

Educational Tour Report

(15th December – 29th December 2025)
National Institute of Sowa-Rigpa
(NISR), Leh Ladakh

Introduction

The first batch of final year Bachelor of Sowa Rigpa Medicine and Surgery (BSRMS) students of the National Institute of Sowa Rigpa (NISR), Leh, undertook an educational tour as part of their academic exposure and experiential learning.

The tour was conducted under the guidance of Professor Dr. Tsering Thakchoe and Assistant Professor Dr. Rigzin Smanla.

The primary objective of this educational tour was to gain firsthand exposure to the institutional framework, regulatory bodies, academic systems, clinical practices, research facilities, and pharmaceutical production units related to Sowa Rigpa and other Indian systems of medicine.

The tour aimed to broaden students's academic perspectives, enhance professional understanding, and inspire future career development.

Although the educational tour was initially planned to begin with a visit to Jammu, unforeseen weather conditions required a change in the itinerary. As a result, the tour commenced with our journey to Delhi on 15th December 2025, and all students reached the destination safely.

This unexpected change turned out to be a blessing in disguise, as it provided us with valuable exposure to national level institutions related to traditional systems of medicine at the very beginning of the tour.

Day 1 -Travel to Delhi from Leh , Ladakh

Day 2 - 16th Dec 2025

1.National Commission for Indian System of Medicine (NCISM), New Delhi

The first institution we visited was the National Commission for Indian System of Medicine (NCISM), which serves as the apex regulatory body overseeing education, ethics, and professional standards of Indian systems of medicine, including Ayurveda, Unani, Siddha, and Sowa Rigpa.

NCISM also conducts the National Eligibility-cum-Entrance Test (NEET) for admission into these courses, making it a crucial institution for every student pursuing traditional medicine.



At NCISM office with BUSS president Dr. Asim Ali Khan

During this visit, we had the privilege of interacting with Dr. Asim Ali Khan, who had recently assumed office as the President of the Board of Unani, Siddha, and Sowa Rigpa Systems of Medicine (BUSS).

His interaction with us was deeply motivating. He encouraged us to remain dedicated to our studies and shared valuable insights into the future scope, development plans, and institutional growth of the Sowa-Rigpa system of medicine in India. This interaction strengthened our confidence in the field that we are pursuing and gave us clarity about its expanding opportunities.

2. Ministry of AYUSH, New Delhi

The next institution we visited on the same day was the Ministry of AYUSH, an organisation we had often heard about but never imagined visiting in person.

We also observed nearby important government offices, including bodies related to vigilance and governance such as the Central Vigilance Commission (CVC), which highlighted the administrative framework functioning alongside the Ministry.

Following this visit, we briefly visited the Lotus Temple, located nearby. The calm and peaceful atmosphere of the temple offered a moment of reflection and balance after an academically intensive day.



Out side the NCISM Office



At Lotus temple New Delhi

Day 3 – 17th December 2025

Amity University, Noida (Delhi NCR)

The next institution visited was Amity University, Noida, marking the students' first exposure to a large private university campus. Prior to this visit, the university was familiar mainly through advertisements and social media. However, visiting the campus in person provided a deeper understanding of its reputation and academic environment.

we visited Amity University, Noida, with a primary focus on the Pharmacy Department. The visit provided valuable insight into various aspects of pharmaceutical education and research, particularly how structured research activities are conducted in a modern academic setting.

The university impressed with its vast campus, modern infrastructure, well-equipped laboratories, and vibrant academic atmosphere.

The students appeared confident, professional, and highly communicative, which highlighted the importance of exposure, communication skills, and professional confidence in higher education.

A significant academic highlight of this visit was learning about the Memorandum of Understanding (MoU) signed between Amity University and the National Institute of Sowa Rigpa, opening possibilities for interdisciplinary collaboration and research.

The advanced laboratories were particularly fascinating, where experimental research involving mice and rats for medical testing was observed. This provided a first-hand understanding of pre-clinical research practices.



Amity University, Institute of Pharmacy along with their faculty members

The university library also left a strong impression due to its extensive collection, modern facilities, comfortable study environment, and emphasis on academic resources.



Amity University Campus, Noida U.P

Day 4 – 18th December 2025

**Men-Tsee-Khang (Tibetan Medical & Astro Institute),
Dharamshala (Himachal Pradesh)**

The fourth major institution we visited was Men-Tsee-Khang, the (Tibetan Medical and Astro Institute) which is in Dharamshala Himachal Pradesh.

