

## 2<sup>nd</sup> 10-DAY COURSE ON MENTAL HEALTHCARE SERVICES



Participant got blessing from His Holiness at his residence.

Body, Mind and life Department organized a 10-day course on Mental Healthcare Services from October 28 – November 6, 2015 at Dharamsala. The course was given on the three thematic topics stated as Disturbing Factors of Mental Health, Ways to Prevent Mental Illness and Remedies for Disorders of Mental Health. There were nine sub-topics discussed from the perspectives of Buddhist philosophy, psychology, and Tibetan medicine. They were:

1. Relationship between Body, Mind and Life
2. Introduction of Root Afflictive Emotions
3. Principle of Interdependence
4. Equanimity, Compassion and Loving Kindness
5. Introduction to Practice on Patience
6. Treatment Based on Traditional Tibetan Medicine
7. Practice on Various Breathing Exercises
8. Four Noble Truths
9. Mindfulness Meditation

The resource persons were Geshe Lharampa Kelsang Kunchen from Gadong Monastery, Geshe Lobsang Dakpa from Namgyal Monastery, Geshe Tenpa Tashi, head of the department and Dr. Ngawang Jinpa Sunang.

The course was well equipped with the translation by the department's Translator, Mr. Kunkyab Pasang. The course was scheduled into five sessions each day and two of the sessions were placed in the afternoon for meditation practices and discussions. The morning three sessions had theoretical class along with question-and-answer sessions in between.

The course aimed to reach professionals in the field of social and behavioral science, health professionals in general and anyone who wishes to gain a basic knowledge on the fundamental concepts of Tibetan medicine, Buddhist philosophy and psychology.

The registered participants included full bright research scholars, psychophysical therapists, mental health counselors, nurses and psychologists.

During the valedictory ceremony, all the participants were awarded certificates by the director of TMAI and shared us their feedbacks. The feedbacks were mostly positive and suggestions with regard to the selection of more topics from the Tibetan medical system on mental healthcare approaches was put forward.

The ceremony was addressed by the director. He congratulated all the participants for making it and reiterated the importance of mental healthcare in the society. He spoke about the significant role of Body, Mind & Life Department in the uplifting of mental health of human beings. He appreciated the course being organized for the second time and encouraged to expand more of its activities keeping in mind the quality and organizing efficiency. He concluded his speech by saying that the department should include Tibetan Astro-Science perspectives to the course as well to provide mental healthcare.

In a nutshell we believe that the 10-day course served its purpose in helping the participants with their studies and professions.



Meditation class on mindfulness



Group photo