

**Healing Our Minds**  
drawing on the teachings of HH The Dalai Lama  
Friday, 18th February, 6:00 pm IST



**Khen Rinpoche Geshe Tashi Tsering**  
Abbot of Sera Mey Monastery in South India  
with  
**Rajiv Mehrotra**  
Hon. Trustee/Secretary  
Foundation for Universal Responsibility of HH The Dalai Lama  
healingourminds@furhindi.org

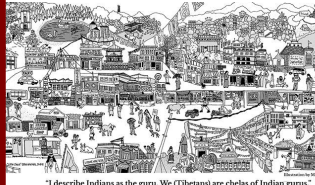
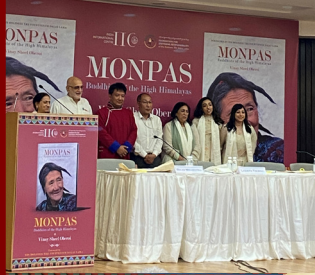


The Dalai Lama Chair at MIT World Peace University, Pune  
presents  
**Virtual - Workshop on the Practice of  
Meditation and Nurturing Peace**  
by Ven. Geshe Lhakdor  
Director, Library of Tibetan Works and Archives, Dharamshala, India



Register at:  



From Mon, Feb 21st to Fri, Feb 25th, 2022 from 3 pm  
bit.ly/krunkat



26th Annual  
**GURUKUL**  
Celebrating Tibet's Civilisational Heritage in Dharamshala  
June 7-30, 2022




HIS HOLINESS THE DALAI LAMA & ARCHBISHOP DESMOND TUTU  
**MISSION: JOY**  
FINDING HAPPINESS IN TROUBLED TIMES



Women in Security, Conflict Management and Peace  
and India International Center, New Delhi  
Cordially invite you to a webinar on  
**- GENDER AND DISABILITY -**  
As part of WISCOMP Dialogues

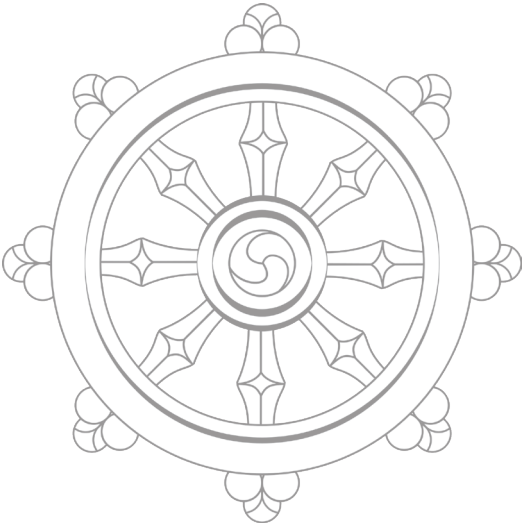
19 MAY 2021 6:30 PM TO 8:45 PM

**SPEAKERS**

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**FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY  
of His Holiness The Dalai Lama**



**PROGRAMMES**



HIC  
Happiness Class  
a film  
by Samina Mishra  
Wednesday, 11 May, 6:30 pm  
C.D. Deshmukh Auditorium, India International Centre, New Delhi




Presentations by  
FUR Fellows 2021

FUR Fellowships for Dalai Lama Studies 2021



Dalai Lama Fellowships for Nalanda Studies 2021







ལོངས་སྤྱོད་ལེན་པའི་ལྷན་ཁག་གི་ཁྲིམས་ལུགས་ལྟེང་།

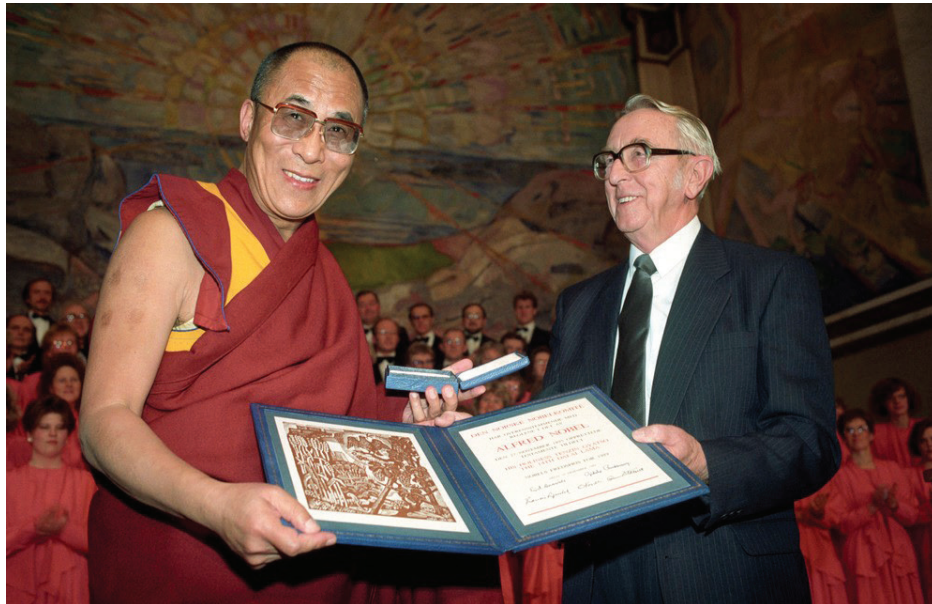
**FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY**  
of His Holiness The Dalai Lama

## ABOUT THE FOUNDATION

Founded in 1990, the Foundation is a not-for-profit, non-sectarian, non-denominational organization established with funds from the Nobel Peace Prize awarded to His Holiness The Dalai Lama. It works at the intersection of His commitments - to serve all sentient beings to find personal happiness and peace on our fractured planet.

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

Indo - Tibetan Civilization Heritage | Interfaith Harmony &  
Understanding | Gender Justice | Universal Human Values,  
primarily through Education | Environmental Sustainability |  
Capacities for Peaceful Coexistence & Non-violence |  
Conversations between Science & Buddhism



The Dalai Lama receiving the Nobel Peace Prize in 1989. He is the Chairperson of the Foundation for Universal Responsibility of His Holiness The Dalai Lama.

**Foundation for Universal Responsibility**  
of His Holiness The Dalai Lama  
Core 4A, India Habitat Centre,  
Lodhi Road, New Delhi-110003  
+91 (11) 24648450

[www.furhhd.org](http://www.furhhd.org) |      furhhd | [info@furhhd.org](mailto:info@furhhd.org)

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*“An open heart is an open mind.  
Compassion is the radicalism of our time.”*

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(Photo, Office of His Holiness the Dalai Lama)

*“Love and compassion are the true religions to me. But to develop this, we do not need to believe in any religion.”*

HIS HOLINESS THE DALAI LAMA

# HIGHLIGHTS



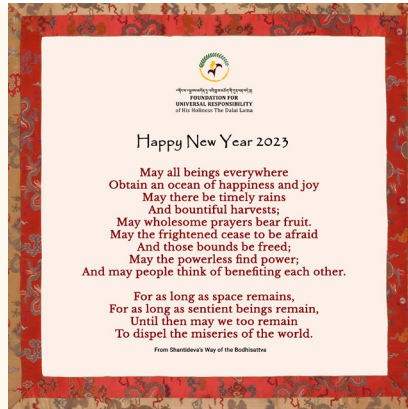
## U.N. PEACE UNIVERSITY COSTA RICA PARTNERSHIP

The Foundation's official partnership with the UN University for Peace produced a lecture series, with hopes for a taught course on His Holiness, hosting UPeace students in India for immersion programmes, and other enriching initiatives.



