Massachusetts
Institute of
Technology

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Institute of Happiness

HARVARD
UNIVERSITY

BUDDHIST CAPITALISM WITH THE SPIRIT OF GNH

Harvard/MIT – Bhutan Trek

BUDDHIST CAPITALISM WITH THE SPIRIT OF GNH
Reimagining Capitalism: Integrating Wisdom, Well-being, and Value Creation for a Conscious Future

In the beginning of the 20th Century, Max Weber famously redefined capitalism with his iconic book on "Protestant Ethics and the Spirit of Capitalism". Now a tiny kingdom in the Himalayas is redefining capitalism with its cultural heritage of Buddhist ethos and new paradigm of Gross National Happiness (GN). Hence the title of the international forum "Buddhist Capitalism with the Spirit of the GNH".

"Bhutan: Governing for Happiness" is a very popular case study taught at the Harvard Business School(HBS) in their Global Emerging Markets (GEM) class by Professor Sophus Reinert since 2015. Ten years hence, over 500 students from the iconic University have visited Bhutan and now 50 of them from the Harvard Business School are participating in a two-day forum on *"Reimagining Capitalism: Integrating Wisdom, Well-being, and Value Creation for a Conscious Future"*.

This is also the 17th Harvard Bhutan Winter Trek (January 2026) organized as part of the MICE incentives program, organized by Zhu Bhutan Travels at Hotel Thimphu Towers in collaboration with the Institute of Happiness, Bhutan on. The program has so far managed to get over 500 visitors from Harvard and MIT to Bhutan.

ORGANIZERS

ORGANIZER	Hotel Thimphu Towers
FOCAL	Kinga Tshering -17111347 Tshering Wangmo-17110988
CONTENT	Institute of Happiness
TRAVEL LOGISTICS	Zhu Bhutan Travels

ITINERARY

WHEN	WHAT	WHERE
DAY-1 (28th Dec 2025)	Arrive at Thimphu Introduction and Orientation	Hotel Thimphu Towers Zhu Bhutan Travels Institute of Happiness
DAY-2 (29th Dec 2025)	FORUM DAY-1	Hotel Thimphu Towers
DAY-3 (30th Dec 2025)	FORUM DAY-2	Hotel Thimphu Towers
DAY-4 (31st Dec 2025)	Visit to Punakha and return to Thimphu	Hotel Thimphu Towers Puna Cottages, Punakha
DAY-5 (1st Jan 2026)	Paro	Rema Resorts
DAY-6 (2nd Jan 2026)	Paro Taktsang	Rema Resorts
DAY-7 (3rd Jan 2026)	Departure	
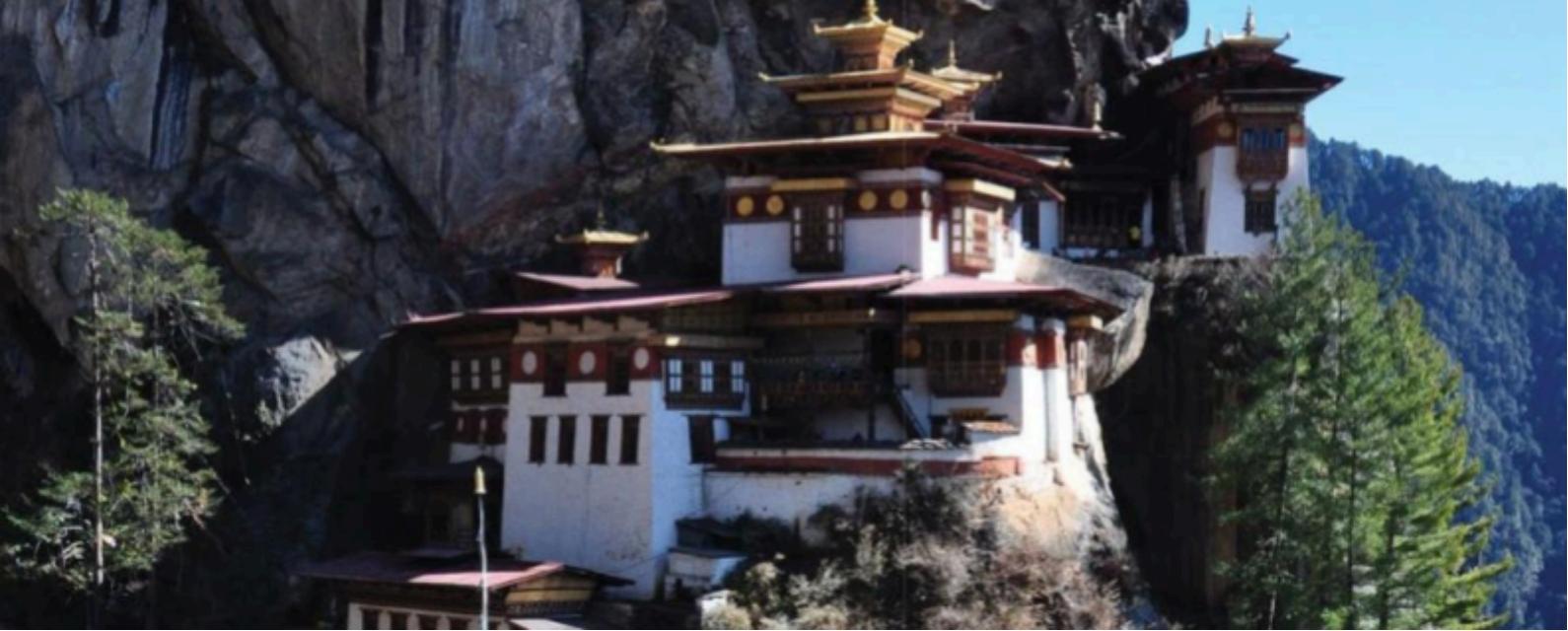
FORUM DESCRIPTION

