

# GLOBAL FRIDAY PRESENTS

Friday, November 5, 2021

## Learnings from Himalayan Cultures of Compassion, Gross National Happiness and Mindfulness

*Hilary Crowley*

Physiotherapist and President of Samuha Overseas  
Development Association (S.O.D.A)

Tibet, Bhutan and Ladakh will form the backdrop of this exploration of Himalayan culture. The communities are linked by the Himalaya by Buddhism and observed through a medical perspective. We will start by visiting medical schools and schools for orphan children in Tibet. We then shift our focus to Bhutan and discuss how the King led the country from an Absolute Monarchy to a Constitutional Monarchy and instituted the concept of Gross National Happiness. We explore the steep geography of the region through hiking in the mountains and also gain an understanding of the difficulty in navigation for people with disability. Lastly, we go to Ladakh in the far north of India, sandwiched between Pakistan and China. These lines of control are frequently challenged by these neighbours and are protected by the Indian army. Ladakh is predominantly Buddhist but also has a considerable Moslem presence. These experiences are encapsulated in Hilary's book, HEALTH IN THE HIMALAYA. The talk will be accompanied by a slide-show of Tibet, Bhutan and Ladakh. Both of Hilary's books are available through the UNBC book store.



**Room: 7-152**

**12:00 – 1:30 PM**

**Also available via Zoom Webinar:** <https://unbc.zoom.us/j/64693431828?pwd=K21OSUpKd0lYQWN1cFh6T0lYUFEQT09> Passcode: 484480

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