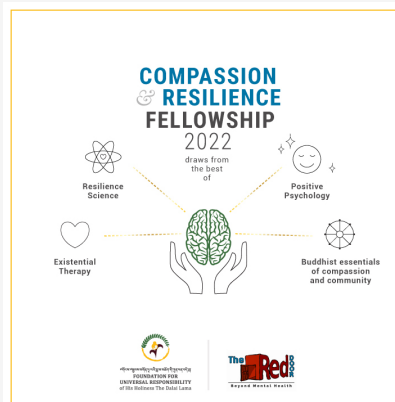
## GURUKUL 2022

The Annual Gurukul Programme returned for its 26th year, welcoming 28 new Fellows to celebrate Tibet's civilisational heritage in Dharamshala.



## DALAI LAMA & NALANDA STUDIES FELLOWSHIPS

The Foundation launched two non-residential academic fellowships in 2021, both currently concluding their second cycles. Applications for the third round have been received.



## COMPASSION & RESILIENCE FELLOWSHIP

To foster fortitude in today's youth based on His Holiness' teachings, the Compassion & Resilience Fellowship was launched in 2022, with introspective workshops, talks and activities.



## DALAI LAMA CHAIRS AT GOA & PUNE

Engagements with the Dalai Lama Chair at Goa University and MIT Pune have continued in the form of lecture series by distinguished field experts & FUR Fellows.



## HEALING OUR MINDS: MULTI-FAITH APPROACHES

The Foundation responded to the growing mental health crisis during Covid times and after, by organising virtual dialogues drawing on diverse spiritual faiths.



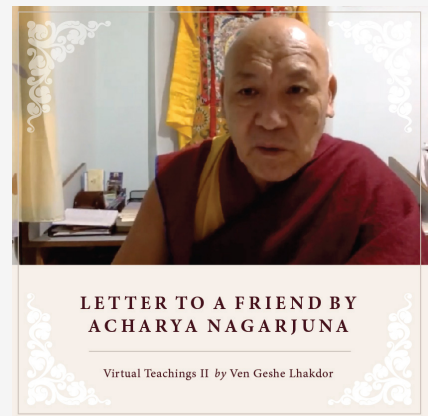
## BOOK LAUNCHES & DISCUSSIONS

The Foundation hosted several book launches and discussions in 2021-22. For *His Holiness The Fourteenth Dalai Lama: An Illustrated Biography*, the conversation featured author Tenzin Geyche Tethong; His Holiness' brother, Tenzin Choegyel; and Foundation Secretary Rajiv Mehrotra, a personal student of His Holiness.



## DALAI LAMA IN FRAMES

To capture the spirit of His Holiness' commitment to inter-faith harmony and universal peace, two exhibitions were curated in collaboration with The Tibet Museum.



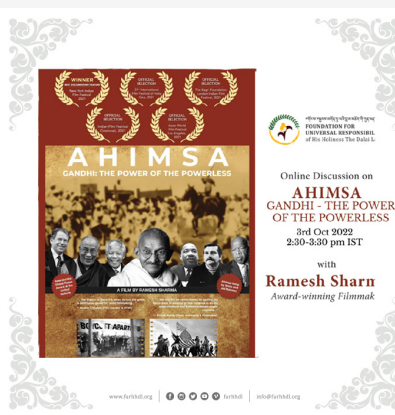
## BUDDHISM'S SECULAR TEACHINGS

The Foundation was honoured to host Geshe Lhakdor and Geshe Tashi Tsering for a series of virtual lectures, imparting spiritual wisdom to audiences across the nation.



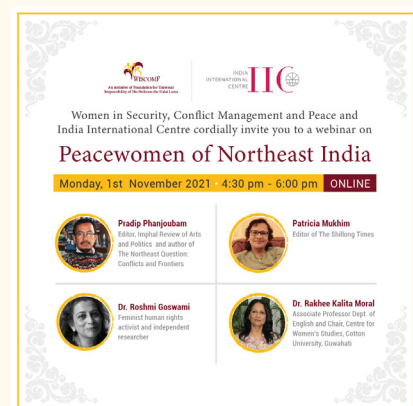
## MENTAL HEALTH FESTIVAL

The Foundation supported MH360, a Mental Health festival celebrating diversity, empathy and collective well-being, through talks on *dukha* and finding meaning in life.



## FILM SCREENINGS

In partnership with India International Centre, the Foundation hosted a monthly film festival, reaching out to audiences like university students, academics, civil society leaders and policy influentials.



## WISCOMP'S INITIATIVES

The Foundation's initiative, WISCOMP (Women in Security, Conflict Management and Peace), facilitated several successful programmes and workshops, such as the South Asian Dialogue series and the Online Book Cafe, among others.



# FELLOWSHIPS

January 2021 saw the launch of two new non-residential Fellowships for independent research, as part of the Foundation’s mission to forge a neoteric, intellectual and academic ecosystem.

## DALAI LAMA STUDIES

### Call for Applications

### Selection of Fellows

### Presentations by Fellows on their Research



### Submission of Monographs

Prayers for the Black Mountains & Rising Oceans: Historical & Contemporary Resources for Developing a Tibetan & Himalayan Buddhist Climate Ethics  
KALZANG DORJEE BHUTIA

Healing Childhoods: How Social, Emotional and Ethical Learning in Delhi Schools began to change hearts  
ANJALI NAYAR

A Gift to Humanity The Psycho-Political Vision of the Fourteenth Dalai Lama of Tibet  
HONEY OBEROI VAHALI

# FELLOWSHIPS

## DALAI LAMA STUDIES

Engaging with the Legacy of the Pre-Eminent Leader

The FUR Fellowship for Dalai Lama Studies encourages unprecedented multi-disciplinary research into the life, teachings and philosophy of His Holiness the XIV Dalai Lama.

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### 2021



**Dr. Honey Oberoi Vahali**

Professor of Psychology, School of Human Studies, Ambedkar University Delhi  
*A Gift to 21st Century Humanity: The Psycho-Political Vision of the XIV Dalai Lama of Tibet*



**Anjali Nayar**

Assistant Professor, Unitedworld Institute of Design, Karnavati University, Gandhinagar  
*Tracking the Impact of the SEEL (Social, Emotional and Ethical Learning) Programme in India*



**Dr. Kalzang Dorjee Bhutia**

Visiting Researcher, University of California Los Angeles, USA  
*Prayers for the Black Mountains and Rising Oceans: Historical Resources for Developing a Tibetan and Himalayan Buddhist Climate Ethics*

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### 2022



**Dr. Smita Patil**

Assistant Professor, School of Gender & Development Studies, IGNOU, Delhi  
*Embracing Samata: Exploring the Concept and Practice in the Worlds of The Dalai Lama, Dr. B.R. Ambedkar & Others*



**Dr. Preeti Joshi**

Head, School of Liberal Arts, MIT World Peace University, Pune  
*Fostering Interfaith Diversity, Harmony & Peace in Pedagogy – A Comparative Study on Curricular Frameworks on the Philosophy of The Dalai Lama & Other Philosophers*



**Dawa Lokyitsang**

PhD Scholar, Cultural Anthropology, University of Colorado Boulder, USA  
*Kinship and Sovereignty: Care Interventions & Education in the Tibetan Refugee Community*




**Dr. Latika Gupta**

Assistant Professor, Department of Education, University of Delhi  
*Peace Teacher – His Holiness the XIV Dalai Lama*

# FELLOWSHIPS NALANDA STUDIES

## Call for Applications




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FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY  
of His Holiness The Dalai Lama

### DALAI LAMA FELLOWSHIPS FOR NALANDA STUDIES

This fellowship delves into the diverse aspects of the Nalanda traditions in order to offer penetrating insights on its relevance while addressing contemporary predicaments.