This forum relates to Buddhist Capitalism, GNH business Certification, Gross National Happiness, digital technology and AI which all will finally converge into the visionary project of the upcoming Gelephu Mindfulness City (GMC).

Leveraging Bhutan's unique leadership, the forum brings together mid-career professionals from Harvard and MIT schools to exchange insights, foster collaborative research, and develop innovative strategies that integrate mindfulness into economic, environmental, and educational development frameworks. Participants will engage in keynotes, panel discussions, workshops, and networking sessions aimed at advancing policies and practices that promote not only economic and psychological well-being, but also ecological resilience and enduring global peace.

PROFILES OF THE INT. PARTICIPANTS:

We have 50 participants from Harvard Business School (HBS). Together they represent over 13 countries, 20 global and national organizations, and over 10 of the most reputed academic institutions in the US. They represent experiences from AI, digital economy, finance, bio-technology, media and more.

Country	Company/ Organization	Schools	Fields of Expertise
Korea	Mckinsey	Georgetown University	Bio-tech & Pharmacy
Italy	Bain and Company	Queens University	Gen-AI
USA	Google	Cornell University	NLP
Canada	Tesla	Harvard Business School	Robotics
Germany	RBC Capital Markets	MIT	Philanthropy
United Kingdom	Berkshire Partners	Michigan University	Finance and Fintech
Mexico	Amazon	North Eastern University	Private Equity
Spain	Goldman Sachs	University of Wisconsin	Start ups
	Adidas	Columbia University	Media and Tech
	Nvidia	SMU, Texas	Transportation
	Blackstone		Energy
	Walburg Pincus		Venture Capitalist
	TMT Equity Research		Law
			Engineering
	Bright path Tutors		Sports
	Moorefield Eye Hospital		
	Palantir and Pvt. Credits		

PARTICIPANTS AND SPEAKERS FROM HARVARD AND MIT:

Alexander James

MBA Student, Harvard Business School.

I am a Londoner. I am an endurance sport enthusiast, a mid-century modern architecture aficionado, and an amateur apiarist. My professional background is seed stage VC and more recently seaweed-derived sustainable packaging.

Alexis Harris

MBA Student, Harvard Business School.

I'm a student at Harvard Business School. I was previously a Customer Team Lead at Palantir and Private Credit Investment Associate at Bain Capital Credit. I'm passionate about consumer-facing startups in the health and wellness space and hope to leverage technology to grow and improve businesses.

Alison Tomsho

MBA Student, Harvard Business School.

Before coming to Harvard Business School, I worked as an Engagement Manager at McKinsey & Company in our Healthcare practice. Within Healthcare, my focus was on Hospital System strategy & transformation, helping hospitals expand their presence in rural and low-income areas.

Amaan Chaudhry

MBA Student, Harvard Business School.

