

- **28TH APRIL – 2ND MAY 2025**

### **PRESENTATION & SPEAKING SKILLS WORKSHOP**

A 5-day training program to enhance participants' public speaking, presentation abilities, and communication confidence.

- **3RD MAY 2025 (SATURDAY)**


### **MENTAL HEALTH AWARENESS WALK**

A community walk conducted to spread awareness on mental health issues, encourage open discussions, and reduce stigma.

1. **Chief Co-ordinator – Astrologer Pempa Sherpa**
2. **Member- Dr. Dolma Lhamo**
3. **Member- Dr. Simon Chhozom**

**Learning and Development Committee  
Faculty of Sowa-Rigpa**

**Learning & Development Committee.**

  
**HoD  
Faculty of Sowa Rigpa  
Nepalaya Institute of Tibetology  
Enchali, Gangtok, Sikkim**