

3rd MENTAL HEALTHCARE SERVICES COURSE – LEVEL 1 (JUNE 14 -24, 2016)

Why did we organize 10-day mental healthcare services course?

With an inspirational international campaign led by his holiness the 14th Dalai Lama in “World peace through inner peace”, Body, Mind & Life department of Men-Tsee-Khang since its inception in the year 2013 aims to provide optimum mental healthcare services to the mankind through organizing annual conferences, one-month workshops, 10 days courses, inviting resource talks and publishing research compilation on body, Mind, and life. The publication also includes books and DVDs on Body, Mind & Life Conferences and others. Our perspectives mainly based on Tibetan Buddhist Philosophy, Tibetan medicine, and Astro-Science; besides we embrace and exchange views with other traditions and modern science.

Hence, 10-day course on mental healthcare services is one of its kinds, mainly to educate westerners in knowing factors, prevention and remedies to mental disorders through series of theoretical and practical sessions in 10 days. The perspectives are Tibetan Buddhist Psychology, Tibetan Medicine, and Astro-Science.

When and where it was organized?

It was organized from June 14 – 24, 2016 at the Tibetan Medical and Astro. College Hall, Men-Tsee-Khang, Dharamsala, Himachal Pradesh, India.

What is level – 1 and what are the topics it included?

Level – 1 being the basic level provided surface level understanding of the following topics;

- 1) Relationship between body, mind and life,
- 2) Introduction of 6 root afflictive emotion,
- 3) Mental disorders’ factors based on Tibetan Astro-Science,
- 4) Four noble truths,
- 5) Principle of interdependence,
- 6) Life style management based on Tibetan Medicine,
- 7) Introduction to practice on patience and various breathing exercises,

- 8) Mental disorders' treatment based on Tibetan Medicine,
- 9) Equanimity, compassion and loving kindness,
- 10) Mindfulness Meditation.

Level -2 being the intermediate level is scheduled from October 18-28 of current year. The topics are similar but the instructions are little deeper and broader.

Who are the resource persons and the participants?

We had 4 speakers, Geshe Iharampa Lobsang Nyendak from Namgyal monastery; the other 3 were department's staff, namely Gehse Tenpa Tashi, Dr. Ngawang Jinpa Sunang ("menrampa"), and "TASP" Tenzin Nyendak (O "rtis-rampa").

Although seats limitation was 10 but we have taken 12 participants and the uniqueness of this year's participants is that leaving Icy Antarctica, we have participant from all the continents. Among the participants, we had psychologists, physiotherapist, patients, student, social workers, and learners. This course is basically designed for interested outsiders.

How was it organized?

The course is schedule as;

Date	Topic	9 – 10 AM	Tea Break	10:25 – 11:25AM	11:25 – 12:25 AM	Lunch Break	2 – 3 PM	Tea Break	3:30 – 4:30 PM
		Theory		Q & A	Theory Cont.		Q & A		Practical

The 10-day course had one day outing as sightseeing, participants were taken to kangra fort and museum of Norbulinka Institute.

The overall schedule experience proved to be helpful for the participants as stated in their feedbacks. The course was taken very sincerely, the level of energy and the attitude of all

the participants were at its best level. The equation between theory and practical were well managed and appreciated by the participants. The question-and-answer session really helped in clarifying doubts and getting a stronger grip on the topic.

Conclusion

In the presence of the Director of Men-Tsee-Khang closing ceremony was held, the resource persons and the translator were honored with traditional white scarf and honorarium. All the participants were awarded certificates of participation with traditional white scarf. The Director, Mr. Tashi Tsering Phuri in his speech stated three important aspects of Tibet; they are His holiness the 14th Dalai Lama, Tibetan Buddhist Philosophy, and Tibetan Medicine and Astro-science. He said “the course fulfills those three aspects and hence appreciated their participation and urged to integrate different science to serve human kind suffering from mental illness”.

The 10-day course on mental healthcare services was translated thoroughly by the department translator Mr. Kunkyab Passang.



Geshe Tenpa Tashi la giving talk on relationship between Body, Mind & Life



Dr.Ngawang Jinpa Sunang M.D

giving talk on Life style management



Participant being awarded certificate

by the Director of Men-tsee-Khang



During the Valedictory ceremony