



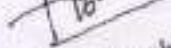
**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

**Place: SCHOOL ATTACHED TEACHING PRACTICE**

**Period: 25.01.2019 to 10.03.2019 (45 Days)**

Sr. No.	Name	Name of Schools	Class
1	Dolma Lhazom	STS Paonta Sahib	B.A. B.Ed 4 <sup>st</sup> Year
2	Tsering Dolma		B.A. B.Ed 4 <sup>st</sup> Year
3	Tenzin Jangchuk		B.A. B.Ed 4 <sup>st</sup> Year
4	Tenzin Dadon	STS Mundgod, Camp 3	B.A. B.Ed 4 <sup>st</sup> Year
5	Dechen Wangmo		B.A. B.Ed 4 <sup>st</sup> Year
6	Yeshi Wangmo	STS Bylakupee	B.A. B.Ed 4 <sup>st</sup> Year
7	Sonam Choiden		B.A. B.Ed 4 <sup>st</sup> Year
8	Tenzin Tenpa	TNMF, Clementown, Dehradun	B.A. B.Ed 4 <sup>st</sup> Year
9	Tenzin Phenthok		B.A. B.Ed 4 <sup>st</sup> Year
10	Tashi Dolma	STS Kollegal	B.A. B.Ed 4 <sup>st</sup> Year
11	Tsering Yangzom		B.A. B.Ed 4 <sup>st</sup> Year
12	Karma Chokpa	STS Gurupura, Hunsur	B.A. B.Ed 4 <sup>st</sup> Year
13	Tsering Lhamo		B.A. B.Ed 4 <sup>st</sup> Year
14	Tsering Passang		B.A. B.Ed 4 <sup>st</sup> Year
15	Tenzin Chime	STS Odisha	B.A. B.Ed 4 <sup>st</sup> Year
16	Lonsang Tenzin		B.A. B.Ed 4 <sup>st</sup> Year

**DIRECTOR**  
CENTRE FOR TEACHER EDUCATION CHTS  
SARNATH, VARANASI (U.P.) 221007

  
**Dr. Himanshu Pandey**  
Deputy Registrar  
Central Institute of Higher Tibetan Studies

  
CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI (U.P.) 221007

①

**CENTRE FOR TEACHER EDUCATION**  
CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI-221007 (U.P.)  
(Deemed University)

Ref: F-44/CTE/Ba/2018-19- 340

Date: 19.01.2019

Dear Principal,

In continuation to this office email dated 7<sup>th</sup> Jan., 2019 regarding the B.A.B.Ed, 4<sup>th</sup> year school attached programme of the Centre for Teacher Education at your school w.e.f 25<sup>th</sup> Jan., to 10<sup>th</sup> March, 2019, this is to bring to your kind information and consideration that the school attached programme (teaching practice) is one of the most important part of the teacher training programme. It helps the student-teachers practically with various teaching skills and raise their confidence level which are vital for an effective teacher.

The Centre is confident that the mentor teachers you have appointed will undertake such responsibilities to their best of abilities under your supervision and guidance. It is mandatory for the student-teachers to teach **minimum 60 lessons (30 lessons for each teaching subject)** under direct supervision of their mentor teachers. The student-teachers may be given full duties like any other regular teacher for gaining overall school experience.

To evaluate their participation in the school activities & conduct apart from teaching, your kindself is requested to evaluate each student-teachers as per enclosed sheet (**Evaluation by Head of the school**).

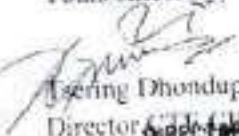
You are further requested to receive the files enclosed with **two sets of Assessment Report Form (ARF)** to be handed over to the concerned Mentors for their evaluation of classroom teaching of the student-teachers for both teaching subjects.

The mentor teachers may kindly be requested to submit the duly filled & signed ARF to your kindself after the completion of the programme. The duly filled & signed ARF along with the evaluation done by Head of the school may kindly be send back to this office.

We shall remain thankful for your kind gesture and co-operation.

Thanking you,

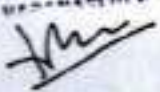
Yours sincerely,

  
Tsering Dhondup (Mr.)  
Director, CTE, CHTS  
CENTRE FOR TEACHER EDUCATION CHTS  
SARNATH, VARANASI (U.P.) 221007

- Copy enclosed: 1. Letter & Assessment Report for Mentor Teacher.  
2. Evaluation by Head of the school.  
3. Copy of letter dated 07.01.2019 for ready reference

Cc: Secretary, Department of Education, CTA Dhanam,  
Director, Sambhota Tibetan School Society, Dhanam,  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi-221007

**DIRECTOR**  
CENTRE FOR TEACHER EDUCATION CHTS  
SARNATH, VARANASI (U.P.) 221007

  
**Dr. Himanshu Pandey**  
Deputy Registrar  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi-221007

  
REGISTRAR  
CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI-221007



# CENTRE FOR TEACHER EDUCATION

CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI-221007 (U.P.)  
(Deemed University)

Ref:F:44/CTE/Btr/2018-19-- 341

Date -19.01.19

Dear Mentor Teacher,

The Centre for Teacher Education, Bhuniar is thankful to you as a Mentor Teacher during teaching practice of B.A.B.Ed. 4<sup>th</sup> year student-teachers of CTE w.e.f 25<sup>th</sup> January to 10<sup>th</sup> March, 2019. Under your kind supervision and guidance, we hope that the student-teachers will gain real teaching experience & techniques to be implement in their future teaching profession.

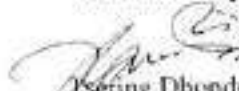
Student-teachers may be observed constantly not only their teaching skills but also their personality development. It is mandatory for the student-teachers to teach minimum 60 lessons (30 lessons for each teaching subject) under your supervision.

I am enclosing herewith two sets of Assessment Report Form (ARF) to be evaluate by mentor teacher for each teaching subject at the end of the programme.

You are kindly requested to evaluate the same accordingly and submit the duly filled & signed ARF form to the Principal after completion of the programme who will then send Assessment Report Form to the CTE.

Thanking you in anticipation

Yours sincerely,

  
Psering Dhondup(Mr.)  
Director,CTE, CIHTS

**DIRECTOR**  
**CENTRE FOR TEACHER EDUCATION CIHTS**  
**SARNATH, VARANASI (U.P.) 221007**

Cc.: Principal

  
**कुलसचिव/REGISTRAR**  
**केन्द्रीय उच्च तिब्बती अध्ययन केंद्र**  
**Central Institute of Higher Tibetan Studies**  
**सर्नाथ, वाराणसी/Deemed University**  
**Sarnath, Varanasi**

  
**Dr. Himanshu Pandey**  
**Deputy Registrar**  
**Central Institute of Higher Tibetan Studies**  
**Sarnath, Varanasi**

**DIRECTOR**  
**CENTRE FOR TEACHER EDUCATION CIHTS**  
**SARNATH, VARANASI (U.P.) 221007**

**CENTRE FOR TEACHER EDUCATION**  
 CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI-221007 (U.P.)  
 (Deemed University)

①

SCHOOL ATTACHED TEACHING PRACTICE FOR B.A. B.Ed. FOURTH YEAR STUDENT-TEACHERS- 2019  
 (25<sup>th</sup> Jan. through 10<sup>th</sup> March 2019)

S.No.	Name of Schools	Name of student-teachers	Teaching Subjects	Sign.
1.	STS Paonta Sahib	1. Dolma Lhazom	Geography/History	<i>[Signature]</i>
		2. Tsering Dolma	History/Geography	
		3. Tenzin Jangchuk	History/Geography	
		<b>Female-3</b>		
2.	STS Mundgod, Camp 3	1. Tenzin Dadon	Geography/History	<i>[Signature]</i>
		2. Dechen Wangmo	Geography/History	
		<b>Female-2</b>		
3.	STS Bylakuppe,	1. Yeshe Wangmo	Geography/History	<i>[Signature]</i>
		2. Sonam Chenden	Geography/History	
		<b>Female-2</b>		
4.	TNTM, Clementtown, Deharadun	1. Tenzin Tsopa	History/ Economics	<i>[Signature]</i>
		2. Tenzin Phentok	Geography/ English	
		<b>Male-2</b>		
5.	STS Kollegal	1. Tashi Dolma	Geography/History	<i>[Signature]</i>
		2. Tsering Yangzom	History/Geography	
		<b>Female-2</b>		
6.	STS Gurupura, Hunsur	1. Karma Chokpa	History/Geography	<i>[Signature]</i>
		2. Tsering Lhamo	History/Geography	
		3. Tsering Passang	History/Geography	
		<b>Female-3</b>		
7.	STS Odisha	1. Tenzin Chime	Geography/History	<i>[Signature]</i>
		2. Lobsang Tenzin	Geography/History	
		<b>Male-2</b>		

