

# 10<sup>th</sup> BODY, MIND & LIFE CONFERENCE

8-9 Oct, 2019 @ Men-Tsee-Khang (Sowa-Rigpa) Dharamshala

**Theme: Mental Health Care for the Elderly**

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

**Main Objective:** It is a fact that our elderly generation may experience events such as reduced mobility, health issues, loss of dignity and respect, bereavement and so forth which can cause isolation, loneliness or psychological distress in them. As a sincere effort towards promoting wellness of their mental health care, we are organizing this conference to explore and learn from different systems, their effective approaches towards nurturing the mental health of this special generation. We believe such integrative approaches can aid us in understanding and providing a better mental care to our elder generation, which deserves a long-term care at an individual, family, social, and global level.

**Number of Participants: 250**



**Geshe Lharampa Thabkhe Lodoe**  
BUDDHIST PSYCHOLOGY  
Ph.D in Buddhist Philosophy;  
Intro. Physics Teacher &  
Co-Researcher of Marieke van  
Vught at Sera Jey



**Dr. S.K Sharma, MD**  
AYURVEDA  
Chairman Scientific Panel  
under (FSSAI); Former Advi-  
sor of Ayurveda AYUSH Govt.  
India



**Dr. Pema Tsetso, MD**  
TIBETAN MEDICINE  
Tibetan Medicine Lecturer  
Tibetan Medical & Astro. College  
Men-Tsee-Khang (Sowa-Rigpa)



**Dr. M A Qamri, MD**  
UNANI MEDICINE  
Associate Professor  
National Institute of Unani Medi-  
cine; Former Lecturer Dept. of  
AYUSH, Bengaluru



**TASP Monlam Yeshi**  
TIBETAN ASTRO-SCIENCE  
Astro-Science Lecturer  
Tibetan Medical & Astro. College  
Men-Tsee-Khang (Sowa-Rigpa)



**Dr. Jayashree Dasgupta, MD**  
WESTERN MEDICAL SCIENCE  
Co-Founder & Project Director  
Samvedna Senior Care  
New Delhi



**Dr. Panikaj Kumar Aggrawal, MD**  
HOMEOPATHY MEDICINE  
Professor  
Organon of Medicine National  
Homeopathy Medical  
College, Agra



**Dr. Hemant Bhargava, Ph.D**  
YOGA THERAPY  
Asst. Professor of Yoga  
at NIMHANS Integrated Centre  
for Yoga, Bengaluru



**Dr. T. Thirunarayanan, MD**  
SIDDHA  
Secretary  
Center for Traditional  
Medicine & Research,  
Chennai

## 10th Body, Mind and Life Conference



The 10th Body, Mind and Life conference was held from 8-10 October, 2019 at Men-Tsee-Khang, Dharamshala on the topic “Mental Health Care for the Elderly”.

The opening ceremony began in the afternoon, graced by Chief Guest Sikyong Dr. Lobsang Sangay, President of Central Tibetan Administration. The “6th BML Tibetan Presentation Book” was launched by the Chief Guest. While addressing the gathering, Dr. Sangay applauded the Body, Mind, and Life Department for organising the 10th Conference and congratulated the Director and department for sustaining over the years since 2013. He further spoke about the mental health issues that have significantly increased among young adults and elderly people, and expressed his gratitude to the experts from various medical fields for addressing this important issue today.

The first day of the conference covered sessions with Geshe Lharampa Thabkhe Lodoe, Buddhist Psychology; Dr. Jayashree Dasgupta, Western Medical Science and Dr. S.K Shrama, Ayurveda. Dr. Pema Tsetso, Tibetan Medicine (Sowa-Rigpa); Dr. MA Quamri, Unani Medicine; Dr. Hemant Bhargav, Yoga therapy; Dr. Pankaj Kumar Aggrawal, Homeopathy Medicine and Dr. T. Thirunarayanan, Siddha Perspective were the resource people for the second day. On the last day, Tibetan Astro-Science Practitioner (TASP) Monlam Yeshi spoke on the perspective of Tibetan Astro-Science followed by panel discussion. Conference sessions were chaired by Dr. Tenpa Choephel, Principal of Tibetan Medicine and Astro. College (TMAC); Mrs. Tsering Choezom, Chief Astro-Science Practitioner; Dr. Choelothar, Chauntra Sowa Rigpa Studies & Research; TASP Sonam Palmo, Vice-Principal and Dr. Passang Wangdu, Former Vice-Principal of TMAC; Dr.

Rigzin Sangmo, Head of Research & Development Department; Dr. Tenzin Lhadon and Dr. (Ven) Tenzin Bhaye, Visiting Physicians to His Holiness the Dalai Lama. The simultaneous translations for the conference were provided by Dr. Sonam Dolkar Oshoe, Dr. Tenzin Yeshi, Dr. Pema Gyaltzen, Dr. Namgyal Lhamo and TASP Tenzin Loden.



The 3-day conference was well received and witnessed around by 250 participants. The Closing ceremony was graced by Chief Guest Ven. Yuthok Karma Gelek, Minister of Religious & Cultural Department CTA, who also honoured each of the Conference Moderators, Speakers, and Translators with a Traditional Tibetan White Scarf and an event memento. The Chief Guest on speaking about the collaboration of modern and traditional medical sciences claimed Men-Tsee-Khang is the precise place to begin with as it holds Tibet's ancient knowledge and practice of medicine relevant even today. The three-day conference concluded with concluding remarks by Director of Men-Tsee-Khang, and a Vote of thanks by Dr. Tenzin Choying, Head of Body, Mind and Life Department.