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1. HIV/AIDS AWARENESS PROGRAMME

1st December is world Aids day. To raise public awareness on the spread & prevention of HIV/ AIDS, the Central Council of Tibetan Medicine, in collaboration with the Regional Tibetan Youth Congress & Regional Tibetan Women's Association, Dharamsala, organized a program titled "RUN FOR AIDS" on the World Aids Day 2007, at Tsug-lag-khang in McLeod Ganj, Dharamsala.

The CCTM was strongly inspired by H.H. The Dalai Lama's recent talk on HIV/AIDS in the Tibetan Community, in which he outlined the importance of making the public aware of this dreadful disease.

Chief guest Mr. Paljor Tsering Chope, Health Minister, CTA, inaugurated the program by lighting the lamp. The president of RTYC, RTWA, the Tibetan welfare officer, the Principal of Tibetan Transit School and a representative from Tibet Charity were present on the occasion.

Dr. Thokmay Paljor, Secretary of CCTM gave a keynote speech on HIV/AIDS. In his speech, he affirmed that AIDS is one of the most deadly killers in the world today and since there is no cure available for the disease, prevention is the only solution. He briefly shared his extensive knowledge on AIDS and its symptoms with special emphasis on the different means through which the disease spreads.

In his speech, the Hon. Health Minister Mr. Paljor Tsering Choepo reminded the public about the need of creating intense awareness on HIV/AIDS in the Tibetan Community. He further stressed the importance of prevention in case of this disease and declared that the Department of Health, CTA will take the necessary steps to create awareness of the disease in the Tibetan Community.

Seventy-eight participants took part in the “RUN FOR AIDS” mini-marathon race. Most of the participants were students from Sherab Gatsel Lobling, Khanyara. Banners with clear messages were put on various places and T-Shirts with various slogans were distributed to the participants and voluntary staff. Voluntary staff deputed to various places in the McLeod Ganj area distributed pamphlets and condoms to the public, put on red ribbons, and maintained a smooth traffic flow during the race. The race was flagged off by the Chief Guest and went from the Tsuglagkhang to Bhagsunath via McLeod main street and back. The representative of Tibet Charity, Dharamsala, Mrs. Tsering Lhamo awarded the prizes and certificates to the winners of the boys and girls category.

Although the “RUN FOR AIDS” program was held in the small town in Dharamsala, the account of its importance and message reached far and wide through extensive media coverage. This event would not have been successful without the financial support from Tibet Charity, Dharamsala and we would here like to thank Tibet Charity wholeheartedly for the generous support.

2. Fourth anniversary of the Central Council of Tibetan medicine

The Central Council of Tibetan Medicine formally inaugurated its fourth founding anniversary on 5th January 2008 at Men Tsee Khang conference hall . Dr. Dorjee Rabten Neshar, Chairman of the Central Council of Tibetan medicine, delivered his introductory speech, warmly welcoming Mr. Namgyal Tsering, Chief Justice, Central Tibetan Administration, Mrs. Dolma Gyari, Deputy Chairman ATPD, Mr. Pema Dadul, Secretary, Department of Health, (CTA) Dr. Dawa, Director Men Tsee Khang, Dr. Namgyal Tsering, Deputy Director Men Tsee Khang, Mr. Dawa Phunkeyi, Director, Delek Hospital, followed by the presentation of an annual work report of the Central Council of Tibetan Medicine. In his concluding note, he stressed the importance of the establishment and survival of the Central Council of Tibetan medicine for the preservation and promotion of Tibetan medicine and the need of a lasting financial source.

Mrs. Dolma Gyari briefly elucidated the various courses of action related to how and why the Central Council of Tibetan medicine came into existence. She further asserted that CCTM should continue to work hard for seeking legal recognition of Tibetan medicine from Government of India.

Chief Guest, Mr. Namgyal Tsering in his speech strongly supported the CCTM Chairman's stand and appealed to all the practitioners of Tibetan medicine to work unitedly and tirelessly to achieve the common objectives.

3. National Conference-cum-Workshop on Tibetan Medicine

The Central Council of Tibetan medicine (CCTM) and Men Tsee Khang (Tibetan Medical and Astro. Institute) Dharamsala jointly organized a five day "National Conference-cum-Workshop on Tibetan Medicine" in Dharamsala. The historic event was held at Men Tsee Khang hall from 24th – 28th March 2008.