Applications close on  
**Wednesday, 15th December 2021**

## Selection of Fellows



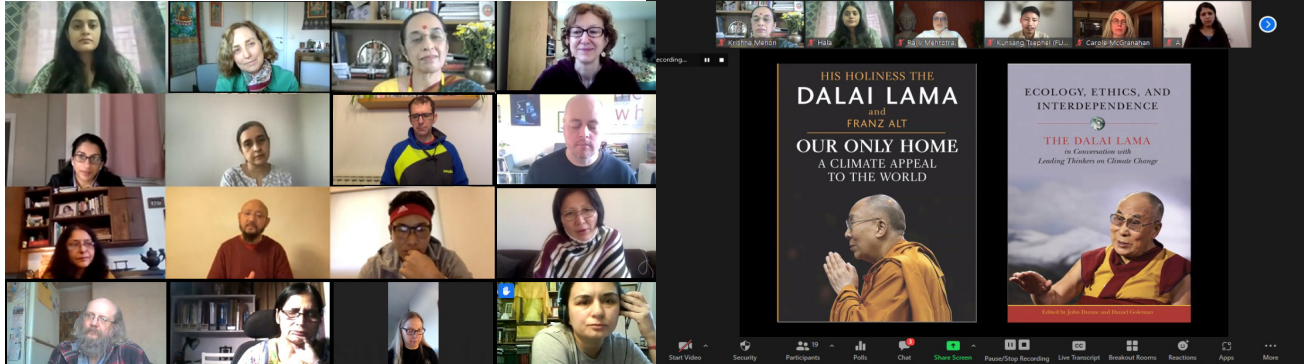
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FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY  
of His Holiness The Dalai Lama

### Dalai Lama Fellowships for Nalanda Studies 2021





Dr. Meenakshi Malhotra      Nisheeta Jagtiani

## Presentations by Fellows on their Research




## Teaching Engagements



### RELIGIOUS DIVERSITY AND INTER-RELIGIOUS HARMONY

by Nisheeta Jagtiani (FUR Fellow) for The Dalai Lama Chair  
at MIT World Peace University, Pune  
Thursday, 23rd December 2021 at 1.30 pm IST on Zoom




### SCHOOL OF LIBERAL ARTS Session Series FUR Fellow 2021 Monday 17<sup>th</sup> October 2022 | 12.00 PM

Guest Speaker



**DR. MEENAKSHI MALHOTRA**  
Associate Professor,  
Department of English,  
Hansraj College,  
University of Delhi

The Dalai Lama Chair at MIT World Peace University, Pune  
<https://furhhd.org/dalai-lama-fellowship-for-nalanda-studies/>  
<https://furhhd.org/fellowships-for-dalai-lama-studies/>  
Email: [DLstudies.fellowship21@furhhd.org](mailto:DLstudies.fellowship21@furhhd.org) | Website: <https://furhhd.org>

# FELLOWSHIPS

## NALANDA STUDIES

Exploring the Ancient Tradition

The Dalai Lama Fellowship for Nalanda Studies focuses on devoted study of the Nalanda traditions in order to offer penetrating insights on its relevance while addressing contemporary predicaments.

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### 2021



**Nisheeta Jagtiani**

PhD Scholar, Religious Studies, Northwestern University, USA

*The Fourteenth Dalai Lama's Deployment of the Buddha's Rime Approach*



**Dr. Meenakshi Malhotra**

Associate Professor, Department of English, Hansraj College, University of Delhi

*They Walked in Faith: Women's Spiritual Journeys within World Religions of Hinduism, Buddhism and Christianity*

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### 2022



**Dr. Amrita Nandy**

Adjunct Lecturer, Ambedkar University Delhi

*Employing Values and Ideas of the Nalanda Tradition to Examine the Relationship between Feminist Activism & Spirituality in Contemporary Urban India*



**Dr. Rinku Lamba**

Associate Professor, National Law School of India University, Bengaluru

*A Study of the Influences of the Nalanda Tradition on Tagore & Shantiniketan*



**Saheli Pal**

Visual Artist

*Serenity in the World of Chaos: Buddhist Perspectives on Life*

The Fellows' extensive exploration of their research topics culminated in the submission of monographs. Augmenting their capacities as 'future teachers' and expanding the horizons of their own learning, the Fellows have shared their research and lectured at various universities.

The 2022 Fellows successfully presented their work in October, edging closer to the end of their journey; applications for next year's cycle have also been received.

# DALAI LAMA CENTRES & CHAIRS

Crafting An Academic Legacy



His Holiness the Dalai Lama speaking on the 'Relevance of Ancient Nalanda Teachings in Modern Times' at Goa University. (Photo: Central Tibetan Administration)






**Goa University**



**MIT World Peace University, Pune**

Inaugurated by His Holiness, the first Dalai Lama Chair in Nalanda Studies was established at Goa University in December 2019 and has since been graced with multiple programmes, lectures and events.

Pune-based MIT World Peace University followed next, setting up The Dalai Lama Chair for Indic Studies in October 2020 with Professor Priyankar Upadhyaya (UNESCO Chair for Peace and Intercultural Understanding) at the helm.







Dr. Vishwanath Karad  
**MIT WORLD PEACE UNIVERSITY** PUNE  
 TECHNOLOGY · RESEARCH · SOCIAL INNOVATION & PARTNERSHIPS

FOUNDATION FOR UNIVERSAL RESPONSIBILITY  
 of His Holiness The Dalai Lama




The Dalai Lama Chair at MIT World Peace University, Pune presents

**Virtual - Workshop on the Practice of Meditation and Nurturing Peace**  
 by Ven. Geshe Lhakdor  
*Director, Library of Tibetan Works and Archives, Dharamshala, India*




Register at:  
  
[bit.ly/3runktP](https://bit.ly/3runktP)

From Mon, Feb 21st to Fri, Feb 25th, 2022 from 3 pm

འཕྲིན་ལ་མཐུན་པའི་དྲ་ལམ་གྱི་ཐུན་པད་ལེ་ཏུ།  
**FOUNDATION FOR UNIVERSAL RESPONSIBILITY**  
 of His Holiness The Dalai Lama

**A Map of the Mind & its Clinical Benefits for Mental Health**  
 - Public Lecture -  
 by Geshe Dorji Damdul



Distinguished Buddhist Scholar & Director, Tibet House, Delhi  
 Visiting Professor, Dalai Lama Chair, Goa University

**Saturday, 25th June 6:00 pm**  
 International Centre Goa, Dona Paula, Goa

[furhhd.org](http://furhhd.org)

The Chairs are aligned with His Holiness’ fourth commitment towards preserving and promoting the Nalanda tradition. Inspired by the Nalanda masters’ example of using human intelligence to the fullest by employing rigorous reason and logic, the scholars adopt a strictly secular approach to address contemporary predicaments. The Foundation’s Fellows have previously given lectures, and continued their teaching engagements at the Chairs from November 2022.




**THE SCHOOL OF LIBERAL ARTS UNDER THE AEGIS OF THE DALAI LAMA CHAIR PRESENTS**

**Engaged Buddhism as a Transformative Force: HH Dalai Lama and Ven. Thich Nhat Hanh**

A Session for Students & Faculty  
 16<sup>th</sup> Nov. 2022 | 11.30 AM - 1.00 PM



Chief Guest  
**Prof. (Dr.) Siddharth Singh**  
 Professor of Buddhist Studies,  
 Banaras Hindu University (B.H.U.)