Amaan is an MBA candidate at Harvard Business School with experience in private equity and investment banking. Prior to HBS, he worked in the Industrials groups at CD&R and Citi. He holds a B.S. in Business Administration from Georgetown University.

Carla Del Rosario Yrure

MBA Student, Harvard Business School.

Carla Natalia del Rosario Yrure is a Filipino-Spanish student taking her MBA at Harvard Business School (class of 2027). She previously worked at McKinsey & Company as the Deputy Chief of Staff to the Global Managing Partner (CEO). Within the same company, she also worked as a consultant across Southeast Asia, with a focus on sustainability across the private and public sector.

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Celia Zhou

MBA Student, Harvard Business School.
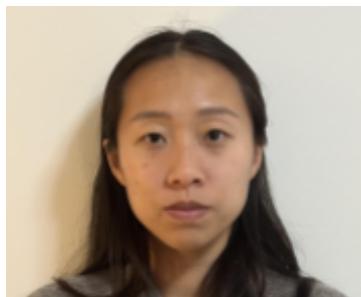
Celia was most recently a Senior Associate at 25madison, where she focused on investing in and incubating early-stage digital health companies. Prior to that, she worked as a Consultant at Boston Consulting Group across various healthcare sub-verticals.

Daniel Schwartz

MBA Student, Harvard Business School.

Daniel is an MS/MBA candidate at Harvard focused on technology entrepreneurship. Before graduate school, he was a product manager at a data privacy startup. Previously, he worked at Schmidt Futures — Eric and Wendy Schmidt's philanthropic initiative — where he worked closely with mission-driven startups in education, climate robotics, and data labelling.

Daniela Campillo

MBA Student, MIT Sloan.

MIT Sloan MBA '26 candidate with a B.S. in Economics and Mathematics from the University of Chicago. Previously in sales at Goldman Sachs covering Latin American institutional clients for global equities. Most recently she worked as a fractional CFO at Pilot.com, where she advised 20+ startups on cost optimization, headcount planning, pricing, and fundraising.

Dhruv Maheshwari

MBA Student, Harvard Business School.

I'm an MBA student at Harvard Business School who spent the last few years in private equity and investment banking, where I learned about technology, healthcare, and financial services businesses. I was born in New York City and I studied Statistics and English at the University of Chicago. I love outdoor activities (backpacking, rock climbing and skiing) and I spend a lot of time reading and seeing live music.

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Donald Finley

MBA Student, Harvard Business School.

I'm currently pursuing my MBA at Harvard Business School as a member of the Class of 2027. Prior to HBS, I practiced law at Paul, Weiss, Rifkind, Wharton & Garrison LLP, where I advised public and private companies on complex transactions, including cross-border mergers, asset sales, and internal restructurings. My experience as an attorney also includes time at Skadden, Arps, Slate, Meagher & Flom LLP, the U.S. Securities and Exchange Commission, and Microsoft, where I developed a strong foundation in corporate law, regulatory compliance, and strategic deal execution.

Elizabeth Greenhill

MBA Student, Harvard Business School.

Liza Greenhill is currently living in Boston and earning her Masters in Business Administration at Harvard University. Prior to that she worked for Amazon for 4 years in Product Marketing and Product Management. Before Amazon, she graduated from Cornell University with a BA in American Studies and a Business Minor.

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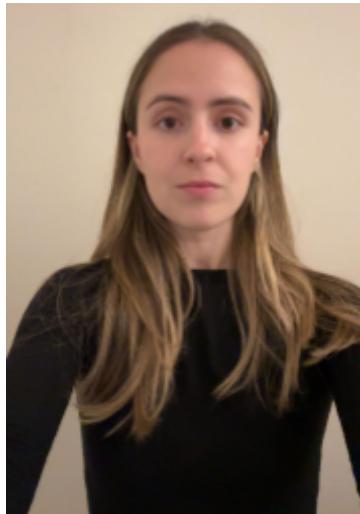
Emma Galasso

MBA Student, Harvard Business School.

Emma Galasso is currently living in Cambridge, Massachusetts where she is pursuing her MBA at Harvard Business School. Prior to HBS, she was an investor at Loeb.nyc, an early stage venture fund and startup studio based in New York. She received her undergraduate degree from Northwestern University where she studied journalism and entrepreneurship. In her free time, Emma likes creative writing, running and rollerblading.

Eugene Tai

MBA Student, Harvard Business School.

