



COLLEGE OF NATURAL RESOURCES  
ROYAL UNIVERSITY OF BHUTAN



JUNE 2022

# Spring Semester Club Report 2022

Our overview and update

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Sustainable Development Year III

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## Club Coordinators



Shapan Biswa, FST 4<sup>th</sup>  
CNR Toilet Club



Wangda Dorji, ECS 3<sup>rd</sup>  
CNR Yoga Club



Pema Wangmo, SD 3<sup>rd</sup> B  
CNR Rovers Club



Leki Wangchuk, ECS 3<sup>rd</sup>  
Tarayana Club



Bhawana Pradhan, ECS 3<sup>rd</sup>  
Tarayana Club



Tenzin Chophel, AG 3<sup>rd</sup>  
Choechog Club



Tshering Zangmo, AG 3<sup>rd</sup>  
Choechog Club



Tshering Peldon, FO 4<sup>th</sup>  
Druk Clean Pledgedthon



Nima Dorji, FO 4<sup>th</sup>  
Druk Clean Pledgedthon



Tshering Gyeltshen, AG 3<sup>rd</sup>  
Bhutan Kidney Foundation, CNR



Yonten Jamtsho, FST 3<sup>rd</sup>  
Food Safety Club



Karma Dawa Deki, FST 3<sup>rd</sup>  
Food Safety Club



Dorji Nidup, FO 4<sup>th</sup>  
CNR Karate Club



Dawa C Seldon, SD 3<sup>rd</sup> B  
CNR Arts and Craft Club





Roshni Bastola, SD 3<sup>rd</sup> B  
Earth Guardians Bhutan-CNR Club



Dorji Wangmo, FST 4<sup>th</sup>  
Cultural and Entertainment Club



Sangay Dechen Gyanzo, SD 3<sup>rd</sup> B  
CNR YPEER Club



Srijana Dhakal, SD 3<sup>rd</sup> B  
Bhutan Cancer Society-CNR



Palden Wangchuk Dorji, AG 3<sup>rd</sup>  
Media and Democracy Club



Chimi Seldon, AG 3<sup>rd</sup>  
Media and Democracy Club



Dorji Tshering Doya, SD 2<sup>nd</sup>  
Tae Kwondo Club



Tshering Wangmo, SD 3<sup>rd</sup> B  
Entrepreneurship Club



## CNR TOILET CLUB

### ACTIVITIES CONDUCTED

#### **1. Cleaning of Quarantine Facility Toilets for 7-Days.**

Starting from 28<sup>th</sup> February till 7<sup>th</sup> March 2022, members of the CNR-Toilet Club were quarantined in main academic block using two toilet rooms, the member took the initiative to clean the toilets for seven days. There were total members of 112 students quarantined in that block using the common toilets. The seven groups were divided with five members in each group working for seven days. We are grateful to the college management for providing the necessary items requires for the cleaning purpose.



*Figure 1. Cleaning of Quarantine Facility Toilets for 7-Days.*

## **2. Cleaning of Quarantine Facility Toilets in New Academic block.**

On 27.03.2022, our club conducted the mass cleaning of toilets in the new academic block. The cleaning was done after the quarantine facility was lifted and before the starting of the academic session of the semester. There was a total of 6 units of toilets to be cleaned including the surrounding.



*Figure 2. Cleaning of Quarantine Facility Toilets in New Academic block.*

## **3. 8<sup>th</sup> General club meeting on 7<sup>th</sup> April**

8<sup>th</sup> General Club meeting was held for the spring semester. The meeting was chaired by the club advisor Mrs. Sonam Yangki. 53 members were present in the meeting. Firstly, club coordinator Mr. Shapan Prasad Biswakarma welcomed all the members and then highlighted on the demography of the club as Club Chair- Mrs. Sonam Yangki and Mr. Jigme Sherab, Club Coordinator- Shapan Prasad Biswakarma, Club General Secretary- Subash Rai, Club Treasurer- Rinchen Yangdon, Club Registrar- Phuntsho Norbu and Club Social Media Manager- Sonam Wangmo. He also shared about our club aims and objectives;

- ✓ To create a clean toilet for betterment of society.
- ✓ To withhold the health of every individual.
- ✓ To help dzongkhag administration during important occasions.



The Club Coordinator highlighted about our parent organization Bhutan Toilet Organization along with the short description on organization, founder, and establishment history, its impact to the society, mission and vision of the organization. He also shared about the membership criteria, Club Budget and work plan for the semester.

The main agenda in the meeting was appointed of new core members of the club.

- Mr. Dil Bahadur Monger of SD 2<sup>nd</sup> year was elected as Club Coordinator.
- Mr. Sangay Gyeltshen of FO 3<sup>rd</sup> year was elected as Club General Secretary.
- Kuenzang Pema Namgyel of SD 1<sup>st</sup> year was elected as Club Media Coordinator.
- Sonam Yangchen of FO 3<sup>rd</sup> year was elected as Club Treasurer.
- Karma Rigyel of OAG 1<sup>st</sup> year was elected as Club Registrar.

Club advisor awarded Khadar to the newly appointed core members, congratulated and conveyed best wishes in leadership hereon and club coordinator awarded the coordinator batch to the newly elected coordinator. The Club Advisor also commended and praised the previous core members for successfully completing their tenure and for the members to work with same spirit, hard work and dedication.





*Figure 3. 8<sup>th</sup> General Meeting an appointment of Core Members*

#### **4. Mass cleaning campaign in collaboration with DCP club on 23<sup>rd</sup> April**

Mass cleaning campaign in collaboration with DCP club members were conducted for cleaning of CNR campus with a motive to maintain the cleanliness of the college campus and to create awareness to student to take care of our own waste. 38 members joined the campaign and refreshments were served.



*Figure 4. Mass Cleaning of the Campus with DCP Club*

### **5. MPH toilet cleaning before Teachers Day celebration.**

The cleaning was carried out prior to Teachers Day celebration to provide clean toilet environment to staff and the students. A total of 15 members from Animal Science and Organic Agriculture first year club members were assigned for the cleaning before the celebration.



*Figure 5. MPH Cleaning for Teacher Day*

### **6. Installation of game by Club on Trowai leyrim**

Trowai Leyrim was held after lunch as a part of Teachers Day Celebration. Different classes and different clubs coordinated and installed game hub and stalls which are unique and interesting. Our club installed one game led by Club Media coordinator, Kuenzang Pema Namgyel. This game not just provides entertainment to the audience but also create awareness on difference of using clean and dirty toilet.



*Figure 6. Games Activity during Teacher Day*



### **7. MPH post toilet cleaning after Teachers Day Celebration**

The cleaning was carried out after the Teachers Day celebration to make clean toilet environment to staff and the students for any use of MPH. 14 members of the club from Forestry Science, FST and Sustainable Development first year students cleaned the toilet.



*Figure 7. Post Cleaning of Toilet after Teachers Day*

### **8. MPH toilet cleaning before Choeshey Layrim (11<sup>th</sup> May)**



Led by club coordinator Dil Bahadur Monger, 13 members from Forestry science and Sustainable Development 3<sup>rd</sup> year cleaned the MPH toilet on 11<sup>th</sup> May to make clean environment for the following day program, Choeshey Leyrim graced by His Eminence Letshog Lopen from Zhung Dratsang.

