

11th BODY, MIND & LIFE CONFERENCE

4-5 January 2020 at NIS, Chennai

Theme: MENTAL HEALTH CARE FOR THE ELDERLY

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

Main Objective : Through this conference, we intend to explore and learn from different systems, their distinct and 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, who deserves a long-term care at an individual, family and social, and global level.

No of Participant; 115



Acharya Dechen Wangmo
(BUDDHIST PSYCHOLOGY)
Principal of Sakya College



Dr Tenzin Lhanzey
TIBETAN MEDICINE (SOWA-RIGPA)
practitioner, Delhi



Dr. Sumana Premkumar
(WESTERN MEDICAL SCIENCE)
Eminent Oncologist



Dr. G. Nagendra Babu
(HOMEOPATHY)
Professor (Organon of medicine & homeopathic)



Dr. S. Sriman Narayanan
(AYURVEDA)
Manasaroga faculty from Sri Jayendra Sarswati Ayurveda Medical college



TASP Mr. Kunga Dhondup
TIBETAN ASTRO-SCIENCE
Practitioner, Dharamshala



Dr. Thirunarayanan
(SIDDHA)
Vice President, Center for traditional Med. Chennai



Dr. V. Habibullah
(UNANI)
Prof from Govt. Unani Medical college , Chennai



Dr. N. Manavalan
(YOGA)
Joint Director(Ex.Off) YN, Commissionerate of Indian Med. & Homeopathy

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Dr. T. Thirunarayanan explaining the conference theme during opening ceremony.

Left to right: Prof. Dr. Meenakumari, Director of NIS; Chief Guest Dr. R. Padmavati, Director of SCARF; Dr. Tenzin Choying, Head of BML deptt; Prof. Dr. N. Muthukumar, NIS; Dr. R. Padmapriya, President of CTMR.

Participants during an ongoing session.

The Eleventh Body, Mind and Life conference was held on 4 & 5 Jan, 2020 at National Institute of Siddha (NIS), Chennai on the topic “Mental Health Care for the Elderly”. This conference was jointly organized by Body, Mind and Life (BML) Department of Men-Tsee-Khang (Sowa-Rigpa) with National Institute of Siddha (NIS), and Centre for Traditional Medicine & Research (CTMR).

The Opening ceremony of the conference presided by Prof. R. Meenakumari, Director at NIS was graced by Chief Guest Dr. R. Padmavati, Director at Schizophrenia Research Foundation (SCARF). The welcome speech was delivered by Prof. N. Muthukumar of NIS, and the conference theme was introduced by Dr. T. Thirunarayanan, in which he explained about his association with Men-Tsee-Khang since the 2nd International Conference on Tibetan Medicine and subsequently with Body, Mind and Life department, and the nature of commendable work Men-Tsee-Khang (Sowa-Rigpa) has been doing. Similarly, the Chief Guest, while addressing the gathering said she was curious to know about the views of other systems on aging and wellness of elderly, and applauded the organizers for organizing such a conference in which mental health care is being dealt with, and specifically the mental health care for the elderly is being discussed. The messages of His Holiness the Dalai Lama and Men-Tsee-Khang’s director were read by Dr. (Mrs.) Tenzin Choying, Head of BML

Department. The Chief Guest was presented with event mementos by the organizers and the Vote of thanks speech was delivered by Dr. R. Padmapriya, President, CTMR.



Back row: Organizing committee of Men-Tsee-Khang, NIS and CTMR
Front row: Speakers of the conference with Moderator.



Participants exploring Sorig products on display.

The Day -1 of the conference covered sessions with Acharya Nun Dechen Wangmo, Buddhist Psychology; Dr. Tenzin Lhanzey, Tibetan Medicine (Sowa-Rigpa); Dr. Sumana Premkumar, Western Medical Science; Dr. S. Sriman Narayanan, Ayurveda Medicine, and Dr. N. Manavalan, Yoga & Naturopathy.

The Day -2 of the conference covered sessions with Dr. G. Nagendra Babu, Homeopathy Medicine; TASP Kunga Dhondup, Tibetan Astro-Science; Dr. T. Thirunarayanan, Siddha Medicine, and Dr. V. Habibullah, Unani Medicine.

The sessions of the conference were chaired by Prof. V. Banumathy, Former Director, NIS; Dr. J.J. Vijayapal, Ayurveda Physician & Director, Herbzalive; Dr. Passang Wangdu, Associate Professor, Men-Tsee-Khang (Sowa-Rigpa); Dr. G. Thiagarajan, Former Jt. Director, Govt. of Tamil Nadu; Dr. R. Padmapriya, President of CTMR, and Prof. Dr. N. Muthukumar, NIS. The moderators were presented with event memento by organizers.

A stall for display of sorig products and mini exhibition through charts on Tibetan Medicine (Sowa-Rigpa) and Tibetan Astro-science, responsibly conducted by Mr. Lhakpa Tsering of

Chennai branch clinic, and Mr. Tenzin Kalden of BML department, was made available for all. The registration desk was taken care of by Ms. Dorjee Thakchoe of BML department along with two organizing team members from NIS & CTMR. The participants mostly comprised of Siddha and Ayurveda doctors and ten special invitees from the elderly generation. The conference was well received and witnessed around 115 participants in total. Following the panel discussion among speakers and then taking questions from the audience, the closing ceremony began with presentation of certificate of appreciation and mementos to the speakers, certificate of participation to the participants by dignitaries present in the auditorium. The vote of thanks speech for the event was given by Dr. (Mrs.) Tenzin Choying. On behalf of Men-Tsee-Khang, she thanked NIS and CTMR for jointly organizing this conference with Body, Mind and Life Department of Men-Tsee-Khang. Medicine Buddha Thangkas each to NIS, CTMR and Dr. Thirunarayanan, and sorig products to the organizing team were presented as a token of gratitude.

Making a special mention of Dr. T. Thirunarayanan, she thanked him for initiating the proposal of this joint event and Men-Tsee-Khang Director Mr. Tashi Tsering Phuri for making it possible in the form of 11th BML Conference. The two-day event came to an end with the announcement of the 12th & 13th BML Conference entitled as “Mental Health Care for Women” which was very much appreciated by audience.

The BML department would like to express gratitude to both the organizing teams of NIS and CTMR for their support in making this event a successful and meaningful one.