

Session 2021-22 –

Best Practice 1 – Opening OPD, Sowa Rigpa Hospital

Graciously responding to the invitation extended by the Institute, Honourable Minister of State (Independent Charge) Stamp and Court fee and Registration Department, Government of Uttar Pradesh, Shri Ravindra Jaiswal, visited Central Institute of Higher Tibetan Studies, Sarnath, Varanasi on February 6, 2021 from 3 to 5 pm. He inaugurated the OPD (Outer Patient Department) of Sowa-Rigpa Hospital established under COVID protocol at the entrance of the Institute along with Honourable Vice Chancellor of the Institute Professor Ngawang Samten. The Sowa-Rigpa Hospital of the Institute has its permanent OPD in the hospital premises which proactively served to the patient by providing the on-line and telephonic consultation during lockdown period. Keeping in view the COVID protocol, an extension of this OPD was established at the entrance of the Institute. Hon'ble Minister also visited the Shantarakshita library, Sowa-Rigpa Hospital and other departments of the Institute during his visit.

Addressing the officials of the Institute, he acknowledged the progressive efforts made by CIHTS for the service of humanity and applauded the objective of the Institute to preserve and disseminate Tibetan language, culture and tradition. "The Institute exhibits the glorious tradition of Tibet, specially its rich heritage of Sowa-Rigpa, and stands as a bastion of excellence and service", the minister added. He appreciated the efforts of the Institute towards the excellence of education and research. The honourable Vice Chancellor of the institute Professor Ngawang Samten felicitated the honourable minister and foregrounded the increasing popularity of Sowa-Rigpa medicinal system because of its unfailing capability to cure various chronic diseases across India. "With the research-oriented approach, we will be able to extend our services for the greater humanity with excellent results," he concluded. Shri Deendayalji, the renowned social worker; the registrar, Dr. R. K. Upadhyay; Professor Lobsang Tenzin, Professor Tashi Tshering, Dr. Tashi Dawa, Dr. Damdul, Shri Rajesh Kumar Mishra, Dr. Arun Kumar Rai and other officials of the Institute were present during the visit.

https://www.cihts.ac.in/admin/upload/documents/event_activities/Rajya%20Mantri%20Visit%20to%20CIHTS.pdf

Best Practice 2 – Sowa Rigpa Medicine and Distribution

To mark the successful and glorious 25 years of its establishment, the Department of SowaRigpa, Central organized a two-day Sowa-Rigpa Research Symposium from 29-30th April, 2019. A deeply research oriented symposium can be seen as an extension of complementing the Golden Jubilee Celebrations of

CIHTS. The institute was privileged to receive Mrs. Anita Das, Former Secretary, Ministry of Ayush as Guest of Honor and Professor Virendra Chauhan, President, NAAC as the Chief Guest for the opening ceremony.

The department organized presentations on various aspects of Sowa-Rigpa at Shantarakshita Central Library of the Institute. Celebrating the Silver Jubilee of Sowa-Rigpa Department the symposium proved a stepping stone and launching pad for Sowa-Rigpa medical science as a transformative power from 'Science of Healing' to 'Science of Tomorrow'.

In the form of quintessential gist of two-days research-oriented deliberation, a panel discussion on the topic of 'Future Research Challenges in Sowa-Rigpa and Syllabus Design for UG & PG Courses' was organized. The panel showed a deep concern and expressed an immediate need to update and corroborate the modern and latest teaching and research methodological tools in the syllabi of higher studies and research for SowaRigpa studies. The panel also expressed the need to celebrate the interdisciplinary intersections between Ayurveda and Sowa-Rigpa as well as various alternative science of healing from various other countries of the world. All of them also talked about the empowering pedagogical methods in the class room and shared their personal experiences related with learning, teaching and research. The exchange programs were specifically mentioned by all of them to promote the Tibetan Science of Healing to serve the common humanity on a larger scale.

https://www.cihts.ac.in/admin/upload/documents/event_activities/Sowa_Rigpa_Research_Symposium.pdf