

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

12-14 October, 2016 @ Men-Tsee-Khang (Sowa-Rigpa), Dharamshala

**Theme:** DEPRESSION - ITS CAUSES, CONDITIONS AND REMEDIES

**Perspectives:** Buddhist Psychology, Tibetan Medicine (Sowa-Rigpa), Tibetan Astro-science and Western Medical Science

**Main Objective:** According to WHO, Depression is a common illness worldwide, with more than 300 million people affected. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. Depression is the leading cause of ill health and disability worldwide, and at its worst can even lead to suicides. It is prevalent all across the globe, from the poorest to the richest countries and no country, society, or religion is spared from this malady called depression. The burden of depression and other mental health conditions is on the rise globally. Therefore, through this conference, we endeavor to study and understand this mental health issue from different dimensions, and contribute towards lessening this burden of depression in the society.

**Number of Participants:** 310

### CONFERENCE SPEAKERS



**Geshe Lobsang Dawa**  
(BUDDHIST PSYCHOLOGY)  
Prominent Teacher at Buddhism  
Introductory Committee classes;  
Lecturer, Institute of Buddhist  
Dialectics, Dharamshala



**Dr. Yeshi Gelek, MD**  
(TIBETAN MEDICINE)  
Vice Principal & Senior Lecturer  
Tibetan Medical & Astro  
College (TMAC)  
Men-Tsee-Khang



**Dr. S.K. Khandelwal, MD**  
(WESTERN MEDICAL SCIENCE)  
Professor and Head  
Dept. of Psychiatry & Chief, National  
Drug Dependence Treatment Centre  
AIIMS



**Dr. Sonnee Weedn**  
(WESTERN MEDICAL SCIENCE)  
Clinical & Forensic psychologist; Sex  
Addiction & Alcoholism Therapist;  
Founder, The Sonnee Weedn Institute  
for Integrative Therapist, US



**Dalpo Tulku Rinpoche**  
(BUDDHIST PSYCHOLOGY)  
Founder of Dalpo Tulku Charitable  
Foundation; Part of award  
winning documentary 'Dalpo Tulku  
- Return to the Himalaya'



**Dr. Tenzin Lhadon, MD**  
(TIBETAN MEDICINE)  
Visiting Physician to H.H. the Dalai  
Lama; Former Head, Research Dept.  
Former Lecturer, TMAC  
Men-Tsee-Khang



**TASP Tenzin Nandak, Tserampa**  
(TIBETAN ASTRO-SCIENCE)  
Senior Astro-science Practitioner, BML  
Dept.; Former Deputy Head, Astro  
Department, Men-Tsee-Khang



**TASP Kunga Dhondap, Tserampa**  
(TIBETAN ASTRO-SCIENCE)  
Senior Astro-Science Practitioner  
Astro. Department  
Men-Tsee-Khang

## **4th Conference on Body, Mind & Life, Dharamshala.**

From 12th to 14th October 2016, the Body, Mind and Life department of Men-Tsee-Khang successfully organized the 4th Conference on Body, Mind and Life at Dharmashala. This year the topic was interestingly kept as Depression, its Causes and Conditions keeping into perspective the growing number of illness and disorders rooting from mental instability in today's world. By doing so the department has joined the growing number of research, publications, workshops and conferences being held world-wide regarding mental disorders. The fundamental basis upon which the department strives in bringing together top-level speakers to organize such conferences every year stems from the belief system that the prevalence of mental problems is far more prominent than physical problems and they play a significant role as socio-economic factors.

The opening ceremony was graced by the presence of His Holiness the 17th Karmapa, who spoke about his enriching experience during his time at the past Mind & Life Conferences organized by the Mind & Life Institute.

He also echoed the importance of sharing ideas between different perspectives in order to build a holistic perspective. This year 8 scholars from four different perspectives, 2 scholars each from the fields of Tibetan Medicine, Tibetan Astro-science, Buddhist Psychology and Modern Psychology were invited to speak on the given topic. Dr. Sonnee Weedn who is a Clinical and Forensic psychologist, sex and addiction therapist, and a certified specialist in the treatment of alcohol spoke from the perspective of Modern Psychology. Dr. Sudhir K Khandelwal who heads the Department of Psychiatry, AIIMS (All India Institute of Medical Sciences) is an expert on mental health. His presence and his presentation at the conference gave an essentiality to the importance of the subject at hand. Dr. Tenzin Lhadon M.D. and Dr. Yeshe Gelek M.D. from Men-Tsee-Khang worthfully represented Tibetan medicinal perspective while TASP Tenzin Nyendak and TASP Kunga Dhondup represented Tibetan Astro-science perspective at the Conference. From the Buddhist Psychology perspective, Dolpo Tulku Rinpoche and Geshe Lobsang Dawa gave in-depth presentations.

This year, the department recorded a total of 240 participants which included TMAC students, T.C.V. Selakui students, foreigners, Students from India and Bhutan, doctors and

astro-science practitioners from Men-Tsee-Khang and also students from Bumzhi Medical College.

The closing ceremony and the valedictory function proceeded on the third day in the presence of the honorable speaker of Tibetan Parliament in Exile. During the ceremony, participants were given the opportunity to speak about their experience and feedbacks for the future conferences. The conference came to a successful completion with photo-sessions with the speakers and the chief guests. The department has now already started its preparation for the 5th Conference on Body, Mind and Life to be held in 2017 which is expected to be another success in the making. The topic for the 5th Body, Mind and Life conference is “Prevention of Mental Disorders”.