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ROYAL GOVERNMENT OF BHUTAN
PHUENTSHOLING THROMDE
POST CODE 21101, POST BOX NO. 02, PELKHIL LAM



Date: 09/05/2025

ANNOUNCEMENT: Civil Service Wellness Day – June 11, 2025

In celebration of Civil Service Wellness Day under the theme “Healthy Civil Service, Healthy Nation”, all civil servants are hereby mandated to register for one of the following wellness programs:

- ❖ Marathon
- ❖ Sorig Zhiney (Mindful Breathing Practice)
- ❖ Zumba

The event will take place on June 11, 2025, nationwide.

Important Note:

Civil servants under Phuentsholing Thromde are kindly requested to select “Phuentsholing Thromde” as their location while registering.

Your active participation is vital in promoting a healthy and vibrant civil service. Let us all take this opportunity to rejuvenate, connect, and champion wellness in our workplaces and communities.

Register today and be a part of the movement towards a healthier Bhutan!

Phuentsholing Thromde