I grew up in Taipei, TW and went to Georgetown University. Then worked in project finance, working on all types of infrastructure including wind, solar, LNG, ports, and toll roads. Prior to HBS, I spent 5 years at Tesla's Finance and Operations team supporting Megapack (grid-scale battery) pricing and investment analysis.

Glenna Roberts

MBA and MPA Student, Harvard University.

Glenna Roberts is a joint Business (MBA) and Public Policy (MPP) graduate student at Harvard University focused on improving healthcare delivery through community-based, private, and public partnerships. She has experience in data analytics and product management across both established healthcare organizations and startups and holds a BS from Georgetown University. In her free time, she enjoys hiking and skiing in the mountains.

Kyeongjoo Min

MBA Student, Harvard Business School.

KJ Min is a current HBS student from Seoul, South Korea. She studied Economics and Political Science at Columbia University, and has previously worked as an Investment Banking Analyst at RBC Capital Markets and Private Equity Associate at American Securities in New York.

Laxmi Raja

MBA Student, Harvard Business School.

Current MBA Student at Harvard Business School. Previously ophthalmic surgical resident at Moorfields Eye Hospital in London. Passionate about the application of AI in healthcare and preventative medicine. Hobbies/Interests: Politics, History and Dance.

Ishan Tyagi

MBA Student, Harvard Business School.

Ishan Tyagi is an HBS MBA candidate passionate about building and backing early-stage consumer tech products. In his free time, he enjoys biking, playing squash, exploring cafés and planning his next trip.
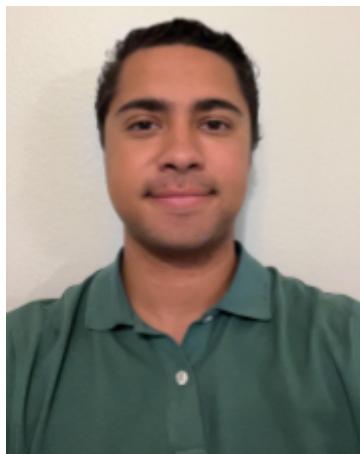
Jacob Greene

MBA Student, Harvard Business School.

Jake Greene is a first-year student at HBS. Jake is from Texas, and he graduated from SMU in Dallas with degrees in Finance and Markets & Culture. Jake worked at Bain & Company prior to attending HBS and is interested in pursuing a career in the Entertainment / Media or Retail space post-graduation.

Luke Landis

MBA Student, Harvard Business School.

I grew up and had been living prior to HBS in New York, where I worked in sell-side TMT Equity Research after graduating from Brown. After HBS I am hoping to go back to the world of public equities on the buy-side.

Manasi Maheshwari

MBA Student, Harvard Business School.

Manasi Maheshwari is a technology product leader passionate about building impactful, user-focused solutions. She previously worked at Bubble and then led product initiatives in healthcare AI technology at an early stage startup. Manasi holds a degree in Computer Science and Economics from Harvard University and is pursuing her MBA at Harvard Business School.

Margaret Shriber

MBA Student, Harvard Business School.

Meg has a background in technology marketing and is interested in how AI can be responsibly managed and developed. Her interests include sustainability, data ethics, and the intersection of creativity and technology.

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Maria Garrido Pineda

MBA Student, Harvard Business School.

Maria Garrido is a Mexican student taking her MBA at Harvard Business School (class of 2027). She previously worked as a consultant at The Boston Consulting Group (BCG), advising global clients across different industries including Health Care, Finance, and Consumer & Industrial Goods with a focus on Supply Chain optimization and Customer Experience design.
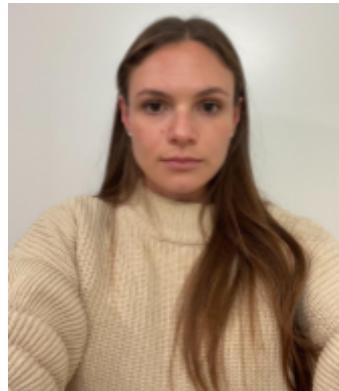
Maura Schlaff

MBA Student, Harvard Business School.

Maura is a first-year MBA student at Harvard Business School with prior experience in strategy, operations, and category management at DoorDash and Walmart eCommerce. She's passionate about connecting with people, exploring new perspectives, and leveraging emerging technologies to build solutions that improve lives.

