

## 2<sup>nd</sup> BODY, MIND & LIFE CONFERENCE

1-3 October, 2014 @ Men-Tsee-Khang (Sowa-Rigpa), Dharamshala

**Theme: IDENTIFICATION, RELATIONSHIP, DISTURBING FACTORS, AND REMEDIES FOR DISORDERS OF BODY, MIND & LIFE**

**Perspectives:** Buddhist Psychology, Ayurveda, Unani, Chinese Medicine, Siddha and Western Medical Science

**Main Objective:** To explore ways to improve Mental Health Care, organize exchange of ideas between different approaches, and identify a common outcome for the development of Mental Health Care by bringing together different fields of knowledge on one platform.

**Number of Participants:** 380

### CONFERENCE SPEAKERS



**Dr. Terry V Eagan, MD**  
(WESTERN MEDICAL SCIENCE)  
Founder & CEO of Eagan Medical Group, LLC.; Expert in Mental Health & Addiction Treatment, US



**Khenpo Choying Dorjee**  
(BUDDHIST PSYCHOLOGY)  
Scholar & Lecturer  
Dzongsar Monastery, Chauntra



**Prof. Ram Harsh Singh**  
(AYURVEDA)  
Distinguished Professor, Faculty of Ayurveda at Banaras Hindu University (BHU)



**Prof. Ramesh Chandra Negi**  
(BUDDHIST PSYCHOLOGY)  
Assistant Professor  
Kagyud Sampradaya Philosophy  
Central University of Tibetan Studies Sarnath



**Dr. Shin Jer Chou**  
(CHINESE MEDICINE)  
Traditional Chinese Medicine Practitioner & Acupuncturist  
Taiwan



**Dr. Ashar Qadeer, MD**  
(UNANI)  
Associate Professor & Head of Dept. Kulliyat (Unani Medicine), Jamia Hamdard University



**Dr. Kishore Patwardhan, MD**  
(AYURVEDA)  
Reader, Dept. of Kriya Sharir BHU; Author Reviewer & Asst. Editor Ayurveda Journals & Integrative Medicine



**Dr. M.A Kumar, MD**  
(SIDHA)  
Former Research Officer  
ISM & H Division  
Ministry of Health, New Delhi



**Dr. T Thirunarayanan, MD**  
(SIDHA)  
Secretary of Center for Traditional Medicine & Research at Chennai (CTMR)



**Dr. Ching Shu Hui**  
(CHINESE MEDICINE)  
Researcher & Founder of 'Asanga The Way of Health' advocating Fundamentals of Diet



**Dr. Thaddeus Pace, Ph.D**  
(WESTERN MEDICAL SCIENCE)  
Director Arizona Stress & Health Colaboratory, Faculty, Dept. of Psychiatry, University of Arizona

## **The 2nd Body, Mind and Life Conference**

This conference was held from 1st to 3rd October 2014. On the morning of Day One of the conference, we had an audience with His Holiness the 14th Dalai Lama. He blessed us with the most precious and invaluable guidance.

We had invited two scholars each from six different fields of knowledge, i.e., Buddhist Psychology, Ayurveda, Unani, Siddha, Chinese Medicine and Modern Psychology. The scholars spoke on four different topics relating to the subject of Body, Mind and Life. After their informative and precise presentations, they joined in to answer questions from the participants.

His Eminence Kasur Kyabje Kirti Rinpoche graced the inaugural ceremony as the Chief Guest and also addressed the gathering. We had 370 participants from 14 different countries assembled at the conference.

Day two of the conference coincided with the 25th anniversary celebration of the coronation of the Nobel Peace Prize on His Holiness the 14th Dalai Lama. All scholar and participants took part in this celebration.

Day three of the conference witnessed a panel discussion amongst our scholars. They shared their thoughts on finding a common ground in developing the mental health care and also expressed their views on future prospective.

The speaker of the Tibetan Parliament-in-exile Mr. Penpa Tsering la was the Chief Guest for the closing ceremony. He handed over the souvenirs to the scholars and the certificates to the participants.

The scholars shared their knowledge heartedly throughout the sessions. Most of them identified the wellness of body and mind to be interdependent in nature and the main factor responsible for physical and mental suffering to be the disturbance in the mental aspect or the mind.

We believe that such level of exchange between the various traditions will definitely open up for possible collaborative research in the years to come.