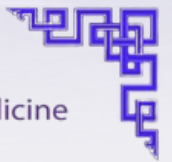




1ST The First
BHUTAN-THAI

**International Conference
On Lifestyle Medicine and Mindfulness
The Harmony Forum, Thimpu, Bhutan.
5-8 JUNE 2026**





First Bhutan–Thai International Conference on Lifestyle Medicine and Mindfulness
Venue: Auditorium Hall, Faculty of Nursing and Public Health, Thimphu
Date: 5th June 2026

Inaugural Program Agenda

13:20	Arrival of Participants
13:30	Arrival of invited guests
14:00	Arrival of Chief Guest – Her Majesty the Queen Mother Azhi Dorji Wangmo Wangchuck
14:15-14:25	Offering of Marchang–Drg. Sangay Wangdi, Dean, FoTM
14:25-14:30	His Majesty’s Zhabten recitation – All
14:30-14:40	Welcome address by Dr. Pem Namgyal –President, KGUMSB
14:40-14:50	Address by – Dr. Yongyuth Mayalarp, President, Thailand Lifestyle Medicine Association
14:50-14:55	Launch of the following documents and System: 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
14:55-15:25	Keynote Address on The Heart of Wellbeing – A Spiritual Perspective by Her Majesty the Queen Mother Azhi Dorji Wangmo Wangchuck
15:25-15:45	Presentation on The Global Imperative for Lifestyle Medicine by Mr. Stephan Herzog, Executive Director, International Board of Lifestyle Medicine
15:45-15:55	Vote of Thanks – Mr. Rixin Jamtsho, Director, MECRIT
15:55-16:25	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)





**The First Bhutan–Thai International Conference on Lifestyle Medicine and Mindfulness
The Harmony Forum, Thimpu, Bhutan.**

**The Harmony Forum : Lifestyle Medicine & Mindfulness Across Cultures
A Bhutan–Thai Collaboration for Global Wellbeing**

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 Klomchitcharoen

Venue: Conference Hall, Old KGUMSB Secretariat Building

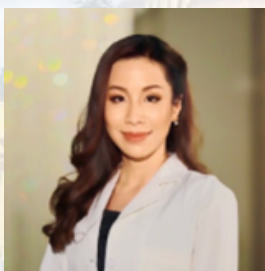
Time	PROGRAM Agenda		
8:20–8:50	Registration of participants	Organizing Secretariat	
9:00–9:20	Pillar: Nutrition for Longevity–Plant-Based Diets & Metabolic Health	Dr. Pansak Sugkraroek TLWA Executive Board Director, Physician at the Vital Life Scientific Wellness Center	Thailand
9:20–9:30	Discussion with Questions and Answers		



**Assistant Prof. Pansak
Sugkraroek MD,
FRCOG(T)**

- Graduated from Mahidol University with prestigious degree, he joined pioneer team of University of Ottawa Canada Reproductive Biology Unit. He came back to work at Ramathibodi Hospital Medical school, Mahidol University, as Assistant Professor in Reproductive medicine.
- He was invited to be founder member of International Society for Studying Aging Male, supported by WHO in 1998, and also member of International Menopause Society. He was one of the pioneer team in Vitallife Scientific Wellness Center at Bumrungrad International Hospital since 2000 and is a well-known expert in hormone therapy for menopause, andropause, antiaging and longevity wellness medicine. His past positions included the Medical Director of Vitallife scientific wellness center, Chairperson of women center, Director of Fertility units and Menopausal clinic at Bumrungrad International Hospital.
- He teaches at the College of Integrative Medicine, Dhurakij Pundit University, for doctoral and master degrees in antiaging and regeneration. He traveled extensively to give lecture and attended international conferences for the last 30 years to promote Longevity Wellness Medicine for enhancing longevity with vitality, antiaging and rejuvenation. Currently he is appointed as the Chairman of Leadership and Entrepreneurship in Wellness for the Nation Building Institute.

MC.



