

5d/ L1 Course on Tibetan Medicine – Men-Tsee-Khang (11th to 15th Sept, 2017)

Day & Date	Morning 9:30-10:45		Morning 11:15-12:30		Afternoon 2:00-3:15		Afternoon 3:45-5:00
Monday Sept, 11	1) Brief History & an overview of Tibetan Medicine	Tea break (10:45- 11:15)	2) Introduction of Classic Tibetan Medical Text (rGyud bzhi)	Lunch break (12:30 - 2:00)	3) Theory of three Humors (Tib: Nyes-pa) in TM	Tea break (3:15 - 3:45)	4) Theory of Five Elements in TM
Tuesday Sept, 12	5) Health in Tibetan Medicine		6) Disease in Tibetan Medicine		7) Seven Psycho-somatic Natures in TM		8) Tour to Men-Tsee-Khang
Wednesday Sept, 13	9) Diagnostic Techniques in TM		10) Mode of Treatments in TM		11) Mental Health Care in TM		12) Importance of digestive heat in TM
Thursday Sept, 14	13) Lifestyle Guidelines in TM		14) Diet and Nutrition in TM		15) Medical Instruments and practice in TM		16) Mild Therapies in TM
Friday Sept, 15	17) Role of Tibetan Astro. Science in Tibetan Medical Practice		18) Relationship between Tibetan Medicine & Tibetan Buddhism		19) Spiritual & Physical immunity in TM		20) Physician in Tibetan Medicine

5d/ L2 Course on Tibetan Medicine from 16th to 21th September, 2017

Day & Date	Morning 9:30-10:45		Morning 11:15-12:30		Afternoon 2:00-3:15		Afternoon 3:45-5:00
Saturday Sept, 16	1) Overview of Body, Mind and Life	Tea break (10:45- 11:15)	2) Embryology in TM	Lunch break (12:30 - 2:00)	3) Anatomy in TM	Tea break (3:15 - 3:45)	4) Physiology in TM
Monday Sept, 18	5) Death Omens in TM		6) Causes of Disorders in TM		7) Causative Factors of Disorders in TM		8) Characteristics of Disorders in TM
Tuesday Sept, 19	9) Classification of Disorders in TM		10) Routine Lifestyle in TM		11) Seasonal & Incidental Lifestyle in TM		12) Dietary Knowledge in TM
Wednesday Sept, 20	13) Dietary Restriction & Appropriate amount of Food Intake in TM		14) Tastes and post digestive Tastes in TM		15) Potency of Medicinal Substances in TM		16) Tour to Men-Tsee-Khang or Panel discussion
Thursday Sept, 21	17) Gynecological Disorders in TM		18) Role of Tibetan Astro. Science in Health		19) Management of Weight in TM		20) Management of infertility in TM

5d/ L3 - A (Healthy Mind Healthy Body) from 22nd to 27th September, 2016

Day & Date	Morning 9:30-10:45		Morning 11:15-12:30		Afternoon 2:00-3:15		Afternoon 3:45-5:00
Friday Sept, 22	1) Introduction to Pulse Examination in TM	Tea break (10:45- 11:15)	2) Practical Pulse Diagnosis	Lunch break (12:30 - 2:00)	3) Management of Loong Disorders	Tea break (3:15 - 3:45)	4) Practical Compress Therapy in TM
Saturday Sept, 23	5) Introduction to Urine Examination in TM		6) Practical Urine Diagnosis		7) Management of Tripa Disorders		8) Management of Baekan Disorders
Monday Sept, 25	9) Management of Indigestion in TM		10) Management of Diabetes in TM		11) Management of Nerves Disorders in TM		12) Practical Medicinal Bath in TM
Tuesday Sept, 26	13) Management of Cancer in TM		14) Theory and Practice of Moxibustion		15) Practical Massage Therapy in TM		16) Rejuvenation Practice in TM
Wednesday Sept, 27	17) Clinical Observation		18) Clinical Observation		19) Clinical Observation		20) Clinical Observation

5d/L3 - B (Materia Medica & Pharmacology) from 22nd to 27th September, 2016

Day & Date	Morning 9:30-10:45		Morning 11:15-12:30		Afternoon 2:00-3:15		Afternoon 3:45-5:00
Friday Sept, 22	1) Seven essential Limbs of Herbal Medicines	Tea break (10:45- 11:15)	2) Division of Medicinal Substances -I	Lunch break (12:30 - 2:00)	3) Division of Medicinal Substances -II	Tea break (3:15 - 3:45)	4) Visit to Materia Medica Department
Saturday Sept, 23	5) Field trip		6) Field trip		7) Field trip		8) Field trip
Monday Sept, 25	9) Field trip		10) Field trip		11) Field trip		12) Field trip
Tuesday Sept, 26	13) Introduction to the types & forms of TM		14) Formulation Techniques of TM		15) Quality Control Standards of TM		16) Visit to Quality Control Department
Wednesday Sept, 27	17) Pharmacology Practical		18) Pharmacology Practical		19) Pharmacology Practical		20) Pharmacology Practical

Note: Field trip to Triund/Jogindar Nagar/Local Dharamsala