

7th BODY, MIND & LIFE CONFERENCE

Jointly organized with

Foundation of Universal Responsibility of His Holiness the Dalai Lama (FURHH)
2-3 April, 2018 @ Delhi

Theme: TREATMENT OF MENTAL DISORDERS

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

Main Objective: We believe every system is unique and has different approaches towards treating mental health issues. Through this conference, we strive towards exploring the various forms of treatment measures available in different fields of knowledge and compile them to offer a holistic approach towards mental disorders.

Number of Participants: 160

CONFERENCE SPEAKERS



H.E. Yongey Mingyur Rinpoche
(BUDDHIST PSYCHOLOGY)
Author of the book "The Joy of Living",
Teacher & Master of the Karma Kagyu
& Nyingma Lineages of Tibetan
Buddhism



Dr. Sakshi Sharma
(AYURVEDA)
Research Officer (Ay.), Central
Ayurveda Research Institute of
Cardiovascular Disease AYUSH
New Delhi



Dr. Mantaaha Binth Siraj
(UNANI)
Research Scholar, School of Unani
Medical Education & Research, Jamia
Hamdani, New Delhi



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



Dr. Alok Sarin, MD
(WESTERN MEDICAL SCIENCE)
Founder & Moderator of the First
e-community for Indian Psychiatrists



TASP Tenzin Loden
(TIBETAN ASTRO-SCIENCE)
Lecturer, Tibetan Medical & Astro-
College; Interpreter for Tibetan
Buddhism & Astro-Science Scholars
Men-Tsee-Khang



Dr. Mahendra Kumar Pal
(HOMOEOPATHY)
Research Officer
AYUSH
New Delhi



Dr. Ramesh Bijlani
(YOGA)
Former faculty of AIIMS, New Delhi
Medical doctor, Scientist, Writer
Inspirational speaker &
Spiritual seeker

The 7th Body, Mind & Life Conference

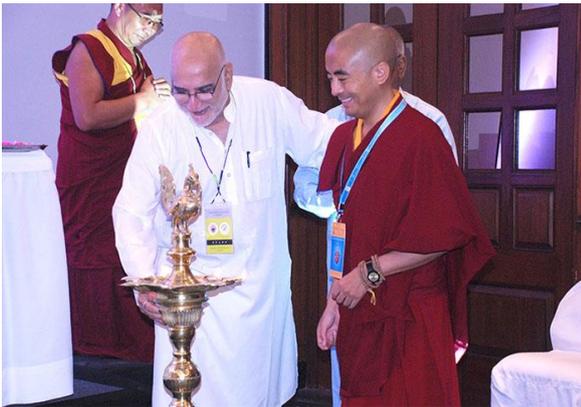
The 7th Body, Mind and Life Conference was held from 2-3 April, 2018 at India Habitat Centre in New Delhi on the topic “Treatment of Mental Disorders”. The event was jointly organized by the Foundation for Universal Responsibility of H.H. the Dalai Lama (FUR) and Body, Mind and Life Department (BML) of Men-Tsee-Khang.



A speaker each from the perspectives of Buddhist Psychology, Western Medical Science, Tibetan Medicine, Tibetan Astro-Science, Yoga Therapy, Siddha Medicine, Unani Medicine and Homeopathic Medicine were invited to present and delegate on the given topic. The honorable speakers at the conference were His Eminence Yongey Mingyur Rinpoche, Dr. Alok Sarin, Dr. Tenzin Choying, TASP Tenzin Loden, Dr. Ramesh Bijlani, Dr. Mantasha Siraj and Dr. Mahendra Pal Kumar. The sessions at the conference were moderated by Mr. Naresh Mathur (Of-counsel at PSA Legal), Dr. Kaveri Gill (Associate Professor, Shiv Nadar University) and Dr. Renuka Singh (Associate Professor, Jawaharlal Nehru University).



Geshe Tenpa Tashi, Head of BML Department addressed the gathering on the sole objective of the conference



His Eminence Yongey Mingyur Rinpoche with Mr. Rajiv Mehrotra, Honorary Secretary cum Trustee lighting the lamp at the Inauguration of the 7th Body, Mind and Life Conference on Treatment of Mental Disorders at India Habitat Centre

The conference was inaugurated by the Chief Guest Dr. Chandrakant Pandav, Former Head of the Community Medicine Department at All India Institute of Medical Sciences, Delhi. In his address, Dr. Pandav shed light on the prevalence of mental disorders in India and the challenges faced by the healthcare sector in curbing this “Invisible Disease.” Mr. Rajiv Mehrotra, Honorary Secretary cum Trustee of FUR gave the welcome address to the conference. Geshe Tenpa Tashi, Head of BML Department addressed the gathering on the sole objective of the conference which is to deliberate on the issue of mental disorders from different fields of knowledge and bring out practical measures of prevention and treatment.

The two-day conference brought together around 163 participants including Professional therapists, Doctors, Professors and College students in Delhi area, Intern-Doctors and Resident Doctors from Delhi branches of Men-Tsee-Khang.



The felicitation ceremony was graced by the Chief Guest Kasur Ngodup Dongchung, Representative Officer at Tibet Bureau Office of H.H. the Dalai Lama in Delhi. He honored the speakers and moderators with Traditional Tibetan White Scarf and an event memento. In his closing remark, the Chief Guest spoke about his long-term association with Men-Tsee-Khang as a patient and congratulated both the organizers on this collaborative effort in bringing the issue of mental disorders on a multidisciplinary platform.