Max Lechtman

MBA Student, Harvard Business School.

Born in New York, New York and raised in Short Hills, New Jersey, Max Lechtman earned a bachelor's degree in Business Administration from Northeastern University in Boston, Massachusetts. Following his university studies, he remained in Boston while working for Bain Capital investing primarily in real estate assets worldwide. Recently he began pursuing an MBA at Harvard Business School.
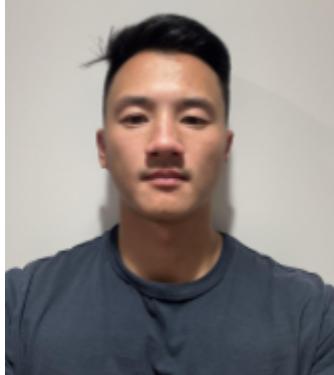
Nathan Yeh

MBA Student, Harvard Business School.

Nathan is a student at Harvard Business School. He is originally from Los Angeles, California and went to the University of Wisconsin-Madison. He previously worked at Accenture in New York and is passionate about working in the business of the sports industry.
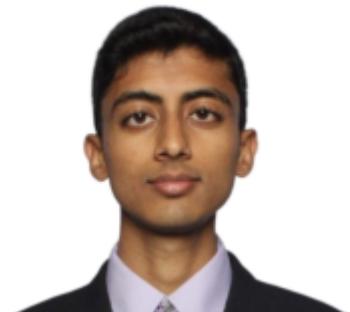
Neal Bhandari

MBA Student, Harvard Business School.

Neal is a second-year MBA student at Harvard Business School from Las Vegas, NV. Before business school, he worked at NVIDIA, Google, and Bain & Company. He's passionate about the outdoors and spends his free time hiking, climbing, backpacking, surfing, and traveling.

Obinna Igbokwe

MBA Student, Harvard Business School.

Obinna Igbokwe is a strategic leader specializing in Generative AI, advanced analytics, and business transformation, currently pursuing an MBA at Harvard Business School. He has a proven track record across venture capital (Bessemer), consulting (Bain & Co), and global luxury (Ermenegildo Zegna Group), where he launched a GenAI sales enablement tool and utilized NLP to create personalized customer recommendations.
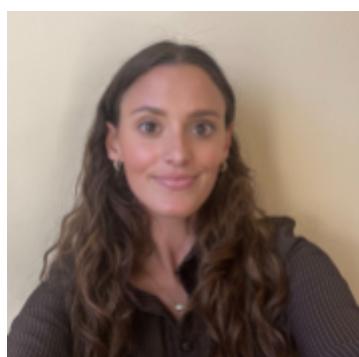
Peyton O' Malley

MBA Student, Harvard Business School.

Peyton O'Malley is an American student currently pursuing her MBA at Harvard Business School (Class of 2027). Prior to Harvard, she worked as a consultant at McKinsey & Company, where she advised Fortune 500 clients across Atlanta, Texas, Boston, Washington D.C., and Chicago on large-scale transformation projects aimed at optimizing organizational systems and performance.

Pooja Subramaniam

MBA Student, Harvard Business School.

Pooja is currently a student at Harvard Business School. Prior to school, she was an impact investor with a focus on climate and sustainability. She loves to read, hike, and try new vegetarian dishes.

Rachel Hazan

MBA Student, Harvard Business School.

Shawn Wanless
Software Engineer.

Software engineer in Boston, grew up in California, enjoys reading, traveling, and video games.

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Sherie Cheng
MBA Student, Harvard Business School.

A student at HBS, previously worked at Bain Capital, passionate about skiing, grocery shopping, online shopping, and dessert.

Samantha Margolis

MBA Student, Harvard Business School.

Samantha Margolis is an MBA Candidate at Harvard Business School. Prior to HBS, she was a Senior Consultant in Deloitte's Human Capital Practice focused on the intersection of AI and the Workforce. She also co-founded a nonprofit organization, BrightPath Tutors, that provides free tutoring to 7,000+ students from low-income backgrounds annually.

Samuel Fisch

MBA Student, Harvard Business School.

Samuel Fisch is a first year MBA student at HBS. He previously worked at Permira as a private equity senior associate as well as on the fintech investment banking team at Goldman Sachs. He is also a former professional photographer.

Shiyao Peng

MBA Student, Harvard Business School.