- Director, Vivekananda Cultural Centre, Embassy of India, Tokyo (2018-22)
- ICCR Chair, Uppasala University (2014-15)
- Fulbright Senior Fellow, University of Colorado (2011-12)

Venue : MIT-WPU Campus, Ganga , 3rd Floor, Room No. 307 | [www.mitwpu.edu.in](http://www.mitwpu.edu.in)

**THE VISITING DALAI LAMA CHAIR**  
**MIT WORLD PEACE UNIVERSITY, PUNE**  
 in partnership with  
 THE FOUNDATION FOR UNIVERSAL RESPONSIBILITY  
 of His Holiness the Dalai Lama

Invites you to a virtual lecture

**AN INTRODUCTION TO THE NALANDA TRADITION**  
**Its Relevance Today**  
 by



**VEN. GESHE LHAKDOR**  
 Director – Library of Tibetan Works & Archives, Dharamshala.  
 Distinguished Buddhist Scholar & Author, translator for HH Dalai Lama,  
 Conferred Hon. Prof University of British Columbia & Delhi

# UNITED NATIONS UNIVERSITY FOR PEACE, COSTA RICA

A Budding Bond with Future Leaders and Peacemakers



The Foundation was invited by the UN University for Peace, Costa Rica (created by UN General Assembly Resolution 35/55) to conduct a series of lectures, as part of the University's Master's programme in Religion, Culture and Peace Studies. These explored His Holiness the Dalai Lama's philosophy of peace, conflict resolution, inter-faith harmony, and approaches to nurturing compassion. Future lectures and workshops will focus on methodologies from India's civilisational heritage to facilitate internal transformation through secular practices.

Sharing a number of peace-oriented agendas, the Foundation and UPeace also formalised a partnership, signing a Memorandum of Understanding in Geneva in October 2022. Aside from the lectures and workshops, the collaboration is expected to involve a taught course on His Holiness, hosting UPeace students in India for the Gurukul and Interfaith programmes, film screenings, and a range of other transformative initiatives.

Plans to establish a fourth Dalai Lama Chair for Peace Studies at UPeace are in the works along with the Foundation's hopes to create opportunities for engagement between its Indian university partners and UPeace students.



UPeace Rector Francisco Rojas and Rajiv Mehrotra signing the Memorandum of Understanding

**Healing & Nurturing Our Minds: Secular Perspectives from India**

Based on the Teachings of His Holiness The Dalai Lama



**Rajiv Mehrotra**  
Founding Secretary/Trustee of the Foundation for Universal Responsibility of His Holiness The Dalai Lama

The 30-45 minute talk will introduce basic concepts from India's Civilizational Heritage that offer insights into the human condition, how it understands and responds to contemporary personal and global predicaments - from issues of mental health to the global environmental crisis.

The speaker will discuss specific secular mind training techniques and practices that have been proven to help over thousands of years and will examine both traditional wisdom and contemporary practice.

Thursday 10 November 2022 | 12:45PM - 2:45PM | Council Room



**Film Screening: Mission Joy**

Speaker:  
Rajiv Mehrotra  
Founding Secretary/Trustee of the Foundation for Universal Responsibility of His Holiness The Dalai Lama



His Holiness The Dalai Lama Garabdrup Rinpoché Tenzin Gyatso

**MISSION: JOY**  
FINDING HAPPINESS IN TROUBLED TIMES



Wednesday 9 November 2022 | 12:45PM - 2:45PM | Council Room







(Photo, Office of His Holiness the Dalai Lama)

*“If you think you are too small to make a difference, try sleeping with a mosquito.”*

HIS HOLINESS THE DALAI LAMA



# COVID & AFTER: HEALING OUR MINDS

## INTERFAITH PERSPECTIVES & CONVERSATIONS

Spanning the first half of 2022, the Foundation presented a series of virtual conversations on 'Healing Our Minds'. These conversations drew on diverse spiritual perspectives and alternative therapeutic methods to respond to the growing crisis in mental health while contributing to a broader ongoing multi-faith public discourse.



འདོད་ལམ་ འགྲུབ་མཁོན་ཏུ་འཕེལ་བའི་རྒྱ་ལ་མཚན་གྱི་གུན་པན་འདེམ་།  
**FOUNDATION FOR  
 UNIVERSAL RESPONSIBILITY  
 of His Holiness The Dalai Lama**



*“We must respect and learn from all traditions  
 while remaining true to our own.”*

HH The Dalai Lama

## Healing Our Minds

Conversations with

**Rajiv Mehrotra**

*Trustee/Secretary, Foundation for Universal Responsibility of The Dalai Lama*

The Foundation for Universal Responsibility recently presented virtual conversations on 'Healing Our Minds'. These draw on diverse spiritual perspectives and alternative therapeutic methods to respond to the growing crisis in mental health.



**Teachings of The Dalai Lama**  
 Khen Rinpoche Geshe Tashi Tsering  
*Abbot of the Sera Mey Monastic University in South India*



**Reflections on the Vedanta**  
 Swami Sarvapriyananda  
*Minister of the Vedanta Society of New York & Senior Monk, Ramakrishna Mission*



**Perspectives from Islam**  
 Syeda Hameed  
*Eminent activist-scholar on Islam & Founder Member of Muslim Women's Forum  
 Haji Syed Salman Chishty  
 Gaddi-Nashin Hereditary Custodian of the Dargah Ajmer Sharif*



**Yogic Approaches**  
 Yogacharya Dr. Ananda Bhavanani  
*Director, ICYER at Ananda Ashram, Pondicherry & Professor of Yoga Therapy*



**Sikh Perspectives**  
 Dr. Nikky-Guninder Kaur Singh  
*Professor & Chair, Dept. of Religious Studies, Colby College, USA*



**Ayurvedic Approaches**  
 Dr. M.S. Valiathan  
*Eminent Cardiac Surgeon & Author and Researcher of Ayurvedic Texts  
 Dr. Ramesh P.R.  
 Ayurvedic Physician & Chief, Clinical Research, Arya Vaidya Sala Kottakkal*



**Psychoanalytic & Buddhist Approaches**  
 Honey Oberoi Vahali  
*Professor, School of Human Studies, Ambedkar University Delhi*



**Perspectives from Psychiatry**  
 Dr. Sudhir Khandelwal  
*Former Head Dept. of Psychiatry, All India Institute of Medical Sciences*

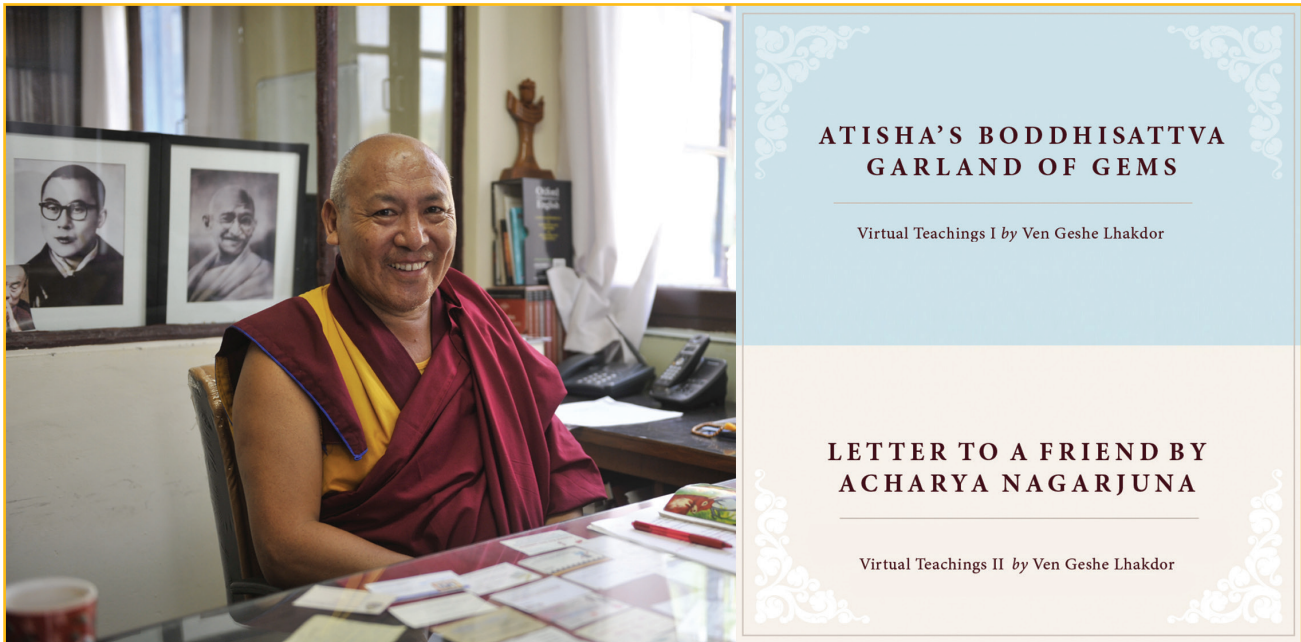


**Perspectives from Tibetan Medicine and Astro-Sciences**  
 Tenzin Lodon  
*Head, Outreach & Development, Tibetan Medical & Astro. Institute, Dharamsala  
 Dr. Tenzin Choying  
 Head, Dept. of Mental Health, Tibetan Medical & Astro. Institute, Dharamsala*



