

**The National Institute of Sowa-Rigpa (NISR), Leh, inaugurated a three-days Reorientation Training Program for Sowa-Rigpa practitioners, bringing together eminent personalities from the field of Sowa-Rigpa medicine, public health, and holistic wellness.**

Leh, August 5, 2025: The National Institute of Sowa-Rigpa (NISR), Leh, inaugurated a three-days Reorientation Training Program for Sowa-Rigpa practitioners, bringing together eminent personalities from the field of Sowa-Rigpa medicine, public health, and holistic wellness.

The program was inaugurated in the presence of Dr. Ashok Kumar Varshney, National Organizing Secretary of Arogya Bharti, who graced the occasion as the Chief Guest. Other dignitaries present as a guest of honor included Dr. Tsetan Dorji Sadutshang, personal physician to His Holiness the 14th Dalai Lama; Dr. Phuntsog Angehuk, former Director of AYUSH, J&K; and Shri Sanjeevan Kumar, Regional Coordinator, Arogya Bharti (North and Rajasthan).

The Welcome address was delivered by Dr. Tsewang Dhondup, Assistant Professor, NISR. Dr. Padma Gurmet, Director, NISR, in his Keynote address, provided an overview of the Sowa-Rigpa system of medicine, the vision and work of the institute, and elaborated on the Tribal Health Care Research Project (THCRP) under which the training is being organized. He reiterated the importance of scientific training and orientation in preserving the authenticity of Sowa-Rigpa while ensuring its relevance in contemporary healthcare settings.

In a compelling and insightful talk, Dr. Tsetan Dorji Sadutshang stressed on the importance of integrative learning between allopathy and Sowa-Rigpa. He advocated for a mutual exchange of knowledge and techniques, ensuring better patient outcomes through cross-system understanding.

Dr. Ashok Kumar Varshney, National Organizing secretary, Arogya Bharti, emphasized the common goal underpins all traditional systems of Indian medicine, including Ayurveda, Siddha, Unani, and Sowa-Rigpa. He highlighted how these traditions focuses more on preventive health measures than curative ones, promoting a holistic and lifestyle-based approach to wellness. He also praised the initiative as a vital step in strengthening India's indigenous health systems.

This three-day reorientation program aims to enhance the clinical skills, diagnostic knowledge, and practical understanding of Sowa-Rigpa practitioners. The sessions will include lectures, case study discussions, and interactive demonstrations led by experienced Training scholars and physicians. The event concluded with a vote of thanks by Dr. Tashi Stobgais, Associate Professor.