**Sarisa Klomchitcharoen
MD, MSc, ABAARM, ANCB,
Dip. LM, IBLM**

- CEO & Medical Director of VAANAA Longevity Center, a leading healthcare and longevity innovation organization, driving strategic growth in preventive medicine, regenerative health, and personalized longevity care
- PhD Candidate (Translational Health Sciences), University of Bristol, United Kingdom, with a research focus on regenerative medicine and longevity-driven healthcare innovation
- Holder of two Master’s degrees from the United Kingdom, in Stem Cells & Regenerative Medicine and Clinical Dermatology
- Board-certified in Anti-Aging, Lifestyle, and Preventive Medicine
- Visionary leader and strategist in future healthcare, specializing in scalable longevity models, biological aging, and regenerative care pathways
- Recognized speaker and program architect for executive-level and high-risk longevity health programs

Time	Topic	Presenter	Country
9:30–9:50	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	Discussion with Questions and Answers		
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Dr. Smith Arayaskul

- Doctor of Medicine (First-Class Honors), Faculty of Medicine, Chulalongkorn University, Thailand
- Master of Science in Dermatology, Srinakharinwirot University, Thailand
- American Board Certification in Anti-Aging and Regenerative Medicine, American Academy of Anti-Aging Medicine (A4M) , Fellowship in Anti-Aging and Regenerative Medicine, Australasian Academy of Anti-Aging Medicine (A5M) , Thai Board of Preventive Medicine (Lifestyle Medicine), Medical Council of Thailand , International Board Certification in Lifestyle Medicine (IBLM), International Board of Lifestyle Medicine
- Founder & Medical Director – Smith Prive' Aesthetique (3 branches) , Founder & CEO – Smith Skincare
- Aesthetic Physician, Dermatologist & Lifestyle Medicine Specialist – Samitivej Sukhumvit Hospital
- President – Prime Health Pharmaceutical Co., Ltd.
- Adjunct Lecturer in Dermatology – College of Integrative Medicine, Chulabhorn International College of Medicine (CICM), Thammasat University
- Founding Board Member – Thai Lifestyle Medicine And Wellbeing Association

10:00–10:20	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
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12:50–13:00	Discussion with Questions and Answers		
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Dr. Bancha Daengneam, MD,

- Dr. Bancha Daengneam, MD, is a specialized medical professional heavily trained in Preventive, Lifestyle, and Integrative Medicine.
- His extensive international board certifications span advanced cell therapy, nutritional medicine, chelation therapy, and clinical metal toxicology.
- Alongside his clinical credentials, he holds a doctorate in industrial education and acts as an academic advisor to the Ministry of Public Health and an invited professor at multiple major universities in Thailand.
- Specialist in Preventive Medicine (Lifestyle Medicine) – Certified by the Thai Medical Council
- Doctor of Industrial Education (Innovation and Research for Learning) – King Mongkut's Institute of Technology Ladkrabang (KMUTL), Thailand

Time	Topic	Presenter	Country
10:30–10:50	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	Discussion with Questions and Answers		
	<ul style="list-style-type: none"> • Managing Director of Phufa Enterprise — Thailand's leading private addiction-treatment group, comprising six facilities, approximately 130 staff, and an estimated 20% share of the country's private rehabilitation market. • Currently leading the establishment of Phufa International Hospital, Thailand's first private specialty hospital dedicated to addiction medicine. • Track record of building and operating rehabilitation centers across luxury and mid-tier segments in Bangkok, Hua Hin, Chiang Rai, and Khon Kaen, while preparing the group for listing on the Stock Exchange of Thailand. 		
Mr. Phupa Phuwadonanon			
Session 2: Mental Wellbeing & Mindfulness Moderator: TBD			
11:00–11:20	Mindfulness: Traditional Perspective (Sorig Zhiney & Luejong)	Drg. Deki Choden, Specialist, NTMH	Bhutan
11:20–11:30	Discussion with Questions and Answers		
	<ul style="list-style-type: none"> • Drg. Deki Choden, Specialist, NTMH, speaker for Mindfulness: Traditional Medicine perspective 		
Drg. Deki Choden			
11:30–11:50	Mindfulness & Scientific Research: Applications from Oxford Mindfulness–Online Presentation	Ms. Claire Kelly, Oxford Mindfulness Foundation	UK
11:50–12:00	Discussion with Questions and Answers		
	<ul style="list-style-type: none"> • Claire is the Director of Teaching and Learning at the Oxford Mindfulness Foundation, where she develops and delivers evidence-based mindfulness programmes for a wide range of public and professional settings. • With a background in education and leadership, she spent over 25 years teaching and leading teams before specialising in mindfulness. • Claire holds a Master's in Mindfulness-Based Cognitive Therapy from the University of Oxford and has worked extensively with organisations including the UK National Health Service, University of Cambridge, University of Oxford, University College London, King's College London, and Hong Kong University and the Chinese-speaking University of Hong Kong. • She has also offered mindfulness-based training in UK, USA, Thailand, Singapore and China. 		
Ms. Claire Kelly			
12:00–13:00	Lunch Break		

