



Inaugural Program Agenda

First Bhutan-Thai International Conference on Lifestyle Medicine and Mindfulness

Venue: Auditorium Hall, Faculty of Nursing and Public Health, Thimphu

Date: 5th June 2026

TIME	PROGRAM Agenda
1:20 PM	- Arrival of Participants
1:30 PM	- Arrival of invited guests
2:00 PM	- Arrival of Chief Guest – Her Majesty the Queen Mother Ashi Dorji Wangmo Wangchuck
2:15 – 2:25 PM	- Offering of Marchang-Drg. Sangay Wangdi, Dean, FoTM
2:25 – 2:30 PM	- His Majesty’s Zhabten recitation – All
2:30 – 2:40 PM	- Welcome address by Dr. Pem Namgyal –President, KGUMSB
2:40 – 2:50 PM	- Address by – Dr. Yongyuth Mayalarp, President, Thailand Lifestyle Medicine Association
2:50 - 2:55 PM	- Launch of the following documents and System: <ol style="list-style-type: none"> 1. Institutional Review Board portal 2. Payment Gateway system for Research and Mentorship program 3. Governance Document and Strategic roadmap for Medical Education Centre for Research, Innovation and Training
2:55 – 3:25 PM	- Keynote Address on The Heart of Wellbeing – A Spiritual Perspective by Her Majesty the Queen Mother Ashi Dorji Wangmo Wangchuck
3:25- 3:45 PM	- Presentation on The Global Imperative for Lifestyle Medicine by Mr. Stephan Herzog, Executive Director, International Board of Lifestyle Medicine
3:45 – 3:55 PM	- Vote of Thanks – Mr. Rixin Jamtsho, Director, MECRIT
3:55 - 4:25 PM	- Photo session followed by High Tea

Organized by: Khesar Gyalpo University of Medical Sciences of Bhutan in collaboration with Thai Lifestyle Medicine and Wellbeing Association (TLWA)