

6th BODY, MIND & LIFE CONFERENCE

Jointly organized with

Somaiya Vidyavihar
22-23 November, 2017 @ Mumbai

This is the first Body, Mind & Life conference to be held outside Dharamshala. With the sole aim of creating an awareness of mental health care among those residing in the cities, the department, under the sheer guidance of our Institute Director Mr. Tashi Tsering Phuri, has embarked upon this new journey of holding twin conferences on a common theme, with one at Dharamshala and another at a city.

Theme: PREVENTION OF MENTAL DISORDERS

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

Main Objective: To create awareness of the underlying factors of mental disorders, we are bringing up this conference to understand the preventive measures of mental disorders available in different systems, and utilize these measures not just for the prevention of mental disorders but also to prevent exacerbation of an existing condition.

Number of Participants:130

CONFERENCE SPEAKERS



Geshema Tenzin Kunsel
(BUDDHIST PSYCHOLOGY)
Second Batch of Geshe Degree
Awardee
Dolma Ling Nunnery



Dr. Ashish Phadke, MD
(AYURVEDA)
Former Assoc. Professor & Head
Dept. of Dasyaguna in YMT
Ayurvedic Medical College, Kharghar
Navi Mumbai



Dr. T. Thirunarayanan, MD
(SIDDHA)
Vice-President, Centre for Traditional
Medicine, Chennai; Former Expert
Member of the Med. Plant Committee
TN Siddha Med. Board



Dr. Passang Wangdu, MD
(TIBETAN MEDICINE)
Senior Lecturer & Former Vice
Principal, Tibetan Medical & Astro.
College, Men-Tsee-Khang



Ven. Lobsang Gonpo
(BUDDHIST PSYCHOLOGY)
Pursuing Geshe Degree from Drepung
Gomang Monastery; Participated in
Science meets Dharma Project



TASP Sonam Palmo, Tseerampa
(TIBETAN ASTRO-SCIENCE)
Vice Principal & Senior Lecturer
Tibetan Medical & Astro. College
Men-Tsee-Khang



Dr. Natasha Kata Kothari
(WESTERN MEDICAL SCIENCE)
Consultant Psychiatrist
Nanavati Super Speciality Hospital
Mumbai



Dr. Subash Singh, MD
(HOMEOPATHY)
Head of Dept. & Reader/Assoc. Prof.
Dept. of Organon of Medicine
National Inst. of Homoeopathy
Kolkata



Shri Niranjana Gogia
(YOGA)
Faculty Member for the Teachers
Training, Yoga Institute Santa Cruz
Former Faculty Member at NACEN
Mumbai

The 6th Body, Mind & Life Conference

The 6th Body, Mind and Life Conference was held from 22-23 November 2017 at Somaiya Vidyavihar in Mumbai on the theme “Prevention of Mental Disorders”. The event was jointly organized by K.J. Somaiya Centre for Buddhist Studies and Body, Mind and Life Department of Men-Tsee-Khang and co-sponsored by Mr. Dharmesh Shah, CEO of Meshco Steels and also mentor for the 6th Body, Mind and Life conference.



The esteemed speakers for the conference were: Geshema Tenzin Kunsel and Ven. Lobsang Gonpo for Buddhist Psychology; Dr. Passang Wangdue, Tibetan Medicine; TASP Mrs. Sonam Palmo, Tibetan Astro-Science; Dr. Subhas Singh, Homeopathic Medicine; Dr. T. Thirunarayanan, Siddha Medicine, Dr. Niranjana Gogia, Yoga Therapy; Dr. Aashish Phadke, Ayurveda and Dr. Natasha Kate Kothari, Western Medical Science. The speakers were invited to discuss on the theme of the conference followed by question & answer sessions between the speakers and the participants.



In his welcome address, the Director of Men-Tsee-Khang, Mr. Tashi Tsering Phuri, spoke on the history of Men-Tsee-Khang and how under the vision of His Holiness the Dalai Lama, the institute has flourished in India and abroad in the last 50 years since its re-establishment in India. He also highlighted the importance of spreading awareness on mental health in the 21st century and hence took the initiative in organizing conferences twice in a year, one at Dharamshala and another one at a metropolitan city in India.