*Figure 8. Pre-cleaning for Choeshey layrim*

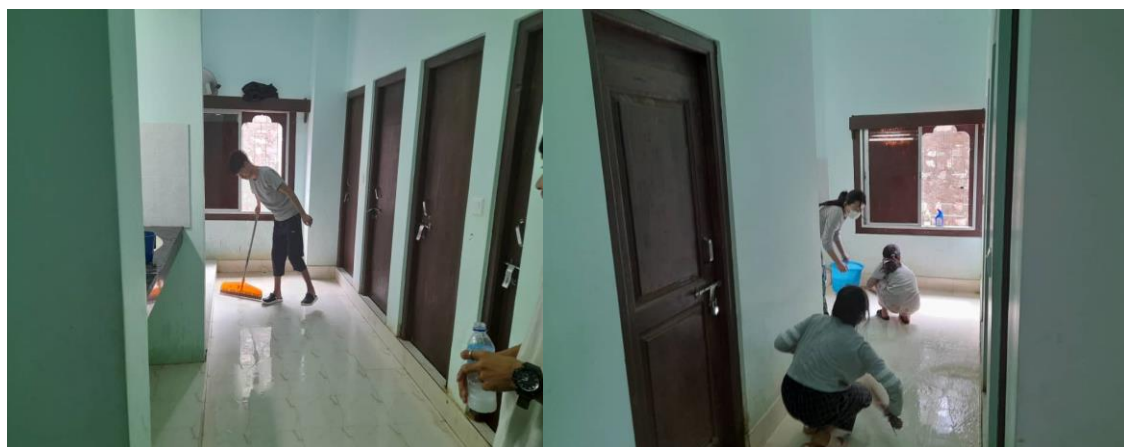


### **9. MPH toilet cleaning after Choeshey Layrim on 15<sup>th</sup> May**

Led by Club Secretary Sangay Gyeltshen and Club Treasurer Sonam Yangchen, 14 members from Forestry Science of 3<sup>rd</sup> year cleaned the MPH toilet after Choeshey Leyrim conducted on 12<sup>th</sup> May.

### **10. MPH toilet cleaning before Mega Fest (Jam session) on 28<sup>th</sup> May.**

MPH toilets were cleaned before the Jam up session. 11 members from Organic Agriculture and Forestry Science first year students coordinated by Club registrar Karma Rigyel done the cleaning.



*Figure 9. Cleaning before Jam Up*

### **11. MPH toilet cleaning after Jam session**

After the Jam Session, 9 members from Sustainable development, Food Science and Technology and Sustainable Development 1<sup>st</sup> year students coordinated by Club media Coordinator Kuenzang Pema Namgyel done the necessary cleaning.



*Figure 10. Cleaning after Jam Up.*

## 12. Closing ceremony on 5<sup>th</sup> June.

To conclude this semester's club activity, core members have a short meeting with previous core members. The meeting highlighted work plan completion for two semester, future expected and contribution to college and society. Previous core members also highlighted some importance of BTO as a club in the college and in Bhutan too. They gave advices and future encouragement to work hard. With a brief meeting we had a small farewell dinner.



*Figure 11. Farewell Dinner for Graduating Core Members*



## CNR YOGA CLUB

### ACIVITIES CONDUCTED

#### 1. Club Meeting

Due to Covid 19 pandemic commence of academic session was delayed. As a result, functioning of club was deferred and could only start from April 4. First club meeting was conducted on 4<sup>th</sup> April which was chaired by Club Advisor, Dr. Sonam Tashi, Dean of Research and Industrial Linkages (DRIL). Club coordinator presented club action plan for this semester and deliberated on developed action.



*Figure 12. During club meeting, 4<sup>th</sup> April, 2022*





## 2. Zumba Dance

The club has begun to initiate a Zumba dance for all the interested students. The event very well coincides with World Health Day which is celebrated every year on the 7th of April. The theme for this year is 'Our Planet, Our Health'. The club aimed to fulfill the sound and good mental and physical health through various Yoga techniques and scientifically proven methods such as Zumba Dance. This is the first time that the club is initiating such activities in collaboration with the Cultural and Entertainment Club.



*Figure 13. Club members and other interested members doing Zumba*

## 3. Morning Yoga session

Morning yoga session was started on 8<sup>th</sup> April and halted on 30<sup>th</sup> May, 2022. Club has initiated that departmental morning yoga session upon directives from Dean of Student Affairs (DSA). Accordingly incorporated and developed schedule for every class to execute our plan smoothly and efficiently (*see action plan in annexure*). For that session club made mandatory for first- and second-year batch, however, observed minimum participants despite constant notice as well as reminder. Club really hoped that those handful of participants would have learned some basic yoga posture through such program.



*Figure 14. ECS department practicing Yoga Series*



*Figure 15. Organic Agriculture, 1<sup>st</sup> Year during morning yoga session*

#### **4. Seminar on Mental Health and Mindfulness**

On 28th April club conducted first club seminar which was facilitated by Dr. Bal Bahadur Bandari, Faculty, Animal Science Department. It was on "Mental Health and Mindfulness "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is crucial at every stage of life, from childhood and adolescence through adulthood. Also practicing mindfulness regularly can



*Figure 16. Seminar on mental health and mindfulness by Dr. Bahabhur*

help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. Furthermore, it can help to focus our attention, observe our thoughts and feelings without judgement. The program was mandatory for first year and second year students. However, maximum of students failed to turn up for the seminar.

## 5. Jogging

Yoga members took a break from normal schedule (morning yoga session) and went for jogging on 17<sup>th</sup> May, 2022. It's a simple and easy step towards building a healthy life. Some of the benefits of jogging are as follows;

- ✓ Improves heart health
- ✓ Boost the immune system
- ✓ Improves mental clarity
- ✓ Burns fats
- ✓ Enhances confidence and self-esteem



*Figure 17. Club member going for jogging*

## 6. Awareness Program on Yoga and Its Benefits

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focused on bringing harmony between mind and body. It is an art and science of healthy living. It is reported that yoga has multiple health benefits. However, many of us hardly practiced yoga in our daily life. Yoga club organized awareness program on 19<sup>th</sup> May, 2022 (Thursday).



## CNR ROVERS CLUB

### ACTIVITIES CONDUCTED

#### 1. Open Poetry Competition on the theme “Gratitude to the front liner for their ceaseless service during the pandemic”

To celebrate his majesty’s birth anniversary, the royal Patron of Bhutan Scout Association and to mark National Scouts day, open poetry competition was held among the students and rovers across colleges of Bhutan. To this there were 11 entries. From these, Rover Scout Tashi Namgay Doya of CNR Rovers bagged 1<sup>st</sup> prize, consolation prize by Rover Scout Thinley Wangmo from College of Science and Technology and Rover Scout Ugyen Tshomo from CNR Rovers.

The winner was awarded a data package of Nu. 699/777 consolation prize of data package of 99.

#### *Rhymes of Gratitude*

*Like an Eye of Heaven’s  
shine in abyss,*

*To illuminate the gloomy  
days.*

*Stands for his subjects in  
uneven ride;*

*The omnipresent guide.*

*Rises with dogged and  
unsung courageous,*

*Eloquent, glorious and  
gracious;*

*Our king, Godly embodied  
humanism.*

*May we remain indebted  
for your altruism!*

*The bounty of infinite love;  
the lord shower,*

*The ray of hopes for  
people in despair.*

*In the face and battle of  
invisible foe,*

*Hadn’t his people sink in  
woe.*

*Frontliners, the warriors  
of all seasons*

*Who are busy as swarm of  
bees in monsoons*

*And those orange  
uniformed brothers and  
sisters*

*With no gun in hand, you  
are all fighters*

*We owe you gratitude - the  
selfless leaders*

*We owe you gratitude – the  
patriotic frontliners*

*And all religious officiates  
May we remain truly  
indebted recipient!*



## 2. First General Meeting

The club held its first general meeting for the spring semester with the members. It was graced by Club Advisor Mr. Dawa. The members were presented with the activities completed past semester and the plans for the semester.



*Figure 18. 1<sup>st</sup> meeting of the semester*

## 3. Site Development: Construction of bench near Block 1 and Block 3 upper girls' hostel

A bench was constructed each for the upper girls' hostel Blocks 1 and 3. It was constructed to provide girls with a proper sitting place and for a good view of football matches from near the hostel. The bench was constructed from the scraps, of the wooden ladder used in the construction of the new hostel.



