



केन्द्रीय उच्च तिब्बती शिक्षा संस्थान, सारनाथ, वाराणसी  
༄༅། །དབུས་བོད་ཀྱི་ཆེས་མཐོའི་གཙུག་ལག་སློབ་གཉེར་ཁང་། སྐར་རྒྱལ་ ལྷན་ཁྲིམས།  
CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**15 days Induction Program for Sowa-Rigpa Professional First Year  
For the Academic Year 2024-2026 (18 Months)**

**First Day, Transitional Curriculum  
1<sup>st</sup> October 2024**

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Tsering Tsamchoe & SSC Members

<b>Inaugural Function/Induction Program (09:00 A.M. to 12:00 P.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	Address by Hon'ble Vice Chancellor, Prof. Wangchuk Dorjee Negi.	Vice Chancellor, CIHTS, Sarnath, Varanasi	30 mins.
2.	Address by Registrar Madam, Dr. Sunita Chandra	Registrar, CIHTS, Sarnath, Varanasi,	30 mins.
<b>Break (10:00 A.M. to 12:00 P.M.)</b>			
3.	Institutional Profile	Dean, Faculty of Sowa-Rigpa	30 mins.
4.	Opinions of Senior Students	1. Internship Student	35mins.
		2. BSRMS IV	
		3. BSRMS III	
5.	Parent Interaction, Information and Instructions	Parent /Students Relative	15 mins.
6.	Interaction with Teaching Faculty Members of the 1 <sup>st</sup> Profession	Faculty of Sowa Rigpa, CIHTS, Sarnath	40 mins.
<b>Lunch Break (12:00 P.M. to 02:00 P.M.)</b>			
<b>First Session (02:00 P.M. to 02:30 P.M.)</b>			
1.	<b>Pre-Test</b> (Google Forms)	Dr. Wangyal Dorjee, Faculty of Sowa-Rigpa	30 mins
<b>Second Session (02:30 P.M. to 04:00 P.M.)</b>			
2	<b>Know Your Campus:</b> 1. Visit Entire Campus, Infrastructure, Facilities and Sowa Rigpa Faculty 2. Organogram of the Institute/College/University	Mr. Migmar Tsering (SSC President)	60 mins.
		Dr. Jampa Choephel, Assistant Professor	30 mins.
<b>Third Session (04:00 P.M. to 05:00 P.M.)</b>			
3.	<b>Know Your Campus:</b> 1. Introduction of CIHTS Faculties	Ven. Geshe. Ngawang Tenphel, Dean Student Welfare, CIHTS	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Second Day, Transitional Curriculum**

3<sup>rd</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Dawa Tsering & SSC Members

**First Session (06:00 A.M. to 7:00 A.M.)**

Sl. No.	Title	Speaker	Timing
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Dr. Ramesh Chandra Negi, Associate Professor	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Orientation Lecture:</b> Orientation to Learning Methods: 1. Examination Strategies	Shri. Sunil Kumar, Assistant Registrar, I/c Exam	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Shri. Nirankar Pandey, System Manager ICT	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Shri. Nirankar Pandey, System Manager ICT	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Orientation Lecture:</b> An Introduction to Secular Ethics.	Prof. Dr. W.D. Negi, Vice Chancellor, CIHTS	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Personality Development &amp; Recreation</b> Stress Management & Yoga therapy.	Dr. Arun Kumar Rai. Assistant Professor, DSR	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Third Day, Transitional Curriculum**

4<sup>th</sup> October 2024

Venue: PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

Co-Ordinator: Dr. Chemi Dolker & SSC Members

First Session (06:00 A.M. to 7:00 A.M.)			
Sl. No.	Title	Speaker	Timing
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Dr. Ramesh Chandra Negi, Associate Professor	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
Second Session (08:00 A.M. to 09:00 A.M.)			
2.	<b>Motivational Lectures:</b> The Importance of <i>Rigs Pa'igNas lNga</i> (Five Major Science of Tibetan Studies)	Shri Shaho Tamdin, Lecturer, Department of Tibetan History	60 mins.
Third Session (09:00 A.M. to 10:00 A.M.)			
3.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Shri Nirankar Pandey, System Manager ICT	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
Fourth Session (10:30 A.M. to 11:30 A.M.)			
4.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Shri Nirankar Pandey, System Manager ICT	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
Fifth Session (02:00 P.M. to 03:00 P.M.)			
5.	<b>Bhoti Language Orientation &amp; Spoken Bhoti</b> Bhoti Language Orientation	Ven. Lobsang Choedak, Lecturer, Department of Tibetan Language and Literature	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
Six Session (03:30 P.M. to 04:30 P.M.)			
6.	<b>Personality Development &amp; Recreation</b> Health Awareness, Fitness and Hygiene	Dr. Tenzin Shenphen, PT of CIHTS	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Fourth Day, Transitional Curriculum**