**DIRECTOR**  
 CENTRE FOR TEACHER EDUCATION CHTS  
 SARNATH, VARANASI (U.P.) 221007

*[Signature]*

**Dr. Himanshu Pandey**  
 Deputy Registrar  
 Central Institute of Higher Tibetan Studies  
 Sarnath, Varanasi-221007

*[Signature]*  
 Director

**DIRECTOR**  
 CENTRE FOR TEACHER EDUCATION  
 SARNATH, VARANASI (U.P.) 221007

*[Signature]*

**कुलसचिव/REGISTRAR**  
 केन्द्रीय उच्च तिब्बती विद्या संस्थान  
 Central Institute of Higher Tibetan Studies  
 केंद्र विद्यापीठ/Deemed University  
 सारनाथ, वाराणसी/Sarnath, Varanasi



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**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

**Place: Jeevan Jyothi Higher Secondary School, Sarnath, Varanasi, Uttar Pradesh**

**Period: 22.01.2020 to 31.01.2020 (10 Days)**

Sr. No.	Name	Class
1	Tenzin Yangzom	B.Ed 1 <sup>st</sup> Year
2	Tenzin Lungrik	B.Ed 1 <sup>st</sup> Year
3	Pema Chokyi	B.Ed 1 <sup>st</sup> Year
4	Tenzin Lekdup	B.Ed 1 <sup>st</sup> Year
5	Jamyang Sherab	B.Ed 1 <sup>st</sup> Year
6	Tenzin Dhekhar	B.Ed 1 <sup>st</sup> Year
7	Tenzin Tsepak	B.Ed 1 <sup>st</sup> Year
8	Kunchok Rangdol	B.Ed 1 <sup>st</sup> Year
9	Tenzin Phuntsok	B.Ed 1 <sup>st</sup> Year
10	Sonam Dolker	B.Ed 1 <sup>st</sup> Year
11	Dawa Lhamo	B.Ed 1 <sup>st</sup> Year
12	Choney Dolkar	B.Ed 1 <sup>st</sup> Year
13	Tenzin Tsephal	B.Ed 1 <sup>st</sup> Year
14	Ashe	B.Ed 1 <sup>st</sup> Year
15	Rinchen Chodak	B.Ed 1 <sup>st</sup> Year
16	Dolkar	B.Ed 1 <sup>st</sup> Year
17	Tenzin Dolma	B.Ed 1 <sup>st</sup> Year
18	Kunchok Sonam	B.Ed 1 <sup>st</sup> Year
19	Ngawang Lhanze	B.Ed 1 <sup>st</sup> Year
20	Sonam Dekyi	B.Ed 1 <sup>st</sup> Year

DIRECTOR  
CENTRE FOR TEACHER EDUCATION CHTS  
SARNATH, VARANASI (U.P.) 221007

**Dr. Himanshu Pandey**  
Deputy Registrar  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi-221007

DR. HIMANSHU PANDEY  
DEPUTY REGISTRAR  
CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI-221007



**CENTRE FOR TEACHER EDUCATION**  
**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI-**  
**221007 (U.P)**  
**(Deemed University)**

Ref No.F. 7/SoE/CTE/CIHTS/2019-20- 230

Dated:14-01-2020

To,  
The Principal,  
Jeevan Jyothi Higher Secondary School  
Sarnath, Varanasi (U.P.) – 221007

Dear Sister,

First and foremost, I would like to pay my gratitude to you for accepting our 20 B.Ed. Student-Teachers to do their school attached programme (school internship) at your esteemed school for 10 days.

You are kindly requested to appoint a mentor teacher (s) for student-teachers. Along with observation of school activities, you are also requested to allocate them full duties like any other regular teachers to gain over all school experience. These student Teachers have humanities background; therefore, you may engage them from class class VI to X as TGT student-teachers and Class VI to XII as PGT student-teachers. Dr. Jay Prakash Singh and Dr. Huma Kayoom will coordinate the programme.

We are proposing the 10 days internship schedule from 22-01-2020 to 31-01-2020, for your kind acceptance.

List of 20 B.Ed. student- teachers is attached.

Thanking you for your kind consideration & cooperation.

With regards,

Yours sincerely,

*H. Pandey*  
14.01.2020  
Dr. Himanshu Pandey  
Director  
CTE, CIHTS

**DIRECTOR**  
**CENTRE FOR TEACHER EDUCATION CIHTS**  
**SARNATH, VARANASI (U.P.) 221007**

**DIRECTOR**  
**CENTRE FOR TEACHER EDUCATION CIHTS**  
**SARNATH, VARANASI (U.P.) 221007**

*H. Pandey*  
Dr. Himanshu Pandey  
Deputy Registrar  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi 221007

*Bhad*  
**REGISTRAR**  
**Central Institute of Higher Tibetan Studies**  
**Sarnath, Varanasi**

**Namelist of Student-Teachers (CTE,CIHTS)**

**B.Ed 1st Year**

S.No	Name	Class
1	Tenzin Yangzom	B.Ed 1st Year
2	Tenzin Lungrik	B.Ed 1st Year
3	Pema Chokyi	B.Ed 1st Year
4	Tenzin Lekdup	B.Ed 1st Year
5	Jamyang Sherab	B.Ed 1st Year
6	Tenzin Dhekhar	B.Ed 1st Year
7	Tenzin Tsepak	B.Ed 1st Year
8	Kunchok Rangdol	B.Ed 1st Year
9	Tenzin Phuntsok	B.Ed 1st Year
10	Sonam Dolker	B.Ed 1st Year
11	Dawa Lhamo	B.Ed 1st Year
12	Choney Dolkar	B.Ed 1st Year
13	Tenzin Tsephal	B.Ed 1st Year
14	Ashe	B.Ed 1st Year
15	Rinchen Chodak	B.Ed 1st Year
16	Dolkar	B.Ed 1st Year
17	Tenzin Dolma	B.Ed 1st Year
18	Kunchok Sonam	B.Ed 1st Year
19	Ngawang Lhanze	B.Ed 1st Year
20	Sonam Dekyi	B.Ed 1st Year

DIRECTOR  
CENTRE FOR TEACHER EDUCATION CMTS  
SARNATH, VARANASI (U.P.) 221007



**Dr. Himanshu Pandey**  
Deputy Registrar  
Central Institute of Higher Tibetan Studies



कुलसचिव/REGISTRAR  
केन्द्रीय उच्च तिब्बती विद्या संस्थान  
Central Institute of Higher Tibetan Studies  
सर्नाथ, वाराणसी/Oswaal University  
Sarnath, Varanasi

REGISTRAR  
CENTRE FOR TEACHER EDUCATION CMTS  
SARNATH, VARANASI (U.P.) 221007

Dr. Himanshu Pandey  
Deputy Registrar  
Central Institute of Higher Tibetan Studies





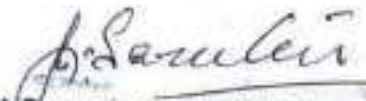
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**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

**Place: Excursion to the historical places like, Sravasti, Kushinagar, Kesria, Vaishali and Patna.**

**Period: 06.10.2019 to 12.10.2019 (7 Days)**

Sr. No.	Name	Class
1	Jampa Tashi B	Shastri 1 <sup>st</sup> Year
2	Lhakpa Dhondup	Shastri 1 <sup>st</sup> Year
3	Nyagwang Dechen	Shastri 1 <sup>st</sup> Year
4	Jampa Tashi A	Shastri 1 <sup>st</sup> Year
5	Konchok Jigdol	Shastri 1 <sup>st</sup> Year
6	Phurbu Dorjee Gurung	Shastri 1 <sup>st</sup> Year
7	Nyagwang Norzom	Shastri 1 <sup>st</sup> Year
8	Nyagwang Tendhar	Shastri 1 <sup>st</sup> Year
9	Lham Dorjee	Shastri 1 <sup>st</sup> Year
10	Phurbu Gyal	Shastri 1 <sup>st</sup> Year
11	Paltse Wangmo	Shastri 1 <sup>st</sup> Year
12	Jigmey Choerol	Shastri 1 <sup>st</sup> Year
13	Pemp Rigzin	Shastri 1 <sup>st</sup> Year
14	Tashi Tsering	Shastri 1 <sup>st</sup> Year
15	Tsedup Dorjee	Shastri 1 <sup>st</sup> Year
16	Tsering Lhakdon	Shastri 1 <sup>st</sup> Year
17	Rigzin Wangmo	Shastri 1 <sup>st</sup> Year
18	Tenzin Phuntsok	Shastri 1 <sup>st</sup> Year
19	Konchok Digidol	Shastri 1 <sup>st</sup> Year
20	Tseten Sherpa	Shastri 1 <sup>st</sup> Year

  
**Head, Department of Social Science**  
**Central Institute of Higher Tibetan Studies**  
(Deemed to be University)  
Sarnath, Varanasi, India

  
Head, Department of Social Science  
Central Institute of Higher Tibetan Studies  
(Deemed to be University)  
Sarnath, Varanasi, India



Central Institute of Higher Tibetan Studies  
(Deemed University)  
Sarnath, Varanasi

CUTS/ADMN-I/Acad /PF-61/2019

Dated: 28.09.2019

**ORDER**

With reference to application dated 29<sup>th</sup> August, 2019 of Dr. Urgyen, Assistant Professor, Department of Samajik Vigyan in the light of the office note dated 13.9.2019 regarding Educational Tour and sanction accorded there on by the competent authority, Dr. Urgyen, Assistant Professor in Tibetan History, Faculty of Adhunik Vidya is hereby permitted to Escort. The Educational Tour at Historical place Vaishali, Shrasvati, Kushinagar, Patna Museum and Karuna Stupa, would start from 6-12 October, 2019 along with 33 students of U.M. II and Shastri I.

