

## **1<sup>st</sup> WORKSHOP ON MIND AND MENTAL FACTORS**

It was held from 3rd September – 3rd October, 2013 at Drepung Gomang Monastery, South India. It was attended by twenty doctors and Astro-science practitioners of Men-Tsee-Khang.

The aims and objectives of the workshop was to enhance Buddhist Philosophical knowledge in the field of mind and mental factors to the participants so that it would benefit all the practitioners in their daily work of dealing with patients or clients suffering from mental health, research work and most importantly enrichment of Buddhist Philosophical Knowledge.

Total of 24 topics were covered during the workshop led by 7 well versed teachers. The scheduled Starts from morning 8:30 AM to evening 8 PM, which consists of theoretical classes in the morning and practical classes in the evening. The practical classes include question and answer session, brain storming discussion and meditation. Though the schedule was constructed very tight, however, it was taken efficiently and enthusiastically by all.

At the end of the workshop, all the participants faced training test on all the topics covered through written and oral test, marks were allotted and result was declared as well.

At the closing ceremony, all the teachers were awarded honorarium and participants were awarded certificate of participation. The ceremony was graced by the presence of Drepung Tripa (head of the Drepung Monastery) and one of the Indian MLAs of the state.

The department whole heartedly acknowledged facilities provided by the Drepung Gomang Monastery, like free lodging and class room. The organizing responsibilities taken by the HoD Geshe Tenpa Tashi and TASP Tenzin Nyendak were significant and appreciable.

The outcome of the workshop was very positive according to feedbacks submitted by all the participants and it inspired us to reorganize more of such workshops in future.

**Topics and Teachers of the workshop;**

<b>S.No</b>	<b>TOPICS</b>	<b>TEACHERS</b>
1.	Instruction of Refuge	Ven. Yonten Gyatso
2.	Introduction of 12 Links of Interdependence	Ven. Palden Dakpa
3.	Loving Kindness and Compassion	Ven. Lobsang Tenpa
4.	Meditation on Field of Accumulation	Ven. Yonten Gyatso
5.	Introduction of Bodhicitta	Ven. Lobsang Tenpa
6.	Introduction of First Four Perfections	Geshe Lobsang
7.	General Explanation of Mind	Geshe Tenpa Phakchok
8.	Five Omnipresent Mental Factors	Geshe Tenpa Phakchok
9.	5 Object Determining Mental Factors	Geshe Tenpa Phakchok
10.	6 Root Afflictive Mental Factors	Geshe Tenpa Phakchok
11.	11 Virtues of Mental Factors	Geshe Tenpa Phakchok
12.	Introduction of 2 Noble Truth	Geshe Tenpa Phakchok
13.	20 Secondary Afflictive Mental Factors	Geshe Tenzin Choephel
14.	4 Changing Mental Factors	Geshe Tenzin Choephel
15.	7 Kinds of Knowledge	Geshe Tenzin Choephel
16.	Aggregates, Constituents and Sense Bases	Geshe Jigmey Gyatso
17.	Specific Explanation of Virtues and Non-Virtues Mental Factors	Geshe Jigmey Gyatso

18.	Specific Explanation on Ignorance	Geshe Jigmey Gyatso
19.	Introduction on Four Noble Truth	Ven. Palden Dakpa
20.	Specific Explanation on Desire	Geshe Tenzin Choephel
21.	Introduction of Cause of Mental Factors	Geshe Tenzin Choephel
22.	How to Abandon these Afflictive Mental factors	Geshe Jigmey Gyatso
23.	Meditation on Mindfulness	Geshe Jigmey Gyatso
24.	Meditation and Recitation of Medicine Buddha	Ven. Yonten Gyatso