5<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Dr A. K. Rai & SSC Members

**First Session (06:00 A.M. to 7:00 A.M.)**

Sl. No.	Title	Speaker	Timing
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Dr. Ramesh Chandra Negi, Associate Professor	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Motivational Lectures:</b> Importance of Bodhicitta in Medical Profession	Prof. Lobsang Tenzin, Senior Professor of Sowa-Rigpa	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Shri Nirankar Pandey, System Manager ICT	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Shri Nirankar Pandey, System Manager ICT	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Exploration into the world of translation: with special reference to Ayurvedic Text into Tibetan</b>	Dr. Dawa Sherpa, Guest Faculty of Sowa-Rigpa	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Sixth Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Orientation Lecture:</b> Personal Health and Hygiene	Dr. Chemi Dolker, Assistant Professor of SR	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Fifth Day, Transitional Curriculum**

7<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Lodo Munsel & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Dr. Ramesh Chandra Negi, Associate Professor	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Motivational Lectures:</b> Output and Achievements of CIHTS	Prof. Jampa Samten, Professor of Tibetan History, Department of Tibetan History	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Orientation Lecture:</b> Sowa-Rigpa's National and International Job Opportunities & Entrepreneurship	Dr. Karma Chodon, Assistant Professor CIHTS, Sarnath, Varanasi	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Orientation Lecture</b> Institutional Official and Roles in Hierarchy	Dr. Sunita Chandra, Registrar, CIHTS	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Demonstration of Procedures:</b> Library Related and Internet Related	Dr. R. K. Mishra, Documentation Officer, Shantarakshita Library, CIHTS	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Bhoti Language Orientation &amp; Spoken Bhoti</b> Bhoti Language Orientation	Dr. Lhakpa Tsering, HoD, Department of Tibetan Language and Literature	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Sixth Day, Transitional Curriculum**

8<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Tenzin Delek & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Dr. Ramesh Chandra Negi, Associate Professor	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Motivational Lectures:</b> Four Commitments of H.H. the XIV Dalai Lama	Dr. Jamyang Dhondup, Lecturer, Department of Tibetan History	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Orientation Lecture:</b> Rules and Regulation of the Campus, and Code of Conduct	Dr. Dechen Wangmo, Girl's Hostel Warden	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Demonstration of Procedures:</b> Office Related, Leave Related, Campus Behaviour, Availing Health Care Facilities, and etc.	Dr. Ngawang Tenphel, DEAN of Student	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Bhoti Language Orientation &amp; Spoken Bhoti</b> Spoken Bhoti 1	Dr. Lhakpa Tsering, HoD, Department of Tibetan Language and Literature	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Orientation Lecture:</b> Gender Sensitization	Dr. Karma Sonam Pelmo, Research Assistant, Dictionary Unit	60 mins.



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**Seventh Day, Transitional Curriculum**  
9<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Tashi Dawa & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Dr. Ramesh Chandra Negi, Associate Professor	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Orientation Lecture:</b> An Introduction to Mindfulness Training.	Khenpo Ugyen Jampa	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Orientation Lecture:</b> An Introduction to Sowa Rigpa Medical Astrology.	Dr. Jampa Chopel, Associate Professor, Department of Bhot Jyotish	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Orientation Lecture</b> An Introduction to Various Medical Systems	Dr. Karma Chodon Assistant Professor, CIHTS	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Bhoti Language Orientation &amp; Spoken Bhoti</b> Spoken Bhoti 2	Dr. Lobsang Dhondhen, Guest Faculty, Department of Tibetan Language and Literature	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Personality Development &amp; Recreation</b> Yoga	Dr. Arun Kumar Rai. Assistant Professor, DSR	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Eighth Day, Transitional Curriculum**

10<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Lodoe Munsel & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Khenpo Ugyen Jampa	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Know Your Campus:</b> Units (Translation/Restoration/Dhurlab/Publication)	Prof. Pema Choeden, Publication In-charge	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Orientation Lecture:</b> Introduction of Bon-Sampradya	Geshe Phuntsog Nyima, HoD, Bon-Sampradya	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Orientation Lecture:</b> Orientation to Learning Methods: 1. Time Management	Prof. Lobsang Tenzin, Professor, DSR	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Orientation Lecture</b> Introduction of Kagyud Sampradya	Dr. Mehar Singh Negi, HoD, Kagyud Sampradya	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Orientation Lecture</b> Introduction of Sakya Sampradya	Khenpo Dakpa Sengye, HoD, Sakya Sampradya	60 mins.





