

8th BODY, MIND & LIFE CONFERENCE

30 September- 1 October, 2018 @ Men-Tsee-Khang (Sowa-Rigpa), Dharamshala

Theme: NURTURING A CHILD'S MENTAL HEALTH

Perspectives: Buddhist Psychology, Tibetan Medicine (Sowa-Rigpa), Tibetan Astro-science, Ayurveda, Hoemopathy, Unani, Siddha and Western Medical Science

Main Objective: If we really wish to see the "21st century as a non-violent world" as envisioned by His Holiness the Dalai Lama, it is important that we understand the significance of roles played by parents, teachers, children themselves and society at large, and play our parts in instilling ethical values not just in our children but in ourselves as well. This conference is convened to start from the roots by making an effort to understand our children, and our role in educating not just their mind but their heart as well.

Number of Participants: 230

CONFERENCE SPEAKERS



Dr. Sakshi Sharma
(AYURVEDA)
Research Officer (Ay), Central
Ayurveda Research Institute of
Cardiovascular Disease, New Delhi



Dr. R. Padmapriya
(SIDHA)
President, Centre for Traditional
Medicine & Research
Chennai



Dr. Denise McDermott
(WESTERN MEDICAL SCIENCE)
Recipient of "Outstanding Physician
Award" at UCLA(2000); Owns
podcast show "the Dr. Denise Show"



Geshema Tenzin Lhadron
(BUDDHIST PSYCHOLOGY)
First Batch of the Historic Geshe
Degree Awardee
Jamyang Choeling Nunnery



Dr. Yeshi Dorjee, MD
(TIBETAN MEDICINE)
Senior Tibetan Medicine Practitioner
CMD, Medical Branch Clinic
Men-Tsee-Khang



Dr. Subhas Singh, MD, Ph.D
(HOMEOPATHY)
Head of Dept. & Reader/Assoc. Prof.
National Institute Of Homoeopathy
Govt. Of India



TASP Tenzin Yangkyi
(TIBETAN ASTRO SCIENCE)
Astro Science Practitioner
Astro Dept., Men-Tsee-Khang



Dr. Mohammad Anas
(UNANI)
Lecturer and Research Scholar in
Unani Medicine

8th Body, Mind and Life Conference

The 8th Body, Mind and Life conference was held from 30 September to 1 October, 2018 at Men-Tsee-Khang Dharamsala, on the topic “Nurturing a Child’s Mental Health”. The Opening ceremony of the conference was graced by the Chief Guest Former Kalon Mrs. Rinchen Khando, the Director of Nuns project. Emphasizing on the importance of a child’s mental health, the chief guest shared her experiential journey from being a mother to a grandmother, and applauded Men-Tsee-Khang for taking this initiative of creating awareness on this particular subject, which somehow somewhere remains unnoticed in the field of mental healthcare.



In line with our previous conferences, in this conference as well, a speaker each from the perspectives of Buddhist Psychology, Western Medical Science, Ayurveda, Siddha Medicine, Tibetan Astro-Science, Tibetan Medicine, Unani Medicine and Homeopathic Medicine were invited to present and delegate on the given topic.



The eminent speakers at the conference were Geshema Tenzin Lhadon, Jamyang Choeling Nunnery, Dharamsala; Dr. Denise McDermott, Adult and Child Psychiatrist at UCLA (University of California, Los Angeles) USA; Dr. Sakshi Sharma MD, Research officer at Central Ayurveda Research Institute, New Delhi; Dr. Padmapriya Ranganath MD, President of Centre for Traditional Medicine, Chennai; TASP Tenzin Yanki, Astro. Department; Dr. Yeshe Dorjee MD, Mcleod branch clinic, Dharamsala; Dr. Mohammad Anas MD, Assistant Professor of Unani Medicine at Aligarh Muslim University, UP; and Dr. Subhas Singh MD, Head of Department of Organon of Medicine at National Institute of Homeopathy, Kolkata. The sessions at the conference were moderated by Dr. Tseten Dorji Sadutsang, Personal physician to His Holiness the Dalai Lama; Dr. Tsewang Tamdin and Dr. Tenzin Lhadon Visiting physicians to His Holiness the Dalai Lama; Dr. Rigzin Sangmo, Head of Research and Development Department; Men-Tsee-Khang; Mr. Duke Tsering, Principal of TCV Selakui school, and Geshe Tenpa Tashi, Head of Body, Mind and Life Department, Men-Tsee-Khang.



This two-day conference was very well received and witnessed around 230 participants. The closing ceremony was graced by Mr. Choekyong Wangchuk, Health Minister as the chief guest and Mr. Tsegyal Dranyi, Health Secretary, CTA as the special guest. The Moderators and Speakers were honored with Traditional Tibetan White Scarf and an event memento. The conference concluded with the Director's closing remarks on the conference.