Time	Topic	Presenter	Country
<p>Panel Discussion Moderator - Dr.Yongyuth Mayalarp, MD DipIBLM, President of TLWA, Vice Chair, International Board of Lifestyle Medicine, and Representative for Asia</p>			



**Capt.(Ret.)
YONGYUTH
MAYALARP, MD**
 MB BS , MSc , MSc
 DTM&H , ABAARM ,
 KCLM /IBLM, Dip.

- Capt. (Ret.) Dr. Yongyuth Mayalarp is a distinguished, multi-faceted leader whose 40+ year career seamlessly blends international clinical excellence, top-tier corporate healthcare execution, and high-level national public service.
- Educated at prestigious institutions in the United Kingdom and Thailand, his medical expertise covers clinical tropical medicine, anti-aging science, and a deep-seated leadership in public health and lifestyle medicine.
- Dr. Yongyuth is a prominent figurehead driving the institutional growth of Lifestyle Medicine globally and locally, serving as the President and Founder of the Thai Lifestyle Medicine and Wellbeing Association (TLWA) and the Vice Chair for the International Board of Lifestyle Medicine (IBLM) representing all of Asia. His executive leadership is further demonstrated by his tenure managing major hospital groups under BDMS and his current role overseeing medical operations for Phufa Enterprise. Beyond healthcare,
- Dr. Yongyuth is a highly respected public figure, having twice served as the official Government Spokesman for Thailand and earned multiple royally-bestowed awards for his broadcasting contributions to the nation.

16:30–17:00	Visionary Leadership for Health and Wellbeing: From Organizations to Society	His Excellency the Health Minister Lyonpo Tandin Wangchuk	Bhutan and Thailand
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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

Time	Topic	Presenter	Country
	<ul style="list-style-type: none">• Dr. Rebecca Russell (Becky Russell) is a highly accomplished executive, internationally certified professional coach, and communication expert with diverse experience spanning corporate management, academia, the judiciary, and the entertainment industry.• She holds a doctorate in Development Education from Chulalongkorn University and is a Diplomate of the International Board of Lifestyle Medicine (DiplBLM).• Currently, she leverages her expertise in management, coaching, and public speaking as the Executive Director and Chief Corporate Communication Officer for ICC International Public Company Limited.		
	<ul style="list-style-type: none">• Dr. Chalida Thaochalee is a dedicated health speaker, university lecturer, and media personality with a strong academic foundation in anti-aging and regenerative sciences.• A former Miss Thailand (1998) who represented her country at Miss Universe, she has successfully transitioned into a prominent health advocate specializing in plant-based diets, weight management, and holistic wellness.• She actively shares her expertise through university lectures, published literature, television hosting, and mentoring for national beauty pageants.		
09:00–09:20	Buddhist Morning Practice– Gross National Happiness in Meditation	Khenpo Phuntsho Gyeltshen	Bhutan
09:20–09:30	Discussion with Questions and Answers		

DR. REBECCA RUSSELL
DiplBLM

DR. CHALIDA
THAOCHALEE



Khenpo Phuntsho
Gyeltshen

- Khenpo Phuntsho Gyeltshen was born in Eastern Bhutan on February 6, 1975. Following his primary education, he pursued extensive monastic training and Buddhist studies under distinguished masters from 1991 to 2004. He ultimately earned his master's degree from the Ngagyur Nyingma Institute, a prominent Buddhist institution located in India.
- Royal Tutor: He currently serves at the Motithang Palace in Thimphu as the personal philosophy tutor to His Royal Eminence Vairochana Rinpoche Ngawang Jigme Jigten Wangchuck, the Nephew of the King of Bhutan.
- Editorial Leadership: From 2019 to 2023, he worked as the Chief Editor for the Research and Reproduction of Longchen Rabjam's 31-volume Collected Works for the Maha Dharma Foundation.
- Religious Leadership: Between 2017 and 2019, he served as the Chief Priest for the Bubaneswar Branch of the Mahabodhi Society of India.