*Figure 19. Construction of bench in upper girl's hostel*

#### 4. Rovers in the wilderness; an escape into the woods of Kabesa

6:30 am: Gathering of the rovers in the Parking lot.

6:45 am: Attendance, program agenda and briefing to the rovers about the Dos and Don'ts.

7:10 am: Started the journey.

##### 4.1. Blind Trail

Once we reached the base towards the lake, rovers were divided into 3 team consisting of 11-12 rovers. Each team were given a color code to represent and was led to the first game of the hike “Blind Trial”. Everyone in the team were blind folded using their scarf. They have to cross certain path with their teammates using a single rope which was tied and get to where the rope ends.



*Figure 20. Team blind folded in Blind Trail*

This game will help develop team building skill as it will be impossible to walk blind folded without assisting each other. The person leading the team will have to clearly pass the message about the obstacle he/she faces on the way so that his followers will be aware of it. It would also make the players feel the life the blinds are living.

#### 4.2.Hunt for the Clue (SURPRISE Game)

When all the 3 teams completed their “Blind Trail” game, the teams were made to search for a message that would help them get the idea of next game and proceed further. This game was chosen so that they will not be bored while hiking towards the lake. This kept them engaged throughout.

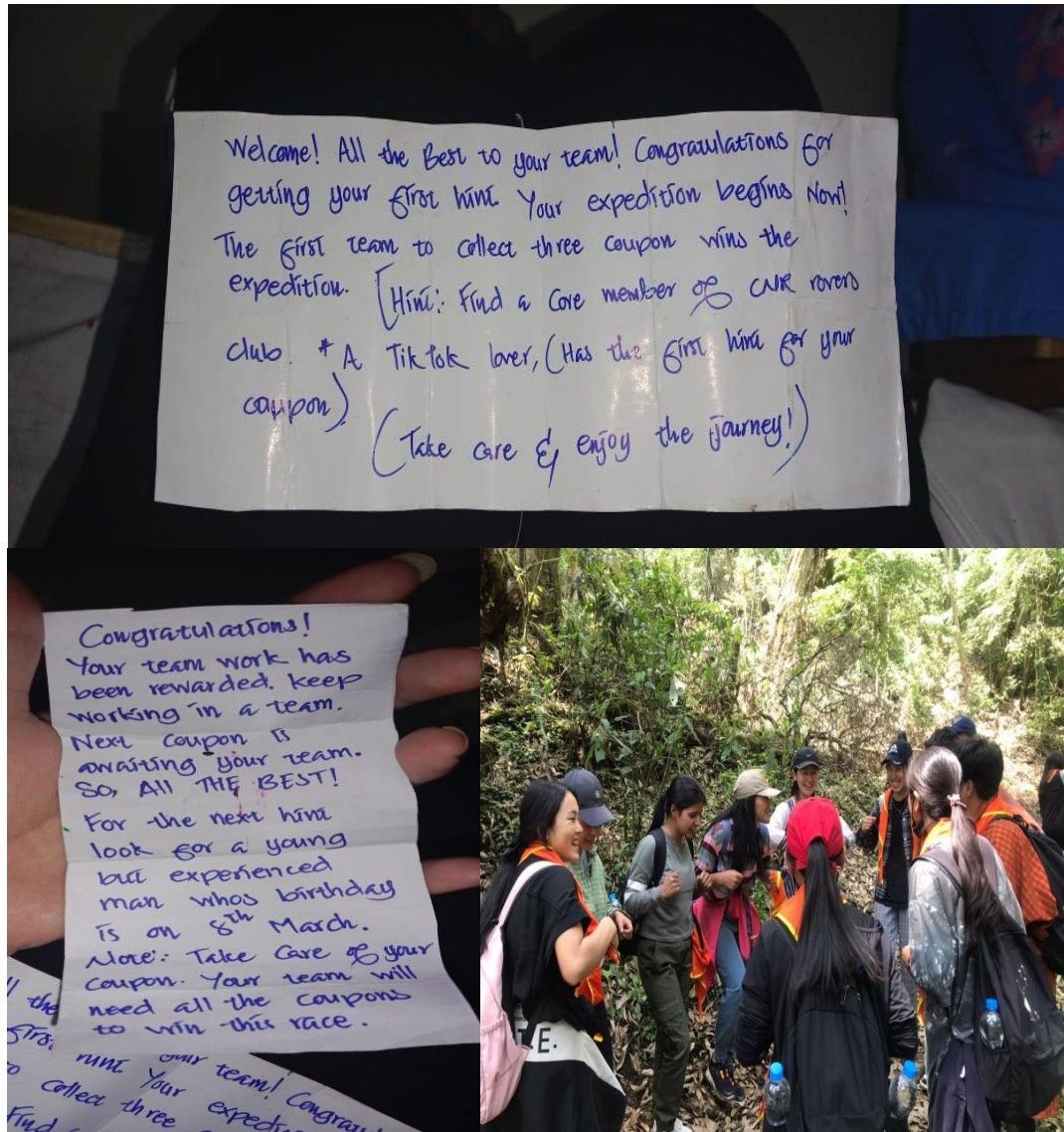


Figure 21. Team cheering after finding the Secret messages



### 4.3.Awarding of the membership Badges

The new recruits of autumn semester were awarded with membership badges after their completion of being a rookie (name for new recruits) for 6 months.



*Figure 22. Club Advisor awarding the badges*

### 4.4.Visit to Choeten Nyngpo

It is believed that if we visit the temple and offer our prayers before visiting the Lake, we will be blessed throughout our journey to the lake. Therefore, we went to the temple,



*Figure 24. Rovers at Choeten Nyngpo*

offered our prayers and even got to learn about the significance of the temple.

### 4.5.Mindfulness

The lake was surrounded by green ground perfect for picnics and refreshing. Upon reaching the lake, rovers were engaged in offering their prayers by pouring the milk and lighting the incense stick. While we served ourself with tea. Once we were done, we went to the left side of the lake, a plain ground. The club advisor, Sir Jigme Sherub guided us through 5 minutes of mindfulness facing the lake. It felt calm listening to the chirping of birds and breathing in the pure.



*Figure 23. Mindfulness near the lake*

#### 4.6.Cleaning the trail

After almost 2 hours near the lake, we started our way back to the base. Along the way back we even picked up waste where ever it was disposed of. To our surprise, we were able to collect 2 sacks and 2 cards box full of waste.



*Figure 25. Rover Dorji Drakpa in action*

The hike to Kabji Hoka Tsho was a pleasure trip that included fun games, mindfulness, and a time to appreciate the beauty and serenity of the nature. During the peak season of people visiting the lake, the issue of waste management also rises. It was a little that we could provide to the nature by cleaning the hike trail on our way back. Besides the monotonous activities, refreshing trips like this has boosted the interests of the rovers to remain active and supportive in the club without which, the club would otherwise lose the sustainability of membership. Moreover, it has also helped them in refreshing their minds after a busy examination week.

#### 5. Piloting and chief guest reception by Leadership trained Scouts during Teachers Day Celebration



#### 6. DIY Prize Punch

Installed a Do it Yourself Prize Punch Game during the “Trowa Layrim” Event of Teachers Day Celebration.



*Figure 26. Prize Winners*



# BHUTAN KIDNEY FOUNDATION-CNR

## ACTIVITIES CONDUCTED

### 1. Appointment of New Core Members

Official appointment and Khadar Ceremony for the new core members took place on May 1<sup>st</sup> 2022. The new core members are:

- Sonam Zangpo FO 3<sup>rd</sup> Coordinator
- Tashi Choden FO 3<sup>rd</sup> Coordinator
- Sonam Dema SD 2<sup>nd</sup> Media Operator
- Chimi Yangki AG 3<sup>rd</sup> Secretary
- Palden Wangchuk Dorji AG 3<sup>rd</sup> Treasurer

### 2. Walk for Health

As a part of BKF-CNR club activity, a walk for health program was also carried out on May 11 where the students walked till Chimi Lhakhang and Back.



