

**A two-day Orientation and Training Programme under the National AYUSH Mission, Leh, was successfully conducted in collaboration with the Sowa-Rigpa Medical College & Hospital and the Central Institute of Buddhist Studies (CIBS), Choglamsar, Leh, on 27th and 28th April, 2026.**

The programme commenced on 27th April, 2026, with an inaugural session graced by the Chief Guest, Prof. Rajesh Ranjan, Vice Chancellor, CIBS. The session began with ceremonial lamp lighting and prayers, followed by welcome addresses and keynote speeches delivered by Dr. Tashi Thinlas, Director Health Services/AYUSH, Dr. Thinles Yangjor, Dean, Sowa-Rigpa Medical College & Hospital, CIBS, and the State Programme Manager, NAM, Leh, UT Ladakh.

The first day featured a series of technical sessions focusing on important public health issues, including the harmful effects of junk food, essentials of childbirth care, hygiene and biomedical waste management, Basic Life Support (CPR), and mental health awareness. These sessions were conducted by modern medicine experts from SNM Hospital, Leh.

The second day focused on preventive and promotive healthcare, with sessions covering yoga and physical exercise for school children, initiatives under the National AYUSH Mission, healthy lifestyle practices, school health awareness planning, adolescent health, and addressing misinformation in healthcare. These sessions were delivered by Sowa-Rigpa experts from CIBS and the medical team from PHC Chuchot.

The concluding session of the programme was graced by Dr. Dolma Chuskit, Deputy Director of Health Services, UT Ladakh, and Dr. Tsering Palmo, District Tuberculosis Officer, Leh. Prior to the valedictory session, both officers visited the Sowa-Rigpa Medical College & Hospital, CIBS, UT Ladakh, and took a detailed tour of the Sowa Rigpa Hospital, CIBS, Choglamsar.

The programme concluded with a valedictory session addressed by Dr. Dolma Chuskit, Deputy Director of Health Services, UT Ladakh. In her address, she emphasized the importance of tackling diseases such as tuberculosis and guided the newly appointed Medical Officers on the principles of patient care, highlighting compassion, responsibility, and the need to provide effective support to those in need.

The training programme aimed to strengthen the knowledge and practical skills of the participants while promoting holistic health awareness and community well-being through the principles of AYUSH and Sowa-Rigpa.



