

Dr. Thokmey was trained in the field of Tibetan medicine from the basic by Tibetan medicine experts like the Professor Bashi Phuntsok Wangyal, Late Dr. Lobsang Dolma and Late Venerable Trogawa Rinpoche in Ngari, Tibet. He had served the Tibetan community in various capacities such as member of Regional Election Commission, member of Regional Assembly, Dharamsala for 3 years, member of Cholsum Chikdril Association for 6 years, member of Ngari Chethun Association, President of Ngari Chethun Association for 3 years and worked as Tibetan Medicine Doctor at Lower TCV for 8 years.

He was a member of Tibetan Parliament for the 12th and 13th Tibetan Parliament. He was one of the 2nd CCTM Executive Members and again he was re-elected as a 3rd Executive member. From 1980 to till date, he works in Khangkar Tibetan Medical Clinic in Mcloedganj, Dharamsala as a Tibetan Medicine Doctor.