*Figure 27. Members at Chimmi Lhakhang*



The program was conducted with the theme, “A healthy body for a healthy mind,”

The program was conducted with the following objectives:

1. Create awareness and advocate people on Bhutan Kidney Foundation( its roles and responsibilities) and kidney health issues in Bhutan;
2. To encourage the habit of walking for good health among the local people and among the Bhutanese to a larger extent;
3. To develop a good social relationship with the people in the nearby communities;



*Figure 28. BKF Banner*

A total of about 100 participants including the club members, few interested individuals part in the program. During the program, the participants were also actively engaged in picking up wastes along the way promoting a safe and clean environment and surrounding.





## TARAYANA CLUB

### ACTIVITIES CONDUCTED

#### 1. Foundation work of Greenhouse construction at Mini-farm.

With start of the club activities, On 02.04. 2022, a group of volunteers comprised of 15 boys willfully worked for 6 hours at college mini-farm helping the maintenance team to install greenhouse as soon as possible. The work details were brought to us by Mrs. Uygen Yanchen, a faculty of the college. All refreshments and lunch were served by the college management. Therefore, the club sincerely pays gratitude for support provided to members.



*Figure 29. Club members laying foundation of greenhouse*

## 2. Maintenance of Infrastructure

The newly built GIS lab drains had developed cracks at several points due to unstable ground. For that, the maintenance team need to repair before on set of monsoon to avoid further damage to main building. The Estate Manager asked for our help and energetic, young volunteers from dug 20 meter stretch drains to connect drain to next building. It took those 2 hours to finish it but manual work was challenge they faced. All refreshment were arranged by college management and work was done on 02.04.2022.



*Figure 30. Club members digging drain below GIS lab*

## 3. Concrete slab footsteps (Behind block 4)

Prior to onset of monsoon, on 10.04.2022, the footstep behind block 4 was maintained using concrete slabs issued by Estate manager. Those blocks are laid stable and sides were compacted with gravels and sand mixed with soil. The work nature called only the male members and the refreshments were arranged through club's micro-fund. Today, both Gawaling residents and Dekiling residents, and some of staff ply through these footsteps comfortably.



*Figure 31. Club members constructing slab footsteps*

#### 4. Installation of Rain Water Harvesting Tanks (Block 4 and Block 5)



*Figure 32. Installation work of rain water harvesting structure*

To reduce the problem of water shortages, the college decided to install rain water harvesting tanks in the respective residents. This work was delayed due to shortage of labor so the club consulted the Estate manager and took over the project. The members (both girls and boys) of the club provided a helping hand in collecting raw materials such as sand, stone and cement. Then the experienced and skilled volunteers did the masonry work. The project was started from 10.04.2022 and ended in 17.04.2022. Now, the students residing in block 4 and 5 are using rain

#### 5. Shifting of Raw material to the construction site

On 09.04.2022 the members of Tarayana club CNR helped in carrying sand from dairy farm to Mini farm. Actually they planned to shift the raw materials via power tiller but the weather didn't favor them. So the members volunteered to help college maintenance team reach raw materials to construction site. The work was started from 9:00 am and ended at 11:00 am. The raw materials will be used for the construction of a new green house.



*Figure 33. Shifting of the raw materials from dairy farm to mini farm.*



## 6. First General Club Meeting



*Figure 34. The first club general meeting*

Although club general meeting were held at beginning of every semester, the restrictions in gathering large crowd kept it postponed. The club conducted its first general meeting on 21.04. 2022. The coordinators presented club work reports of last semester, action plan for this semester and Transparency and accountability of functioning the club. Nevertheless, the election for the new core members

were held. 80% of the club members took part in democratic election of vice coordinators. The candidates were asked to introduce themselves and the other members voted for the most capable and responsible person who will be taking the role in keeping the club alive and active.

## 7. Cloth collection and washing

On 24.04.2022, the members of the club collected cloths from the students, staffs and from other places. The clothes that were washed and those which were not washed were kept separately. The washed clothes were packed in a sack and was ready to dispatch it to the needy once. The clothes that were not washed were washed thoroughly by the members (both girls and boys). Despite of facing water shortage problem in the middle of the activity the patience and the hard work of every individual made it a successful activity.



*Figure 35. Club members washing the clothes*

### **8. Fund Raising activity on Teacher's day**

The Chief Councilor has procured 3 feet Manjushree Statue for that college. The payment was planned to generate through donations and contribution. Thus, club volunteered to ask for donations from interested donors. Nevertheless, we also installed games to generate additional money that can be contributed for the installment of Jamyang Statue. Total sum of Nu.24,302/- generated was handed over to the Chief Councilor

### **9. Cloth Distribution**

The clothes that were collected and washed was finally dispatched to Mongar, Eastern Bhutan on 10.05.2022. Some of the members volunteered to pack the clothes and load it in the vehicle. This small gesture of our club has provided support to the needy once.



*Figure 36. Clothes Dispatched for Mongar*

### **10. Renovation of Guru Rimpochoe's portrait**

On 15.05.2022, some of the club members (boys) has volunteered to renovate the Guru Rimpochoe's portrait that is located above girl's hostel on the way to Dorothang. They replaced the old wooden poles with the new once to ensure its durability. The activity tool almost 2 hours. Now we can see clean and supportive poles of Guru Rimpochoe's portrait while visiting Dorothang.



*Figure 37. Club members replacing the old wooden poles.*



### **11. Tree plantation at Lam serpo lhakhang**

Tarayana Club members along with other students planted several tree species in the surrounding of Lam serpo lhakhang on 21.05.2022. Despite of the unfavorable weather conditions they had worked for 4 hours and made the activity successful.



*Figure 38. Tree Plantation at Lam Serpo Lhakhang*

### **12. Plantation of tree around Football ground and along road**

As a last club activity, the members of Tarayana Club volunteered to plant Euphorbia species around football ground and along the road on 29.05.2022. The Euphorbia is a medicinal herb that will help with throat infection, eye related problems and used to cure breathing disorder. The activity took around 2 hours.



*Figure 39. Plantation of Euphorbia Species*



## CULTURE AND ENTERTAINMENT CLUB

### ACTIVITIES CONDUCTED

#### 1. First club meeting for the semester.

On 29<sup>th</sup> march, 2022, the club conducted their first meeting to plan the action plans for the club.

The objectives of the meeting were;

- ✓ To revise the action plans of the club
- ✓ To divided the work and students accordingly to the club's action plan.



*Figure 40. Spring semester club meeting*

#### 2. Zumba class dances

Coinciding with the World Health Day, 7<sup>th</sup> April, 2022, the CNR-Cultural and entertainment conducted a first zumba session in lower basketball court with the main goal of engaging students in morning exercise with an entertaining music to keep students fit and happy. The zumba classes were conducted every Saturday by the club to every students. The classes started from 6am – 7am. Total of 400 numbers of students actively participated during the session.



*Figure 41. Club Conducting Zumba Dance*

### 3. Installed of face paint stall during teacher's day

The club opened face paint stall on May 2<sup>nd</sup>, 2022, on a teachers day with the objectives of Entertaining teacher and students on the auspicious day and to generate club budget from it. Total of 10 members were involved during that activity.

