

*OFFICE OF GOVERNOR, GMC*



*Requests the pleasure of the company of*

*Dasho / Sir / Madam*

*For the Civil Service Wellness Day Celebration*

*on*

*11<sup>th</sup> June 2025*

*Venue: Thubten Chokhorthang/Public Ground*

## Program

### Theme:

*“Heathy Civil Service, Healthy Nation”*

**Coordination  
by:**

**RCSC  
in collaboration with  
Office of Governor,  
GMC**

<i>Time</i>	<i>Activity</i>
5:30 AM	Reporting of coordinators
6:00 AM	Reporting of participants (Marathon, Zumba & Sorig/Zhiney), attendance and warm-ups
6:30 AM	Reporting of invitees, regional heads, students & cheering spectators
6:35 AM	Welcome notes & briefing by coordinators
6: 40 AM	Arrival & Keynote address by Chief Guest & group photo session (Marathon, Zumba, Sorig-Zhiney)
7:00 AM	Marathon Flag-off for three categories: <ul style="list-style-type: none"><li>• 21 km-Men: below 50 years</li><li>• 15 km-Men: 50 years &amp; above</li><li>• 15 km-women: irrespective of all ages</li></ul>
7:15 AM	Disburse and start of: <ul style="list-style-type: none"><li>• Zumba session at public ground</li><li>• Sorig/Zhiney at GLSS hall</li></ul>
9:30 AM	Cool down and refreshment (banana/apple, water & juice)
10:30 AM	Reporting back to public ground, all participants including Zumba & Sorig-Zhiney participants
10:40 AM	Awarding of Medals & Certificates to top three winners for each category
11:00 AM	Vote of thanks

**Notes: For other details, please see overleaf**

## **Distribution of T-shirts**

- Get your shirts and bib from HR Officer, Sarpang on Saturday & Sunday (7 & 8 June 2025 before 4:00 pm)
- And from HR Officer, Gelephu Thromde on Monday & Tuesday (9 & 10 June 2025 before 4:00 PM)
- Right after distribution dates is over in Sarpang, it will be transferred to Gelephu



## **Marathon Route**

- **Start & Finish:** Thubten Choekhorthang/Public Ground, Gelephu
- **Distance:**
  - **21 km (Men):** Turnaround at **10.5 km** (Below highway bridge, next to Samtenling STCBL fuel station). Signs and banners will be there.
  - **15 km (Men & Women):** Turnaround at **7.5 km** (Below highway & next to Samtenling Geog road junction & Bhur shops)
- **Along the marathon route:**
  - **12 hydration points** (every 1–2 km)
  - **Desuups and student volunteers** at 12 locations
  - **Photographers**-One main photographer for the whole event & at every hydration points /U-turns

**\*\*\*\*\*See the route map below\*\*\*\*\***





**Note: For health & safety information, Zumba and Sorig-Zhiney program and other key information, please refer below:**







## Health & Safety information

- **Health Booth:**
  - Location: 1 Health booth each at Thubten Choekhorthang/Public Ground and 2 U-turns
  - Staff: 1 Doctor (GDMO) & 2 Nurses at each location
- **First Aid & hydration points:**
  - **Ambulances:**
    - 1 at Public Ground with **1 EMR + 1 Nurse**
    - 1 mobile ambulance with **1 EMR + 1 Nurse**
  - **Desuups at 12 hydration points:** 2 per hydration point along the route
  - **Student volunteers at 12 hydration points:** 2 per hydration point
- **Traffic Control/Safety:**
  - Shall be managed by **Royal Bhutan Police (RBP), Gelephu**



## Transportation

- **Drop-off/Pick-up Buses:**
  - **One bus at 10.5 km U-turn** to drop off/pick up Desuups, students volunteers after/before event from/along the route including those runners opting for bus (*\*may have to move with last runner*)
  - **One bus at 7.5 km U-turn** to drop off/pick up Desuups, students volunteers after/before event from/along the route including those runners opting for bus (*\*may have to move with last runner*)
  - **One bus at Public Ground** to escort along with runners from the start and pick up along the way till each U-turn for those runners opting for the pick-up. **For any first-aid emergencies, it is to be taken care of by the escorting mobile ambulance**
  - **Total Buses:** 3 school buses



## U-turn Confirmation

- All runners to get U-turn completion mark at:
  - **7.5 km U-turn for men-above 50 years and women of all ages**
  - **10.5 km U-turn for men below 50 years**



