Dr. Tenzin Choedrak was born in 1922 near Lhasa, Tibet. At the age of 10, he was sent to the Chodrak monastery where he began his study of Buddhism as a monk. Subsequently he started studying medicine, a unique therapeutic practice of Tibetan medicine and later became a Tibetan physician. Due to his outstanding qualifications and achievements he was appointed as the Chief Physician to H.H. the Dalai Lama in 1955.

In 1959, he was taken as a prisoner to China and remained at the Jushen prison till 1962. Dr. Choedrak was then sent to the Drapchi & Yiru prisons which are infamous in Tibet for the terrible living conditions, where he remained until 1972. A year after 1972, he was transferred to a less restrictive branch of the Sanyab prison in Lhasa, a Chinese physician, who was aware of Dr. Choedrak's medical expertise, consulted him for a personal ailment. Dr. Choedrak treated the physician and the physician recovered well. As a result, during the last four years of his prison sentence, Dr. Choedrak was removed from his cell and permitted to work in the Sanyab hospital. He was finally released from imprisonment in 1980. During those 21 years, his survival was endangered daily. A month later, he left Tibet, was reunited with his home community in India and reinstated as the Chief Physician of H.H. the Dalai Lama. As the head of the Pharmacy Department, Men-Tsee-Khang (Tibetan Medical & Astro Institute) in Dharamsala, Dr. Choedrak dedicated his life towards the betterment of the Institute. He would look after the teaching of medical students, the treatment of patients and would represent the Institute at seminars in India & abroad. He wrote several books such as “the formation of the human body by the five elements”, “the nervous system” & his own biography.
Men-Tsee-Khang  
(Tibetan Medical & Astro Institute) 

& 

India International Centre 

Invites you to 
A lecture in Memory of 
Late Dr. Tenzin Choedrak 
Senior Physician of H.H. the 14th Dalai Lama 
Date: October 10, 2013 Time: 6:00 PM 

at 

India International Centre 
Kamala Devi Hall, 40, Max Mueller Marg, New Delhi – 3 

Topic 
A Tibetan Medical approach to 
Mental Health 

Speaker 
Dr. Jamyang Dolma 
Head, Research & Development Department 
Men-Tsee-Khang, Dharamsala 

Chief Guest 
Dr. Kapila Vatsayan 
A leading Indian Scholar of classical dance, Indian art & architecture and 
Chairperson, IIC Asia Project 

PROGRAMME 

Refreshment for the Guests .......................... 6:00 pm 
Lighting of the lamp by the Chief Guest ............... 6:30 pm 
Welcome and Introduction by 
Mr. Tashi Tsering Phuri, 
Director, Men-Tsee-Khang .............. 6:35 pm 
Lecture by Dr. Jamyang Dolma .............. 6:40 pm 
Address by Chief Guest, 
Dr. Kapila Vatsayan, 
Chairperson IIC Asia Project .............. 7:20 pm 
Memento presentation by director .............. 7:30 pm 
Men-Tsee-Khang .............. 7:35 pm 
Vote of thanks by Dr. Sonam Wangmo 

RSVP - TMAI: 9891188922 - IIC: 011 2461 9431