The first two days of the conference were focused on the theoretical deliberation in English language followed by workshops and policy related issues in Tibetan language. The conference began with a formal inaugural ceremony presided over by Prof. Ngawang Samten, Director, Central Institute of Higher Tibetan Studies, Sarnath, distinguished guests, eminent scholars and physicians of Ayurveda, Tibetan Medicine, allopathic medicine, students and interested staff. After lighting the lamp, the Chief guest inaugurated "Sowa Rigpa - The Tibetan Medical System", the first book published by CCTM. The keynote speakers and resource persons were then introduced and received traditional Khata from the Chief guest and applause from the participants. Dr. Dorjee Rabten Neshar, Chairman of CCTM, while highlighting the aims and objectives of holding the historic conference, emphasized the need to exchange expert ideas among different medical systems, importance about the knowledge on the latest breakthroughs in clinical and drug research, to develop theoretical knowledge and practical skills of young practitioners and to discuss an action plan to improve the quality and standardization of medicine. He further added that such conference could, in the future, bring all the practitioners of Tibetan medicine closer together and create a common platform to solve common problems. Simultaneously, it will help preserve and promote Tibetan medicine. Dr. Dawa, Director, Men Tsee Khang, reminded the listeners about the first international conference on Tibetan medicine at Samye, Tibet in the 7th Century. He stressed that such a conference will help preserve the world's oldest traditional medical system, and encourage its practitioners to help each other in serving humanity in a more effective way.

Chief guest, Prof. Ngawang Samten stated in his speech that Tibetan medicine is practically applicable, relevant and beneficial through all stages of history and in every class of society. It is the responsibility of our generation to restore and develop the precious Tibetan medical knowledge. Such gatherings and interactions upgrade the co-operations among the practitioners of Tibetan medicine, improve their theoretical knowledge and practical skills, and eventually help to preserve and develop the ancient Tibetan system of medicine.

It is for the first time that such a wide range of topics, presentations, and deliberations have been dealt with in a conference. Some of the interesting and important themes include the historical origin of Tibetan medicine, the outstanding achievements of Tibetan medicine in the West, the challenges of building bridges between the traditional health sciences and western biomedical sciences, understanding the principles and modalities of Ayurvedic treatment, Panchkarma, clinical studies and efficacy of Tibetan medicine, the relation between Tibetan Buddhism and Tibetan medicine, quality analysis of Tibetan medicinal substances, understanding the nature and principles of Tsa-Lhung, Medicine Buddha meditation, techniques and application of various external therapies, and understanding the techniques of Yoga.

In the evening of the final day of the conference, a formal closing ceremony was held. Mr. Paljor Tsering Choep, Minister of Health, Central Tibetan Administration, presided over the ceremony as the Chief guest. The keynote speakers and the resource persons were felicitated and awarded certificates and souvenirs. In all, there were 163 participants including 23 keynote speakers and resource persons, and there were thirty-two sessions. The historic event came to an end with a valedictory dinner at Gangchen Kyishong. Here, the members of the organizing committee would like to thank all the participants, distinguished guests, keynote speakers and the resource persons without whose support and co-operation this historic conference would not have been successful.

4. Panel of Experts meets on the Development of Tibetan medicine

The Central Council of Tibetan Medicine convened a meeting of experts and senior physicians of Tibetan medicine to discuss and find a means to develop the theory and practice of Tibetan medicine. The meeting was held at Tibetan Medical and Astro. College on 27th March 2008. Following are the resolutions passed during the meeting.

1. To establish a 'High Level Commission' comprising of experts and eminent physicians from the other traditional medical systems. The Commission will work toward achieving legal recognition of Tibetan Medicine from the Government of India.
2. The Central Council of Tibetan Medicine will develop educational standards of quality, a uniform educational syllabus and an universal degree system for all the Tibetan Medical Colleges and Universities registered under CCTM.
3. To urge the Health Department and Education Department of the Central Tibetan Administration to provide a separate annual budget for the CCTM for the preservation and promotion of Tibetan Medicine.
4. Tibetan Medicine is an integral part of Tibetan culture and Tibetan identity. The Tibetan Government in Exile should give high regard to this ancient medical system while giving equal recognition to both the modern medicine and Tibetan medicine.
5. The Central Council of Tibetan Medicine is an apex body of all the practitioners of traditional Tibetan medicine in Exile, established after the legal Act passed by the 13th Assembly of the Tibetan Peoples's Deputies, with the final approval by His Holiness the Dalai Lama. As such, the CCTM should receive official recognition from the Tibetan Government in Exile.
6. In order to increase familiarity with our medical tradition at the school level, the syllabus of Tibetan schools should include lessons on Tibetan medicine.

7. To organize conferences and seminars on Tibetan Medicine on an international level as often as possible and to educate young talented physicians by providing opportunities to interact with renowned international medical experts.
8. Members of the CCTM and senior physicians of Tibetan Medicine have to participate in all the national and international conferences and seminars on Tibetan Medicine.