Sia is a second year MBA at HBS with prior experience in filmmaking, consulting, and technology. She loves traveling, photography, running, yoga, and running.

Simon Carbone

MBA Student, Harvard Business School.

I was born and raised in Colombia, where I studied Business and developed a passion for strategy and innovation. For the past four years, I've been working at the second-largest tech company in Colombia, leading strategy and customer experience to drive growth and meaningful impact.

Sofia Cuadros

MBA Student, MIT Sloan.

Sofia Cuadros is an MBA Candidate at MIT Sloan (Class of '26) with a background in Private Equity at Blackstone and Goldman Sachs in London, focusing on media and technology investments. A travel enthusiast and scuba diver, she loves discovering new cultures and has lived across Europe, Latin America, and the U.S. Sofia is fluent in English, Spanish, and French.

Sophie Degener

MBA Student, Harvard Business School.

Sophie Degener, born in Stadtlohn (Germany), currently a student at Harvard Business School (Boston, USA), previously worked at HelloFresh, Bain & Company and JPMorgan Chase & Co., interested in healthcare innovation and social impact. In my free time I enjoy hiking, reading, and exploring local culture.

Mark Tamming

MBA Student, Harvard Business School.

Mark grew up in Canada and studied math and engineering at Queen's University before joining Oliver Wyman's transportation consulting practice, first in Toronto and then in London. Immediately before HBS he worked on Via Transportation's Strategy & Ops team helping digitize and improve public transportation across North America and Europe.
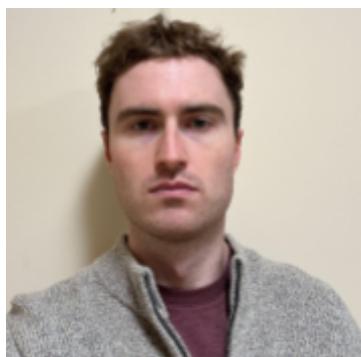
Thomas Rogers

MBA Student, Harvard Business School.

MBA Candidate at HBS, grew up in Virginia and lived in NYC for three years prior to matriculation. Worked in financial services for six years, including three in technology investing, and passionate about fintech and payments.

Trevor O' Leary

MBA Student, Harvard Business School.

I'm a student at Harvard currently pursuing a Masters in Engineering Sciences and Business Administration. I previously worked at Tesla doing manufacturing automation and electronics design. I'm passionate for music, lighting, and do it yourself projects.

Vamsi Choday

MBA Student, Harvard Business School.

Vamsi Krishna Choday is a first-generation Indian American born and raised in Los Angeles, California. He is a product development engineer with a background in mechanical and biomedical engineering, and has designed products for companies including Adidas, Mattel, and Calphalon. Outside of work, he enjoys traveling, cooking, playing basketball, and crafting handmade leather bags.

Wen Chin-Chin

MBA Student, MIT Sloan.

I'm a 2nd-year MBA student at MIT Sloan, focusing on enterprise management, tech, and AI. Before Sloan, I worked in finance and digital in consumer goods and strategy consulting. In my free time, I love sailing on the Charles, exploring new restaurants, and making handcrafts. I'm also a scuba diver, though I haven't had many opportunities to dive since moving here.

William Gao

MBA Student, Harvard Business School.

William is an MS in Engineering Sciences / MBA student at Harvard, graduating in 2026. He was previously a full stack software engineer at DoorDash and Amazon, where at DoorDash he built ML features that helped the company save 5M annually and won the hackathon in his first two weeks there. He is currently Co-founder and CTO of Frootful AI.

Yannik Heise

MBA Student, Harvard Business School.

Yannik has a deep passion for science and technology and bringing them to market. He studied computer science and business and is currently pursuing an MBA. He worked in strategy consulting, advising clients in the energy and pharma sector and is now working on a biotech start-up to develop novel cancer therapies.
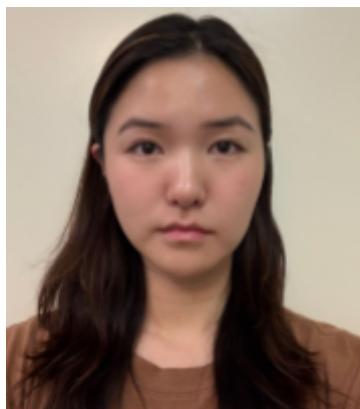
Youngsun Yun

MBA Student, Harvard Business School.