### 4. Organization of cultural bonanza

As a part of residential life award, cultural bonanza was conducted 14<sup>th</sup> of May by the club. For the organization of cultural bonanza, the club was engaged in stage decoration, hall arrangement, refreshment serving to the participants and all the staffs. Cultural bonanza was conducted as a part to assess the best resident among the 6 blocks. Different cultural items such as Boedra, Zungdra, Rigsar, solo song, skits and special items by the students of six blocks.



*Figure 42. Preparation for the cultural Bonanza*

### 5. Organization of MEGA-FEST



*Figure 43. Preparation for Jam session*

The club organized the MEGA-FEST on 28<sup>th</sup> of May with the theme “Heal with Music” with the main objective of healthy mixing of students, generating funds for the construction of Jetsun Jamyang altar and to generate fund for the membership certificate. Different genres of music were played to entertain and relax the minds of the students. The members were engage in cleaning of MPH, hall arrangement, photo booth making, props making and refreshment serving to the students.





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It was the nationwide competition held by National DCP among different colleges with DCP club.

#### 

Posters on advocacy for ‘My waste, my responsibility’ was made by interested members and posted on the club page.



#### 



Figure 44. Disposing off waste

The accumulated wastes (general) of the upper hostels and lower hostels were emptied and dumped with the help of municipal services, Khuruthang.

#### 4. Celebration of zero waste hour (2<sup>nd</sup> April 2022)

Views regarding waste management practices from interested members were posted online to mark the day.

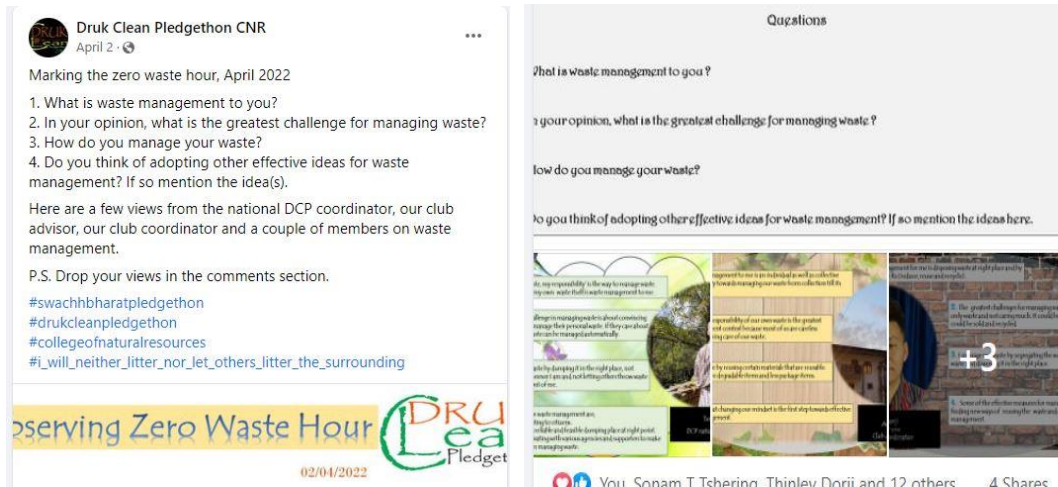


Figure 45. Social Media Post

#### 5. Selling of PET bottles (9<sup>th</sup> April 2022)

The accumulated PET bottles in the lower hostel were sold to the Bajo Eco-waste solution and the budget was used to buy gloves.



Figure 46. Members packing the pet bottles



## 6. Mass cleaning (23<sup>rd</sup> April 2022)

A thorough cleaning of the campus was done in collaboration with EGB-CNR and BTO-CNR.



*Figure 47. Members cleaning the campus*

## 7. Improvement of waste house (30<sup>th</sup> April 2022)

The waste shelter was improved with the use of Agro-net to make it more aesthetically pleasing and cleaner.



*Figure 48. Before and Then Picture of the Waste House*

### 8. Cleaning after teachers' day (2<sup>nd</sup> May 2022)

The MPH was cleaned after the teachers' day celebration.



*Figure 49. Cleaning after the Event*

### 9. Cleaning after Cultural Bonanza (14<sup>th</sup> May 2022)

The area was cleaned after the awaited event of cultural bonanza.



*Figure 50. Cleaning after the Event*



#### **10. Completion of the sanitary pad burner project (19<sup>th</sup> May 2022)**

The long awaited pad burners (2 no.s) were constructed and handed over to the girls' hostel for use.



*Figure 51. Pad Burner*

#### **11. Waste segregation (22<sup>nd</sup> May 2022)**

The waste in the upper hostels were segregated. The PET bottles were crushed and stored so that it can be sold next time.



*Figure 52. Waste Segregation*



## 12. Cleaning after the final matches (22<sup>nd</sup> May 2022)

The areas were cleaned after the end of the final matches.



*Figure 53. Cleaning after The match*



## CNR CHOECHOG CLUB

### ACTIVITIES CONDUCTED

#### 1. First General Club Meeting

The first meeting of the CNR Choechog club for the spring semester was held on 8/4/2022. There was a discussion of the club activities, as well as a review of the club action plan, and unanimously elected a vice core member.



*Figure 54. General Meeting*

#### 2. Meeting with Core Member

On the 9<sup>th</sup> of April 2022, had a meeting among the core member. The meeting was followed by a discussion on the delegation of work, working with energy and zest, and also a review of the last semester's work was done to bring changes for the upcoming activities of the spring.

### 3. General Offering of prayers



*Figure 55. Offering Butter Lamp*

Like we have been doing, the first offering of the prayer was done for the welfare of the students and staff of the college. It was a kind of simple contribution the club had been proposing for the peaceful stay in the college.

### 4. Preparation for the Choeshay Layrim

Starting from the 11<sup>th</sup> of May 2022, under the guidance of college management, the club had allocated various work to the students following the normal schedule like preparation of the Multipurpose Hall, cleaning of the surrounding, hosting of the roodhar flags, and collection of leaves and laying on the entrance of the MPH.

### 5. Conducted Choeshay Layrim

On the 12<sup>th</sup> of May 2022, His Eminence Laytshog Lopen of the Central Monastic Body visited the College of Natural Resources and was blessed with the initiation of Wang-Lunng on Baza Guru, Nyondro, and empowerment.



*Figure 56. His Eminence speaking to the staffs and Students*





## CNR ARTS AND CRAFT

### ACTIVITIES CONDUCTED

#### 1. May 2<sup>nd</sup> – Teachers Day

A week before Teachers' Day, CNR Arts and Craft club members came together to make unique designs to commemorate the effort of all the teaching and non-teaching staff of the College of Natural Resources. While the members were challenged with mastering the new design within the given time, the club was able to accomplish precisely 100 shuriken-styled badges and 100 single stalk paper roses before Teachers' Day.



*Figure 57. Badges and Paper rose preparation*

## **2. Painting of Flag Post Base**

Under the direction and guidance of SSO Mr. Dawa Tshering, 5 members of the Arts and Craft club were engaged in painting the newly constructed flag post base of the College of Natural Resources. The members finished the painting in a single weekend.



