



Scientific Session

Time	Topic	Presenter	Country
	June 5, 2026 Day 1 (Pre-Conference Workshop): Physical & Mental Wellbeing Foundations Theme: Body, Lifestyle, Emotional Health and Mindfulness Session 1: Physical & Lifestyle Health MC: Dr.Sarisa Klomchitharoen Venue: Conference Hall, Old KGUMSB Secretariat Building		
8:20–8:50 AM	Registration of participants	Organizing Secretariat	
9:00–9:20 AM	Pillar: Nutrition for Longevity – Plant-Based Diets & Metabolic Health	Dr. Pansak Sugkraroek TLWA Executive Board Director, Physician at the Vital Life Scientific Wellness Center	Thailand
9:20–9:30 AM	Discussion with Questions and Answers		
9:30–9:50 AM	Pillar: Movement as Medicine – Physical Activity for Vitality Across Ages	Dr.Smith Arayaskul, MD, DipIBLM, Dermatologist and Lifestyle Medicine Physician, TLWA Executive Board Director	Thailand
9:50- 10:00 AM	Discussion with Questions and Answers		
10:00-10:20 AM	Pillar: Avoiding Risky Substances – Strategies for Prevention and Lifestyle Change	Dr. Bancha Daengneam, MD, DipIBLM, Member of the Academic Committee, Department of Medical Services, Ministry of Public Health of Thailand	Thailand
10:20- 10:30 AM	Discussion with Questions and Answers		
10:30 -10:50 AM	Pillar: Avoiding Risky Substances – Rehabilitation for drug and alcohol addicts– Phufa Experience	Mr. Phupa Phuwadonanon, Managing Director, Phufa Enterprise Co., Ltd.	Thailand
10:50-11:00 AM	Discussion with Questions and Answers		
	Session 2: Mental Wellbeing & Mindfulness		
11:00-11:20 AM	Mindfulness: Traditional Perspective (Sorig Zhiney & Luejong)	Drg.Deki Choden, Specialist, NTMH	Bhutan
11:20- 11:30 AM	Discussion with Questions and Answers		



11:30 -11:50 AM	Mindfulness & Scientific Research: Applications from Oxford Mindfulness– Online Presentation	Ms. Claire Kelly, Oxford Mindfulness Foundation	UK
11:50 A M – 12:00PM	Discussion with Questions and Answers		
12:00– 1:00 PM	Lunch		
2:00 -4:25 PM	In-augural Program Venue: Auditorium Hall, FNPH		
	Panel Discussion Moderator- Dr.Yongyuth Mayalarp, MD DipIBLM, President of TLWA, Vice Chair, International Board of Lifestyle Medicine, and Representative for Asia		
4:30-: 5:00 PM	Visionary Leadership for Health and Wellbeing: From Organizations to Society	His Excellency the Health Minister Lyonpo Tandin Wangchuk	Bhutan and Thailand



Time	June 6, 2026 - Day 2: Practice, Purpose & Wellness Business		
	Theme: Practice-Based Wisdom & Economic Innovation		
	Session 1: Spiritual and nature & Practice-Based Mindfulness		
	MC: Ms.Rebecca Russell and Ms.Chalida Thaochalee		
	Venue: Auditorium Hall, Faculty of Nursing and Public Health		
	Topic	Presenter	Country
9:00- 9:20 AM	Buddhist Morning Practice– Gross National Happiness in Meditation	Khenpo Phuntsho Gyeltshen	Bhutan
9:20 –9:30 AM	Discussion with Questions and Answers		
9:30-9:50 AM	Pillars: Stress Management & Social Connectedness– The Positive Psychology of Inner Strength and Meaningful Relationships	Dr. Tanita Watprasong (Noon), Mindfulness- based Cognitive Therapist, PhD DipIBLM, TLWA executive Board Director	Thailand
9:50-10:00 AM	Discussion with Questions and Answers		
10:00 -10:20 AM	Mindfulness: Monastic perspective	Ven.Khenpo Choten Dorji Secretary, Council for Administration & Development Affairs, Central Monastic Body	Bhutan
10:20-10:30 AM	Discussion with Questions and Answers		
10:30-11:00 PM	Tea Break		
	Session 2: Leadership in Wellness Strategies and Innovation		
11:00- 11:20 AM	From Insight to Innovation: Reducing Oxidative Stress Through Lifestyle Medicine for Population Health	Dr. Patana Teng-umnuay, MD PhD, Vice-President of TLWA, DhurakijPundit University	Thailand
11:20 -11:30 AM	Discussion with Questions and Answers		
11:30-11:50 AM	Integration and Usage of High Technology: <i>Integration of Lifestyle Medicine and Traditional Medicine in the Development of Medical Wellness Clinic</i>	Dr. Khwanchai Visithanon, MD, Director of Teachers' Hospital, Former Deputy Director- General, Department of Thai Traditional & Alternative	Thailand
11:50 AM-12:00 PM	Discussion with Questions and Answers		



12:00 -12:20 PM	Environmental Sustainability in Practice – <i>Environmental Strategies for Sustainable Urban Living</i>	Dr. Sarawut Thepanondh, PhD– Dean, Faculty of Public Health, Mahidol University, TLWA Executive Board Member	Thailand
12:20-12:30 PM	Discussion with Questions and Answers		
12:30- 12:50 PM	Bhutan’s Wellness Future: Vision and Entrepreneurship of Gelephu Mindfulness City	Mr.Tashi Penjor, Director (Health) Economic Development Group GMCA	Bhutan
12:50 -1:00 PM	Discussion with Questions and Answers		
1:00-2:00 PM	Lunch Break		

Session 3: Global & Regional Collaboration			
2:00 -2:20 PM	Mental Health in the Modern Era – <i>Actionable Tools for Daily Life</i>	Professor Darren Morton, PhD, Director, Lifestyle Medicine & Health Research Centre, Avondale University	Australia
2:20- 2:30 PM	Discussion with Questions and Answers		
2:30 -2:50 PM	Pillar: Sleep & Restoration – The Missing Link in Lifestyle Health	Dr.Kobkullaya Chuengprasertsri,MD,Lifestyle Medicine Physician	Thailand
2:50-3:00 PM	Discussion with Questions and Answers		
3:00- 3:30 PM	Final Panel & Closing – <i>Co- Creating a Global Mindfulness & Wellness Future</i>	Moderator- Dr.Yongyuth Mayalarp, MD DipIBLM,President of TLWA, Vice Chair, International Board of Lifestyle Medicine, and Representative for Asia Panelists: 1.Dr. Pansak Sugkaroek, TLWA Executive Board Director, Physician at the Vital Life Scientific Wellness Center: 2. Khenpo Jangsem Tashi 3. Professor Darren Morton, PhD, Director, Lifestyle Medicine & Health Research Centre, Avondale University	Bhutan
3:30 -4:00 PM	Tea Break and End of Scientific Session		



June 7, 2026 - Day 3: Consolidation of Learning and Reflection – TLWA Distinguished Speakers

Theme: Continuation of Practice-based Learning and Reflection Guided Mindfulness and Reflection Session.

- Integrating Lifestyle Medicine and Mindfulness
- Follow-up and Feedback on the Learning Process and Individual Practice

June 8, 2026 - Day 4: Synthesis and Future Planning – TLWA Distinguished Speakers

Theme: Learning Integration and Reflection

- Wrap up - Highlights and Key Insights from the Conference Future Action Planning Session.
- Continuous Mindfulness Practice Guidance
- Venue: Auditorium Hall, Faculty of Nursing and Public Health (FNPH), KGUMSB, Thimphu, and Yarkay Hotel, Thimphu.