**The Spirit of Homeopathy**  
 Dr. Rajan Sankaran  
*Head, International Academy of Advanced Homeopathy, Doctor & Author*

## WEEKLY VIRTUAL TEACHINGS: GESHE LHAKDOR



The Foundation was honoured to organise a second series of weekly virtual teachings by Geshe Lhakdor in 2021, following the event's success in 2020.

While the first series on 'Bodhisattva's Garland of Gems', ran from September 2020 – March 2021, the second set of teachings revolved around 'Letters to a Friend' by Acharya Nagarjuna, running from May to October 2021.



## THE NALANDA TRADITION AND ITS VALUE

Directorate of Visiting Research Professors Programme  
HH The Dalai Lama Chair in Nalanda Studies, Goa University

and

Foundation for Universal Responsibility  
of His Holiness the Dalai Lama

**Virtual Lecture**

**Ven. Geshe Tashi Tsering**

VISITING RESEARCH PROFESSOR,  
HH THE DALAI LAMA CHAIR IN NALANDA STUDIES, GOA UNIVERSITY

on

**What is the Nalanda Tradition  
and What is its value?**

**6<sup>TH</sup> NOVEMBER, 2020**  
**11:00 AM TO 12:15 PM**



A virtual lecture by Ven. Geshe Tashi Tsering was organised in collaboration with the Directorate of Visiting Research Professors' Programme, His Holiness The Dalai Lama Chair in Nalanda Studies, Goa University in November 2020.

## NURTURING RESILIENCE & COMPASSION



Fellows at  
**THE COMPASSION & RESILIENCE FELLOWSHIP 2022**

**COHORT 2**

 Sheryll Prabhakar Rayan Counsellor	 Abirami Raveendranath City Lead for Speakout- English project at Bhumi NGO
 Madhavi P Pursuing Development Studies	 Harsh Randhawa Pursuing B.Sc. Statistics
 Ketan Dua Multimedia Producer	 Nitesh Arora Pursuing Psychology
 Ophelia Lobo Mental Health Professional and Educator	 Ketaki Surendra Natekar Psychologist
 Siddhant Singh Research Scholar and NCC Leader	 Rajat Tanwar Youth Leader at LEAD India NGO, Criminal and Civil Advocate

Logos for the Foundation for Universal Responsibility of His Holiness The Dalai Lama and The Red Door Beyond Mental Health are at the bottom.

Launched in partnership with The Red Door, the Compassion & Resilience Fellowship kicked off in March 2022 with 20 participants aged 21-30 from across the country. With a dynamic, experiential curriculum, the Fellowship focuses on enhancing the psycho-social skills of the participants.

The first cycle concluded in June 2022, with a talk by Rajiv Mehrotra, and the Fellows' personal reflections on how they learned to optimise their social selves and resilience skills through this journey. The second cycle began in July 2022, with ten Fellows and a call for the third cycle has been sent out.



མཛིན་པ་འགྲུབ་མཁོན་ལུ་ལའི་བླ་མ་འཚོ་གི་ལྷན་ལཱ་ལཱེ།  
 FOUNDATION FOR  
 UNIVERSAL RESPONSIBILITY  
 of His Holiness The Dalai Lama

presents

# COMPASSION & RESILIENCE FELLOWSHIP 2023

in partnership with



Applications open  
 till Saturday,  
 10th Dec 2022

Designed as a virtual program consisting of two batches consecutively engaged for three months each, the Compassion and Resilience Fellowship addresses an exigency made visible by the Covid-19 pandemic and its psychological fallout – the need to systematically prepare for an increasingly volatile and unpredictable future.

[KNOW MORE](#)

If you are open to  
 having your perceptions challenged,  
 are oriented towards **psycho-spiritual growth**  
 and  
 see **compassion** as a critical 21st century skill,  
 this Fellowship is for you!



We are looking for individuals who are keen on strengthening their Resilience quotient through a methodical, even exacting exploration of the self. In other words, people who are willing to pry their minds and hearts open and rebuild themselves in a resilience-affirmative mould. We welcome people who are working (or want to) in the development sector, in education and in healthcare, and who recognize Resilience enhancement as a potential game changer for themselves as well as the communities they work with.

The Fellowship program comprises four modules transacted over the course of 3 months. Sessions will be between 11:00 am and 1:00 pm on either Saturdays or Sundays, and 7:00 pm to 9:00 pm on Wednesdays. Depending on the availability of facilitators, we may also schedule sessions between 3:00 pm and 5:00 pm on Saturdays.



Module 1  
**The Basics**

A theoretical exploration of Resilience as a multi-factorial concept and a highly trainable outcome.



Module 2  
**Reaching In**

This module facilitates a deep immersion into oneself (personal/psychological). It is designed to enable an experiential understanding of intrinsic protective factors and the tools to strengthen them.



Module 3  
**Reaching Out**

The objective of this module is to optimize the social self, allowing Fellows to engage most effectively with extrinsic protective factors [family, community, etc].



Module 4  
**Going Beyond**

This module facilitates a more spiritual, transcendent view of the human condition and an engagement with the process of meaning-making within one's life and circumstances.

Throughout the program, Fellows will be given the opportunity to **engage** with and **learn** from facilitators, and each other.

# GURUKUL '22

Celebrating Tibet's Civilizational Heritage in Dharamsala



The Gurukul Programme returned in 2022 for its 26th year, making it the Foundation's longest-running programme. A transformational immersion experience, Gurukul invites Indian university students and recent graduates to live the life of the Tibetan community in exile, offering first-hand insight into their civilisational heritage, Tibetan Buddhism and His Holiness' teachings.

Starting June 7, for three weeks, the Fellows had insightful interactions with cultural institutions such as the Tibetan Institute of Performing Arts, political organisations and members of the Tibetan government in exile, as well as spiritual discussions with Geshe Lhakdor la, and monks and nuns at the Fellows' respective residences – Dolma Ling Nunnery and Tse-Chok-Ling Monastery.

The Fellows were also blessed with a private audience with His Holiness. In the hour-long interaction, he caringly addressed their queries and concerns, while emphasising the importance of compassion in their role as citizens of a global community.



"I describe Indians as the guru, We (Tibetans) are chelas of Indian gurus."  
-The Dalai Lama

# 26th Annual GURUKUL

Celebrating Tibet's Civilisational Heritage in Dharamshala

June 7-30, 2022

Any Indian university student and recent graduate interested in this programme can apply. Age limit up to 28 years.