Men-Tsee-Khang is the premier institute for the practice, preservation, and promotion of Sowa-Rigpa (Traditional Tibetan Medicine). It was re-established in 1961 by His Holiness the 14th Dalai Lama in Dharamshala, Himachal Pradesh, after coming into exile in India. The institute integrates traditional medical knowledge with modern research and quality control, ensuring safe and effective healthcare. Men-Tsee-Khang runs hospitals, clinics, pharmaceutical units, and educational programs across India and abroad, playing a vital role in holistic healthcare, medical education, and the global recognition of Tibetan medicine

The visit began with the academic departments, where we toured all the classrooms. We visited the departments of Anatomy, Physiology, Pathology, Pharmacology, Materia Medica, and Gynaecology, along with the library, which forms an integral part of the academic block. We also observed the teaching learning process and practical demonstrations.

This was followed by a visit Book Printing and publishing section where the institute's textbooks and academic publications are printed and after that to the clinical departments.

After lunch, we proceeded to the Pharmaceutical and Production Units, where traditional medicines are prepared, followed by the Quality Control Laboratory, where the quality and safety of medicines are tested.

Subsequently, we visited the Research and Development Department, where ongoing research activities, including research related to cancer, were explained to us. During this session, we were gifted several books, and some additional books were handed over to us for inclusion in our institutional libraries, which we deeply appreciated. Finally, we concluded our visit with a visit to the Prayer Hall, which reflects the spiritual and cultural foundation of Men-Tsee-Khang

Visiting the institute in person confirmed everything we had heard about its high academic standards. The students were enthusiastic, disciplined, and deeply engaged in their studies. Observing their academic files, projects, and learning methods was both inspiring and motivating.

The most impactful part of this visit was the pharmacy department, where we witnessed large-scale manufacturing of traditional Sowa Rigpa medicines. From raw material processing to formulation, packaging, and quality control, the entire process reflected precision and authenticity.

The research department was equally impressive, with ongoing research activities, including studies related to cancer, which highlighted the scientific depth and future potential of traditional medicine.



With Director of Mentsee-khang Mr. Thupten tsering and Principal Dr. Ngawang Soepa



At Mentsee-Khang, Museum



With Director and Principal of Mentsee-Khang, Dhramsala, H.P



Mentsee-Khang, Research department

Day 5 – 19th December 2025

Palpung Sherabling Institute & Sherab Ling Monastery, Bir, Himachal Pradesh

Following the visit to Palpung Sherabling Institute, we proceeded to Sherab Ling Monastery, also located at Bir, Himachal Pradesh.

The institute was founded by Situ Rinpoche, Chökyi Jungné, and is internationally recognised for its contributions to Buddhist studies, Traditional Sowa-Rigpa medicine, and Tibetan astrology.

The visit was guided throughout the day by Dr. Aepa Sonam Rinchen (Principal) and the Vice Principal, whose guidance and explanations greatly enriched our understanding of the institution.

The day commenced with visits to the Central Library, Mandala Temple, and the Main Assembly Hall, which provided insight into the spiritual and academic environment of the institute.

A formal briefing was conducted in the conference hall, where the principal delivered a detailed introduction to the history of the institute and

its specialised academic systems in Traditional Sowa-Rigpa Medicine and Astrology.

The administrative structure and functioning of the institute's five major departments were also explained, giving us clarity about the systematic organisation of academic and clinical activities.

The institute graciously hosted us for lunch at the Labrang dining Hall, where we experienced warm hospitality in a serene and welcoming atmosphere.

The afternoon session focused on practical and clinical exposure to traditional sciences.

We visited:

- The Sowa-Rigpa and Astrology Exhibition Hall, which displayed rare historical artefacts and materials related to traditional medical and astrological practices
- The **Yithrok**) Medicinal Garden, where various medicinal plant species used in Sowa-Rigpa were cultivated and explained
- Clinical facilities, including the Sowa-Rigpa Clinic, External Therapy Unit and the Acupuncture Department
- The pharmaceutical processing unit and raw material collection areas, where we observed traditional methods of medicine preparation

Although time constraints prevented us from visiting the Higher Institute's

Library and production workshops, the visit was deeply inspiring and educational. We expressed our sincere gratitude to the faculty and staff for their warm reception and for sharing valuable knowledge related to traditional medical systems.



