -- Highlighted Mar 1, 2016

64: 5.7 Strengthen School Parent Education Awareness Program (SPEA) in schools to improve parental skills to identify mental, emotional and behavioral needs of children -- Highlighted Mar 1, 2016

p.81: [1] "WHO | Preventing suicide: A global imperative," WHO. [Online]. Available: http://www.who.int/mental_health/suicide-prevention/world_report_2014/en/. [Accessed: 04-Mar-2015]. -- Highlighted Mar 1, 2016

p.81: [5] R. G. of B. RGoB, "A study on reported suicide cases in Bhutan (Draft)." Aug-2014. -- Highlighted Mar 1, 2016

p.81: [8] M. Gould, P. Jamieson, and D. Romer, "Media Contagion and Suicide Among the Young," American Behavioral Scientist, vol. 46, no. 9, pp. 1269–1284, May 2003. -- Highlighted Mar 1, 2016

p.81: M. of E. Royal Government of Bhutan, "SPEA Module 6, a supplementary module on Child Protection." . -- Highlighted Mar 1, 2016

p.81: [12] M. of E. Royal Government of Bhutan, "Parents' Orientation on Adolescent and Youth Issues, A Guide for Facilitator." . -- Highlighted Mar 1, 2016

Suicide is Always an Option | The Raven

bib: Pelvar, S. (2016, February 28). Suicide is always an option. Retrieved February 29, 2016, from

p.11: some as young as nine years old -- Highlighted Mar 1, 2016

p.12: In 2011 alone there were **10 student suicide cases** recorded with the concerned authorities. -- Highlighted Mar 2, 2016

*p.12: The pressure to perform to the new "red tape" standards - just as to label every piece of furniture in a classroom for cataloguing - this modernization of "success" and "goodness" is impacting everyone *(in this story - attendance policy) -- Written Mar 2, 2016*

p.12: **Consultant Psychiatrist at the Thimphu national referral hospital (JDWNRH), Dr. Chencho Dorji** -- Highlighted Mar 2, 2016

p.13: Dr. Chencho says, "Young people are mostly a lost generation." -- Highlighted Mar 2, 2016

p.13: 15% of people with depression land up committing suicide, 10% of those with alcoholism issues also tend to commit suicide while 10% of those people who are psychotic or insane commit suicide -- Highlighted Mar 2, 2016

p.13: In the case of the youth and children it is mostly to do with their inability to handle stress and conflict, the pressure they feel is so immense that they see no way out other than ending their life. -- Highlighted Mar 2, 2016

p.13: "Parents, teachers and society also fuel these expectations," says Dr. Chencho referring to the academic performances, good grades in exams, expected behavior and obedience, great professional career or a good government job. Other reasons cited by the Doctor are that people in order to dissociate or run away from problems and to escape the angst in their lives end up with suicidal thoughts. Suicidal ideation and behavior in children usually reflect serious and chronic problems in the child's -- Highlighted Mar 2, 2016

p.14: Dr. Chencho says some may be infatuated and act in ways to seek attention, or impress their peers or romantic interests -- Highlighted Mar 2, 2016

p.14: Teaching through punishment and humiliation is nothing new. -- Highlighted Mar 2, 2016

p.14: And in a world where children are becoming increasingly aware of their individualism, their emotions and see how other children are increasingly being loved and cared for, their world of neglect and shame only becomes worse. -- Highlighted Mar 2, 2016

p.15: so as a last resort. -- Highlighted Mar 3, 2016

p.15: different attitudes create a disconnect between the older and the younger generations and between traditional ways and attitudes of dealing with problems. -- Highlighted Mar 3, 2016

p.15: desperate attempt on the part of the child and must be taken seriously -- Highlighted Mar 3, 2016

p.15: Most attempts represent the need for extrication from impossible situation resulting either from internal or external stress. -- Highlighted Mar 3, 2016

p.16: I and discuss their emotions and feelings with friends and -- Highlighted Mar 3, 2016

p.16: do people they are comfortable with rather than suffering in silence. -- Highlighted Mar 3, 2016

p.16: It has stationed 32 full-time counselors under in different schools and an additional 29 will join soon. -- Highlighted Mar 3, 2016

p.19: suffer through teenage pregnancy and unhealthy abortions at the border; -- Highlighted Mar 3, 2016

p.31: **Inspiring Girls movement to La, Aum Lyonchen till date** -- Highlighted Mar 4, 2016