### Programme Highlights

3 weeks in Dharamshala | Stay in Monasteries & Nunneries | Interact with Buddhist Masters & Tibetan Scholars | Experience Traditional Dialectic Debates & Spiritual Chanting | Attend Courses in Buddhist Philosophy | Learn Tibetan Arts & Crafts | Experience Tibetan Music & Dance | Conduct Field Research | Engage with the Central Tibetan Administration

**Apply Now**

Last Date for Application: Sunday April 24, 2022

Organised by FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

in partnership with

FURHHDL, Core 4A, India Habitat Centre, Lodhi Road-Delhi Tel: (91) (11) 24648450/ 43091893



## GURUKUL FELLOWS 2022 | DHARAMSALA

26 years of facilitating a unique immersive experience of Tibet's rich civilisational heritage in Dharamshala, for current and recent graduates across India



**ZEAL PARESHBHAI JANI**  
MA English Literature  
St Xavier's College  
Ahmedabad



**ASHWINI TENKAYALA**  
BA Journalism  
Mount Carmel College  
Bangalore



**JAYANA SANGHVI**  
BSc Psychology  
Stella Maris College  
Chennai



**NANDINI SHIRURKAR**  
LLB  
Campus Law Centre  
University of Delhi



**SURBHI MEHTA**  
PhD Peace and Conflict  
Studies  
Jamia Millia Islamia, Delhi



**BIBHUTI MALLA**  
MA Sociology  
Delhi School of Economics  
Delhi



**FAIZAH GHAZI**  
PhD Latin American Studies  
Jamia Millia Islamia  
Delhi



**ASHWINI MANJUNATH HEGDE**  
MA English Literature  
Manipal Centre for Humanities,  
Manipal



**PURVA BHATT**  
Research Scholar  
PhD Social Sciences  
MNIT, Jaipur



**KANIKA CHAWLA**  
PhD Education  
Jawahar Lal Nehru University  
Delhi



**ASHWARYA NITHAWARE**  
Bachelor of Dental Surgery  
SDK Dental College &  
Hospital, Nagpur



**LOKSHI MAHESH PRABHODESAI**  
BA Psychology  
MITWPU University, Pune



**PRITHA SINGH**  
BA Visual Arts and  
Photography  
SCMVP, Pune



**PRIYA**  
MA English  
Indira Gandhi National  
Open University



**BORA HARSHA SUNIL**  
PhD (Yoga)  
SVYASA Yoga University  
Karnataka, Bangalore



**PEMA YOUTSO**  
University of Shona



**ANUKRITI PRASAD**  
BA English & Creative  
Writing  
Ashoka University, Delhi



**TENZEN NAMKHA**  
PhD Geography Dept  
Delhi School of Economics  
Delhi



**TENZIN YANGPHEL**  
BA LLB  
University School of Law  
and Legal, GGSU, Delhi



**DIVYAANSH DEVARRIA**  
PhD Computer Science  
Bennett University  
Greater Noida



**DNYANESH VIJAY BORSE**  
PhD Water Resources  
Engineering  
IIT, Mumbai



**SIDDHANT SALUJA**  
BBA  
MIT World Peace University  
Pune



**K. VINAY K.**  
MA Psychology  
Indira Gandhi National  
Open University, Delhi



**AJAY THOMAS LUKOSE**  
MA Education  
Tata Institute of Social  
Sciences, Mumbai



**CHANDAN KUMAR**  
PhD Visual Studies  
Jawahar Lal Nehru University  
Delhi



**RAHAT TOUHID**  
MA Convergent Journalism  
AJKMCR Centre, Jamia  
Millia Islamia, Delhi



**RICHAN**  
BA Philosophy  
St. Stephen's College  
Delhi



**THUBTEN PHUNTSOG**  
B. Ed. Psychology  
D.R. Ambedkar University  
Delhi



## FEEDBACK

All reports and feedback surveys revealed the Fellows found this a holistic, immersive programme. They were surprised at how they came to examine their own relationships with faith and learnt to engage in meaningful, incisive dialogue about Buddhism. The closing ceremony highlighted the common sentiment that this was a life-changing exercise in gratitude.



“The Gurukul Programme is one of the many life changing experiences I’ve had the honour and privilege to be a part of. No matter where I go or what I become – these three weeks, this amazing group of 32 people and every second spent getting close to the Tibet issue will always be close to my heart.”

–Jayana D Sanghvi, Stella Maris College, Chennai



“I feel like I entered another realm, brimming with beauty, kindness, wisdom and overwhelming amounts of compassion; that now, I too have become a fellow dweller, a learner and there is no going back.”

–Zeal Pareshbhai Jani, St Xavier’s College, Gujarat



“The Gurukul programme was a significant event in my life. I feel connected with His Holiness the Dalai Lama, and the whole of Tibet forever. I share the responsibility for the Tibet issue now. This program is just a starting point for my journey with Tibet. I am looking forward to studying Buddhism and visiting Dharamshala again.”

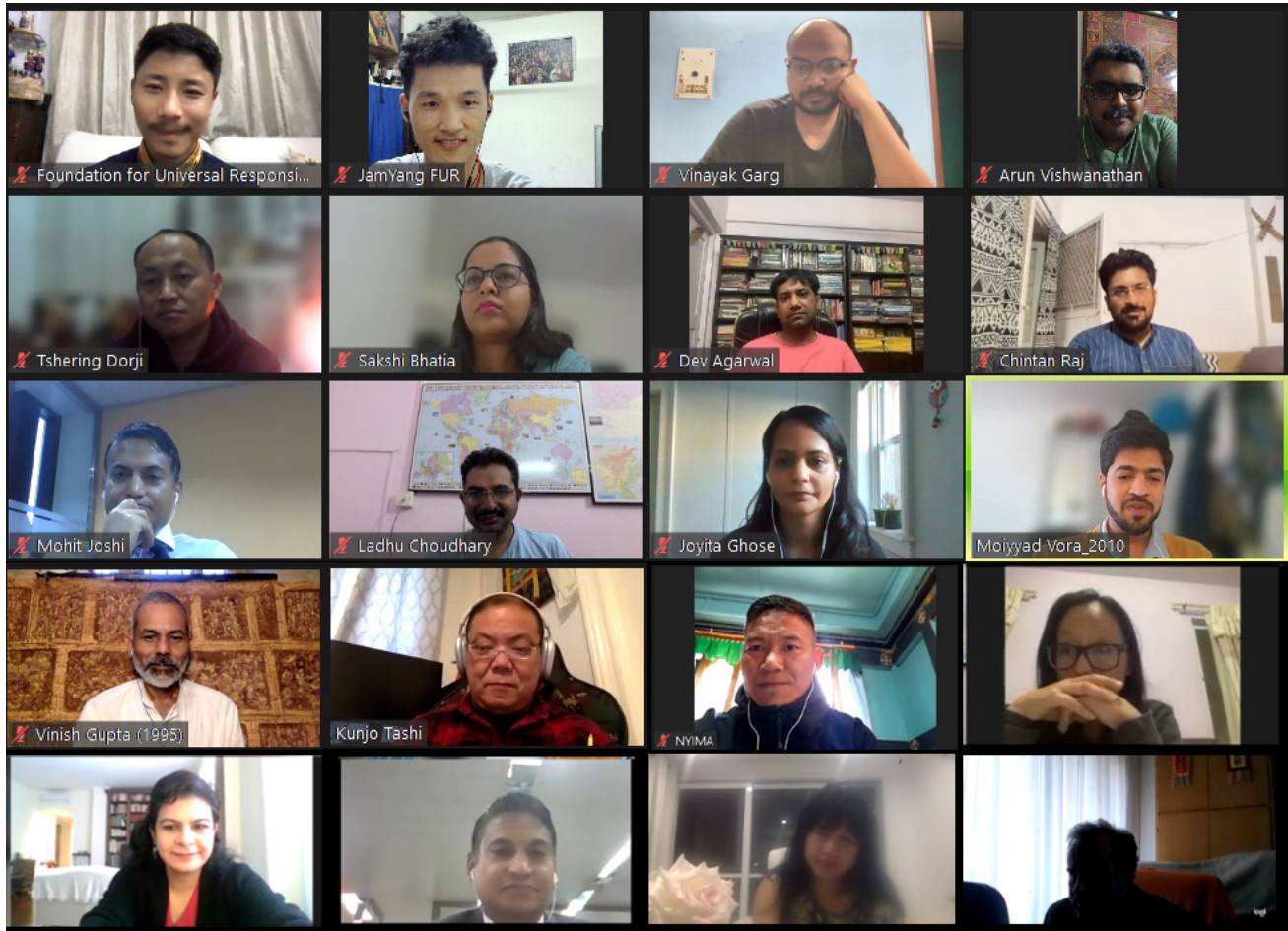
—Dnyanesh Borse, IIT Bombay, Mumbai



“The programme brought about a seismic shift in my thought process. It was a fun programme that was intellectually stimulating and emotionally fulfilling. I shall use the learnings from the program to enhance my life experiences and raise awareness about the Tibetan cause and community in those parts of the country where not many people know the situation. I am glad that I could be a good chela throughout the programme and in turn, hope to act as a guru to the ignorant, preaching and practising what I have learned in Gurukul 2022.”

