



Annual Mental Health Symposium
25-26 November, 2024

Hotel Pemako, Thimphu: Bhutan



Day One: 25 November 2024		
Time	Agenda	Speakers/Responsibility
Inaugural Session		
09:00 – 09:45	All Guests and Participants to be seated	All Participants
10:00	Arrival of Her Majesty The Gyalsuen	
10:10 – 10:25	Marchang Ceremony	Mr. Nim Tshering, Zimpon Wogma
10:25 – 10:40	Keynote Address by Her Majesty The Gyalsuen (if it pleases Her Majesty to address the gathering)	
10:40 – 10:50	Narration on The PEMA Home and Mitshey Yarab Lamzang	Master of Ceremony (MC)
10:50 – 10:55	Inauguration of The PEMA Home and Mitshey Yarab Lamzang	
10:55 – 11:00	Vote of Thanks	
11:00 – 11:15	Audience/Interactions with Guests/Experts	
High Tea		
Technical Session 1: Setting the Stage – Understanding the Mental Health Situation		
11:45 – 11:55	Keynote Address: Vision for the Region	Her Excellency, Saima Wazed, Regional Director, WHO - SEARO
11:55 – 12:10	Vision for the Region: In conversation with Her Excellency, Regional Director, WHO-SEARO	Dr. Aoife Kenny, Public Health Expert
12:10 – 12:30	Remarks by Secretary, MoH, Representative from WHO, and UNICEF Country Office	Dasho Pemba Wangchuk, Dr. Bhupinder Kaur Aulakh, Ms. Fawzia Hoodbhoy
12:30 – 13:00	Collective Effort for Mental Health and Wellbeing: Moderated Session	Dr. Aoife Kenny, Public Health Expert
Lunch Break		
Technical Session 2: Evidence-Informed and Integrated Interventions for Mental Health Care Programs and Services		
14:00 – 14:15	Innovations and Good Practices in Mental Health	Dr. Andrea Bruni, Regional Advisor, Mental Health and Substance Use, SEARO



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14:15 – 14:30	Integrating Mental Health Services: Community-Based and People-Centered Services	Dr. Naveen Kumar, Professor, NIMHANS, India
14:30 – 14:35	Mobility Break (Sorig Zhiney)	
14:35 – 14:50	Mental Health Services In Bhutan: Brief History of Mental Health Services in Bhutan	Dr. Chencho Dorji, Consultant Psychiatrist, JDWNRH
14:50 – 15:05	Q & A (MC)	
15:05 – 16:15	Panel Discussion: Building a Supportive Society for Mental Health and Wellbeing	Dr. Andrea Bruni, Dr. Naveen Kumar, Ms. Tshering Dolkar, Dr. Tshering Yangden Moderator: Dr. Aoife Kenny, Public Health Expert
16:15 – 16:20	Closing Note and Healthy Refreshment	MC
Day Two: 26 November 2024		
Technical Session 3: Addressing Mental Health through Life-Course Approach		
09:00 – 09:05	Order of the Day 2 Programs	MC
09:05 – 09:20	Child and Adolescent Mental Health: Investing in maternal mental health and early development	Dr. Ugyen Dem, Child and Adolescent Psychiatrist, JDWNRH
09:20 – 09:40	Child Protection and Disabilities: Intellectual Disabilities and Disability Laws	Ms. Pratthana, Social Worker, Department of Mental Health, Thailand
09:40 -09:50	Q & A	
Towards Building Resilience And Wellbeing For The Future		
09:50 – 10:10	School Mental Health Programmes and Services: Towards Building Resilient Adolescents and Youth	Mr. Tashi Namgyal, Director, DEP, MoESD
10:20 – 10:40	EduCARING for Human Flourishing-School-based Mindfulness And Wellbeing Practices	Ms. Deki Choden & Mr. Tim Huang, ELC, Thimphu
10:40 – 10:50	Q & A (MC)	
10:50 – 11:05	Prioritizing Youth: Opportunities for Youth-Friendly Services	Ms. Carly Clutterbuck, Psychologist
11:05 – 11:20	Supporting the Mental Health Needs of Senior Citizens	Dr. Damber Kumar Nirola, Consultant Psychiatrist, JDWNRH
11:20 – 11:30	Q and A (MC)	



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11:30 – 11:45	Healthy Break	
11:45 – 12:00	Role of Religious Institutions for Resilient Community	Khenpo Kuenzang Yeshey, Tango Shedra, Thimphu
12:00 – 12:45	Information System And Research: I. Regional Data and information II. National Health Survey Findings III. Health And Wellbeing Screening System	Dr. Andrea Bruni Mr. Kinley Dorji Mr. Dil Kumar Subba
12:45 – 13:00	Q & A (MC)	
Lunch Break		
14:00 – 14:15	Group Work Template - Orientation	Mr. Dil Kumar Subba
14:15 – 15:15	Group Work: Reflection on Existing Situations - Interventions, Challenges and Opportunities	Four Groups
15:15 – 16:00	Group Presentation and Discussions	Group Leader
16:00 – 16:10	Token of Appreciation for Experts/Speakers	Hon'ble Board Member
16:10 – 16:25	Way Forward: Toward Building a Resilient Society	Dasho Dechen Wangmo, Head, The PEMA Secretariat
High Tea and Closure of the Symposium		