Happiness- A Guide. (2008). Happiness- A Guide, 1-295.

p.12: Professor Richard J. Davidson, head of the Laboratory for Affective Neuroscience at the University of Wisconsin-Madison, -- Highlighted Dec 27, 2015

p.18: Glenn Gould or chess like Bobby Fisher, to have Baudelaire's poetic gift, but I did not feel inspired to become what they were at the human level. Despite their artistic, scientific, and intellectual qualities, when it came to altruism, openness to the world, resolve, and joie de vivre, their ability was neither better nor worse than that of any of us. -- Highlighted Dec 30, 2015

p.20: What I discovered never called for blind faith. It was a rich, pragmatic science of mind, an altruistic art of living, a meaningful philosophy, and a spiritual practice that led to genuine inner transformation -- Highlighted Dec 30, 2015

p.20: achieving durable happiness as a way of being is a skill. -- Highlighted Dec 30, 2015

p.24: The Quantum and the Lotus -- Highlighted Dec 30, 2015

p.24: Francisco Varela, -- Highlighted Dec 30, 2015

p.25: Richard J. Davidson, Paul Ekman -- Highlighted Dec 30, 2015

p.26: Buddhist and Psychological Perspectives on Emotions and Well-Being."3 -- Highlighted Dec 30, 2015

p.27: Simplifying one's life to extract its quintessence is the most rewarding of all the pursuits I have undertaken -- Highlighted Dec 30, 2015

p.30: a practical point of view, leaving the definition of happiness vague wouldn't matter if we were talking about some inconsequential feeling. But the truth is altogether different, since we're actually talking about a way of being that defines the quality of every moment of our lives. So what exactly is happiness -- Highlighted Dec 30, 2015

p.30: Robert Misrahi -- Highlighted Dec 30, 2015

p.31: By happiness I mean here a deep sense of flourishing that arises from an exceptionally healthy mind -- Highlighted Jan 3, 2016

p.31: This is not a mere pleasurable feeling, a fleeting emotion, or a mood, but an optimal state of being -- Highlighted Jan 3, 2016

p.31: Happiness is also a way of interpreting the world, since while it may be difficult to change the world, it is always possible to change the way we look at it. -- Highlighted Jan 3, 2016

p.32: The common factor to all of these experiences would seem to be the momentary disappearance of inner conflicts -- Highlighted Jan 3, 2016

p.35: Nor is happiness exaltation to be perpetuated at all costs; it is the purging of mental toxins, such as hatred and obsession, that literally poison the mind. It is also about learning how to put things in perspective and reduce the gap between appearances and reality. -- Highlighted Jan 17, 2016

p.36: What do we mean by reality? In Buddhism the word connotes the true nature of things, unmodified by the mental constructs we superimpose upon them. -- Highlighted Jan 17, 2016

p.36: Resistentialism - as assigning meaning to experiences as things -- Written Jan 17, 2016

p.36: "We read the world wrong and say that it deceives us," wrote Rabindranath Tagore. We take for permanent that which is ephemeral and for happiness that which is but a source of suffering: the desire for wealth, for power, for fame, and for nagging pleasures -- Highlighted Jan 17, 2016

p.36: The world of appearances is created by the coming together of an infinite number of ever-changing causes and conditions. Like a rainbow that forms when the sun shines across a curtain of rain and then vanishes when any factor contributing to its formation disappears, phenomena exist in an essentially interdependent mode and have no autonomous and enduring existence. Everything is relation; nothing exists in and of itself, immune to the forces of cause and effect. -- Highlighted Jan 24, 2016

p.37: concept is understood and internalized, the erroneous perception of the world gives way to a correct understanding of the nature of things and beings: this is insight. Insight is not a mere philosophical construct; it emerges from a basic approach that allows us gradually to shed our mental blindness and the disturbing emotions it produces and hence the principal causes of our suffering. -- Highlighted Jan 24, 2016

p.37: Ignorance, in this context, unaware of that potential -- Highlighted Jan 24, 2016

