

Press release



The Civil Service Well-being Division, RCSC in collaboration with Department of Traditional Medicinal Services, Ministry of Health has conducted the Sorig Zhiney and Luejong TOT for civil servants.

The purpose of the training is to help enhance the mental, physical, and spiritual wellbeing of our civil servants and their productivity in the workplace and promote Sorig Zhiney and Luejong as an alternative to other mindfulness practices and yoga exercises.

Sorig Zhiney and Luejong is a mindfulness and yoga practice, based on purely Bhutanese Traditional Medicine System also known as 'Sowa Rigpa', the ancient science of healing and it has been derived from the Mephram Nampar Gyalwai text of the Medicinal Buddha. It is designed to improve the function of the sense organs and inner organs, balance the internal energy, open the channels, and relax the mind.

The training was facilitated by the trained TM professionals comprising of Drungtshos and Menpas. The participants will impart the knowledge and skills gained from the training to other colleagues in their respective organization.

The six day workshop for the first cohort of civil servants was conducted at Hotel Nordenma in Babesa, Thimphu from October 12-17, 2021. There were 19 participants from eight ministries and 4 agencies of RCSC, RAA, OAG and BMHC.