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**Ninth Day, Transitional Curriculum**

11<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. A. K. Rai & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Khenpo Ugyen Jampa	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Orientation Lecture:</b> Orientation to Learning Methods: Self-Learning & Collaborative Learning	Dr. Dorjee Kyab, Department, CIHTS	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Orientation Lecture:</b> Orientation to Learning Methods: Life Long Learning Strategies	Geshe Tenzing Norbu, HoD, Moolshastra	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Motivational Lectures:</b> Traditional Study in Modern World	Dr. Tenzin Namgang, Lecturer, CIHTS	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Orientation Lecture</b> Sowa Rigpa's National and International Reach, Higher Education in Sowa Rigpa	Dr. Tashi Dawa, HoD, Sowa Rigpa Department	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Personality Development &amp; Recreation</b> Role of AYUSH, NCISM, CCTM, NEET	Dr. Tsering Tsamchoe, Assistant Professor, DSR	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Tenth Day, Transitional Curriculum**

12<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Chime Dolker & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	Meditation and Mindfulness (Teaching and Practical)	Khenpo Ugyen Jampa	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Orientation Lecture:</b> Introduction of Gelug Sampradya	Dr. Ngawang Tenphel, HoD, Gelug Sampradya	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Orientation Lecture:</b> Introduction of Nyingma Sampradya	Khenpo Sanga Tenzin, HoD, Nyingma Sampradya	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Personality Development &amp; Recreation</b> Relaxation Techniques.	Mr. Tenzin Shenphen, PT of CIHTS	60 min.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Orientation Lecture:</b> Introduction of Tibetan Fine Arts	Shri Kunga Nyingpo, Lecturer, Fine Arts Department	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Sowa-Rigpa Literatures</b>	Dr. Nawang Kunchen, Faculty of Sowa-Rigpa	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Eleventh Day, Transitional Curriculum**

14<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Penpa Tsering & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Dr. Ramesh Chandra Negi, Associate Professor	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Orientation Lecture:</b> Role of students in Nation Building Process and Contribution to Global Health and Wellness	Dr. Mahesh Sharma, Assistant Professor, Department of English Language and Literature	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Orientation Lecture</b> National Health Status	Prof. Kishore Patwardhan, Professor of B.H.U	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Shri. Nirankar Pandey, System Manager ICT	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Personality Development &amp; Recreation</b> Recreational Activities	Dr. Jasmeet Gill, Guest Faculty, Department of English Language and Literature, CIHTS	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Orientation Lecture:</b> Orientation of Regulatory/Governing Bodies (AYUSH, GoI, NCISM, Affiliated Universities, State Commissionerate/Directorate, etc.) and Introduction of their Heads	Prof. Bhavana Dwivedi, DAUO, Varanasi Division	60 mins.

**Twelfth Day, Transitional Curriculum**



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

15<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Karma Tharchin & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Khenpo Ugyen Jampa	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Shri Nirankar Pandey, System Manager ICT	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Mr. Ojas Shandilya, System Manager ICT	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Computer Skill &amp; Apps Installation</b> Computer Basics, MS Office (MS Word, Power Point, Excel, etc.) Creation of E-Mail ID, E-Mail Correspondence, Internet Browsing, etc.	Mr. Ojas Shandilya, System Manager ICT	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Personality Development &amp; Recreation</b> Communication skills, Critical Thinking, Soft Skills, Empathy and Respecting Conduct, Confidence and Personal Growth, Speaking in Front of an Audience, etc.	Dr. Mahesh Sharma, Assistant Professor, Department of English Language and Literature	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Orientation Lecture:</b> ASUS Medical Systems and their Roles in Primary Health Care, Public Health, and Disease Prevention	Prof. Manish Mishra. State Ayurvedic College, Varanasi	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Thirteenth Day, Transitional Curriculum**

16<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. A. K. Rai & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Khenpo Ugyen Jampa	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Orientation Lecture:</b> Sowa-Rigpas National and international Reach, Higher Education in Sowa-Rigpa	Dr. Tashi Dawa, HoD, Sowa-Rigpa Department	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Computer Skill &amp; Apps Installation</b> Safety Apps Installation: 122 India; Mysafetipin; CitizenCOP; Himmat; Shake2safety; Raksh and Smart 24X7	Shri. Ojas Shandilya, Guest faculty, It Section	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Computer Skill &amp; Apps Installation</b> Safety Apps Installation: 122 India; Mysafetipin; CitizenCOP; Himmat; Shake2safety; Raksh and Smart 24X7	Shri. Ojas Shandilya, Guest faculty, IT Section	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Orientation Lecture:</b> Goals and Policies of National Health	Prof. Shalender Singh, Handia, Prayagraj	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Personality Development &amp; Recreation</b> Team Building Activities.	Dr. Mahesh Sharma, Assistant Professor, Department of English Language and Literature	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Fourteenth Day, Transitional Curriculum**