Inside the prayer hall of Palpung, Sherabling monastery



with Principal Dr. Sonam Rinchen and Vice Principal



Sherabling head office



Palpung Yitrok botanical garden

Day 6 – 20th December 2025

Nechung Monastery and Tsuglagkhang, Dharamsala

On the fifth day, the group visited Nechung Monastery, followed by Tsuglagkhang, the official residence and main temple of His Holiness the 14th Dalai Lama in Dharamshala and returned to Delhi on that night



Nechung monastery Dharamsala, H.P

Day 7 – 21st December 2025 (Rest Day)

The sixth day of the tour was kept as a rest day, allowing us to recover from continuous travel and field visits. This break was essential for physical rest and mental reflection. It also gave us time to discuss and share our experiences, observations, and learning outcomes from the previous institutional visits. The rest day helped us prepare ourselves for the upcoming academic visits with renewed energy and focus

Day 8 – 22nd December 2025

All India Institute of Ayurveda (AIIA), New Delhi

On 22nd December 2025, after returning to Delhi, our group visited the All-India Institute of Ayurveda (AIIA), one of the premier national institutes dedicated to Ayurvedic education, research, and clinical practice. AIIA functions as an apex institute under the Ministry of AYUSH, aiming to integrate traditional Ayurvedic wisdom with modern diagnostic and therapeutic technologies.

During the visit, we had the privilege of interacting with Dr. Stanzin Angmo, a Medical Officer originally from Ladakh, whose guidance helped us understand the institute's structure, departments, and clinical functions in detail.

We visited the following departments and facilities:

- ☐ Kayachikitsa (General Medicine)
- ☐ Panchakarma (Detoxification and Therapy Unit)
- ☐ Shalakya Tantra (Eye, ENT, and Dental Care)
- ☐ Shalya Tantra (Surgery & Para-Surgical Procedures)
- ☐ Striroga & Prasuti Tantra (Gynecology & Obstetrics)
- ☐ Kaumarabhritya (Pediatrics)
- ☐ Swasthavritta (Lifestyle, Dietetics, and Yoga Clinic)
- ☐ Neurology & Degenerative Disorders Unit
- ☐ Diabetes & Metabolic Disorders Clinic
- ☐ Rheumatology & Musculoskeletal Care Unit
- ☐ Diagnostic Laboratory and Radiology Department

While we found the technological integration and clinical organisation impressive, we personally felt that the traditional essence of Ayurveda was comparatively less visible than in some other institutions we had visited. Nevertheless, the visit provided valuable insight into how traditional medicine can be adapted and integrated into modern healthcare frameworks at a national level.

Overall, the visit to AIIA broadened our understanding of integrative medicine and highlighted the evolving role of traditional systems in present-day medical practice.



All India Institute of Ayurveda with Dr. Stanzin Angmo



All India Institute of Ayurveda with faculty members

Day 9 – 23rd December 2025

Ayurvedic and Unani Tibbia College, New Delhi

On 23rd December 2025, we visited Ayurvedic and Unani Tibbia College, inaugurated by Mahatma Gandhi on 13th February 1921, making it the oldest heritage medical college in India. We arrived around 10:33 AM and were guided by the faculty through the academic departments, hospital blocks, and pharmacy units.

During the visit, we explored the following departments and facilities:

- ☐ Unani Medicine Outpatient Department (OPD)
- ☐ Internal Medicine (IlajbilTadbeer & IlajbilDawa)
- ☐ Surgery & Parasurgical Department
- ☐ Pharmacy Section & Pharmacognosy Unit
- ☐ Clinical and Research Laboratories
- ☐ Herbal Garden and Medicinal Plant Section

For the first time, we witnessed the Basti procedure, which gave us a practical understanding of how Basti is performed. This institute is unique as it integrates both Unani and Ayurvedic systems, allowing students to observe and learn the collaborative practice of both traditional medical systems.

We had the opportunity to meet Dr. Yogita Munjal, Directorate of AYUSH, Government of NCT of Delhi



With Dr. Yogita Munjal, Directorate of AYUSH and faculty members

Day 10 – 24th December 2025

Hamdard Factory, Ghaziabad, Delhi NCR

On 24th December 2025, we visited Hamdard Factory, one of India's most renowned manufacturers of Unani and herbal medicines. The name Hamdard comes from Urdu, meaning "one who shares in suffering", reflecting the company's mission of sympathy, care, and healing for human well-being.