**p.64: Freud: Modern Psyc Analysis/Critique -- Written Feb 18, 2016

**p.65: Hence Trungpa's desire to implement BASIC GOODNESS -- Written Feb 18, 2016

**p.66: "When the Messenger becomes the Message" Great title -- Written Feb 18, 2016

**p.66: Or that "ignorance is bliss" -- Written Feb 18, 2016

**p.68: Luca Cavalli-Sforza (geneticist) LOOK UP -- Written Feb 18, 2016

Sexual and Reproductive Health among Young People on Bhutan

bib: Borji, L. (2016). Sexual and Reproductive Health among Young People on Bhutan, 1–159. <http://doi.org/10.13140/RG.2.1.3264.6880>

p.10: **qualitative study.** -- Highlighted Mar 6, 2016

p.10: Thomas Minten from Belgium, a visiting Research Officer at NSB helped me analyze the National Health Survey (NHS) data -- Highlighted Mar 6, 2016

p.10: Professor John Enrique Mata, Elise Klesick and Assistant Professor Derek Sorwiede, Western University of Health Sciences, USA -- Highlighted Mar 6, 2016

p.11: Sexual activities among adolescents and youth and early pregnancies had been common in the past, but they had been dealt with by families and communities. These issues had never been treated as the health and social problems. -- Highlighted Mar 6, 2016

p.11: In Bhutan, adolescents (age, 10-19) and youth (age, 20-24) The population of young people (age, 10-24) constitutes about 56% -- Highlighted Mar 6, 2016

p.11: The country's Adolescent Fertility Rate (AFR) has seen a steep decline (within two decades) from

120 in 1994 to about 28 in 2012. -- Highlighted Mar 6, 2016

p.11: The level of sexual activity among young people in the country is high (NHS, 2012: 15). One-fourth of the women in the age group 15-49 years had reported that their first pregnancy occurred at ages between 18-19 year -- Highlighted Mar 7, 2016

p.12: Therefore, the early age marriages and pregnancies, low use of contraceptive methods and sexually transmitted diseases continue to be prevalent among the Bhutanese adolescents and youth -- Highlighted Mar 7, 2016

p.12: Sexual intercourse, pregnancy and parenthood are now understood not simply as the reproductive processes, but a complex phenomenon that involves social, physical, emotional and cognitive development. Young people are considered immature to deal with this complex process of growth and development. -- Highlighted Mar 7, 2016

p.12: National Health Survey (NHS, 2012) -- Highlighted Mar 7, 2016

p.13: The first International Conference on Population and Development (ICPD, Cairo, 1994) resolved (among the global communities) to protect and promote the rights of adolescents and youth to sexual reproductive health services -- Highlighted Mar 7, 2016

p.13: International Conference on Population and Development (ICPD) -- Highlighted Mar 7, 2016

p.14: **The reporting of teenage suicide, especially, among young women is on the rise. The causes of suicide among young people are not well-established, but it is possible that many of them, especially girls took their lives because they could not reconcile or cope up with the issues related to their love, sexual and reproductive matters.** -- Highlighted Mar 7, 2016

p.14: About 10% of them had their first sexual experience by the age of 14. -- Highlighted Mar 7, 2016

p.14: About 76% of women aged 20-59 years were aware of Pap Smear Test (NHS: 18). -- Highlighted Mar 7, 2016

p.15: Country Program Document of Bhutan (CPDB, 2008-2012). UNFPA's major areas of focus have been on (1) increasing the utilization of a high-quality reproductive health services and information by women, adolescents and men; and (2) improving the access of young people to life-skills education as a part of a multi-sector approach to the health and development of young people -- Highlighted Mar 7, 2016

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