

**Program of National Seminar on Sowa-Rigpa, 20<sup>th</sup>-22<sup>nd</sup> December 2024**  
**Central Institute of Higher Tibetan Studies, Sarnath, Varanasi**

<b>DAY ONE - Friday, 20.12.2024</b>		
<b>Inaugural Session-9.00 AM to 10.30 AM</b>		
09.00 AM - 09.05 AM	Lighting of Lamp by distinguished Guests/Dignitaries	
09.05 AM - 09.10 AM	Mangalacharan in Sanskrit by the students	
09.10 AM - 09.15 AM	Mangalacharan in Tibetan by the students	
09.15 AM - 09.20 AM	Offering of Khatak to the distinguished guests	
09.20 AM - 09.30 AM	Welcome and Keynote speech by the Dean	
09.30 AM - 09.40 AM	Speech by guest of honour, Dr. Tsewang Tamdin, Personal physician to His Holiness the Dalai Lama	
09.40 AM - 09.50 AM	Speech by Prof. Wangchuk Dorjee Negi, Honorable Vice Chancellor, CIHTS	
09.50 AM - 10.20 AM	Speech by Chief guest, Dr Jagannathan, President, Board of Unani, Siddha and Sowa Rigpa, NCISM, Ministry of Ayush, Government of India	
10.20 AM - 10.30 AM	Vote of Thanks by Dr. Sunita Chandra, Registrar, CIHTS	
10.30 AM - 10.35 AM	Photo Session	
<b>Tea Break-10.35 AM to 11.00 AM</b>		
<b>Session-I</b>		
<b>Time</b>	<b>Topic/Theme</b>	<b>Chairperson &amp; Speaker</b>
11.00 AM - 12.00 AM	Role of NCISM, BUSS & MSE, MSR	Speaker: Dr. K. Jagannathan Chairperson: Dr. Dorjee Damdul
12.00 AM - 01.00 PM	Management of Arthritis in Sowa-Rigpa	Speaker: Dr. Tsewang Tamdin Chairperson: Dr. Sonam Rinchen
<b>Lunch Break-01:00 PM to 02:00 PM</b>		
<b>Session-II</b>		
02.00 PM - 03.00 PM	Practical demonstration of Splint, Brace and cast in Sowa -Rigpa	Speaker: Dr. Tsering Norbu Chairperson: Dr. Dorjee Wangdue
03:00 PM - 4:00 PM	Inter-mediate state of mind after death ( <i>Thukdam</i> )	Speaker: Dr. Sunang Ngawang Jinpa Chairperson: Dr. Jampa Choephel
<b>Tea Break-4:00 PM to 04:15 PM</b>		
<b>Session-III</b>		
4:15 PM - 05.15 PM	Critical analysis on origin of " <i>Gurgum</i> "	Speaker: Dr. Dawa Tsering Chairperson: Dr. Tsering Norbu
<b>Dinner: 7:00 PM to 8:00 PM</b>		

<b>DAY TWO - Saturday, 21.12.2024</b>		
<b>Session-IV</b>		
08:30 AM - 09.30 AM	Understanding & management of Cancer in Sowa-Rigpa	Speaker: Dr. Dorjee Rapten Chairperson: Dr. Tsewang Tamdin
09:30 AM - 10.30 AM	Management of Psycho-somatic disease “gDon” of children in Sowa-Rigpa	Speaker: Dr. Sonam Rinchen Chairperson: Dr. Tsering Norbu
<b>Tea Break 10:30 AM to 11.00 NOON</b>		
<b>Session V</b>		
11:00 AM - 12.00 PM	Understanding and management of Filariasis in Sowa Rigpa	Speaker: Dr. Dorjee Damdul Chairperson: Dr. Jigme Migyure
12:00 AM - 01.00 PM	Understanding of bLa in Sowa-Rigpa & Astro-Science	Speaker: Dr. Jampa Choephel Chairperson: Dr. Sonam Rinchen
<b>Lunch Break, 01:00 PM to 02:00 PM</b>		
<b>Session-VI</b>		
02.00 PM - 03.00 PM	UGC & CIHTS Research programme, Sowa-Rigpa and Narrative Medicine	Speaker: Dr. Mahesh Sharma Chairperson: Dr. Arun Kumar Rai
03:00 PM - 4:00 PM	Practical management of Spondylitis in Sowa-Rigpa	Speaker: Dr. Dorjee Wangdu Chairperson: Dr. Tsering Tsamchoe
<b>Tea Break-4:00 PM to 04:15 PM</b>		
<b>Session-VII</b>		
04:15 PM - 05:15 PM	Analysis on efficacy of Sowa-Rigpa Medicine in Menopause	Speaker: Dr. Chime Dolker Chairperson: Dr. Rigzin Sangmo
<b>Dinner: 7:00 PM to 8:00 PM</b>		

<b>DAY THREE – Sunday, 22.12.2024</b>		
<b>Session-VIII</b>		
8:30 AM - 9.30 AM	Practical application of Channel Cleansing in Sowa Rigpa	Speaker: Prof. Lobsang Tenzin Chairperson: Dr. Ngawang Jinpa
9:30 AM -10.30 AM	Safety and Efficacy of Traditional Tibetan Medicine in patients with Generalize Anxiety disorder (GAD)	Speaker: Dr. Rigzin Sangmo Chairperson: Dr. Dorjee Rabten
<b>Tea Break 10:30 AM to 11.00 AM</b>		
<b>Session-IX</b>		
11:00 AM - 12.00 PM	Management of Anemia in Sowa-Rigpa	Speaker: Dr. Jigme Migyure Chairperson: Dr. Karma Tharchin
12:00 AM - 01.00 PM	Unique feature of Sowa-Rigpa	Speaker: Dr. Dorjee Rabten Chairperson: Dr. Lobsang Tenzin
<b>Lunch Break, 01:00 PM to 02:00 PM</b>		
<b>Session-X</b>		
02.00 PM - 03.00 PM	Scientific writing for Research scholars	Speaker: Dr. J. S. Tripathi Chairperson: Dr. A.K Rai
03:00 PM - 4:00 PM	Management of leucorrhoea in Sowa-Rigpa System of Medicine	Speaker: Dr. Karma Chodon Chairperson: Dr. Rigzin Sangmo
<b>Tea Break-4:00 PM to 04.30 PM</b>		
<b>Valedictory Session 4.30 PM to 5.15 PM</b>		
04.30 PM - 04.40 PM	Feedback Speech by any of the three participants	
04.40 PM - 04.50 PM	Certificate Distribution by the Chief guest to all the Participants	
04.50 PM - 04.55 PM	Speech by Dr. Tsering Norbu, Culture Director, Mentseekhang, Dharamsala	
04.55 PM - 05.00 PM	Speech by Dr. Sunita Chandra, Registrar of the Institute	
05.00 PM - 05.05 PM	Speech by Prof. Wangchuk Dorjee Negi, Honorable Vice Chancellor	
05.05 PM - 05.10 PM	Address by Chief Guest, Prof. P. K. Goswami, Dean, Faculty of Ayurveda, BHU	
05.10 PM - 05.15 PM	Vote of thanks by Dr. Himanshu Pandey, Deputy Registrar of the Institute	
<b>Dinner - 7:00 PM to 8:00 PM</b>		