In view of above, Dr. Urgyen is hereby granted Duty Leave from 6.10.2019 to 12.10.2019 along with journey period. Accordingly, Shri Shaho Tamding & Shri Dhondup, Guest Faculty are hereby also allowed to Escort the Tour along with Students for above date and time. TA/DA as admissible shall be provided by the CIHTS as per norms of the Institute.

This is issued with the approval of the competent authority.

*[Signature]*  
(Dr. R. X. Upadhyay)  
Registrar

To,

1. Dr. Urgyen,  
Assistant Professor in Tibetan History,  
Department of Samajik Vigyan  
Faculty of Adhunik Vidya  
CIHTS, Sarnath, Varanasi.
2. Shri Shaho Tamding  
Guest Faculty  
CIHTS, Sarnath, Varanasi
3. Shri Dhondup  
Guest Faculty  
CIHTS, Sarnath, Varanasi

Copy forwarded for information and necessary action to:

1. P.S. to Vice-Chancellor for information of Hon'ble VC
  2. Dean/Head of concerned Faculty/Dept.
  3. Deputy Registrar
  4. Assistant Registrar
- All the members of faculty member  
Shri Tamding Tamdring, VC's office

*[Signature]*  
Head, Department of Social Science  
Central Institute of Higher Tibetan Studies  
(Deemed to be University)  
Sarnath, Varanasi, India

Head, Department of Social Science  
Central Institute of Higher Tibetan Studies  
(Deemed to be University)  
Sarnath, Varanasi, India

*[Signature]*  
REGISTRAR  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi



मोक्ष विद्या संस्थानम्

केन्द्रीय उच्च तिब्बती शिक्षा-संस्थान, सारनाथ, वाराणसी  
ग्रेडुएट अण्ड डीग्री कालेज - सोशियल साइन्सेस  
एण्ड हिस्ट्री, सारनाथ, वाराणसी

TU/SA/51/2019/1995

5<sup>th</sup> October, 2019

To whom it may concern

A group of 33 students listed below, headed by Dr. Urygen, Assistant Professor and Mr. Dhondup, Guest Faculty in Tibetan History, Deptt of Social Science, CIHTS, Sarnath Varanasi is proceeding for an excursion to the historical places like Sravasti, Kushinagar, Kesria, Vaishali and Patna from 6<sup>th</sup> October, 2019 to 12<sup>th</sup> October, 2019.

This excursion is being conducted as a part of the History course of the Institute. The CIHTS is a Deemed University fully funded and functioning under Ministry of Culture, Government of India, New Delhi.

I shall highly appreciate any assistance rendered to them in their endeavour.

Sarnath, Varanasi  
5<sup>th</sup> October, 2019

(Dr. R.K. Upadhyay)  
Registrar

**Registrar**

Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi-221007 U.P.

Head, Department of Social Science  
Central Institute of Higher Tibetan Studies  
(Deemed to be University)  
Sarnath, Varanasi, India

1/2

REGISTRAR  
केन्द्रीय उच्च तिब्बती शिक्षा संस्थान  
Central Institute of Higher Tibetan Studies  
(Deemed to be University)  
सार्नाथ, वाराणसी, Sarnath, Varanasi

CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI-221007, INDIA

PHONE: (0542) 2585242 • FAX: (0542) 2585150



SL.No.	Name of Students	Class
1	Dr. Urgyen	Tour Escort
2	Dhondup	Tour Escort
SL.No.	Name of Students	Class
1	Jampa Tashi B (Leader)	Shastri I
2	Lhakpa Dhondup	Shastri I
3	Nyagwang Dechen	Shastri I
4	Jampa Tashi A	Shastri I
5	Yangchen Dolma	U.M. II
6	Jigme Norbu	U.M. II
7	Phuntsok Dhargal	U.M.II
8	Tenzin Rabten	U.M.II
SL.No.	Name of Students	Class
1	Konchok Jigdol (Leader)	Shastri I
2	Phurba Dorjee Gurung	Shastri I
3	Nyagwang Norzom	Shastri I
4	Nyagwang Tendhar	Shastri I
5	Lham Dorjee	Shastri I
6	Pema Chokdup	U.M. II
7	Pema Yangzom	U.M.II
8	Sangey Dakpa	U.M.II
SL.No.	Name of Students	Class
1	Phurba Gyal (Leader)	Shastri I
2	Paltse Wangmo	Shastri I
3	Jigme Choerol	Shastri I
4	Pemp Rigzin	Shastri I
5	Tashi Tsering	Shastri I
6	Nyagwang Gyatso	U.M. II
7	Tenzin Lhundup	U.M. II
8	Jampa Sangey	U.M.II
SL.No.	Name of Students	Class
1	Tsedup Dorjee (Leader)	Shastri I
2	Tsering Lhakdon	Shastri I
3	Rigzin Wangmo	Shastri I
4	Tenzin Phuntsok	Shastri I
5	Konchok Digidol	Shastri I
6	Tseten Sherpa	Shastri I
7	Richen Dhargyal	U.M.II
8	Sangey Tenzin	U.M.II
9	Yidam Tsering	U.M.II

2/2

*[Signature]*  
 Head, Department of Social Science  
 Central Institute of Higher Tibetan Studies  
 (Deemed to be University)  
 Sarnath, Varanasi, India

*[Signature]* REGISTRAR  
 Central Institute of Higher Tibetan Studies  
 Sarnath, Varanasi, India

*[Signature]*  
 Registrar  
 Central Institute of Higher Tibetan Studies  
 Sarnath, Varanasi-221007 U.P.



(4)

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

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**Place: Medical Educational Excursion at Sikkim**

**Period: 29.08.2019 to 17.09.2019 (19 Days)**

Sr. No.	Name	Class
1	Gandhen Tashi	BSRMS 3 <sup>rd</sup> Year
2	Karma Namgyal Phuntsok	BSRMS 3 <sup>rd</sup> Year
3	Karma Tsewang Dolma	BSRMS 3 <sup>rd</sup> Year
4	Kunzang Ongmo	BSRMS 3 <sup>rd</sup> Year
5	Lobsang Jinpa	BSRMS 3 <sup>rd</sup> Year
6	Sichoe Tsering	BSRMS 3 <sup>rd</sup> Year
7	Tashi Dorjee	BSRMS 3 <sup>rd</sup> Year
8	Tenzin Wangmo	BSRMS 3 <sup>rd</sup> Year
9	Tsering Dolker (A)	BSRMS 3 <sup>rd</sup> Year
10	Yangchen Sangmo	BSRMS 3 <sup>rd</sup> Year
11	Sonam Wangchuk	BSRMS 3 <sup>rd</sup> Year
12	Tsering Dolker (B)	BSRMS 3 <sup>rd</sup> Year

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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI

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DEPARTMENT OF SQA-BSRMS  
CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI





**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

Place: Medical Educational Excursion at Sikkim

Period: 29.08.2019 to 17.09.2019 (19 Days)

Sr. No.	Name	Class
1	Tenzin Chokden	BSRMS 2 <sup>nd</sup> Year
2	Penpa Tsering	BSRMS 2 <sup>nd</sup> Year
3	Namgay	BSRMS 2 <sup>nd</sup> Year
4	Tsering Yangzom	BSRMS 2 <sup>nd</sup> Year
5	Lobsang Jampa	BSRMS 2 <sup>nd</sup> Year
6	Jigme Choichey	BSRMS 2 <sup>nd</sup> Year
7	Lhakpa Kylpa	BSRMS 2 <sup>nd</sup> Year
8	Pema Yangzom	BSRMS 2 <sup>nd</sup> Year
9	Tsewang Youdon	BSRMS 2 <sup>nd</sup> Year
10	Choedon	BSRMS 2 <sup>nd</sup> Year
11	Pema Gyatso	BSRMS 2 <sup>nd</sup> Year