*Figure 58. Flag Base Painting*





## CNR KARATE CLUB

*Table 1. Activities Conducted*

Month week	Activities	Objective	Remark
<b>April</b> Week 1	<ul style="list-style-type: none"> <li>Semester club meeting</li> <li>Recapitulation on previous semester lesson.</li> </ul>	<ul style="list-style-type: none"> <li>Discussion on various agenda.</li> <li>Reflect what we learned till date.</li> <li>Master kihon kata.</li> </ul>	<ul style="list-style-type: none"> <li>All activities scheduled are completed</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>Kihon kata.</li> </ul>	<ul style="list-style-type: none"> <li>Master sparring and Kihon gohon, Sunbon kumite.</li> </ul>	
Week 3	<ul style="list-style-type: none"> <li>Kihon kumite</li> <li>Theory class</li> </ul>	<ul style="list-style-type: none"> <li>Familiarize the system of karate.</li> </ul>	
Week 4	<ul style="list-style-type: none"> <li>Basic kata team performance.</li> </ul>	<ul style="list-style-type: none"> <li>Members will be able to able to perform five basic takas</li> </ul>	
<b>May</b> Week 1	<ul style="list-style-type: none"> <li>Heian kata</li> </ul>	<ul style="list-style-type: none"> <li>Master Heian katas</li> </ul>	<ul style="list-style-type: none"> <li>Couldn't Complete due to lack of professional coach</li> <li>Completed</li> <li>Couldn't do due to pack scheduled college activities</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>Team kumite</li> </ul>	<ul style="list-style-type: none"> <li>Master the basic rules of kumite competition.</li> </ul>	
Week 3	<ul style="list-style-type: none"> <li>Heian kata team performance.</li> </ul>	<ul style="list-style-type: none"> <li>Master all five Heian katas.</li> <li>To familiarize/ experience the law of real competition.</li> </ul>	
Week 4	<ul style="list-style-type: none"> <li>Intra-club kumite competition.</li> </ul>		

<b>June</b>			
Week 1	<ul style="list-style-type: none"> <li>• Bassai katas</li> </ul>	<ul style="list-style-type: none"> <li>• Master Bassai katas with application.</li> </ul>	
Week 2	<ul style="list-style-type: none"> <li>• Kumite</li> </ul>	<ul style="list-style-type: none"> <li>• Master all kumite steps with application.</li> <li>• Master few advanced kata.</li> </ul>	<ul style="list-style-type: none"> <li>• Completed</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Advanced katas</li> </ul>	<ul style="list-style-type: none"> <li>• Gain experience in real tournament.</li> </ul>	
Week 4	<ul style="list-style-type: none"> <li>• Intra-club karate competition(both kata &amp; kumite)</li> </ul>		<ul style="list-style-type: none"> <li>• Completed</li> </ul>



# FOOD SAFETY CLUB

## ACTIVITIES CONDUCTED

### 1. First club meeting

On 07.04.2022, our club organized first club meeting at CH. The meeting was organized by newly appointed coordinators along with previous coordinators. During the meeting, we had discussed about activity plan for this spring semester along with appointing of new media coordinators.



*Figure 59. Club Meeting*

### 2. Installing of Food safety notice board 1 at upper canteen.



*Figure 60. Sign Board installed by FST 3<sup>rd</sup>*

On 28.04.2022, our club member FST 3<sup>rd</sup> year have installed a notice board at upper canteen. The main objective of installing notice board was to paste food related information so that the consumer are aware about the foods safety. 27 members was present and refreshment was also served.

On 01.05.2022, our club member FST 4rd year have installed a notice board at lower canteen. The main objective of installing notice board at lower canteen was to create aware of the food related information to the college staff, outsider and student and other people who passes by. All the member of FST 4rd year were present and was coordinated by our senior coordinator and refreshment was also served.

On 09.05.2022, coordinated by vice coordinator, FST 2<sup>nd</sup> year pasted a food related information on the theme: Personal hygiene and Food Safety to create awareness to the people and observed for 1 week. Good personal hygiene can prevent food poisoning. Bacteria that cause food poisoning can be on everyone even healthy people. You can spread bacteria from yourself to the then food. Good personal hygiene also creativeness have written and pasted on our food safety club page.



Figure 62. Awareness week one



## 5. Installed a food stall on cultural bonanza

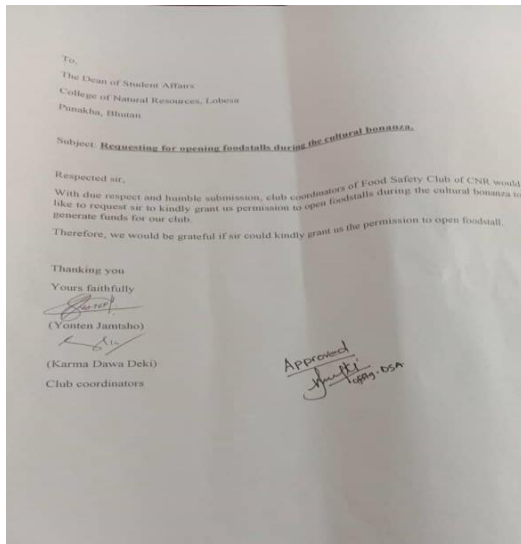


Figure 63. Letter of Approval

On 14.05.2022, when the college conducted the cultural bonanza, our clubs interested member from FST 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year had install a food stall where they sold a different food items following food safety measure. They provided safe food to the consumer and kept their tummy full.

## 6. Awareness week two



Figure 64. Awareness week two

On 16.05.2022, coordinated by vice coordinator, FST 1<sup>st</sup> year pasted a poster on the theme: How safe is your food? Following five key to safer food that is keep clean; Separate raw and cooked foods; Cook thoroughly; keep food at safe temperatures; and use safe water and safe raw materials, one can enjoy their food without ever worrying about nasty effects that accompany consuming spoiled food.

So FST 1<sup>st</sup> year had written and drew a theme related photos and posted the poster which was observed for 1 week.

## 7. Awareness Week Three



Figure 65. Awareness week Three

On 23.05.2022, again FST 1<sup>st</sup> year pasted a poster on another theme: Zero hunger challenge. Eliminating hunger involves investments in agriculture, rural development, social protection and equality of opportunity. It will make a major contribution to peace and stability and to the reduction of poverty. It will contribute to better nutrition for all. So FST 1<sup>st</sup> year had again written and drew a theme related photos and pasted it on the notice board which was observed for 1 week.

## 8. Seminar by Mr. Hari Prasad Pokhrel

On 19.05.2022, Mr. Hari Prasad Pokhrel who is a nutritionist have done a seminar on the topic: Health and Nutrition at CH. He have talked and made aware about how important our health is and showed us different kind of nutrients and disease related to its deficiency. Seminar was attended by all the FST student and interested member from FST 4rd year.



Figure 66. Seminar on Health and Nutrition

## 9. Food inspection

On 21.05.2022, our club under the guidance of Madam Dechen choden, particularly Fst 2<sup>nd</sup> year did food inspection in all the wet and dry canteen within the college campus. The inspection was done mainly to have clean canteen, provide safe food to the college student. They have inspected the canteen by following the BAFRA procedure, when they were inspecting if they found any expired product and if the restaurant were not kept clean, the student gave advised to owner to follow safety procedure.



*Figure 67. Inspection by FST 2<sup>nd</sup>*

## 10. Seminar by Mr. Adeep Monger

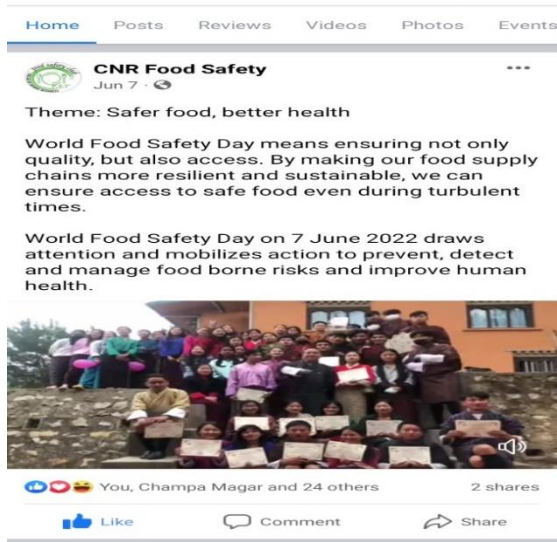
On 26.05.2022, Mr. Adeep Monger who is a toxicologist have done a seminar on the topic: Anticancer effects of natural compounds in gastric cancer cells at classroom 2. He mainly talked about the research done on anticancer effects of natural compound. He said that attending the seminar would benefit all the student who want to do research after they graduate, so, seminar was attended by FST 3<sup>rd</sup> year and FST 2<sup>nd</sup> year.



