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FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

26th ANNUAL

GURUKUL

Celebrating Tibet's Civilizational Heritage in Dharamsala

JUNE 7 – 30, 2022

Application Deadline: 24th April 2022

"To meet the challenges of our times, I believe that humanity must develop a greater sense of universal responsibility. Each of us must learn to work not just for our own individual self, family or nation, but for the benefit of all mankind.

Today we are so interdependent, so closely interconnected with each other, that without a sense of universal responsibility, a feeling of universal brotherhood and sisterhood, and an understanding and belief that we really are a part of one big human family, we cannot hope to overcome the dangers to our very existence – let alone bring about peace and happiness."

- His Holiness the Dalai Lama

PROGRAMME OVERVIEW

His Holiness The Dalai Lama often describes Indians as the 'guru (teacher)' and Tibetans as the 'chelas (students)' of the Indian guru. Many Indians believe that the roles have been reversed and we have much to learn from the Tibetans. The Gurukul Programme seeks to revive the centuries-old relationship of exchange of ideas and experiences between Indians and Tibetans, and offer a gateway to discover an inner universe in Dharamsala.

For 25 years, Gurukul has offered meaningful opportunities for university students across India to reside in Dharamsala - the home of His Holiness the Dalai Lama and the Headquarter of the Central Tibetan Administration - for about a month and immerse themselves in various experiences. The innovatively designed Programme offers an introductory insight into Tibet's civilization heritage, the life and teachings of His Holiness The Dalai Lama, Tibetan Buddhism, and the life and history of the Tibetan community in exile.

Click here to watch the travelogue [UNHEARD VOICES AND NOTESTO MYSELF...by Dev Agarwal](#)



PROGRAMME HIGHLIGHTS



Familiarization Tour & Dialogue with Tibetan Organizations

The Gurukul Programme will begin with a tour of Dharamsala where participants will interact with the vibrant network of partner organizations and centres in the Tibetan community. Some of these will include:

1. Dolma Ling Nunnery
2. Central Tibetan Administration
3. Tibetan Political NGOs
4. Tibetan Medical and Astrological Institute
5. Tibetan Institute of Performing Arts
6. Tibetan Children's Village School
7. Library of Tibetan Works and Archives
8. Tibet Museum
9. Nechung Monastery

These interactions will build an understanding of the rich history of work of Tibetan institutes in Dharamsala and foster a greater sense of engagement with the host community.

Residing in Monasteries & Nunneries

To facilitate a truly immersive experience into the Tibetan spiritual and cultural ethos, the participants will reside in monasteries and nunneries. They will train in meditation, observe and engage in Buddhist dialectics, and

build a spirit of exchange of knowledge, habits and perspectives within these sacred spaces.

Meditation Sessions

The mornings will begin with a guided meditation by a qualified monk/nun in the monastery and nunnery where the participants will reside.

Audience with His Holiness the Dalai Lama (tentative)

Every year, participants of Gurukul are welcomed by His Holiness the Dalai Lama to his residence in Dharamsala. The interaction includes discussion on contemporary issues that young people grapple with, with an emphasis on moral and ethical conduct in everyday life for improving society and the world at large. Centuries-old Tibet-India relations are also highlighted.

Buddhist Philosophy by Geshe Lhakdor (Director, Library of Tibetan Works and Archives)

An intensive course on Buddhist Philosophy will be led by Geshe Lhakdor. Participants are encouraged to have evening consultations and debates with monks and nuns at the respective monasteries/nunneries where they reside.



Meeting with the Sikyong, Central Tibetan Administration in Exile

Gurukul participants will have the privilege of meeting with Sikyong, the democratically elected Political Head of the Central Tibetan Administration in Exile. Sikyong will share insights on various issues facing the Tibetan community in exile, especially in the fields of education and professional development. Participants will be encouraged to meet officials from various government departments.

Workshops on Thangka Sketching, Wood Carving & Wood Painting

Experiencing the rich culture of Tibetan art is integral to the Gurukul Programme. Dr. Sarika Singh, a former Gurukul participant and Founder of the Centre for Living Buddhist Art, will offer Tibetan Thangka sketching classes to introduce the participants to the traditional Tibetan Thangka art.

Workshops on wood carving and wood painting will be led by the Art Master at the Norbulingka Institute. Participants

will also learn about the Institute's efforts in the preservation of Tibetan art, and visit the Doll Museum at Norbulingka, known for its exhibition of life-size dolls illustrating Tibetan people's tradition and daily life.

Tibetan Traditional Music and Opera

The Tibetan Institute of Performing Arts will guide/tour performances on the ancient Tibetan traditional music and opera for the participants.

Film Screenings and Talks

Special lectures by luminaries from the exiled Tibetan community along with film screenings and discussion will be hosted.

Field Research

Participants will have the opportunity to engage in field research at a partner Tibetan institute of their interest, engage in illuminating conversations with the heads and members of the institute, and share their learnings through a research report.

YOU WILL BE STAYING IN

Dolma Ling Nunnery and Institute

Dolma Ling Nunnery and Institute is a non-sectarian nunnery located in the Kangra valley near Dharamsala. Officially inaugurated by HH the Dalai Lama in 2005, the nunnery is funded by the Tibetan Nuns Project and was the first institute dedicated specifically to higher Buddhist education for Tibetan Buddhist nuns from all traditions.