5. Agenda and Resolution of the IXth General Session of CCTM

The IXth general session of the members of the Central Council of Tibetan Medicine was held in Dharamsala from 31st March to 4th April 2008. Following are the resolutions passed during the meeting.

1. Appointment of new co-ordinators.
 - a) Dr. Tenzin Norbu, CMO of Salugara branch clinic of Men Tsee Khang has been appointed as the new co-ordinator of the East zone.
 - b) Dr. Ngawang Thinlay of Shichen Clinic, Nepal has been appointed as the new co-ordinator of Kathmandu region, Nepal.
2. Delay in the implementation of the last resolution
 - a) Amendment of the Registration Certificate of Tibetan Medicine Practitioners
 - b) Standardization of Tibetan medical terminology in English.
3. Amendment on the Rules and Regulations of recognizing Tibetan Medical Colleges for Kachupa Degree.
 - a) In the 4th Clause, the revised content is “In addition to the standard facility available to the students, such as library, clinic, hospital hall, pharmaceutical unit and standard teaching materials, it is mandatory to have at least 10 medical students, 2 qualified Tibetan medicine teachers and 1 Tibetan language teacher.”
 - b) In the 7th Clause, the revised content is “Tibetan medicine teachers of the Tibetan medicine colleges should hold a standard Menpa Kachupa degree obtained from any of the medical colleges recognized by CCTM”.
4. Members of the Central Council of Tibetan Medicine unanimously awarded to the Tibetan Medical and Astrological College a permanent recognition as a standard Menpa Kachupa Degree College.
5. The Central Council of Tibetan medicine will organize medical camps, exhibition and lectures in India and abroad. Pune, Nasik, Mumbai and Ahmedabad are some of the Indian cities targeted for such events.
6. Before enacting a legal rule and regulation concerning Tibetan Medicine pharmacology, the draft will be discussed by all the concerned Tibetan medicine pharmacists. A collective viewpoints and suggestions, if any, will then be forwarded to the members of the High Level Committee comprising of experts on Tibetan medicine formulations from the Men Tsee Khang and those practicing privately. Finally, the CCTM will implement a legal rule and regulation regardnig Tibetan medicine pharmacology after a series of intense evaluations and consultations on the report of the High Level Commission.
7. In order to standardize the Syllabus for various degrees in Tibetan medicine, the CCTM will set up a High Level Syllabus Committee, comprised of medical and legal

experts. Members of the Committee will meet for five days right after the fifth anniversary of the Central Council of Tibetan medicine.

8. In response to the application received from the Director of Lo Kunphen Men Tsee Khang, Mustang, Nepal, the CCTM will send an investigating committee to the place only after Lo Kunphen Men Tsee Khang gives written assurance that it fulfills the required number of medical students, medicine teachers and Tibetan language teachers as per the requisite condition laid down in the rules and regulations for the recognition of a medical college.

9. In conjunction with the founding anniversary of the Central Council of Tibetan Medicine, two categories of award will be conferred after every three years. The two awards are: 1) Lifetime contribution for the promotion of Tibetan Medicine; 2) Outstanding contribution on the theoretical and practical aspects of Tibetan Medicine. In the next general session of CCTM, it will be discussed whether or not a separate award committee will be necessary for that.

10. The permanent staff of CCTM will enjoy the same pay structure and other benefits and allowances as enjoyed by the permanent staff of Men Tsee Khang of the same level of designation.

6. Tibetan Medical and Astrological College, Dharamsala gets Permanent recognition

An investigation committee comprising of the Tibetan Welfare Officer and members of Central Council of Tibetan Medicine was constituted to inspect the infrastructure and functioning of the Tibetan Medical and Astrological College Dharamsala. The investigation committee visited the College on 2nd April 2008 and inspected the entire sections including the museum, library, pharmacy unit and the academic section. Based on the encouraging report of the investigation committee, and being one of the earliest Tibetan medical college in Exile with an exemplary academic record, members of the CCTM unanimously resolved to give the Tibetan Medical & Astrological College of Men Tsee Khang, Dharamsala, a permanent certificate as a recognized Kachupa degree college. In this connection a formal function was held in the Men Tsee Khang hall on 4th April 2008. It was presided by the Chief guest, Kungo Topgyal la, additional secretary, Department of Health, CTA, the members of the CCTM including Chairman and Vice-Chairman, Dr. Dawa, Director, Men Tsee Khang, Dr. Tsewang Tamdin, Principal, and lecturers and students of Tibetan Medical & Astrological College. The Chief guest awarded the Certificate of Permanent Recognition to the Principal of the College and with this, the Tibetan Medical & Astrological College, Dharamsala, became a fully recognized Menpa Kachupa Degree College in Exile. At the same function, CCTM temporarily authorizes the Tibetan Medical and Astrological College, Dharamsala, for a period of three years, to conduct examinations and award the Menrampa Chungwa degree to any physician irrespective of whether the applicant is from Men Tsee Khang or not.