17<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. A. K. Rai & SSC

**First Session (06:00 A.M. to 7:00 A.M.)**

Sl. No.	Title	Speaker	Timing
1.	<b>Meditation and Mindfulness (Teaching and Practical)</b>	Khenpo Ugyen Jampa	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Basic Life Support:</b> Theoretical Explanation and Technique Demonstration	Dr. Vishnu, Principal of Nursing College	60 mins.
<b>Third Session (09:00 A.M. to 10:00 A.M.)</b>			
3.	<b>Basic Life Support:</b> Hands-on Training for all Students	Dr. Vishnu, Principal of Nursing College	60 mins.
Break (10:00 A.M. to 10:30 A.M.)			
<b>Fourth Session (10:30 A.M. to 11:30 A.M.)</b>			
4.	<b>Basic Life Support:</b> Sufficient Mannequins (one for each 15 students) or Models are to be Arranged for Enough Exposure and Practice	Dr. Vishnu, Principal of Nursing College	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fifth Session (02:00 P.M. to 03:00 P.M.)</b>			
5.	<b>Goal Setting:</b> How to Set Goals	Dr. Dorjee Damdul, Dean, Faculty of Sowa-Rigpa	60 mins.
Break (03:00 P.M. to 03:30 P.M.)			
<b>Six Session (03:30 P.M. to 04:30 P.M.)</b>			
6.	<b>Computer Skill &amp; Apps Installation</b> Safety Apps Installation: 122 India; Mysafetipin; Citizen COP; Himmat; Shake2safety; Raksh and Smart 24X7	Shri. Ojas Shandilya, Guest Faculty, IT Section	60 mins.



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CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES, SARNATH, VARANASI, U.P, INDIA

**Fifteenth Day Transitional Curriculum**

18<sup>th</sup> October 2024

**Venue:** PGRH Hall, Yuthog Sowa-Rigpa, Hospital, CIHTS, Sarnath, Varanasi

**Co-Ordinator:** Dr. Tsering Tsamchoe & SSC Members

<b>First Session (06:00 A.M. to 7:00 A.M.)</b>			
<b>Sl. No.</b>	<b>Title</b>	<b>Speaker</b>	<b>Timing</b>
1.	Meditation and Mindfulness (Teaching and Practical)	Khenpo Ugyen Jampa	60 mins.
Breakfast (07:00 A.M. to 08:00 A.M.)			
<b>Second Session (08:00 A.M. to 09:00 A.M.)</b>			
2.	<b>Bhoti Language Orientation &amp; Spoken Bhoti</b> Bhoti Language Orientation	Dr. LhakpaTsering, HoD, Department of Tibetan Lang. & Lit	60 mins.
Break (09:00 A.M. to 10:00 A.M.)			
<b>Third Session (10:00 A.M. to 11:00 A.M.)</b>			
3.	<b>Goal Setting:</b> Students Goal Setting	Dr. Dorjee Damdul, Dean, Faculty of Sowa-Rigpa Dr. Lodoe Munsel, Assistant Professor of Sowa-Rigpa Dr. Tenzin Delek, Assistant Professor of Sowa-Rigpa	60 mins.
Lunch Break (12:00 P.M. to 02:00 P.M.)			
<b>Fourth (02:00 P.M. to 03:00 P.M.)</b>			
4.	<b>Post-Test &amp; Feed Back:</b>	Dr. Wangyal Dorjee T.	60 mins.
<b>Fifth Session (03:00 P.M. to 04:00 P.M.) AP Guest House</b>			
5.	<b>Personality Development &amp; Recreation</b> Talent Show	President, SSC, Faculty of Sowa-Rigpa, CIHTS	60 mins
<b>Sixth Session: (04:00 P.M. to 05:00 P.M.)</b>			
6.	<b>Transitional Curriculum Conclusion Remarks:</b>	1. Dean, Faculty of Sowa-Rigpa & Bhot-Jyotish, CIHTS 2. HoD, Department of Sowa-Rigpa 3. Faculties, Sowa-Rigpa	60 mins.