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SARNATH, VARANASI

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DEPARTMENT OF SOVIET STUDIES  
CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES  
SARNATH, VARANASI



केन्द्रीय उच्च तिब्बती विद्या संस्थान, सारनाथ, वाराणसी  
འབྲུག་རྒྱལ་ཁབ་རྒྱུ་ལུ་སྐྱེས་པའི་སྐྱེད་གཏུང་ལ་འགྲུབ་སྐྱོད་ཀྱི་ལས་ཁུངས་།  
(An Autonomous Organization of Ministry of Culture) 29.08.2019  
GOVERNMENT OF INDIA

**TO WHOM IT MAY CONCERN**

This is to certify that the following faculty member and students of Department of Sowa Rigpa, Central Institute of Higher Tibetan Studies (CIHTS), are on annual medical educational excursion to Sikkim from 29<sup>th</sup> August to 17<sup>th</sup> September 2019

The tour is organized every year for BSRMS students under its annual academic activities in which students are trained to make survey and identify the medicinal plants & herbs available in high altitude areas of Himalayan regions.

The members of the Tour team are:

Sl.	Name	Sex	Standard	ID card no.	Remarks
1	Prof. Lobsang Tenzin	M	Faculty	CIHTS/GF/0184	Escort
2	Gandhen Tashi	M	BSRMS-III	CIHTS/STD/1399/2016	Student
3	Karma Namgyal Phuntsok	M	BSRMS-III	CIHTS/STD/1400/2016	Student
4	Karma Tsewang Dolma	F	BSRMS-III	CIHTS/STD/1078/2016	Student
5	Kunzang Ongmo	F	BSRMS-III	CIHTS/STD/1396/2016	Student
6	Lobsang Jinpa	M	BSRMS-III	CIHTS/STD/1066/2016	Student
7	Sichoe Tsering	M	BSRMS-III	CIHTS/STD/1401/2016	Student
8	Tashi Dorjee	M	BSRMS-III	CIHTS/STD/1104/2016	Student
9	Tenzin Wangmo	F	BSRMS-III	CIHTS/STD/1390/2016	Student
10	Tsering Dolkar (A)	F	BSRMS-III	CIHTS/STD/987/2015	Student
11	Yangchen Sangmo	F	BSRMS-III	CIHTS/STD/1392/2016	Student
12	Sonam Wangchuk	M	BSRMS-III	CIHTS/STD/1332/2015	Student
13	Tsering Dolker (B)	F	BSRMS-III	CIHTS/STD/1303/2016	Student
14	Tenzin Chokden	F	BSRMS-II	CIHTS/STD/1128/2015	Student
15	Peupa Tsering	M	BSRMS-II	CIHTS/STD/1129/2016	Student
16	Nangay	M	BSRMS-II	CIHTS/STD/1214/2015	Student
17	Tsering Yangzom	F	BSRMS-II	CIHTS/STD/241/2016	Student
18	Lobsang Jinpa	M	BSRMS-II	CIHTS/STD/1230/2016	Student
19	Jigme Choichey	F	BSRMS-II	CIHTS/STD/1054/2015	Student
20	Thakpa Kyapa	F	BSRMS-II	CIHTS/STD/1257/2016	Student
21	Penpa Yangzom	F	BSRMS-II	CIHTS/STD/1236/2016	Student
22	Lobsang Youden	F	BSRMS-II	CIHTS/STD/1449/2016	Student
23	Chosden	F	BSRMS-II	CIHTS/STD/1460/2015	Student
24	Tenpa Gyatso	M	BSRMS-II	CIHTS/STD/172/2016	Student

The tour is entirely academic, any assistance rendered to the group in their endeavor to accomplish their studies will be deeply appreciated.

*Bhuel*  
मुख्यसचिव/REGISTRAR  
केन्द्रीय उच्च तिब्बती विद्या संस्थान  
Central Institute of Higher Tibetan Studies  
डीआई विश्वविद्यालय/Deemed University  
सारनाथ, वाराणसी/Sarnath, Varanasi

*Bhuel*  
(H) P. P. (Signature)  
REGISTRAR  
केन्द्रीय उच्च तिब्बती विद्या संस्थान  
सारनाथ, वाराणसी

*Sw. Khan*







5

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

---

Place: Educational Tour at Historical Places of Ajanta, Ellora and Mumbai

Period: 05.10.2019 to 12.10.2019 (8 Days)

Sr. No.	Name	Class
1	Sangay Rinchen Lama	BFA 1 <sup>st</sup>
2	Sonam Legkpo	BFA 1 <sup>st</sup>
3	Sherab Gyurmey	BFA 1 <sup>st</sup>
4	Youngdrung Rabten Lepcha	BFA 1 <sup>st</sup>
5	Lobzang Gaymon	BFA 1 <sup>st</sup>
6	Thupten Tsering	BFA 1 <sup>st</sup>

*Shubh*

Approved by the Dean  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi





(3)

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

---

Place: Educational Tour at Historical Places of Ajanta, Ellora and Mumbai

Period: 05.10.2019 to 12.10.2019 (8 Days)

Sr. No.	Name	Class
1	Tashi Wangyal Gurung	BFA 2 <sup>nd</sup>
2	Jamyang Rabgye Gurung	BFA 2 <sup>nd</sup>
3	Yonten Gyatso Rokaya	BFA 2 <sup>nd</sup>



*[Handwritten signature]*  
Principal  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi





(5)

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

---

Place: Educational Tour at Historical Places of Ajanta, Ellora and Mumbai

Period: 05.10.2019 to 12.10.2019 (8 Days)

Sr. No.	Name	Class
1	Pema Yangphel	BFA 3 <sup>rd</sup>
2	Lhundup	BFA 3 <sup>rd</sup>



*Bhe*  
The undersigned hereby certifies that the above mentioned students have been selected for the educational tour to Ajanta, Ellora and Mumbai from 05.10.2019 to 12.10.2019 (8 Days).

5

CITS/ADMH-I/Acad /PF-61/2019

Dated: 10.09.2019

**ORDER**

With reference to note dated 29<sup>th</sup> August, 2019 of Prof. Lobsang Tenzin, Dean, Faculty of Sowa-Rigpa & Bhot Jyotish regarding Educational Tour and sanction accorded there on by the competent authority, Dr. Suchita Sharma, Assistant Professor in History of Arts & Aesthetic, Faculty of Shilpa Vidya is hereby permitted to Escort. The Educational Tour at Historical place Ajata, Ellora and Mumbai starting from 5-12 October, 2019 along with student of U.M. and Shastri.

In view of above, Dr. Suchita Sharma is hereby granted Duty Leave from 5.10.2019 to 12.10.2019 along with journey period. Accordingly, Shri Lobsang Sherab, Guest Faculty of Thangka Painting & Modern Arts is hereby also allowed to Escort the Tour along with Students for above date and time. TA/DAA as admissible shall be provided by the CHTS as per norms of the Institute.

This is issued with the approval of the competent authority.

*Bhuel*  
(Dr. R. K. Upadhyay)  
Registrar

To,

1. Dr. Suchita Sharma;  
Assistant Professor in History of Arts & Aesthetic,  
Department of Tib.Traditional Painting  
Faculty of Shilpa Vidya  
CHTS, Sarnath, Varanasi.

2. Shri Lobsang Sherab,  
Guest Faculty of Thangka Painting & Modern Arts  
CHTS, Sarnath, Varanasi

Copy forwarded for information and necessary action to:

- 1. P.S. to Vice Chancellor for administrative of Ben'ide VC
- 2. Prof. Lobsang Tenzin, Faculty of Sowa Rigpa and Bhot Jyotish
- 3. Mr. Jitendra, HOD, Department of Tib. Traditional Painting
- 4. Mr. ... of ...
- 5. Deputy Registrar
- 6. ...
- 7. ...
- 8. ...