*Figure 68. Seminar on anticancer effects of natural compounds in gastric cell*



## 11. Observed World Food Safety Day on June 7



*Figure 69. World Food Safety*

On 07.06.2022, since our exam was near and all the student were busy we could not conduct a activity in the college but to mark the day we have written a passage in relation with the theme: Safer Food, Better health and club media coordinator have posted that on our club page to create awareness about food safety to the consumer.

## 12. Closing meeting of the Club

On 07.06.2022, our club closing meeting was conducted which was led by sir kinzang chopel and club coordinators in a way marking the importance of World Food Safety Day. Along with that, there was certificates of Appreciation for the graduating students for actively taking part in club activities, creating awareness.



*Figure 70. Closing Meeting*





## EARTH GUARDIANS BHUTAN-CNR

### ACTIVITIES CONDUCTED

#### 1

#### The General Meeting



*Figure 71. General Meeting*

The General Meeting for the spring semester 2022 was held on 31<sup>st</sup> March. The meeting kicked off with the welcome by the Club President and the General Secretary. The meet comprised of presentations of Club's past activities which has been successful with a broader focus on

being in line with Club's mission. The main objective of the meet was to outline the semester work plan along the members for the smooth and coordinated functioning of the agendas discussed on the particular days decided. The discussion was open where member's perspectives were put into consideration and to maintain transparency.

Some of the agendas discussed are:

- ✓ Weeding of planted trees and restoration of fences;
- ✓ In-Campus cleaning;
- ✓ Speech on Earth day and Environment day;
- ✓ Fencing of tree saplings and;
- ✓ Metsina stream cleaning.

## 2

### Weeding and restoration of fences

The plants along the footpath from MPH till the road are weeded and fences are restored on 1<sup>st</sup> - 2<sup>nd</sup> April, 2022. The activity became successful with enthusiastic participation of the members along with volunteers from OA, SD and AG departments.



*Figure 72. Weeding and Restoration*

## 3

### Speech on Earth Day

April 22<sup>nd</sup> marks the world as the Earth Day and to share about it in the society, Dechen Pem of AG 2<sup>nd</sup> year volunteered to take this opportunity. Since no gathering were allowed, the activity was done by making a small video clip and uploading it onto the club`s social media content.

# 4

## In-Campus Cleaning

In collaboration with Druk Clean Pledgethon (DCP) and Waste Management CNR, the club initiated an in-campus mass cleaning campaign held on 23<sup>rd</sup> April. The day was also observed to mark the significance on the “Earth Day” theming “Invest in our Planet”. The activities were equally distributed among the clubs and couldn't have achieved without them.





# 5

## Metsina Stream Cleaning



*Figure 73. Members after the cleaning*

The club's root activity for the semester was held on 7<sup>th</sup> May. Like every semester, the club along with its members walked all the way from the college till Metsina. The activity focused not only on the stream but also along the way till our destination. As the stream is adopted by the college, it becomes the

guardian's responsibility to look after it. The activity was solely supported by the college management, the Geog office, the Dzongkhag Environment Sector and people of Metsina.



*Figure 74. Cleaning the stream and the surrounding*



## 6

### Fencing of Tree Saplings



This activity is an initiative of the club which focused on protecting the saplings from cows which graze in the area. The activity comprised of volunteer members both from within and non-members. It is because of their hard work that the activity was successfully completed on 28<sup>th</sup> May.

*Figure 75. Fencing of tree saplings*

## 7

### Speech on World Environment Day

June 5<sup>th</sup> is the World Environment Day and to create awareness in the society, a volunteer from the club was meant to deliver a speech. As the day falls on Sunday, it was decided to deliver the speech on Monday i.e. on 30<sup>th</sup> May. The speech was delivered by Jamyang Choden from ECS 3<sup>rd</sup> Year.

## 8

### Social Forestry Day

June 2<sup>nd</sup> is celebrated as Social Forestry Day, on coinciding with the Coronation Day of the Fourth King of Bhutan. The aim of the day was to promote tree planting and create environmental awareness among the Bhutanese youth. The club in collaboration with Bhutan Cancer Society joined the nation to mark the significance of the day. About 55 volunteers from both clubs participated in the activity where almost 30 saplings were planted and fenced.



*Figure 76. Tree Plantation*

## 9

### The Award Ceremony

In coinciding with the World Environment Day on 5<sup>th</sup> June, the club marked its day by awarding certificates for the members who would be graduating this semester. The occasion was chaired by Dr. Sonam Tashi (Ph.D.), the club advisor.



*Figure 77. Graduating members*



## BHUTAN CANCER SOCIETY-CNR

### ACTIVITIES CONDUCTED

#### 1. General Meeting



*Figure 78. Meeting with the members*

The general meeting for the spring semester 2022 was held on 25<sup>th</sup> April. The club president and the general secretary welcomed the members and talked about the general objectives. The meet comprised of presentations of Club's past activities which has been successful with a broader focus on being in line with Club's mission. The main objective of the meet was to outline the semester work plan along the members for the smooth and coordinated

functioning of the agendas discussed on the particular days decided. The discussion was open where member's perspectives were put into consideration and to maintain transparency.

Some of the agendas discussed are:

- ✓ Conducting advocacy and seminar at nearby school/ nunnery
- ✓ Meeting the officials from BCS organization
- ✓ Dramatization on different types of cancers
- ✓ Volunteering at Bajo/Punakha hospital
- ✓ BMI measurement of all the faculty members and students



## 2. Meeting with the advisor

On 6<sup>th</sup> May, a meeting with the club advisor was held to discuss and finalize the plan for the semester along with the introduction of new club presidents.



*Figure 79. Meeting with the Advisor*

## 3. Seminar by Team from Bhutan Cancer Society, Thimphu

On 14<sup>th</sup> May, in campus seminar was conducted for the members of BCS-CNR in which officials from BCS organization came to talk more about cancer and what really the organization was about.



*Figure 80. Team from Bhutan Cancer Society, Thimphu*



#### 4. Seminar on Breast and Cervical Cancer at Dorangthang Nunnery

On 22<sup>nd</sup> May, a seminar was conducted for the nuns of Dorangthang on breast and cervical cancer. The topics presented were on cause, symptoms, cure and preventive measures for cervical as well as breast cancer. Even though the presentation was prepared in English the medium used to deliver the speech was Dzongkha.



*Figure 81. Members at Nunnery*

#### 5. Social Forestry Day

June 2<sup>nd</sup> is celebrated as Social Forestry Day, on coinciding with the Coronation Day of the Fourth King of Bhutan. The aim of the day was to promote tree planting and create environmental awareness among the Bhutanese youth. The club in collaboration with EGB-CNR joined the nation to mark the significance of the day. About 55 volunteers from both clubs participated in the activity where almost 30 saplings were planted and fenced.



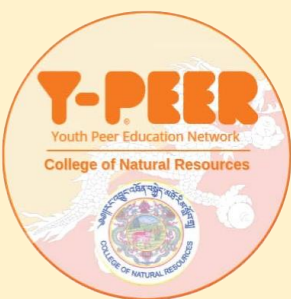
*Figure 82. Tree Plantation*

## 6. Farewell

For the farewell on June 8, the club marked its day by awarding certificates to the members who would be graduating this semester and officially handing taking of the new president. The occasion was chaired by Mr. Ugyen Dorji, the club advisor.