—Ajay Lukose, TISS, Mumbai

## ALUMNI OUTREACH



The Foundation's first attempt to reconvene the vibrant alumni network of the Gurukul Programme brought together 20 alumni from batches spanning 1993-2008. Meeting virtually in March 2022, the former Gurukul Fellows reflected on the myriad ways in which the experiential programme impacted them as young students and traced their journeys to their current positions as doctors, university professors, entrepreneurs, and experts at UN institutions, among others.







# WISCOMP INITIATIVE

Where Gender, Wisdom & Compassion Converge

## EMBEDDING GENDER JUSTICE IN THE ACADEMY



As part of India International Centre's (IIC) Diamond Jubilee Celebrations, WISCOMP collaborated with the IIC to organise a Dialogue on the role that Higher Education Institutes (HEIs) in India can play in fostering gender equality. Eminent speakers from the fields of law, policy, higher education and the UN system shared insights on a range of equality concerns: What are HEIs doing to bridge gender gaps and break stereotypes, especially in STEM fields? What role does policy play in catalysing these changes? How can HEIs accord legitimacy to action against discrimination while also signalling to society the need for a broader transformative framework on gender justice?



The Dialogue concluded with the launch of a unique handbook introducing a roadmap for participatory gender audits, as well as an exhibition commissioned by WISCOMP: *When Women Write...in Words and Pictures*.

## WISCOMP DIALOGUES

**Women in Security, Conflict Management and Peace and India International Center, New Delhi**  
Cordially invite you to a webinar on

### PEDAGOGY IN THE TIMES OF THE PANDEMIC

As part of *WISCOMP Dialogues*

**23 JULY 2021** | **4:00 PM TO 5:30 PM**

**SPEAKERS**

**PROF. KRISHNA MENON**  
Professor, Gender Studies and former Dean of the School of Human Studies at Dr. B R Ambedkar University, Delhi

**PROF. RUKMINI SEN**  
School of Liberal Studies, Dr. B R Ambedkar University, Delhi

**DUSHYANT KUMAR**  
Assistant Professor, Department of Political Science, Miranda House, University of Delhi.

**DR. BIJAYLAXMI NANDA**  
Acting Principal, Miranda House, Delhi

**REGISTER HERE**  
[webcast.streaminglive.in/iic/webinar/signup.php](http://webcast.streaminglive.in/iic/webinar/signup.php)

The Covid-19 pandemic is changing our world in many ways. Education, especially higher education, has borne the brunt of the pandemic in very specific ways. Students and teachers have had to keep away from the campus, since distancing norms and lockdown policies across the world made it difficult to have face to face classes and interactions on campus. As teachers committed to transformative and critical pedagogy, the speakers at the dialogue will highlight the experiences of faculty and students in campuses of higher learning while battling the anxieties and losses unleashed by the pandemic.

Meaningful interventions by the students and faculty of educational institutions to extend care and logistical support to the citizens such as in Delhi are a significant initiative that merit a discussion. However, accompanying these efforts have been the accounts of gendered experiences of the teaching/learning process as it shifted online, almost overnight. The challenges posed by the existing social inequalities have been exacerbated by online processes, how have teachers navigated these inequalities? The role of leadership in academic institutions, the gendered nature of the struggle of online teaching/learning, the initiatives by the faculty faced with unequal access to digital technology and the mental health concerns of all engaged in the higher education space would form the backdrop of this dialogue.

**Women in Security, Conflict Management and Peace and India International Center, New Delhi**  
Cordially invite you to a webinar on

### GENDER AND DISABILITY

As part of *WISCOMP Dialogues*

**19 MAY 2021** | **4:30 PM TO 5:45 PM**

**SPEAKERS**

**Prof. Anita Ghai**  
Professor  
Ambodkar University Delhi and Disability Rights activist

**Dr. Mahesh Panicker**  
Assistant Professor  
Lady Shri Ram College University of Delhi

**Seema Baquer**  
Independent Consultant on Cross Disability Issues

**Karuna Rajeev**  
Assistant Professor  
Lady Shri Ram College University of Delhi

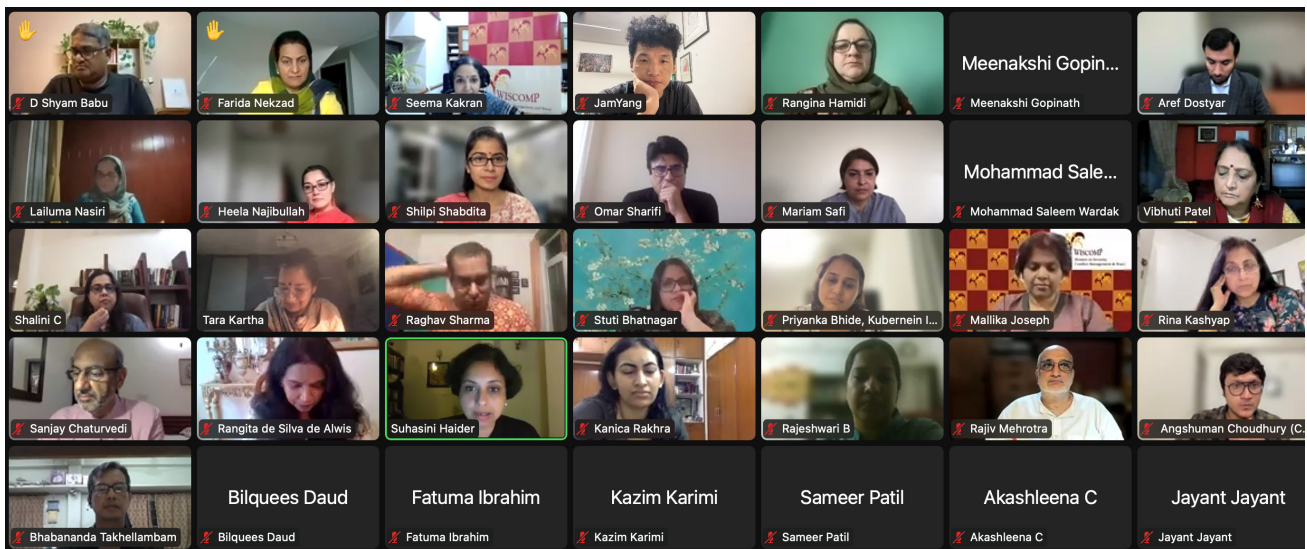
**Dr. Meenakshi Gopinath**  
Director  
WISCOMP

**Seema Kakran**  
Deputy Director  
WISCOMP  
Facilitator

WISCOMP Dialogues is a discussion series that aims to provide a space for sustained public dialogue on pertinent contemporary concerns through the prism of gender. The Dialogues focus on themes of leadership, diversity and co-existence, governance, democracy, conflict transformation, multi-track peace initiatives, diplomacy, and development.