Youngsun Yun is a Master of Business Administration candidate at Harvard Business School, Class of 2026. Prior to her studies, she worked at Sumitomo Corporation in Tokyo, overseeing international investments and supply chain operations within the construction and mining equipment sector. She holds a Bachelor of Economics from Kyoto University under the Japanese Government (MEXT) Scholarship.

Zhao Luo

MBA Student, Harvard Business School.

Lucy Luo is a second-year MBA student at Harvard Business School. Before HBS, she spent six years in investment banking, advising public- and private-sector clients on the debt capital markets. Outside the classroom, she's passionate about community service and is cultivating a growing love for pottery.

Zoe Pottow

MBA Student, Harvard Business School.

Zoe lives in Cambridge and is a first-year student at Harvard Business School. Prior to HBS, Zoe worked in private equity in New York at Warburg Pincus. Zoe is originally from Connecticut.

DAY 1: 29th Dec. 2025
Foundation and Philosophy – The GNH Framework **Objective:** To deconstruct and deeply understand the principles of GNH and how they challenge and enrich conventional business and economic models.

Time		Day-1 (29th Dec 2025)
9:30-10:00	S1	Opening Ceremony Traditional Buddhist ceremony with a short prayer and lamp lighting.
10:00-10:30		Coffee Break and Photo Session
10:30-11:30	S2	**Keynote Lecture: "Beyond GDP: The Bhutanese Experiment with GNH"** *Speaker:* A senior official from the GNH Commission or the Centre for Bhutan & GNH Studies. *Content:* The historical context, the four pillars of GNH, and the nine domains. Focus on why measuring holistic progress is a strategic imperative, not just a moral one. The relevance of GNH, as a measurement beyond GDP and, as we embark on the digital and ever materialistic world, shall then be debated in this session. The session will share international experiences and learning primarily from the mid-career professionals from the Harvard Kennedy School of Government, known for their data driven and cutting-edge policy analysis skills in addition to their experiences ranging from global consultancy firms like McKinsey, BCG and advisors to the UN and governments. They will explore and recommend a policy framework highlighting key takeaways from GNH domains and other international experiences.
11:30-13:00	S3	**Interactive Workshop:** **"The GNH Business Screening Tool"** Students, in small groups, use a simplified version of the GNH certification tool to evaluate a real or hypothetical company. This makes GNH tangible and operational.
13:00-14:00		Lunch

Time		
14:00-15:00	S4	**Buddhist Economics & Mindful Leadership** **Lecture & Dialogue: "Principles of Buddhist Economics: Right Livelihood in the 21st Century"** Exploring concepts of interdependence, impermanence, and the middle way as they apply to business. Contrasting "want" vs. "need" and the role of business in reducing suffering. **Case Study & Discussion: "Conscious Capital in Action"**
15:00-16:00	S5	Analyze a global company (e.g., Patagonia, IKEA) or a successful Bhutanese enterprise through the dual lenses of HBS case methodology and GNH principles. What aligns? What are the tensions? **Evening Cultural Immersion:**
18:00-20:00		**"A Dinner Dialogue with Bhutanese Entrepreneurs":** Students share a meal with local business leaders who are actively implementing GNH principles. This provides authentic, ground-level insights.

DAY 2: 30 Dec. 2025

Application & The Future – Building the GNH Economy

Objective: To apply the concepts from Day 1 to concrete, future-oriented projects, specifically the Gelephu Mindfulness City and the role of technology.

Time		Day-2 (30 Dec 2025)
9:30-10:30	S6	**Deep-Dive Presentation: "Gelephu Mindfulness City: A New Economic Paradigm for South Asia"** The vision, master plan, and economic model for GMC. Focus on how it plans to integrate sustainability, mindfulness, and well-being into its very infrastructure and governance.
10:30-11:00		Coffee Break
11:00-12:30	S7	**Design Thinking Sprint: "Hacking GMC – A Business Model for a Mindfulness City"** *Facilitator:* A mix of IoH and HBS facilitators. Student teams are challenged to design a viable business (e.g., in wellness tech, sustainable tourism, regenerative agriculture, education) that could thrive in GMC. They must present how their business scores on the GNH screening tool.
12:30-14:00		Lunch Break