Time	Topic	Presenter	Country
9:30–9:50	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	Discussion with Questions and Answers		



Tanita Watprasong
PhD., DipIBLM

Psychologist, Ph.D. | MBCT Therapist | Psychology and Wellness Educator | Sexologist
 Certified in Mindfulness-Based Cognitive Therapy (Oxford Mindfulness, UK)
 Ph.D. in Counseling Psychology | MSc in Anti-Aging and Regenerative Medicine | DipIBLM |
 Clinical Sexology
 DPU Pride Award 2025 for academic & research excellence
 10+ years in yoga & mindfulness teaching
 Integrates psychology, mindfulness & lifestyle medicine for holistic health

10:00–10:20	Mindfulness: Monastic perspective	Ven.Khenpo Choten Dorji Secretary, Council for Administration & Development Affairs, Central Monastic Body	Bhutan
10:20–10:30	Discussion with Questions and Answers		



Ven.Khenpo Choten Dorji

- Ven.Khenpo Choten Dorji
Secretary, Council for Administration &
Development Affairs, Central Monastic Body
- Speaker for Mindfulness: Monastic
perspective

10:30-11:00	Tea Break		
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Time	Topic	Presenter	Country
Session 2: Leadership in Wellness Strategies and Innovation			
11:00–11:20	From Insight to Innovation: Reducing Oxidative Stress Through Lifestyle Medicine for Population Health	Dr. Patana Teng-umnuy, MD PhD, Vice-President of TLWA, DhurakijPundit University	Thailand
11:20–11:30	Discussion with Questions and Answers		



Asst. Prof. Patana
Teng-umnuy, MD

- Dr. Patana Teng-umnuy received his medical degree with first-class honors from Chulalongkorn University, Thailand, in 1986. He completed board certification in Internal Medicine in 1990 and in Nephrology in 1992. He then pursued a PhD in Molecular Cell Biology at the University of Florida, which he was awarded in 1998.
- Dr. Teng-umnuy is a leading lecturer on nutraceutical supplements, stem-cell biology, and anti-aging medicine. He currently serves as a consulting physician at Phyathai 2 Hospital and Celmed Clinic in Bangkok. His academic and professional roles include faculty member in the Anti-Aging and Regenerative Medicine program at Dhurakij Pundit University, vice president of the Thai Lifestyle Medicine and Wellbeing Association, and committee member of both the Thai Chelation Society and the Thai Integrative Medicine Society.
- In the private sector, Dr. Teng-umnuy is CEO of Celtac Ltd., major shareholder of WURX (a compounding pharmacy in Thailand), and president of HEAT Academy, which organizes the annual HEAT Congress for Wellness Management (www.heatantiaging.com), one of Thailand's most successful academic medical events.
- In 2023, Dr. Teng-umnuy was honored as "A Quality Person in Medical Business" by the Foundation of the Scientific and Technological Council of Thailand (FSTT).

11:30–11:50	Integration and Usage of High Technology: Integration of Lifestyle Medicine and Traditional Medicine in the Development of Medical Wellness Clinic	Dr. Khwanchai Visithanon, MD, Director of Teachers' Hospital, Former Deputy Director- General, Department of Thai Traditional & Alternative	Thailand
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11:50–12:00	Discussion with Questions and Answers		
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Khwanchai
Visithanon, MD

- Dr. Visithanon has built a robust career in hospital administration and public health management spanning several decades:
- Hospital Administration (1988–2001): After starting as a medical doctor in Khon-Khaen province in 1987, he quickly transitioned into leadership, serving as the Director for Weang-Yai hospital, Phak-Hai hospital, Lard Bua Luang hospital, and Bang Sai hospital.
- Ministry of Public Health Leadership (2008–2024): He held senior professional and executive roles within the Ministry of Public Health, eventually becoming the Director of the Bureau of Strategy in 2012 and the Director of the Institute of Thai Traditional Medicine in 2016. He ultimately served as the Deputy Director-General for the Department of Thai Traditional & Alternative Medicine from 2020 to 2024.
- Current Roles (2024–Present): Since 2024, he has served as a Distinguished Member of the Council of Udon Thani Rajabhat University. As of 2025, he holds the position of Director of Teachers' Hospital under the Office of the Welfare Promotion Commission for Teachers and Educational Personnel (OTEP).