*Bhuel*  
REGISTRAR  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi







6

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

**Place: Cultural Educational Tour to Leh Ladhak, Manali and Delhi.**

**Period: 28.09.2019 to 12.10.2019 (15 Days)**

Sr. No.	Name	Class
1	Lhakpa Nuru Sherpa	Acharya 1 <sup>st</sup>
2	Dawa Gyaltzen	Acharya 1 <sup>st</sup>
3	Lhakpa Tsering	Acharya 1 <sup>st</sup>
4	Sang Dorjee Sherpa	Acharya 1 <sup>st</sup>
5	Tsering Gyaltzen	Acharya 1 <sup>st</sup>
6	Dorjee Tsering	Acharya 1 <sup>st</sup>
7	Karma Monbar	Acharya 1 <sup>st</sup>
8	Ngawang Tsetan	Acharya 1 <sup>st</sup>
9	Kaisang Gyatso	Acharya 1 <sup>st</sup>
10	Ngawang Jangchup	Acharya 1 <sup>st</sup>
11	Bhimal Mitra Lama	Acharya 1 <sup>st</sup>
12	Konchok Lhundup	Acharya 1 <sup>st</sup>
13	Tenzin Jangchup	Acharya 1 <sup>st</sup>
14	Tsering Tamchos	Acharya 1 <sup>st</sup>
15	Lobsang Palden	Acharya 1 <sup>st</sup>
16	Tenzin Yeshi	Acharya 1 <sup>st</sup>
17	Ngawang Losel Lama	Acharya 1 <sup>st</sup>
18	Lhamo Kyab	Acharya 1 <sup>st</sup>
19	Thupten Ngawang	Acharya 1 <sup>st</sup>
20	Jigmat Stanzin	Acharya 1 <sup>st</sup>
21	Ang Nyima Sherpa	Acharya 1 <sup>st</sup>
22	Pasang Dolma	Acharya 1 <sup>st</sup>
23	Tarasova Tamara	Acharya 1 <sup>st</sup>
24	Tenzin Tsekyi	Acharya 1 <sup>st</sup>
25	Tanzin Angmo	Acharya 1 <sup>st</sup>
26	Tenzin Choeying	Acharya 1 <sup>st</sup>
27	Tenzin Phanthok	Acharya 1 <sup>st</sup>
28	Dolker Palmo	Acharya 1 <sup>st</sup>
29	Rinjung Kesang	Acharya 1 <sup>st</sup>
30	Tsultril Yangchan	Acharya 1 <sup>st</sup>
31	Lobzang Thukjay	Acharya 1 <sup>st</sup>
32	Nyima Lhazom Lama	Acharya 1 <sup>st</sup>



*Shul*  
The Dean  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi



6

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
(Deemed University)  
**SARNATH, VARANASI**

Place: Cultural Educational Tour to Leh Ladhak, Manali and Delhi.

Period: 28.09.2019 to 12.10.2019 (15 Days)

Sr. No.	Name	Class
1	Dhondup Gyaltsa	Acharya 2nd
2	Jampa Tsering	Acharya 2nd
3	Sherab Yonton	Acharya 2nd
4	Dorjee Tsewang	Acharya 2nd
5	Stanzin Lotus	Acharya 2nd
6	Norbu Chhayang	Acharya 2nd
7	Rinchen Dorjee	Acharya 2nd
8	Choeney Gyumey	Acharya 2nd
9	Tenzin Tenkyong	Acharya 2nd
10	Tsepa Dorjee	Acharya 2nd
11	Mast Ram	Acharya 2nd
12	Nawang Choklang	Acharya 2nd
13	Sangye Thinley	Acharya 2nd
14	Tenzin Wandak	Acharya 2nd
15	Dhondup Lamo	Acharya 2nd
16	Tsomo	Acharya 2nd
17	Dawa Choedon	Acharya 2nd
18	Karma Tsedon	Acharya 2nd
19	Chime Dolkar	Acharya 2nd
20	Thinley Lhamo	Acharya 2nd
21	Dolma Tsering	Acharya 2nd
22	Tenzin Dechen	Acharya 2nd

*Shub*  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi

*[Signature]*  
DEAN  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi





རྒྱུལ་པོ་ལྷི་མོ་ལ་མཚོ་ལོ་གསུམ་ལག་རྒྱུ་གཉེན་པོ་ལྔ་ལྟོ་སྤེལ་གྱི་ལོ་རྒྱུས་ལྟར་གྱི་

15	Lhakpa Nuru sherpa	Acharaya 1 <sup>st</sup> [MA]
16	Dawa Gyaltzen	"
17	Lhakpa Tsering	"
18	Sang Dorjee Sherpa	"
19	Tsering Gyaltzen	"
20	Dorjee Tsering	"
21	Karma Monbar	"
22	Ngawang Tsetan	"
23	Kalsang Gyatso	"
24	Ngawang jangchup	"
25	Bhimal Mitra Lama	"
26	Konchok lhundup	"
27	Tenzin jangchup	"
28	Tsering Tamchos	"
29	Lobsanng Palden	"
30	Tenzin yeshi	"
31	Ngawang Losel Lama	"
32	Lhamo Kyab	"
33	Thupten Ngawang	"
34	Jigmat Stanzin	"
35	Dhondup Lamo	Acharya 2 <sup>nd</sup> [MA]
36	Ysomo	"
37	Dawa Choedon	"
38	Karma Tsedon	"
39	Chime Dolker	"
40	Thinley Lhamo	"
41	Dolma Tsering	"
42	Tenzin Dechen	"
43	Ang Nyima Sherpa	Acharya 1 <sup>st</sup> [MA]
44	Pasang Dolma	"
45	Tarasova Tamara	"
46	Tenzin Tsekyi	"
47	Tanzin Angmo	"
48	Tezin Choeying	"
49	Tenzin Phanthok	"
50	Dolker palmo	"
51	Rinjung kesang	"
52	Tsutilil yangchan	"
53	Legyang Thukjay	"
54	Nyima Lhazom lama	"

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R. G. S. K. S.

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REGISTRAR  
Central Institute of Higher Tibetan Studies  
Sarnath, Varanasi, U.P.

INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI-221007, INDIA

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DEAN  
CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH



**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**

(Deemed University)

**SARNATH, VARANASI**

**Place: Summer Project for Exploring and Identifying the High-Altitude Plants found in the Upper Himachal Region and Ladakh.**

**Period: 10.06.2019 to 22.06.2019 (13 Days)**

Sr. No.	Name	Class
1	Tenzin Angmo	BSRMS 3 <sup>rd</sup> Year
2	Tenzin Phanthok	BSRMS 3 <sup>rd</sup> Year
3	Tenzin Choeying	BSRMS 3 <sup>rd</sup> Year
4	Nyima Lhazom	BSRMS 3 <sup>rd</sup> Year
5	Lobzang Thukjay	BSRMS 3 <sup>rd</sup> Year





CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI

ལྷོ། འཕྲུལ་པོད་གྱི་གཞུང་ལག་སློབ་གཉེན་ཁང་། ལྷ་མཚན་གྱི་  
केन्द्रीय उच्च तिब्बती शिक्षा संस्थान, सारनाथ, वाराणसी

DEPARTMENT OF SOWA-RIGPA

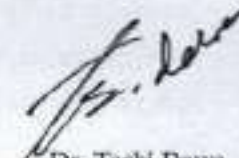
Ref.: CIHTS/DSR/Mot/2019-20/19

NOTICE

Dated: 18/05/2019

The girl students of BSRMS-4<sup>th</sup> year have proposed for summer project from the Institute for exploring and identifying the High-Altitude Plants found in the Upper Himachal region and Ladakh. As this project has been fully sanctioned and funded by the Institute, a brief report maybe submitted upon returning to the Institute.

During the tour, they may communicate for any necessary assistance telephonically.

  
Dr. Tashi Dawa  
(HoD)

Cc

1. Dean of the Faculty *For Kalyan*
2. Ms. Thukjey, Ms. Tenzin Angmo and Ms. Tenzin Phanthok, Group leader-BSRMS-3 *Thukjey*
3. Notice boards
4. Record file *For Kalyan For Tenzin Angmo For Pema Namgyel*



*Bheul*  
REGISTRAR  
केन्द्रीय उच्च तिब्बती शिक्षा संस्थान  
Central Institute of Higher Tibetan Studies  
श्रीलक्ष्मी विद्यापीठ/सारनाथ/वाराणसी  
Sarnath, Varanasi

To  
The Dean/HOD  
Department of Sowa Rigpa  
CIHTS, Sarnath  
Varanasi.

16<sup>th</sup> April 2019

Sub: Seeking financial support for summer vacation project.

Dear Sir,

With due respect we would like to say that we the five students(girls) of BSRMS 3<sup>rd</sup> year are expecting to have a fruitful summer vacation by exploring to the remote areas of Zaskar Valley, garzha and some of the places in Ladakh. We will be learning high altitude medicinal herb identification in their sprouting season. Along with that we are going to introduce sowa rigpa and organizing basic health talk according to sowa rigpa in numbers of villages and schools. Therefore kindly consider our request. It will be a great act of kindness. Further details enclosed.