## Other simultaneous events

### Zumba Session:

- Led by 2 trained instructors assisted by 2-4 trainees (**For details, please refer the Zumba program below**)
- Location: Public Ground

## **Sorig Zhiney:**

- Location: **Gelephu LSS Hall**
- Led by Sorig Zhiney instructors from CRRH, Gelephu (**For details, please refer the Sorig Zhiney program below**)

## **Cautionary Notes for All Participants**

### **Your Health Is the Priority**

- Listen to your body: If you feel dizzy, unwell, breathless, or in pain, stop immediately and seek assistance at the nearest First Aid point or Desuups/re-liable passers-by .
- This is a wellness event, not a competition. Don't push yourself too hard.

### **Stay Hydrated & Rested**

- Drink water/juice at hydration stations—don't wait until you're thirsty.
- Get a good night's sleep, warm sessions before the event and have a light, nutritious food.

### **Go at Your Own Pace**

- Walk, jog, or take breaks as needed. Find a pace that's comfortable and safe for you. This is about personal wellness, not a race.

### **Use Health Services When Needed**

- First Aid teams and ambulances are stationed along the route—don't hesitate to ask for help.

### **Look Out for Each Other**

- Check in on fellow participants. If anyone seems unwell, alert a volunteer or Desuup or first-aid team immediately.

### **Wellness Is the Goal**

- The purpose of this marathon is to promote health, happiness, and unity—not exhaustion. Celebrate your participation, not just the finish line.

## Medals & Certificates – For Motivation Only

- Medals and certificates to top winners are tokens of appreciation for your effort, meant to encourage a healthy lifestyle—not for ranking or comparison.


## Wear Comfortable Footwear


- Ensure your shoes are well-fitted to avoid blisters or injuries.
- Use sun protection (e.g., cap, sunscreen) and avoid heavy clothing.

### **\*\*Summary of registered participants**

Shirt Size	Zhiney/Zumba	Marathon	Total
Large	36	71	<b>107</b>
Medium	25	73	98
Small	3	10	13
XL	36	62	<b>98</b>
XXL	22	31	53
<b>Over all</b>	<b>122</b>	<b>247</b>	<b>369</b>

## Zumba Program

 **Date: 11<sup>th</sup> June 2025**

 **Time: 6:00-10:30 AM**

 **Venue: Public Ground**

### Program Outline

Time	Activity	Remarks
6:00 AM	Reporting of participants	Attendance by the coordinator
7:05 AM	Gathering at the venue	Right after attending marathon flag-off
7:10 AM	Welcome & Introduction	MC/Coordinator
7:15 AM	Warm-Up Exercises/songs	Instructor

Time	Activity	Remarks
7:30 AM-10:10 AM	Zumba Dance: 20-minute session up to 4-6 sessions with 10 minutes break in each session: live music by students during session breaks	Instructor (Sessions to go on till end of marathon)
10:10-10:20 AM	Cool Down & Stretching	Instructor
10:30 AM	Closing remarks & reporting back to the certificate/medals awarding program	All participants
11:05 AM	End of Civil Service Wellness program	

- **Instructor Name:** Lekden Tshering & Chimi Wangmo, Zumba Instructors, Lekden Dance Fitness Zumba, Gelephu assisted by 2-3 Zumba trainees
- **Music Playlist:** A mix of Latin, Pop-music, Bhutanese pops, etc
- **Target Group:** Registered participants/interested guests/students
- **Dress Code:** Distributed T-shirts for registered participants and comfortable sportswear and sneakers for others

## Sorig Zhiney Program

**Venue:** GLSS Hall

**Date:** 11<sup>th</sup> June 2025

**Duration:** 6:00-10:30 AM

Time	Activity	Remarks
06:00 AM	Arrival at public ground & attendance of participants	Program Coordinator
07:10 AM	Gathering at GLSS Hall	Right after attending marathon flag-off
07:20 AM	Welcome Address & Introduction to Sorig Zhiney	Coordinator & Instructors from CRRH, Gelephu
07:40-10:10 AM	Sorig/Zhiney Sessions	Coordinator
10:15 AM	Closing Remarks	All participants
10:30 AM	Reporting back to Public Ground for certificate/medals award program	All participants
11:05 AM	End of Civil Service Wellness program	



Note: ***Bring a mat or cushion***

\*\*\*\*\***The End**\*\*\*\*\*