

9th BODY, MIND & LIFE CONFERENCE

13-14 April, 2019 @ Bengaluru Wellness Centre, Men-Tsee-Khang (Sowa-Rigpa)

Theme: NURTURING A CHILD'S MENTAL HEALTH

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

Main Objective: If we really wish to see the "21st century as a non-violent world" as envisioned by His Holiness the Dalai Lama, it is important that we understand the significance of roles played by parents, teachers, children themselves and society at large, and play our parts in instilling ethical values not just in our children but in ourselves as well. This conference is convened to start from the roots by making an effort to understand our children, and our role in educating not just their mind but their heart as well.

Number of Participants: 70

CONFERENCE SPEAKERS



Gesheema Tenzin Lhadron
(BUDDHIST PSYCHOLOGY)
First Batch of the Historic Gesheema
Degree Awardee
Jamyang Choeling Nunnery



Dr. Tenzin Choying
(TIBETAN MEDICINE)
Tibetan Medicine Practitioner, BML
Dept, Former Translator, The Four
Tantras, Translation Project
Men-Tsee-Khang



Dr. Malavika Kapur
(WESTERN MEDICAL SCIENCE)
Visiting Professor at Indian Institute
of Science (IISc), Former Head of the
Dept. of Clinical Psychology at
NIMHANS



Dr. Lakshmeesha Upadhaya
(AYURVEDA)
Dean & HOD, Child Specialist in
Ayurveda at JSS Ayurveda Medical
College, Mysore



Dr. Hemant Bhargava, MD
(YOGA)
Senior Scientific Officer, Integrated
Center for Yoga at NIMHANS
Bengaluru



Dr. Rohit Shrivatsan, MD
(HOMEOPATHY)
Organizing Sec. Homeopathic
Medical Assc. of India, Karnataka;
Spec. in Child Psychology



TASP Tsering Choetsom, Tserampa
(TIBETAN ASTRO-SCIENCE)
Chief Astro-Science Practitioner; Vice
Chairwoman, High Level Medicine
and Astro. Council, Head of Astro.
Dept, Men-Tsee-Khang



Dr. R. Suddha
(SIDDHA)
Senior Siddha Physician
Govt. of Tamil Nadu;
Recipient of "Best Doctor of the Year"
Award, 2018



Dr. MA Quamri, MD
(UNANI)
Assoc. Professor
National Institute of Unani Medicine;
Former Medical Officer/Lecturer
Dept. of AYUSH

9th Body, Mind and Life conference

The Body, Mind and Life department of Men-Tsee-Khang organized its 9th Body, Mind and Life conference from 13-14 April 2019 at Men-Tsee-Khang Wellness Centre, Bengaluru on the topic “Nurturing a Child’s Mental Health”. The Opening ceremony was graced by the Chief Guest Smt. Meenakshi Negi, IFS, Director, AYUSH, Karnataka; Guest of honor, Father Pramod Kumar Samad, Associate Director, St. John’s Medical College Hospital; Special Guests Mr. Anant Desai, Project Officer, AYUSH, and Mr. Chophel Thupten, Central Tibetan Administration (CTA) Chief Representative, South Zone.



Opening Ceremony Chief Guest Smt. Meenakshi Negi, Director AYUSH Govt. of Karnataka, addressing the gathering

A session in progress

While addressing the gathering, the Chief Guest applauded the Institute for holding such a conference with a diverse group of audience and said they would introduce Sowa-Rigpa to the students of other Indian streams of Medicine, who are unexposed to this particular system of knowledge. The Chief Guest, Guest of Honor and Special Guests were presented with the event mementos by Chief Astro-Science Practitioner Mrs. Tsering Choezom, Vice Chair-Woman of High-Level Medical & Astro. Council, Men-Tsee-Khang.



9th BML speakers with Closing Ceremony
Chief Guest and other guests

The Day -1 of the conference covered sessions with Geshema Tenzin Lhadron, Buddhist Psychology; Dr. Tenzin Choying, Tibetan Medicine (Sowa-Rigpa); Dr. Malavika Kapoor, Western Medical Science; Dr. Lakshmeesha Upadhyaya, Ayurveda Medicine; and Dr. Hemant Bhargav, Yoga therapy. The speakers of the Day-2 were Dr. Rohit Srivatsan, Homeopathic Medicine; TASP Mrs. Tsering Choezom; Dr. R. Sudha, Siddha Medicine; and Dr. Mohd Quarim, Unani Medicine. The sessions of the

conference were moderated by Geshema Tenzin Lhadron, TASP Mrs. Tsering Choezom, Dr. Tenzin Chokdup, Men-Tsee-Khang Clinic, Bengaluru and Dr. Passang Tsering, Men-Tsee-Khang Wellness Centre, Bengaluru.

This two-day conference was well received and witnessed around 70 participants in total. The closing ceremony was graced by Chief Guest Father Mathew Chandran Kunnel, Director Ecunemical Centre, Bengaluru; Guest of honor Ms. Shanti Yachna, Director, Choekhor Sumling, and Special Guest Mr. Dhondup, Director, TCV Youth Hostel, Bengaluru. The Moderators and Speakers were honored with Traditional Tibetan White Scarf and an event memento by the Chief Guest. The event concluded with the presentation of mementos to the Chief Guest, Guest of honor and Special guest by TASP Tsering Choezom, Vice Chair-Woman, High-Level Medical & Astro. Council, Men-Tsee-Khang, followed by a vote of thanks by Dr. Tenzin Choying of Body, Mind and Life Department.