Hamdard was founded in 1920 by Hakeem Hafiz Abdul Majeed, with the vision of producing quality traditional medicines that are both affordable and effective.

During our visit, the Hamdard team guided us through the factory and explained the company's history, philosophy, and operational mission. We explored the following departments and sections:

- ☐ Raw Material Processing Unit
- ☐ Laboratory and Quality Control Department
- ☐ Medicine Formulation and Manufacturing Unit
- ☐ Packaging and Labeling Section
- ☐ Research and Development Unit
- ☐ Storage and Inventory Management

We observed how traditional formulations are prepared from raw materials to final packaging, maintaining high quality standards at every stage.

The hospitality of the company was exceptional the staff were welcoming, the environment was very clean, and we felt comfortable throughout the visit.

We were gifted a hamper medicine product, which added a thoughtful touch to the experience.

This visit provided us with valuable insight into how traditional medicines are produced on an industrial scale while preserving the ethics, care, hygiene fundamental to Hamdard's mission.

We left with a strong appreciation for the professionalism, discipline, and dedication of the company.



Hamdard Head Office Ghaziabad, Delhi NCR

Day 11 (Delhi to Jaipur)

Day 12 25th –26th December 2025

National Institute of Ayurveda (NIA), Jaipur

On 25th–26th December 2025, we visited the National Institute of Ayurveda (NIA), Jaipur, one of India's premier Ayurvedic teaching, research, and healthcare institutes. NIA is renowned for integrating traditional Ayurvedic practices with modern medical technology and provides both academic and clinical exposure through its NABH-accredited hospital and research facilities.

During the visit, we explored the following hospital departments:

- ☐ Kayachikitsa (General Medicine)
- ☐ Panchakarma (Detoxification & Therapy Unit)
- ☐ Shalya Tantra (Surgery & Para-Surgical Procedures)
- ☐ Striroga & Prasuti Tantra (Gynecology & Obstetrics)
- ☐ Kaumarabhritya (Pediatrics)
- ☐ Shalakyata Tantra (Eye, ENT, Dental Care)
- ☐ Hospital OPD and IPD Blocks
- ☐ Physiotherapy & Rehabilitation Unit
- ☐ Preventive and Lifestyle Clinic
- ☐ Diabetes & Metabolic Disorders Clinic

We also visited the central laboratories, where blood tests and clinical diagnostics are conducted to support both inpatient and outpatient care.

In the pharmacy department, we observed large-scale production of Ayurvedic medicines, formulation processing, quality control, and packaging all maintained to high standards of hygiene and efficiency.

A highlight of the visit was the modern diagnostic technology used at NIA, including:

- ☐ Computerized Nadi Pariksha (Pulse Analysis) Device for assessing Vata, Pitta, Kapha
- ☐ Prakriti Assessment Software for body constitution evaluation
- ☐ ECG and Heart Rate Variability (HRV) Analysis to monitor heart function
- ☐ Pulmonary Function Tests (Spirometry)
- ☐ Biofeedback and physiological monitoring systems

These technologies allow the institute to integrate traditional Ayurvedic evaluation with modern biomedical diagnostics, offering a comprehensive approach to patient care.

During our visit, we had the honour of meeting the Vice Chancellor of NIA, whose interaction was highly motivating and insightful

Overall, visiting NIA Jaipur was a highly enriching experience. We gained firsthand exposure to hospital workflows, diagnostic laboratories, large-scale

pharmacy operations, and advanced Ayurvedic technologies, and felt inspired by how traditional knowledge is preserved, practiced, and enhanced with modern science.

Jaipur itself added to the experience with its vibrant atmosphere and rich cultural heritage, making this visit unforgettable



At NIA Jaipur, students and faculty visiting different departments.



With Vice Chancelor NIA Jaipur Prof. Sanjeev Sharma

Day 13– 27th December 2025

Jaipur to New Delhi

Day 14 – 28th December 2025

Conclusion of the Educational Tour

The fourteenth day marked the concluding gathering of our educational tour, held at Tee Dee Restaurant, Majnu Ka Tilla, Delhi. The group assembled at 6:00 PM for a reflective and meaningful program that brought together students and faculty.