14:00-15:00	S8	**Afternoon Session: Technology, AI, and a Conscious Future** **Panel Discussion: "Can AI be Mindful? Designing Technology for Well-being"** *Panelists:* A Bhutanese tech leader, an AI ethicist, a representative from the GNH Commission. *Content:* Exploring how AI and digital platforms can be designed to support, not undermine, psychological well-being, community, and cultural preservation. What would a "GNH-aligned AI" look like?
15:00-15:30		Coffee Break
15:30-16:30	S9	**Team Presentations & Final Synthesis:** - *Activity:* Teams present their GMC business models from the morning sprint. - *Feedback:* A jury of IoH and HBS provides feedback, focusing on viability, scalability, and GNH alignment. - **Closing Circle:** Each student shares one key insight and one personal commitment they are taking back to their future careers.

DAY 3: 31st Dec 2025 **(Punakha)**

Travel outside the capital city is always a treat, especially when you are visiting two of the most important historical power centers, Punakha and Wangduephodrang. Punakha is the old capital of Bhutan and Wangdue district now boasts of a newly restored spectacular Dzong (fortress) that has been gutted by the fire in 2012.

Time	Activity	Where and By Whom?
7:00-9:30	Travel to Punakha	
8:00-8:30	Dochhula Peak	108 chortens and a great view of snow peaked mountains if not cloudy.
9:30-10:30	Chhimi Lhakhang and tea and snacks after visit	Fertility Temple or the Abode of the Divine Mad Monk
10:30-11:30	Punakha Dzong	The old capital between two rivers.
11:30-12:30	Suspension Bridge	Photo Session
13:00-14:30	Lunch at "Jang Sabu" Village House	Tour of Local House in Punakha

15:00-16:30	Village Activities	Jangsabu
17:00-19:00	Drive to Thimphu	Hotel Thimphu Towers
19:00- 20:00	Dinner Start PUB Crawl for New Year Celebration	TBA

DAY 4: 1st Jan 2026

Celebrating New Year

Time	Activity	Where and by whom?
12:00 AM – 3:00 AM	Pub Crawl in Thimphu	
11:00- 12:00 pm	Brunch	
12:30-14:30	Drive to Paro	Paro Town
14:30-17:00	Free Tour of Paro Town	
17:00-18:00	Check into Hotel	Rema Resort
18:30-20:30	Dinner	

DAY 5: 2nd January 2026

TIGERS NEST

Time	Activity
6:00-6:30	Breakfast
6:30-7:00	Drive to the base
7:00-10:00	Climb up to Tigers Nest
10:00- 11:30	Descent Return Trek to the base
12:00-13:00	Lunch
13:00-15:00	Archery Game HOT STONE BATH
15:00-18:00	Free time for last minute shopping in the town
18:30-20:30	Dinner and wrap up

HARVARD TREK ORGANIZERS

Kinga Tshering
Founder, Institute of Happiness (IOH)

Kinga is the founder of the Institute of Happiness (IOH), a think and do tank inspired by Bhutan's development of Gross National Happiness (GNH). IOH focuses on research, training and collaboration for curating ideas and knowledge on happiness, wellbeing and mindfulness for promoting a happy humanity. Kinga is a former Member of Parliament in the National Assembly of Bhutan and the Chief Executive Officer (CEO) in the banking and the financial sector. Played lead role in reforming the energy and the corporate sectors in Bhutan. Kinga is a Fulbright scholar (Kansas University, USA), Royal Government of Bhutan Fellow (Pepperdine University, USA) and a Ford Foundation Fellow (Harvard University, USA).

He is still enrolled for the Masters in Divinity program at the Harvard Divinity School. He has been organizing the Harvard/MIT-Bhutan trek since 2017 and the December 2025 trek is the 12th group with over 350 alumni members of this extremely popular trek.

Sonam Dorji
Key Coordinator

Sonam Dorji is former Urban Economist of Department of Human Settlement, Royal Government of Bhutan. He started as an urban planner from 2013 to 2016. He completed MSc Economics in 2018 Symbiosis International University in India. He completed Masters in Public Administration from Kennedy School in May, 2024. In the last five years, he was involved in important projects like the Thimphu structure plan, property tax and government housing priority. Currently he started a non-profit in Boston and a consulting firm in Bhutan.

Sonam is the key coordinator of the trek from Harvard and MIT.

FORUM ORGANIZERS

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Institute of Happiness

THIMPHU

TOWER
Hotel

ZHU BHUTAN TRAVELS