

## 2nd Sowa-Rigpa day celebration



As per resolution of 30<sup>th</sup> board meeting, the CCTM mark every 11<sup>th</sup> September as the Sowa- Rigpa Day. The 1st Sowa-Rigpa Day was celebrated in New Delhi on 11<sup>th</sup> September 2019. Due to Covid-19 pandemic, the 2<sup>nd</sup> Sowa Rigpa day which was supposed to be held on 11<sup>th</sup> September 2020 was not carried out as prior scheduled. Therefore, a brief celebration was held online after notifying all the registered Sowa-Rigpa practitioners through Council's groupchat. 2<sup>nd</sup> Sowa Rigpa Day celebration started with the CCTM Chairman message relating to Sowa-Rigpa Day. Followed by Dr. Tsewang Tamdin's (Visiting Physician to H. H. 14<sup>th</sup> Dalai Lama) talk. He briefed about how Sowa-Rigpa is preserved and promoted in India and the importance of its continues practice and dissemination of Sowa-Rigpa. Following Dr. Tsewang Tamdin, Dr. Rakdo Lobsang Tenzin delivered a speech where he stressed on how Sowa-Rigpa, one of the four Traditional Medicines in the world should be brought forward in the international platform. In the afternoon session, Dr. (Prof.) Sanjeev Rastog, the Ayurvedic professor, talked about methods to prepare research paper on Traditional Medicines, introduced

standard research journals, and how to present research papers. The brief Sowa-Rigpa day was concluded with the vote of Thanks by Council Chair to all the scholars and participants. Council also urges all its registered medical Institutes via its regional coordinator to celebrate 2nd Sowa-Rigpa Day in their particular region and hence some of the Institutes in India and Nepal has marked the day by planting medicinal herbs in their campus garden.

The speech delivered by the above mentioned scholars is available on the official website of the council. <https://soundcloud.com/central-council-tibetan-medicine>