During the gathering, students shared their experiences and key learnings from the tour. Many expressed how the journey broadened their academic outlook, strengthened their confidence, and deepened their commitment toward the Sowa-Rigpa system of medicine. Some students became emotional while sharing their reflections, highlighting the profound personal and academic impact of the tour.

As a token of gratitude, the students presented small gifts to the accompanying professors and sincerely thanked them for their constant guidance, patience, and unwavering support throughout the journey. The evening concluded with a grand dinner graciously sponsored by Professor Dr. Tsering Thakchoe, which further strengthened the bond between students and faculty and brought the tour to a warm and memorable close.

Day 15 – 29th December 2025

Delhi to Leh, Ladakh

Conclusion

The educational tour conducted from 15th December to 29th December 2025 proved to be an enriching, insightful, and transformative experience for the first batch of final-year Bachelor of Sowa-Rigpa Medicine and Surgery (BSRMS) students of the National Institute of Sowa-Rigpa (NISR), Leh. Although the tour itinerary underwent changes due to weather conditions, the revised plan emerged as a true blessing in disguise, offering exposure to some of the most significant academic, clinical, research, and industrial institutions related to traditional systems of medicine in India.

Throughout the tour, visits to esteemed institutions such as NCISM, Ministry of AYUSH, Amity University, Men-Tsee-Khang, Palpung Sherabling Institute, Sherab Ling Monastery, All India Institute of Ayurveda, Ayurveda and Unani Tibbia, College, Hamdard Laboratories, and the National Institute of Ayurveda, Jaipur, provided us with invaluable insights into regulatory frameworks, academic excellence, clinical practices, pharmaceutical manufacturing, research integration, and preservation of traditional medical knowledge. These experiences strengthened our understanding of how traditional systems of medicine can be practiced, regulated, researched, and integrated with modern healthcare technologies while maintaining their core principles.

During our visits, most of the institutions graciously hosted us for lunch, and we were impressed by their warm hospitality and attentive arrangements.

We would also like to sincerely thank all the professors, faculty members, and staff, including the indigenous and support staff at each institution, for their warm welcome, guidance, and assistance throughout our visits. Their generosity, patience, and willingness to share knowledge greatly enhanced our learning experience and made the tour both memorable and meaningful.

The tour not only enhanced our academic and professional perspective but also fostered personal growth. Interactions with faculty members, medical professionals, researchers, and students from different institutions broadened our outlook, improved our communication skills, and reinforced our confidence in the field of Sowa Rigpa. The exposure to large-scale pharmaceutical units, advanced diagnostic technologies, integrated hospital systems, and traditional clinical practices highlighted the vast scope and future potential of traditional medicine in contemporary healthcare.

Equally meaningful were the cultural and spiritual experiences at monasteries such as Tsuglagkhang, Nechung Monastery, and Sherab Ling, which offered moments of reflection, inner calm, and a deeper understanding of the

philosophical foundations that underpin traditional healing systems. These experiences reminded us that medicine is not only a science but also a compassionate service rooted in ethical values and holistic well-being.

Special appreciation was extended to Professor Dr. Tsering Thakchoe, who graciously hosted us for a grand dinner in Dharamshala, warmly welcomed us to his café (De McLeod), and served us coffee and brownies with great kindness. He also gifted us one of his books, which we received with deep respect and gratitude.

We are equally thankful to him for accompanying us throughout the tour and for his continuous guidance at every stage. His explanations, encouragement, and insights whenever we encountered new institutions, practices, or experiences greatly enriched our learning and understanding.

Our heartfelt thanks also go to Assistant Professor Dr. Rigzin Smanla, who carried significant responsibility throughout the tour and ensured its smooth coordination and successful completion. Beyond logistical support, he continuously motivated us, encouraged us to believe in our abilities, and reminded us that we too can achieve and contribute meaningfully in the field of traditional medicine. His guidance, reassurance, and positive encouragement inspired confidence among the students and greatly enriched our learning experience.

Last but not the least, we express our sincere and respectful gratitude to our Director, Dr. Padma Gurmet for granting us this invaluable academic opportunity. His support and vision played a crucial role in shaping this experience, which has left a lasting impact on our academic journey and future aspirations. As the first batch, this exposure has been particularly significant, and we sincerely hope that similar educational tours will be continued for upcoming batches, as they are immensely beneficial for the holistic development of students.