Thanking you

Yours sincerely

BSRMS 3<sup>rd</sup> year

- Tenzin Angmo *Tenzin Angmo*
- Tenzin Phanthok *Tenzin Phanthok*
- Tenzin Choeying (ang)
- Nyima Lhazom *Nyima Lhazom*
- Lobzang Thukjey *Lobzang Thukjey*

*Received on 24/4/2019  
S. Dewa  
Forwarded to Honble V.P.*

- A sum of Rs. 50,000/- may be sanctioned in advance to H.O. - Sowa Rigpa to complete the proposed project to be completed during the summer vacation by our Sowa Rigpa students.
- The report and adjustment vouchers would be submitted.

Initiated by Lobzang Thukjey and Tenzin Angmo BSRMS 3<sup>rd</sup>

*Bohel*  
REGISTRATION  
State of Uttar Pradesh  
University of Varanasi  
CIHTS, Sarnath, Varanasi

*- H.O. - Sowa Rigpa  
- SA(A/c)*

*Honble V.P.*



CIHTS SOWARIGPA

# REPORT OF SUMMER VACATION PROJECT

BSRMS 3rd 2018-19

Project members: Lobzang Thukjey Tenzin Angmo Tenzin Choeying Tenzin Phanthok Nyima Lhamo  
9/26/2019

Submitted by Lobzang Thukjey & Tenzin Angmo.  
Date of submission 26<sup>th</sup> september 2019



*Lhad*  
Registrar  
Central Institute of Higher Tibetan Studies  
Samath, Kathmandu, Nepal



## SUMMER VACATION PROJECT REPORT

Summary of summer vacation project:-

Five students of BSRMS 3<sup>rd</sup> (Batch 15<sup>th</sup>) planned a project during summer vacation (June 2019).

- The objective of the project was to learn identifying medicinal herbs and minerals in the high altitude areas of Himalaya (west side of Keylong and east of Ladakh).
- To learn folk medicines and practices from local Sowa-Rigpa practitioners in the remote areas.
- To learn the initial stages of herbs right from sprouting.
- To provide services like :
  - A. Introducing Sowa-Rigpa in schools and villages.
  - B. To organize basic health awareness in villages and schools in Zanskar.

### REPORT

Here it is to submit the project report with heavy hearts as the project didn't go well as planned and was unaccomplished. The project started on 10<sup>th</sup> June from Darcha (147kms away from Manali, Himachal Pradesh toward Zangskar).

The trip members are 1. Nyima Lhazom (came from Nepal), 2. Tenzin Choeying (from Shimla), 3. Tenzin Phanthok (from Varanasi), and Tenzin Angmo was at Manali for local arrangement of the trip. They all meet at Manali finally on 8<sup>th</sup> June and left for Darcha (694 kms away from N.Delhi at an altitude of 11,000 ft. Lahual, Himachal Pradesh) on 9<sup>th</sup> June 2019, while Lobzang Thukjay was in Zangskar and couldn't join the trip due to the situations explained below.

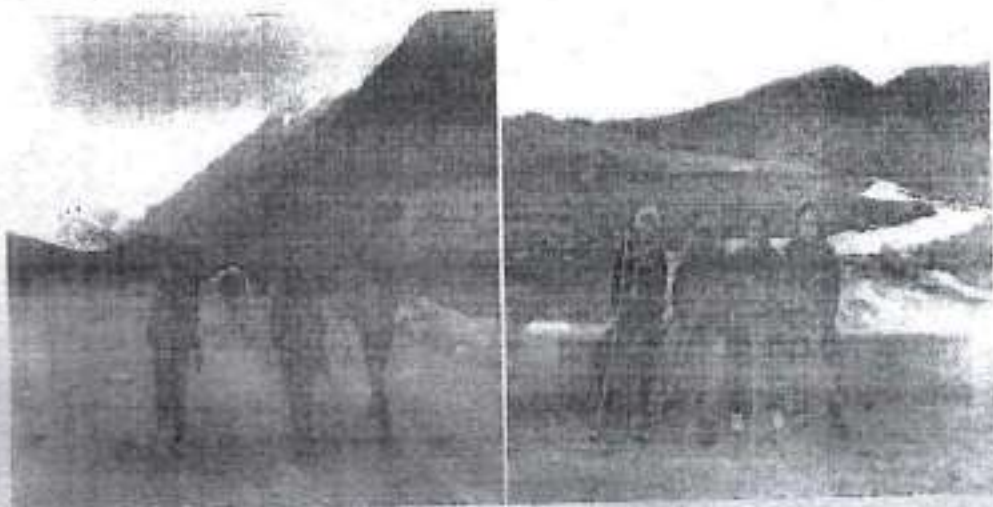
Submitted by Lobzang Thukjay & Tenzin Angmo.  
Date of submission: 26<sup>th</sup> September 2019.

*[Handwritten Signature]*  
 SGT REGISTRAR  
 Sowa Rigpa Research & Training Centre  
 Central Institute of Higher Tibetan Studies  
 15th Floor, Bhubaneswar, Odisha University  
 Bhubaneswar, Odisha, India



10<sup>th</sup> June 2019 (5:00 am):

Journey started from *Darcha* till *Zangskar* by walking which was accompanied by a hired guide and the backup and for local contingency two horses were also rented.



10<sup>th</sup> June 2019(5:30pm):

After walking 21kms toward Zangskar from Darcha reached *Chumik nagpo* (a place between *Darcha* and *Zanskar*) and made a base camp to spend the night.

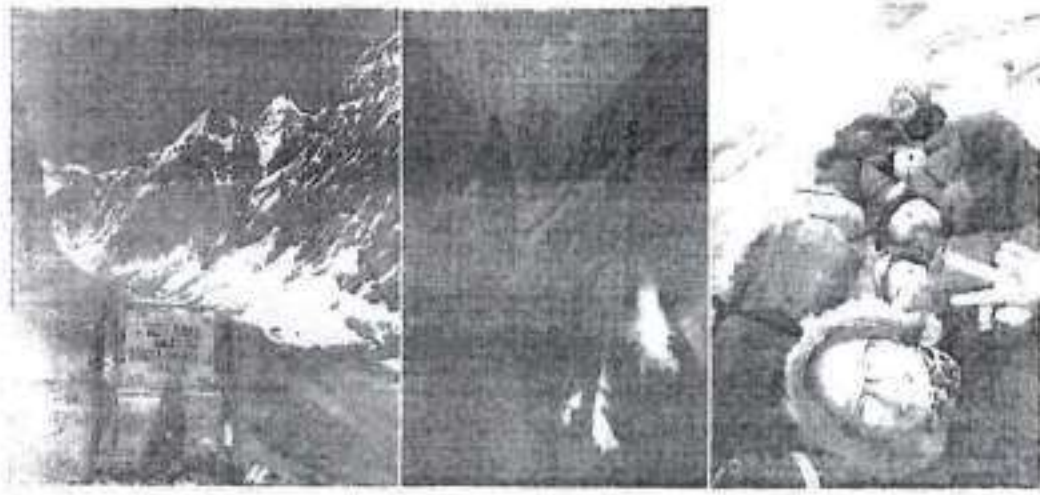
*Bheel*

सुवा-रिग्पा/REGISTRAR  
केन्द्रीय उच्च शिक्षा विभाग  
Central Institute of Higher Tibetan Studies  
श्रीरंग परिसर/Varanasi, Varanasi



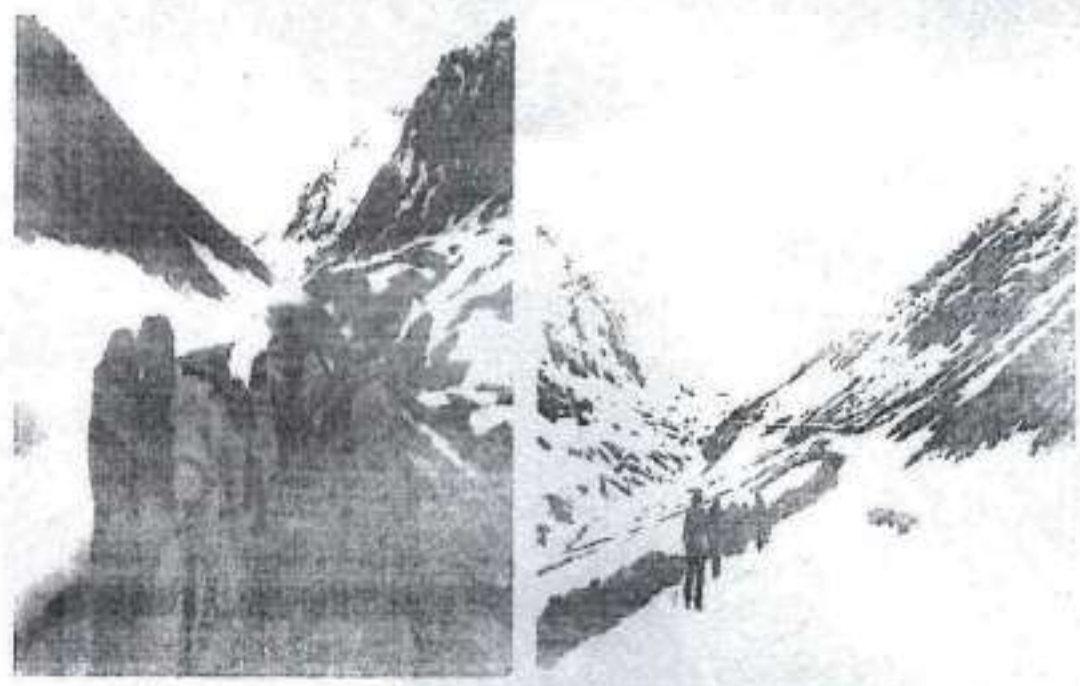
Submitted by Lobzang Thukjey & Tenzin Angmo.  
Date of submission 26<sup>th</sup> September 2019





