Dr. Padma Gurmet, Director, National Institute of Sowa-Rigpa, Conferred ‘Wellness Visionary Award’ for Holistic Healing

Highlights the significance of Sowa-Rigpa in promoting health and wellness in Himalayan regions at the 3rd International Conference on Wellness in Kanpur

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Dr. Padma Gurmet, Director, National Institute of Sowa-Rigpa (NISR), Leh, has been conferred the prestigious ‘Wellness Visionary Award’ for Holistic Healing by Chhatrapati Shahu Ji Maharaj University (CSJMU), Kanpur, Uttar Pradesh, in recognition of his outstanding contribution to the field of traditional medicine and holistic healthcare. The award was presented during the 3rd International Conference on Wellness, held at the university from October 30 to November 1, 2026.

The three-day international conference was inaugurated by Shri Satish Mahana, Speaker of the Uttar Pradesh Legislative Assembly, in the presence of several eminent health professionals, academicians and leaders from the healthcare sector. A total of 42 distinguished health professionals from across the country were honoured for their outstanding contributions in their respective fields.

On the occasion, Dr. Padma Gurmet also delivered a technical lecture on the topic, “Significance of Sowa-Rigpa for Health and Wellness in Himalayan Regions”, as a distinguished speaker. His presentation highlighted the relevance of the traditional Sowa-Rigpa system of medicine in promoting holistic health and wellness, particularly in the Himalayan regions.

The conference provided an important international platform for showcasing the Sowa-Rigpa system of medicine and its rich traditional knowledge. Participants showed keen interest in understanding the fundamental principles, theories and practices of Sowa-Rigpa, reflecting the growing interest in traditional systems of medicine and their contribution to holistic healthcare.

The recognition of Dr. Padma Gurmet marks an important acknowledgement of his contribution to the promotion and wider recognition of the Sowa-Rigpa system of medicine.







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