

Sowa Rigpa Has Significant Potential in Education, Research and Healthcare: Ayush Secretary, Vaidya Rajesh Kotecha

Three-Day National Workshop in Leh Explores Opportunities and Challenges for Sowa Rigpa in Post-Recognition Era

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Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha, has called for greater focus on education, research, healthcare, documentation and standardisation to further strengthen Sowa Rigpa and expand its recognition at the national and international levels.

He was addressing the valedictory function of the three-day National Workshop on the “Scope and Challenges of Sowa Rigpa Post-Recognition”, organised by the National Institute of Sowa Rigpa (NISR), Leh, at the New Academic Building, Saboo Thang, Leh.

Highlighting the growing scope and global relevance of traditional systems of medicine, Vaidya Rajesh Kotecha said that Sowa Rigpa has significant opportunities in education, research, healthcare, documentation and standardisation. He also emphasised the importance of wider recognition of the system at the national and international levels.



Encouraging students and young scholars of Sowa Rigpa, the Secretary urged them to approach emerging challenges with confidence, dedication and innovation. He encouraged them to “keep the sky as the limit” and explore new possibilities that can contribute to the advancement of Sowa Rigpa.

The workshop brought together experts, scholars, practitioners, administrators, students and other stakeholders from different parts of the Himalayan region to deliberate on the evolving scope, opportunities and challenges of Sowa Rigpa following its recognition as a system of medicine.

The technical sessions focused on institutional development, education, research, healthcare practices, preservation of traditional knowledge, standardisation, and emerging opportunities and challenges in the post-recognition era. The deliberations provided a platform for interaction and exchange of ideas among stakeholders and contributed to strengthening the academic, professional and institutional framework of Sowa Rigpa.



The programme was also organised as part of the National Ayurveda Day celebrations, providing an opportunity to highlight the rich heritage and contemporary relevance of India's diverse traditional systems of medicine.

Dr. Padma Gurmet, Director, National Institute of Sowa Rigpa, welcomed Vaidya Rajesh Kotecha and expressed gratitude for his continued support towards the preservation and promotion of Sowa Rigpa.



Dr. Tenzin Kunphel, Chairman, Central Council of Tibetan Medicine (CCTM), Dharamsala; Dr. Dorje Damdul, Associate Professor and Dean, Faculty of Sowa Rigpa and Bhot Jyotish, Central Institute of Higher Tibetan Studies, Sarnath, Varanasi; and Dr. Phunsok Wangchuk, former Director, Health and Ayush, UT Ladakh, were among the distinguished dignitaries present on the occasion.

The dignitaries shared their experiences and perspectives on the development of Sowa Rigpa and its academic and research potential.

Following the valedictory function, participants visited the Trans-Himalayan Herbal Garden at Phey. They observed various medicinal plants cultivated and conserved in the garden, gaining practical exposure to the rich medicinal plant diversity of the Trans-Himalayan region. The visit complemented the academic deliberations of the workshop.



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