

5th BODY, MIND & LIFE CONFERENCE

4-6 October, 2017 @ Men-Tsee-Khang (Sowa-Rigpa), Dharamshala

Theme: PREVENTION OF MENTAL DISORDERS

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

Main Objective: In this current era of Scientific and Technological development, the outer materialistic world gains maximum attention while the inner world remains somewhat neglected, which leads to various forms of mental disorders. Prevention of a disorder can be done by first understanding its causative factors and conditions and then avoiding them. Therefore, as an attempt to create awareness of the underlying factors of mental disorders, we are bringing up this conference to gain insights on the preventive measures of mental disorders available in different disciplines, and synthesize them to render contribution towards the prevention of mental disorders as well as to prevent exacerbation of an existing condition.

Number of Participants: 250

CONFERENCE SPEAKERS



Dr. Tenzin Thaye, MD
(TIBETAN MEDICINE)
Attending Physician to H.H. the 14th
Dalai Lama;
Senior Tibetan Medicine Practitioner
Men-Tsee-Khang



Dr. Sudhir K Khandelwal MD
(WESTERN MEDICAL SCIENCE)
Retired Professor & Head
Dept of Psyc. & Chief, National Drug
Dependence Treatment Centre
AIIMS



TASP Kunchok Tenzin, Tseerampa
(TIBETAN ASTRO SCIENCE)
Senior Astro-Science Practitioner; Senior
Lecturer, Tibetan Medical & Astro.
College (TMAC)
Men-Tsee-Khang



Dr. Helen Lavretsky, MD
(WESTERN MEDICAL SCIENCE)
Prof. of Psychiatry & the Semel
Scholar, Integrative Medicine, UCLA
Recipient of the Career Development
awards from N.I.M.L.H



Geshema Namdol Phuntsok
(BUDDHIST PSYCHOLOGY)
First Rank holder, First Batch of the
Historic Geshema Degree Awardee
Kopan Monastery



TASP Tenzin Nandak, Tseerampa
(TIBETAN ASTRO-SCIENCE)
Senior Astro-Science Practitioner, BML
Dept.; Former Deputy Head, Astro Dept
Men-Tsee-Khang



Dr. Ngawang Jinpa Sunang, MD
(TIBETAN MEDICINE)
Senior Tibetan Medicine Practitioner
BML Dept.
Men-Tsee-Khang



Geshe Tenpa Tashi
(BUDDHIST PSYCHOLOGY)
Head of BML Dept.; Former Lecturer
on Buddhist Philosophy, TMAC
Men-Tsee-Khang

The 5th Conference on Body, Mind & Life, Mumbai

Men-Tsee-Khang organized its 5th Body, Mind and Life conference on the theme 'Prevention of Mental Disorder' from 4- 6 October, 2017 at Men-Tsee-Khang College Hall.

The conference started with the welcome address by the Head of BML Department where he highlighted on the importance of understanding the causes, conditions and preventive measures of mental disorders and further emphasized on the importance of responsibility towards a healthier future generation.

The Chief Guest, Mr. Choekyong Wangchuk, the Health Minister of Central Tibetan Administration drew attention to the significance of dealing with today's challenges of mental disorders practically from grassroots level by implementing the directive guidance of His Holiness the Dalai Lama. The Chief Guest launched 10 books of Men-Tsee-Khang: seven booklets on Diseases Prevention (Constipation, Piles, Headache, Heart Disorder, Nerve Disorder, Skin Disorder, and Gynecological Disorder) by Disease Preventive Committee; Presentation of 2nd Body, Mind and Life conference book by Body, Mind and Life Department; Tibetan Medical Mild Therapy and its Practices (Jam Ched) by Dr. Tsultrim Kalsang and Centenary Report of Men-Tsee-Khang (Book 2).

The 3-day conference brought over 250 participants, including more than forty foreigners from different countries, around 30 doctors, Tibetan Astro-Science Practitioners, Researchers, Health Professionals, Educators, Tibetan Medical and Astro-Science students, TCV Selakui and lower TCV students.

Talks were simultaneously interpreted and translated from Tibetan to English and vice versa. Two experts from each perspective of Western Medical Science, Tibetan Medicine, Tibetan Astro-Science and Buddhist Psychology shared their resourceful researches and vast experiences during the 3-day conference.

The closing ceremony was graced by the Abbot of Namgyal Monastery Tromthok Rinpoche. In his speech, he encouraged everyone to learn the rich cultural heritage of Tibet to contribute to a happier and healthier future.

Feedbacks from three representatives of the participants were very positive. Mr. Tashi Tsering Phuri, Director of Men-Tsee-Khang, said in his closing remark that the conference had made headway.

The Body, Mind and Life Conference is organized annually. However, owing to success and positive feedback from the participants, this year onward, the conference will be held twice a year. Hence, the 6th Body, Mind and Life Conference will be held from 22-23 November, 2017 in Mumbai, India.