11<sup>th</sup> June 2019 (4:00 am):

Woke up and made some hot water and then started the journey to Zangskar via Shinkunla top/pass (Which is located at 16,703 ft above sea level).



*Bhel*  
 1979-1981 DISTRICT  
 1981-1982 District Officer  
 Central Institute of Higher Tibetan Studies  
 875, Bapu Bhawan, Varanasi  
 221004, Varanasi, Uttar Pradesh, India

*Lobzang Thukjey*

Submitted by Lobzang Thukjey & Tenzin Angmo.  
 Date of submission 26<sup>th</sup> September 2019





11<sup>th</sup> June 2019(10:30 am):

After an adversity of walking continuously for six and half hours in snow (31kms upward) reached the pass. Before reaching the top, the weather got worse with heavy snowfall. Tried many times to pass the top but the horses and persons couldn't pass it as the areas were sinking in the snow and considering past incidences of death due to snowfall and avalanches, the local guide and horseman suggested to return back.

After reaching *Darcha* (nearest village on wayback from Shinkunla to H.P), since plan A wasn't successful, changed it slightly and thought to go through *Leh* route to *Zangskar*. Waited for few days as it was snowing for 3 days. During the stay at Keylong, we asked around about the road clearance to *Leh*, but got to know that the road was blocked again due to the heavy snowfall from 11<sup>th</sup> June caused an avalanche.



Later contacted the HOD (department of Sowa Rigpa, CIHTS) and informed about the situation . And on his advice, they decided to

Submitted by Lobzang Thulgye & Tandin Angmo  
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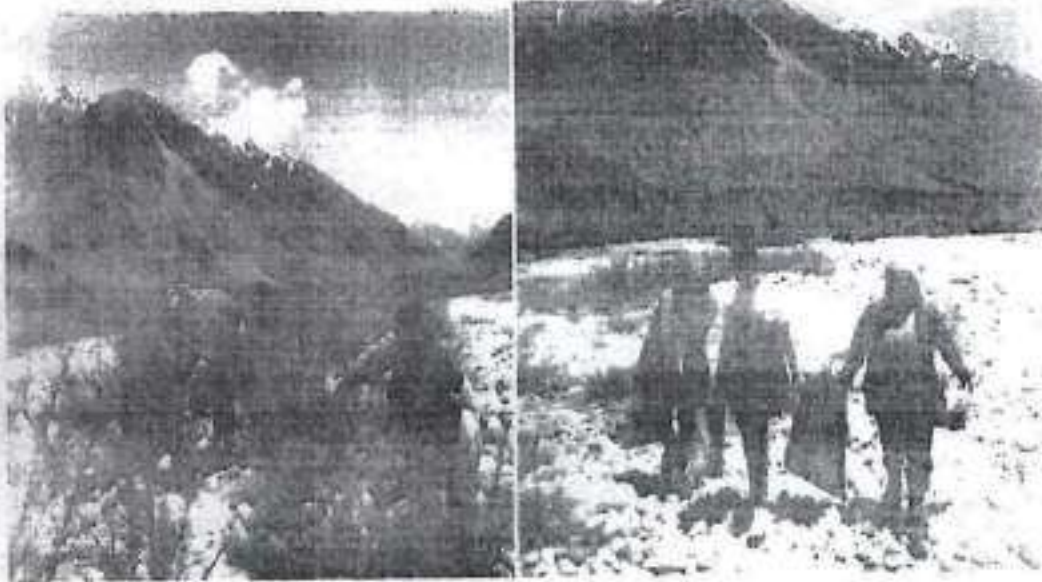
*Lobzang*  
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Identify and collect herbs in the area of Keylong, Darcha, and all the places around them. Visited local Sowa-Rigpa physicians and public.

16<sup>th</sup> June 2019 -17<sup>th</sup> June 2019:

Identifying herbs and Collection of herbs found nearby



18<sup>th</sup> June 2019 :

Interaction with public



Submitted by Lobzang Thukjey & Tenzin Angmo  
Date of submission 26<sup>th</sup> September 2019

*Rhul*  
 27-2-19  
 REGISTRAR  
 Central Institute of Higher Tibetan Studies  
 Dharam, Uttarakhand, Varanasi





19<sup>th</sup> June 2019:

Met Sowa-Rigpa practitioners Amchi Tsewang Namgyal and Amchi Karma who are practicing in the local region. Amchi Tsewang Namgyal has a clinic in Keylong and Amchi Karma treats patient from home. They both studied Sowa-Rigpa from Amchi Tashi Tsering(Sundar Singh) who studied Sowa-Rigpa from Chakpori in Tibet.



20<sup>th</sup> June—travelling from Darcha to Keylong.

21<sup>st</sup> June - Keylong to Triloknath( Garzha Phakpa)

22<sup>nd</sup> June – Triloknath to Manali

➤ List of some of the identified herbs:

S.NO.	SOWA-RIGPA NAME	BOTANICAL NAME	LOCAL/COMMON NAME
1	पुलकान्ति	<i>Taraxacum officinale</i> Weber	Dandelion
2	रुत	<i>Saussurea lappa</i>	Ruta
3	पकर मुल	<i>Inula helenium</i>	Poker mul
4	अरिच	<i>Aconitum heterophyllum</i> Wall.ex Rayle	Atis
5	मुकुतुंसी	<i>Podophyllum emodi</i> Wall. var.	Mukutumsi

Submitted by Lobzang Thukjor & Tanzin Angmo.  
Date of submission 25<sup>th</sup> September 2019

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6	མཚན་མུ།	<i>Artemisia sieversiana</i> Willd.	khenpa
7	ལྗིན་ལ་མཚན་མུ།	<i>Fragaria nubicola</i> Lindl	
8	ཚོ་ལ།	<i>Betula pendula</i>	White birch bark
9	མཚན་མུ།	<i>Parnassia nubicola</i> Wallich ex Royle	Parnassia
10	མཚན་མུ།	<i>Saxifraga unguiculata</i> engl.	
11	ལྗིན་ལ་མཚན་མུ།	<i>Halenia elliptica</i> D. Don	
12	ལྗིན་ལ།	<i>Silene ssetisperma</i> Majumdar	
13	མཚན་མུ།	<i>Silene tenuis</i> Willd.	
14	མཚན་མུ།	<i>Verbascum thapsus</i> L.	
15	ལྗིན་ལ།	<i>Hippophae rhamnoides</i>	Tarbu
16	མཚན་མུ།	<i>Myrica germanica</i>	Ombu
17	ལྗིན་ལ།	<i>Cupressus torulosa torulosa</i>	
18	མཚན་མུ།	<i>Dactylorhiza hotagirea</i>	Panja
19	ལྗིན་ལ།	<i>Anemone biflora</i> DC.	
20	ལྗིན་ལ།	<i>Ranunculus acris</i> L.	
21	ལྗིན་ལ།	<i>Rheum austral</i> D. Don.	Mushutsi
22	ལྗིན་ལ།	<i>Geranium wallichianum</i> Sweet	
23	ལྗིན་ལ།	<i>Pleurospermum tibeticum</i> Wolff.	
24	ལྗིན་ལ།	<i>Pedicularis</i> sp.	Louse wort
25	ལྗིན་ལ།	<i>Detum stramonium</i> Lina.	Thorn apple
26	ལྗིན་ལ།	<i>Polygonum macrophyllum</i>	
27	ལྗིན་ལ།	<i>Capsella bursa-pastoris</i>	
28	ལྗིན་ལ།	<i>Caltha palustris</i> L.	Cowslip
29	ལྗིན་ལ།	<i>Lepidium apetotum</i> Willd.	
30	ལྗིན་ལ།	<i>Iris kemaonensis</i> D.	
31	ལྗིན་ལ།	<i>Thalictrum virgatum</i> Hook.	Gold thread
32	ལྗིན་ལ།	<i>Fagopyrum esculentum</i>	
33	ལྗིན་ལ།	<i>Rosa webbiana</i> Wallich ex. royle	
34	ལྗིན་ལ།	<i>Morina longifolia</i> Wallich ex DC.	Morina
35	ལྗིན་ལ།	<i>Heracleum candicans</i> Wall.ex.DC.	