Dolma Ling Nunnery is unique because it offers a 17-year curriculum of traditional Buddhist philosophy and debate as well as modern courses in Tibetan language, English, basic mathematics, and computer skills. The nuns also receive training in the ritual arts such as sand mandalas and butter sculpture. The nuns are engaged in study, practice, nunnery work, and self-sufficiency projects such as tofu making and handicrafts. In May 2013, ten Dolma Ling nuns made history when they received the highest monastic degree – the Geshe Ma or Phd degree, achieving parity with the monks.

Dip-Tse-Chok-Ling Monastery

This monastery was originally situated in Tibet, a few kilometers south of Lhasa and the Potala Palace, the residence of HH the Dalai Lama. It was built in the 18th century by the Most Venerable Yongzin Yeshe Gyaltzen, tutor of His Holiness the 8th Dalai Lama. The monastery had a very close relationship with a common lineage, which continued until 1959, when Tibet was 'liberated' by the Chinese Red Army. Along with over 6,000 other monasteries and temples, Dip-Tse-Chok-Ling was ravaged and demolished to near ruins.

In 1992, the people of Dip began work on the reconstruction of Dip-Tse-Chok-Ling Monastery. Local volunteers, including the remaining monks, under the direction of Ven. Tenzin Gelek Rinpoche, the 6th reincarnation of YYG and the late Lama Tashi Gyaltzen, made a request for assistance from Dip-Tse-Chok-Ling Monastery-in-exile in Dharamsala. The project started with a nucleus of three novice monks, later joined by a few more, in a rented wooden hut.

A beautiful and serene site among the trees, 300 meters below McLeod Ganj, was bought in 1984 and the present monastery was born. The construction started in 1984 and was completed in 1986. The main temple is on the ground floor. On the second floor is the Arya Tara Temple, the protector temple room and a private room for HH the Dalai Lama. The late Lama Tashi Gyaltzen requested His Holiness to inaugurate the temple and on 7 March 1987 the ceremony took place.

ABOUT THE FOUNDATION

“This foundation will implement projects according to Tibetan Buddhist principles to benefit people everywhere, focusing especially on assisting non-violent methods, on improving communication between religion and science, on securing human rights and democratic freedoms, and on conserving and restoring our precious Mother Earth.”

-His Holiness the Dalai Lama

Through its rich repertoire of programs, the Foundation works to nurture:

- Universal Human Values
- Capacities for Peaceful Coexistence & Non-violence
- Interfaith Harmony & Understanding
- Women’s Equal Rights & Gender Justice
- Environmental Sustainability
- Conversations between Science & Buddhism
- Preservation of Tibet’s’ civilizational heritage, in particular the Nalanda tradition

Mission

- To promote universal responsibility in a manner that is inclusive and also respects the diversity of cultures, beliefs and practices
- To build a global ethic of non-violence, coexistence, gender equity and peace by facilitating secular processes that cultivate personal and social ethical values
- To enrich educational paradigms that tap the transformative potential of the human mind

Vision

- Foster the spirit of interdependence and universal responsibility through intra and inter faith explorations and dialogue
- Support personal transformation in ways that facilitate larger processes of social change
- Develop and sustain peacebuilding and coexistence initiatives in regions of violent conflict and social unrest
- Encourage and cultivate Ahimsa (non-violence) as a guiding principle for interaction among human beings and with the environment
- Build capacities for conflict transformation, human dignity and rights, gender justice and democratic freedom through partnerships with civil society groups across the globe
- Explore new frontiers on understanding the mind by building bridges between science and spirituality
- Support the professional development of future leaders and decision makers through scholarships and fellowships

TERMS AND CONDITIONS

1. Proposed Dates for the Programme: June 7 - June 30, 2022.
2. The Foundation will arrange for your bus tickets to and from Delhi. The travel to McLeod Ganj, Dharamsala will be by bus. You are requested to report at TCV Day School-Delhi on 6th June at 4:00 pm. The address for the same is: TCV Day School, New Aruna Nagar, Majnu-ka Tilla, Delhi 110054
3. Participants will return to Delhi (Manju-ka Tilla) in the afternoon of 1st July. To accommodate any kind of delays, you are advised to plan your return journeys from New Delhi after 3:00 pm.
4. During your stay in Dharamsala, the Foundation will arrange for basic boarding (vegetarian breakfast/lunch/dinner) and lodging. Every effort will be made to make your stay comfortable, within the limitations of a monastic life. Accommodation for male participants will be arranged at a monastery and for females at a nunnery. You must be prepared

for the challenges of a frugal life encountered during the programme as an opportunity for personal growth and learning.

5. Participants are advised to initiate a Medical & Personal Accident Insurance Policy, and carry a first-aid kit (with essential medicines), torch, mosquito coil/repellent cream, umbrella/raincoat (it's a must), walking shoes and waterproof sandals/slippers.
6. Participants must carry a Govt. ID with them at all times during the programme, (College ID and Aadhaar Card/Driver's License). You may require this for security clearances at some centres.
7. Participants are required to submit their COVID vaccination certificates and a Medical Fitness certificate granted by a qualified doctor.
8. All schedules and programmes are subject to change. However, sincere efforts will be made to communicate these as much in advance as possible.

Last date for applying: Sunday, 24th April 2022

CONTACT INFORMATION

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Partner Centres

