

A Journey of Learning: Sat Paul Mittal School's Visit to The Royal Academy of Bhutan



A delegation spearheaded by the Chairman, Shri Rakesh Bharti Mittal including three members from Sat Paul Mittal School – Ms Bhupinder Gogia, Ms Meenu Arora and Ms Neha Sehgal, visited the Royal Academy of Bhutan from April 30 to May 2, 2023. Nestled in the serene landscapes of Bhutan, The Royal Academy is not just an educational institution; it's a beacon of cultural preservation and intellectual growth. With students from all 20 districts of Bhutan, this co-educational residential school is a hub for the convergence of tradition and modernity. Along with the school, the campus also houses an educational research center and a teacher development center, both of which are committed to helping learners of all ages realize their full potential.

The Royal Academy's curriculum is deeply rooted in Bhutan's unique development philosophy—Gross National Happiness. This philosophy emphasizes well-being as the core of human existence. The school adopts a holistic approach to education, integrating intellectual, emotional, and practical skill development. Students not only engage with academic content but also immerse themselves in Bhutanese culture, history, and spirituality. Through reflective practices like meditation and mindfulness, students build character and embrace values of compassion, integrity, and wisdom.

One of the most fascinating aspects of the visit was learning about the Bhutan Baccalaureate. This innovative approach to education is built on five core areas of development: cerebral, emotional, physical, social, and spiritual. Each learner's journey is deeply personal and revolves around creating a **Roadmap**—a comprehensive, self-defined pathway for growth. This roadmap helps learners identify their aspirations, set goals, and work on their strengths, supported by mentors who guide them through introspection, reflection, and peer assessments.

During our visit, the team witnessed how the Bhutan Baccalaureate emphasizes learning beyond textbooks. For example, students participate in the **Standard Fitness Test**, which assesses agility, strength, and fitness across various parameters, encouraging them to work



toward self-improvement. The academy's use of "The Seven Gifts" — traditional elements such as stories, songs, and language from Bhutan — enriches learning, as does the practice of "Cross-pollination," where students and faculty blend insights from diverse disciplines. This integrated approach shapes a well-rounded curriculum rooted in real-life experiences, preparing students for the future while honoring Bhutanese heritage.

The team had the chance to explore the vibrant learning environment, including interactive sessions with students, faculty, and alumni. The team visited various learning spaces such as classrooms, the aesthetic lab, and the Zhong. These interactions allowed them to delve deeper into the ethos of the Academy, understanding how the Bhutanese education system cultivates not just academic excellence but also emotional and social intelligence.

The team from Sat Paul Mittal School and Satya School presented on their curriculum, assessment and reporting methods, as well as their teacher preparation strategies. The enriching discussions which followed, allowed both teams to reflect on their practices and explore areas for growth.

Upon returning with new insights, the team from Sat Paul Mittal School shared their knowledge with the teachers, aiming to further nurture Satyans who are not only academically proficient but also emotionally intelligent, socially conscious, and spiritually grounded.

