

## 10 – DAY COURSE ON MENTAL HEALTHCARE SERVICES



The Body, Mind and Life Department of Men-Tsee-Khang organized the 4th “10 – Day Course on Mental Healthcare Services” from 14 to 23 June, 2017.

The themes for this year were on Disturbing Factors of Mental Health, Ways to Prevent Mental Illness and Remedies for Disorders of Mental Health which were discussed through the three-fold perspectives of Buddhist Philosophy, Tibetan Medicine and Tibetan Astro-Science. The speakers for the course were Geshe Tenpa Tashi Head of BML Department; Geshe Tenzin Damchoe Buddhist Philosophy Lecturer, CHTS Sarah; Tibetan Astro-Science Practitioner Tenzin Nyendak and Dr. Ngawang Jinpa Sunang. All the lectures were simultaneously translated by Mr. Kunkyab Passang.

The course consists of 5 sessions a day which includes theories, question & answer sessions, and practice & discussion sessions. There were ten participants from seven different countries: Germany, Mexico, U.K, USA, Canada, Turkey and Italy.

Mr. Tsering Phuntsok, General Secretary of Men-Tsee-Khang, presented traditional Tibetan white scarf and honorarium to the resource persons and the translator. All the participants

were felicitated with the traditional scarves and certificates of participation. During the ceremony, Mr. Tsering Phuntsok highlighted the importance of understanding the innate quality of all sentient beings as “happiness” and the connection between body and the mind in terms of being happy and calm.