Time	Topic	Presenter	Country
12:00–12:20	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

09:50–10:00	Discussion with Questions and Answers		
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Assoc. Prof. Dr.
Sarawut
Thepanondh

- Dr. Sarawut Thepanondh is an Associate Professor and the Faculty Dean at the Faculty of Public Health, Mahidol University, Thailand.
- He received a Ph.D. in Atmospheric Science from Monash University, Australia.
- His current research focuses on emission inventory and air pollution modeling.
- He has conducted numerous research related to air pollution management, as well as supervised postgraduate students at his university.
- He has been published in many international scientific journals.
- At present, he also serves as a technical advisor on various air pollution issues for the House

12:30–12:50	Bhutan's Wellness Future: Vision and Entrepreneurship of Gelephu Mindfulness City	Mr.Tashi Penjor, Director, Health, Economic Development Group, GMCA	Bhutan
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12:50–13:00	Discussion with Questions and Answers		
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- Mr.Tashi Penjor, Director (Health) Economic Development Group GMC.
- Speaker for Bhutan's Wellness Future: Vision and Entrepreneurship of Gelephu Mindfulness City

Mr.Tashi Penjor, Director

13:00–14:00	Lunch Break		
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Time	Topic	Presenter	Country
Session 3: Global & Regional Collaboration			
14:00–14:20	Mental Health in the Modern Era—Actionable Tools for Daily Life	Professor Darren Morton, PhD, Director, Lifestyle Medicine & Health Research Centre, Avondale University	Australia
14:20–14:30	Discussion with Questions and Answers		



Prof. Darren Morton

Professor Darren Morton is an internationally recognised wellbeing expert who is currently the Director of the Lifestyle Medicine & Health Research Centre at Avondale University. He is a Fellow of the Australasian Society of Lifestyle Medicine and was the inaugural recipient of the society’s “Change Maker” award. Darren was also one of four people selected worldwide to write the board certification exam for the International Board of Lifestyle Medicine.

Darren is the author of four books that have collectively sold over 100,000 copies and has approximately 80 publications in scientific and medical journals. He has also made numerous media appearances and presented to hundreds of corporate, educational, community and academic audiences around the world.

Darren is the world-expert on the “runner’s stitch” but his research today primarily focuses on evidence-based approaches for improving mental health and wellbeing from the disciplines of Lifestyle Medicine and Positive Psychology. This has led him to develop wellbeing programs—such as The Lift Project—that have engaged tens of thousands of participants from over 50 countries.

In his spare time, Darren loves being active outdoors and spending time with family and friends.

14:30–14:50	Pillar: Sleep & Restoration – The Missing Link in Lifestyle Health	Dr.Kobkullaya Chuengprasertsri,MD,Lifestyle Medicine Physician	Thailand
14:50–15:00	Discussion with Questions and Answers		



Dr.Kobkullaya Chuengprasertsri MD,MSc. ,ABBRM, CNW, IBLM

- Education: MD (Second-Class Honors) from Khon Kaen University and Master’s in Dermatology from Chulalongkorn University.
- Expertise: Board-certified in Anti-Aging (A4M) and Lifestyle Medicine (IBLM) , with Laser training from Harvard Medical School.
- Current Role: Director of the Premier Life Center (Anti-Aging Center) at Phyathai 2 Hospital.
- Media & Public Figure: First Runner-up Miss Thailand 2009 and host of health programs such as "Kon Su Rok" and GreenWave radio.
- Awards: Named Outstanding National Youth (2010) and honored with the Grateful Child Award (2012)

Time	Topic	Presenter	Country
15:00–15:30	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 Sugkraroek, TLWA Executive Board Director, Physician at the Vital Life Scientific Wellness Center: 2. Three Bhutanese speakers 3. Professor Darren Morton, PhD, Director, Lifestyle Medicine & Health Research Centre, Avondale University	Bhutan, Thailand, Australia
15:30–16:00 Tea Break and End of Scientific Session			



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

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.