7. CCTM's first book released

In conjunction with the opening ceremony of the National Conference-cum-Workshop on Tibetan Medicine held at Men Tsee Khang on 24th March 2008, a book titled 'Sowa Rigpa – The Tibetan Medical System' was inaugurated by the Chief Guest, Prof. Ngawang Samten, Director of the Central Institute of Higher Tibetan Studies, Sarnath. The book features the historical origin of Tibetan Medicine, the

concepts of Tibetan Medicine, principles of compounding Tibetan Medicine, the infrastructure and academic state of the Tibetan medical colleges and institutions registered by the CCTM, and the details of the registered practitioners of Tibetan medicine. The book is of standard length, attractively designed, covers useful information, and is priced at Rs. 125. Any enquiry related with the purchase of the book can be made by phone or by email to the office of the Central Council of Tibetan Medicine.

8. Membership Fees

Currently, the CCTM is in its infancy stage and in order to conduct day-to-day operations of the CCTM and to execute important projects at hand, aimed at preserving and promoting the traditional Tibetan Medicine, CCTM needs urgent funding. One of the means to maintain a continuous source of funding is from the fees received from the registered members of the CCTM. As per the resolution passed during the VIIth general session of CCTM, it was made mandatory for all the registered members of CCTM to contribute an annual membership fees to CCTM. Through this means, we request all the registered Tibetan Medicine practitioners to submit the membership fees to the Central Council of Tibetan Medicine through the designated regional coordinators. Following is the names and contact address of the coordinators.

S. No.	Name	Place	Address
1.	Thupten Thapkhey	Spiti	The Spiti Board of Amchi Sang Kaza 172114 Distt.Lahoul & Spiti Himachal Pradesh India Tel:01906-222520(off.) Mobile:094183-91334
2.	Karma Tsultrim	Kullu	Village Rangyo P.O.Darchen Sumdo Tehsil Keylong Distt Lahoul & Spiti (H.P) India Mobile:09418281835
3.	Shakya Gyaltsen	Itanagar	Men-Tsee-Khang TibetanMedical& Astro. Institute Branch Cilnic Sidhartha Vihar Gonpa Itanagar-791111 Arunachal Pradesh India
4.	Tashi Tenzin	Meerut	Tibetan Medical Clinic A-15, Radha Garden Colony

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11. Tsultrim Sangay Ragshi Dorpatan/Pokhra School for Four Medical Science of Early Tradition
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Membership Fee for Tibetan Medical practitioner registered under CCTM
For India:
Rs.545.00

For Nepal:
Rs.685.00
For Abroad:
US \$ 365.00

9. LIST OF DONORS

We would like to express our sincere gratitude to the following donors:

	Amount
1. Dr. Tsering Wangyal Bista	Rs.10100.00
2. Dr. Gedun Yarphel	Rs.10000.00
3. Dr. Tashi Namgyal Surkhang	Rs. 2000.00
4. Leh Tibetan Amchi Association	Rs. 1010.00
5. Dr. Sonam Tsering Surkhang	Rs.1000.00
6. Mr. Asuka Taka Hashi	Rs. 100.00
7. Nautso tu	Rs. 100.00

Total donation received: Rs.25825.00 (Twenty Five Thousand Eight Hundred Twenty Five only)

10.An appeal

The Central Council of Tibetan Medicine is planning many important projects, to be executed during the period 2008-09. We will be able to undertake them sincerely and earnestly only with sufficient funds for each project. Shortly, we will bring out a brochure with all project proposals and financial estimates. This information will also be available on our website. We would therefore like to request all our friends and well-wishers of Tibetan Medicine to help us financially by sponsoring any of our projects or by making a donation according to your means. For any enquiries related with making a donation or sponsoring our projects, please contact Dr. Tsering Tsamchoe, Executive Secretary on chethoe@yahoo.com or call her on +91 – 1892 – 223483 or send a fax on +91 – 1892 – 226462

Donations can be made by Check, Draft or in Cash to the bank address given below.

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Dr. Thokmay Paljor (Secretary, CCTM)

Dr. Tsering Thakchoe (Governing member, CCTM)

Editor: Dr. Tsering Tsamchoe
(Executive-Secretary)

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