*Figure 83. Farewell to the Graduating Member*



## Y-PEER CNR CLUB

### ACTIVITIES CONDUCTED

*Table 2. Autumn Semester 2022*

1.	Y-PEER CNR participated in the 6 <sup>th</sup> National Y-PEER meet.	6 <sup>th</sup> – 8 <sup>th</sup> January 2022	Royal Thimphu College, Thimphu	10 members of Y-PEER CNR participated together with 150 youths of 15 different networks.
2.	Members of Y-PEER CNR facilitated in the 4 <sup>th</sup> National E-Course	2 <sup>nd</sup> – 6 <sup>th</sup> February 2022	Online	4 core members facilitated the 4 <sup>th</sup> National E-course with a total of 124 participants.
3.	Observed and celebrated International Womens Day	8 <sup>th</sup> March 2022	Online	Posters, articles and poem were shared on Y-PEER CNR to mark its importance.
4.	Menstrual Cup Campaign 2.0	Launched from 8 <sup>th</sup> March 2022	College of Natural Resources	The club volunteered to take it into their hand to distribute menstrual cup, a more sustainable period habit.
5.	The first general meeting of the spring semester and the new core team of Y-PEER CNR were selected.	10 <sup>th</sup> April 2022	MPH, College of Natural Resources	The meeting was graced by the club advisor and the new core members were selected based on their applications.
6.	Y-PEER CNR created a “Letter Booth” during the teacher’s day	2 <sup>nd</sup> May 2022	Lower Academy Block	A platform for students wanting to convey messages to their friends, siblings, and lecturers.



7.	Podcasting Workshop	15 <sup>th</sup> May 2022	Lecturer Theater, College of Natural Resources	Commenced a daylong podcasting workshop, where the participants were taught on how to create podcasts.
8.	First podcast was released	25 <sup>th</sup> May 2022	online	Various topics were provided to the participants and they were made to make podcast on it.
9.	Y-PEER members participated in Student Leadership Program	2 <sup>nd</sup> April to 4 <sup>th</sup> June 2022	Lecturer Theater, College of Natural Resources	13 Y-PEER members learned on leadership skills conducted by the College management.
10.	Organized a farewell for the senior members	17 <sup>th</sup> June 2022	Lecturer Theater, College of Natural Resources.	Certificates were awarded to the graduating members of Y-PEER CNR.
11.	Workshop on Skills and Personal Development	19 <sup>th</sup> to 24 <sup>th</sup> June 2022	Lecturer Theater, College of Natural Resources.	The workshop is to create a safe space and a fun environment for learning, develop soft skills in the students and discuss on various life skills.

### Photo Gallery



*Figure 84. National Training of Trainers*



*Figure 85. Seminar on gender-based violence*





Figure 87. Inauguration of the new Y-PEER CNR Logo



Figure 86. 3<sup>rd</sup> National E-Course



Figure 89. Training of Trainers for the club members.



Figure 88. Short story competition on mental illness awareness week



Figure 91. Mental health awareness week.



Figure 90. Observing the International Day of Girl Child.





Figure 95. Visit from the DYS.



Figure 94. National Youth Action Plan



Figure 97. Observed International Mens Day.



Figure 93. Conducting 16th National Training of Trainers.



Figure 96. 4th National E-course.



Figure 92. First general meeting for the spring semester.





Figure 102. Letter booth for Teachers Day



Figure 101. Menstrual cup campaign.

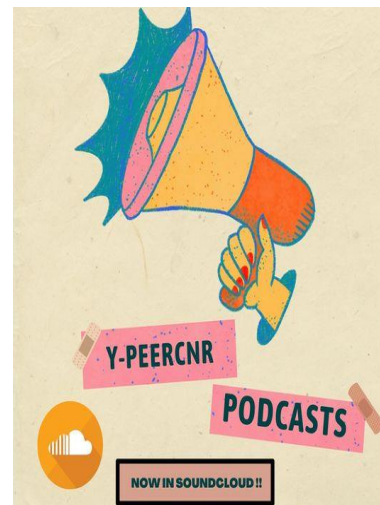


Figure 100. Posting the first podcast on SoundCloud.



Figure 103. 6th National Y-PEER meet



Figure 98. Workshop on skills and personal development.



Figure 99. Podcasting workshop.

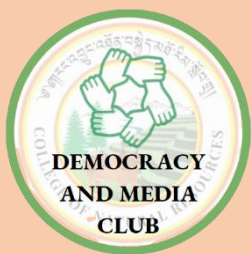


Figure 105. Y-PEER members participating in the SLP.



Figure 104. Farewell for the outgoing members.





## DEMOCRACY AND MEDIA CLUB

### ACTIVITIES CONDUCTED

*Table 3. List of Activities*

1.	CETA campaign	16 <sup>th</sup> May 2022	MPH, College of Natural Resources	Campaigning of the chief councilor, member secretary, and treasurer.
2.	CETA election	19 <sup>th</sup> May 2022	MPH, College of Natural Resources	The first CETA was held for the first time, under the wing of the DSA and SSO. The results were announced later in the evening.
3.	Gawaling councilor campaign	30 <sup>th</sup> May 2022	MPH, College of Natural Resources	Campaigning of councilors of block 4 and 5.
4.	Dekedling councilor campaign	31 <sup>st</sup> May 2022	MPH, College of Natural resources	Campaigning of councilors of block 1, 2 and 3.
5.	Block Councilor election	2 <sup>nd</sup> June 2022	MPH, College of Natural Resources	Election of block councilors



*Figure 111. CETA Campaign*



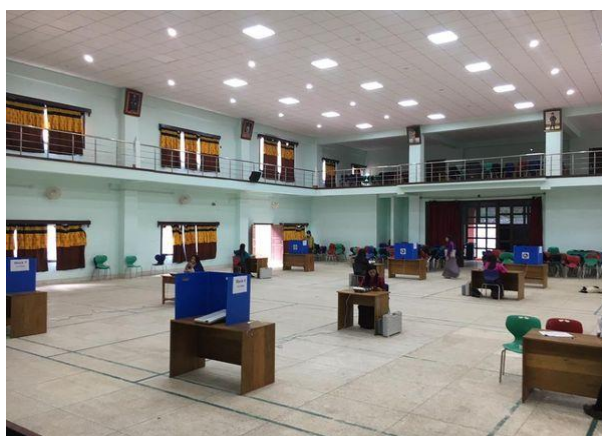
*Figure 110. CETA election*



*Figure 108. Campaigning of block 4 and 5 councilor*



*Figure 109. Campaigning of block 1, 2 and 3 councilor*



*Figure 107. Block councilor election*



*Figure 106. Election result declaration to the candidates.*



## TAEKWONDO CLUB

### ACTIVITIES CONDUCTED

#### 1. Club meeting

On 8th April, CNR taekwondo club organized short meeting for the members and core members of the club. The club discuss about the timing for practice and the activities that we are going to carry out during this semester especially skills.

#### 2. General meeting

On 23rd April, the club gathered behind the library to formally introduce ourselves and discuss the action plans for the semester. We have also briefly explain about the importance of taekwondo as self-defense and origin.

#### 3. Training session starts



*Figure 112. Start of the Training*

On 12th August, the official training session began with physical training from 6:00 pm to 7:30 pm at the lower MPH. The training was led by the club coordinator and as scheduled, we had physical training for 1 and half hours. The timing was managed in such a way that the members are not delayed for their classes which starts at 8 am for majority of the members. Every Tuesday and Thursday we had trainings for one and half hours. The schedule was discussed within the members and arranged to their convenience.

Tuesdays were scheduled for physical training whereby the students were given physical training. Thursdays were scheduled for poomsae lessons whereby the students learn the forms, terms and techniques of taekwondo. On Saturdays, students were taught sparring (fighting) in pairs or the basic stances and tricks were taught. The training closed on 27th May, 2022 to let the members prepare for the end term examination.





*Volunteers do not necessarily have the  
time; they just have the heart*



**S**TUDENT SERVICE DIVISION  
DEAN OF STUDENT AFFAIRS