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36	ལྷ་མཚོ་ལྷོ་མ།	<i>Cynoglossum wallichii</i>	
37	ཐ་མཚོ་ལྷོ་མ།	<i>Drynaria quercifolia</i>	
38	ལྷ་མཚོ་ལྷོ་མ།	<i>Equisetum arvense</i>	
39	མཚོ་ལྷོ་མ།	<i>Galium aparine L.</i>	
40	ལྷ་མཚོ་ལྷོ་མ།	<i>Gentiana carinata Griseb.</i>	
41	ལྷ་མཚོ་ལྷོ་མ།	<i>Hackelia uncinatum Benth</i>	
42	ལྷ་མཚོ་ལྷོ་མ།	<i>Hutchinsia alpina</i>	
43	ལྷ་མཚོ་ལྷོ་མ།	<i>Impatiens balsamina</i>	
44	ལྷ་མཚོ་ལྷོ་མ།	<i>Juglans regia Linn.</i>	
45	ལྷ་མཚོ་ལྷོ་མ།	<i>Primula denticulate Smith</i>	
46	ལྷ་མཚོ་ལྷོ་མ།	<i>Quercus incana Roxb.</i>	
47	ལྷ་མཚོ་ལྷོ་མ།	<i>Rumex nepalensis Sprengel</i>	ལྷ་མཚོ་
48	ལྷ་མཚོ་ལྷོ་མ།	<i>Carum corvi L.</i>	Jangli zeera
49	ལྷ་མཚོ་ལྷོ་མ།	<i>Chenopodium album</i>	

- Collected five different types of herbs which could be of use for Ludup Pharmaceutical Unit of Sowa-Rigpa, CIHTS and the requirement was instructed by the HOD Sowa-rigpa. The herbs collectively weighing above 4kg submitted at Lundup Pharmaceutical Unit are listed below in the table:

S.No.	Herbs	Dry Weight (gm)	Raw weight(gm)
1.	ལྷ་མཚོ་ལྷོ་མ།	1650 gm	3650gm
2.	ལྷ་མཚོ་ལྷོ་མ།	1647gm	3647gm
3.	ལྷ་མཚོ་ལྷོ་མ།	310 gm	910gm
4.	ལྷ་མཚོ་ལྷོ་མ།	200gm	800gm

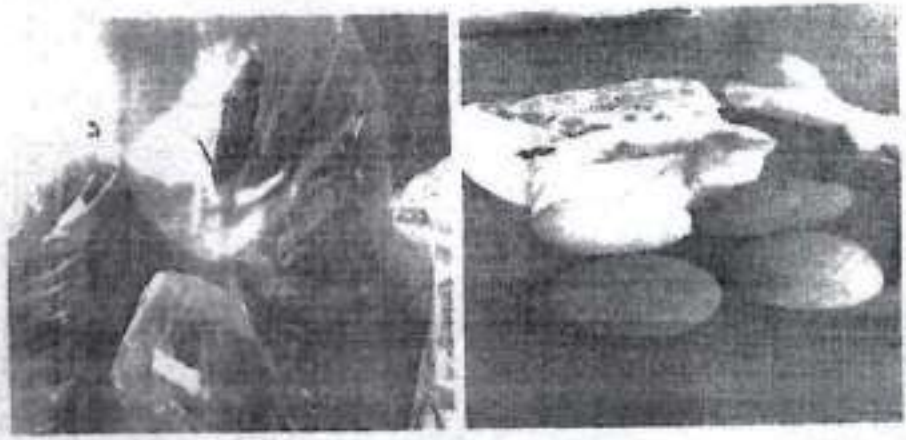
  
 ལྷ་མཚོ་ལྷོ་མ།/REGISTRAR  
 རྒྱལ་ཁྲིམས་ལྷོ་མཚོ་ལྷོ་མ།  
 Central Institute of Higher Tibetan Studies  
 རྒྱལ་ཁྲིམས་ལྷོ་མཚོ་ལྷོ་མ།/Deemed University  
 ལྷ་མཚོ་ལྷོ་མ།, ལྷ་མཚོ་ལྷོ་མ།/Sarnath, Varanasi

Submitted by Lobzang Thukjey & Tenzin Angmo.  
 Date of submission 26<sup>th</sup> September 2019

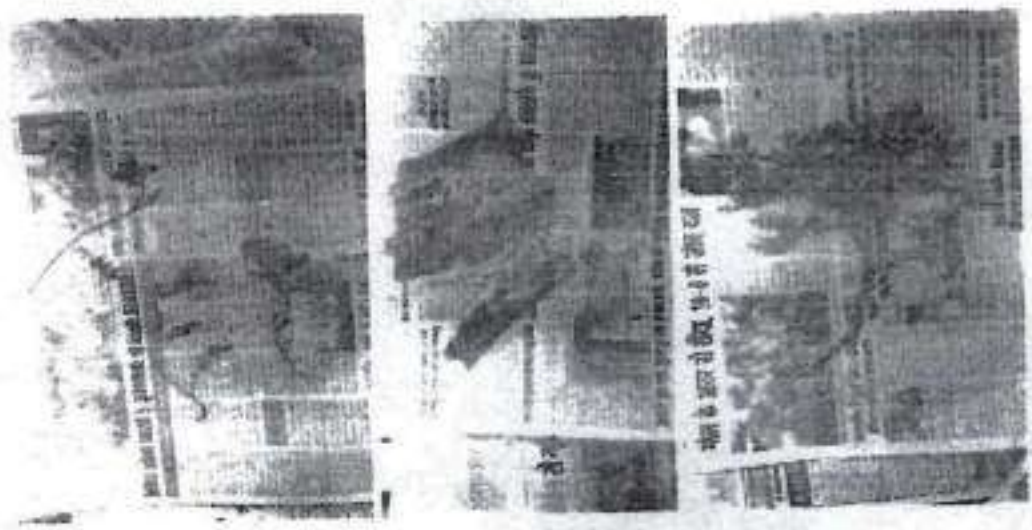




5.	མི་འཕྲི་མེ་དོག	290gm	890gm
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- We also brought four grinding stone specially picked from bank of Bagha river, Darcha, with each stone weighing upto 1.5kg and submitted in Ludrub Pharmaceutical Unit.
- Along with identifying herbs few herbarium sheets were prepared with herbs which were more available in those areas.



*Sheet*  
 རྒྱལ་ཁྲིམས་འཛིན་སྐབས་ཀྱི་འཛིན་སྐབས་ཀྱི་འཛིན་སྐབས་  
 Central Institute of Higher Tibetan Studies  
 སྤུང་ཁུངས་ལུང་ལུང་ལུང་ལུང་  
 Saranath, Varanasi



Submitted by Lobzang Thukjay & Tenzin Angmo.  
 Date of submission 26<sup>th</sup> September 2019

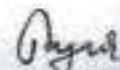



### ACKNOWLEDGEMENT

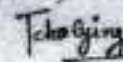
The project didn't success as expected but still it was a great life experience for us. We experienced hardship as well as learnt many new things about herbs, local Sowa-Rigpa practitioners, lifestyle of common people in the respective areas and many more. We are very thankful to our vice chancellor, Dean of Sowa Rigpa, HOD Sowa Rigpa for providing us the opportunity. Thank you very much for supporting us by approving our project proposal and providing us with requested expense that is Rs 50,000.00.


Thank you!

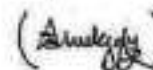
Yours sincerely

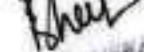
 Tanzin Angmo.

 Tenzin Phanthok.

 Tenzin Choeying.

 Nyima Lhazom.

 Lobzang Thukjay.  
(BSRMS 3rd year)

  
कुलसचिव/REGISTRAR  
केन्द्रीय उच्च तिब्बती शिक्षा संस्थान  
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साराण्य, बर्नाथ/Baranasi



Submitted by Lobzang Thukjay & Tanzin Angmo.  
Date of submission 26<sup>th</sup> September 2019