

3rd MIND & MENTAL FACTORS WORKSHOP

Date: - 8 January – 8 February, 2014



The 3rd Workshop on Mind and Mental Factor was organized at Gyumed Tantric Snowland School, Hunsur, Karnataka. It was participated by total of 16 medical and Astro-science students of Men-Tsee-Khang College.

Among which 15 were medical students and 1 was Astro-science student. A Doctor in mysticism Ven. Yeshe Thardoe la was the sole workshop trainer for the entire workshop period.

Time Table: -

7:00	7:30 - 8:30	9:00 - 10:00	10:15 - 11:15	12 :00	14:00 - 15:00	15:15 - 16:15	18:00 - 19:00	20:00		
Breakfast	Self-study	Theory Class	Tea Break	Theory Class	Lunch Break	Brain Storming	Tea Break	Q & A Session	Dinner	Self-Study

➤ **Topics: -**

1. Taking Refuge – the Supreme Way to Enter into Buddha Dharma
2. The Stages of Training the Boddhichitta
3. Mind and Mental Factors
4. 12 Links of Interdependence
5. Bringing 3 Kayas to the Path
 - Dharma Kaya
 - Sambhoga Kaya
 - Nirmakaya

All the participants were taught different topics as stated above and had a very educative one-month long learning experience. Every afternoon, they had brainstorming sessions on the topics learned in the morning and also prepared questions to be answered by the trainer later in the question-and-answer session. Meditation practices and various activities were placed to make the workshop more interactive and interesting.

At the end of workshop, all the participants appeared for an examination and result was announced for the same. All have secured first grade marks in the written and oral exam. During the closing ceremony, dignitaries from the monastery itself and local bodies were invited. The chief guest addressed the gathering stating merits of Buddhist philosophical learning towards the practice and understanding of Tibetan medicine and Astro-Science. He distributed certificates of participation to all students and honorarium for our beloved trainer Ven. Yeshe Thardoe.

We thank the administration of Gyumed Tantric Snowland School for allowing us to organize this workshop at their prestigious institute and more than that, Men-Tsee-Khang is indebted to the facilities provided in food, lodging and classroom at the free of cost. As the fee for trainer was minimal compared to the fee required to be paid under Men-Tsee-Khang rule, hence the money was donated to the institute to acknowledge their support.

We acknowledge Dr. Ngawang Jinpa Sunang, the main person behind the successful organization of the workshop.

Lastly, we thank timely presence of HoD Geshe Tenpa Tashi in helping students with their home works.