WISCOMP has organised multiple webinars as part of these Dialogues, all with healthy attendance and ever-increasing viewership of the uploaded sessions.

### AFGHANISTAN IN TRANSITION: WOMEN'S PERSPECTIVES



WISCOMP organised a Virtual Dialogue in August 2022 to foster conversations on the developments in Afghanistan since the Taliban takeover in 2021 from a gender perspective. The Dialogue brought together Afghan journalists, scholars and civil society actors as well as their Indian counterparts to accent important questions about Afghan women's current roles and realities.

## WOMEN AND VULNERABLE GROUPS IN COVID: A SOUTH ASIAN PERSPECTIVE

**RSiS** S. RAJARATNAM SCHOOL OF INTERNATIONAL STUDIES  
Nanyang Technological University, Singapore

The 5<sup>th</sup> NTS-Asia Consortium Annual Conference  
"Asian Security in a Post-Covid 19 Environment"

NTS-Asia  
CONSORTIUM OF NON-TRADITIONAL SECURITY STUDIES IN ASIA

### GENDER RESPONSIVE EMPLOYMENT

Taking action now could increase 2030 GDP by \$13 trillion relative to 'do nothing' scenario.  
GDP impact to 2030, \$ trillion (2019)

- do nothing – minus \$1 trillion
- act now - \$15 trillion
- wait to take action - \$ 8 trillion

Female to male employment in 2030, ratio

Scenario	Female to male employment in 2030, ratio	GDP impact to 2030, \$ trillion (2019)
Do nothing	0.61	-1
Wait to take action	0.67	8
Take action now	0.71	13

Dr Mallika Joseph  
Senior Fellow, Women in Security,  
Conflict Management and Peace (WISCOMP), India

WISCOMP continued its engagement with the Non Traditional Security Consortium based in Singapore by participating in its NTS-Asia Consortium Annual Conference. Senior Fellow Dr. Mallika Joseph presented a paper on women and vulnerable groups in COVID, detailing the multi-dimensional impact of the pandemic on the well-being of vulnerable communities in South Asian countries.

## RECOGNISING DIFFERENCES, BUILDING ON COMMONALITIES WORKSHOP FOR YOUTH LEADERS



In May 2022, WISCOMP organised an experiential workshop for youth leaders from underserved backgrounds who were part of the 2021-22 cohort of DISOM - The Leadership School. The workshop centred on peacebuilding, conflict transformation and helped participants reflect on issues of democratic dialogue, environmental security, disability rights, and gender justice, among others. The session concluded with a guided meditation led by Rajiv Mehrotra and positive closing comments from the participants about the workshop's impact.

## COLLECTIVE SPACE: WISCOMP BOOK CAFE INAUGURAL DIALOGUE



*Log-in Gender*  
an online portal for students and educators on en-gendering education  
presents

### Vignettes of Resistance: En-Gendering the Worlds of Labour

the inaugural virtual dialogue of

*The Book Café*

29<sup>th</sup> July 2022 | 5-6 pm | Zoom

The abysmally low female labour force participation rate in India for the past few years raises serious concerns about the construction of egalitarian post pandemic futures. The perpetual invisibilization, underpaid and overexploited nature of women's work ensures that the worlds of labour remain sites of alienation, exploitation and oppression for many women. Prof Mary John and Dr Meena Gopal's edited anthology 'Women in the Worlds of Labour' (2021) begins with this crisis of women's labour.

The discussion seeks to take forward the ideas from this book on women's work and worlds of labour through the lens of 'intersectionality'. We will draw insights from diverse fields such as Queer Studies, Culture Studies, Development Studies, Anthropology and Labour Studies. How do we re-define, re-conceptualize and re-categorize women's work? What conceptual tools can be derived from the women workers' protest movements, everyday negotiations, expressions and imaginations? These are some of the questions that will be addressed at **The Book Café**.



WISCOMP is an initiative of the Foundation for Universal Responsibility



### SIMHIKA: DAUGHTER OF THE FOREST, A PERFORMANCE- DIALOGUE

WISCOMP's latest collaboration was a successful performance-dialogue by Padma Shri Geeta Chandran, eminent Bharatnayam exponent. A comment on 'Ecology, Identity and Dispossession of Women from Marginalized Communities,' the performance was adapted from a story by Kottayam Thampuran, produced and curated by Ms. Chandran.

### INTERNATIONAL DAY OF PEACE

Commemorating the 41st UN International Day of Peace, the WISCOMP team reached out to a small community of Delhi-based Afghan refugees, hosting them for dinner. A warm and friendly evening, it allowed for everybody to converse and interact without a structured agenda. All the guests expressed their sincere gratitude for the friendship between the Afghan community and WISCOMP, and hope to explore enriching collaborations in the future.



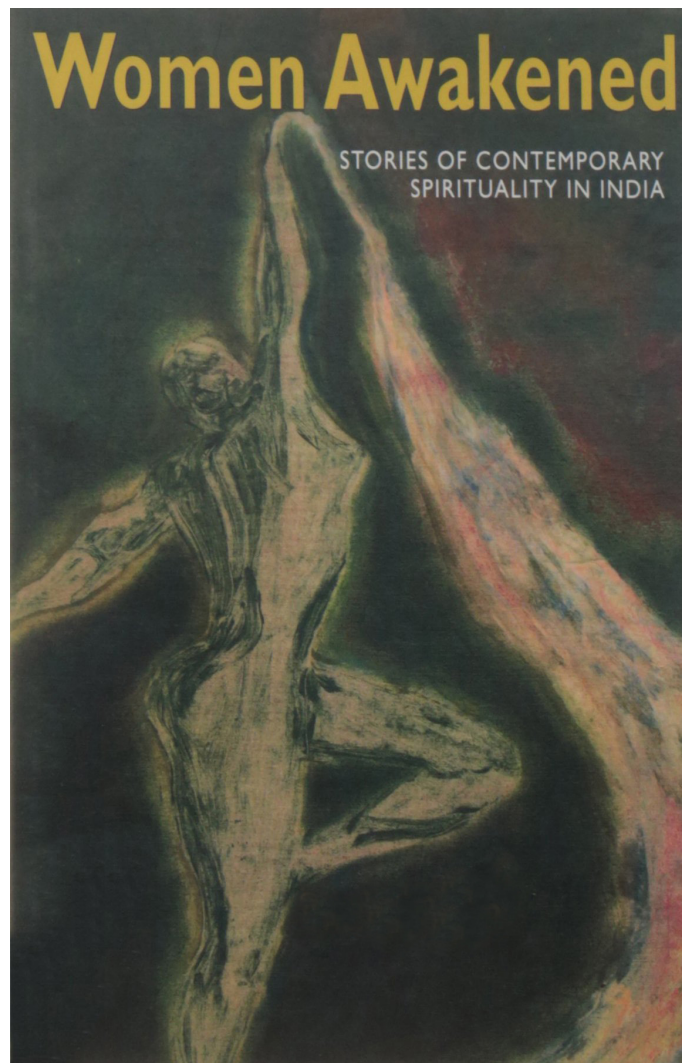
# WOMEN AND FAITH

## Fellowship on Role of Women in Inter-faith Harmony

One of the Foundation's most recently launched Fellowships is a project by Prof. Krishna Menon, School of Human Studies, Ambedkar University Delhi, that examines the role of gender in spiritual domains and nurturing interfaith harmony.

Women's efforts at peace-making and creating harmony in divisive societies is now more than ever crucially relevant. 'What would interfaith dialogue look like if women were a robust and significant part of it – not as the target audience of such efforts, but as leaders? Is there room in such dialogues for women?' This project seeks to curate and understand the various attempts made by women across time and space to engage in inter-religious discourse. It will critically examine the conditions and agents that encourage women's participation in nurturing interfaith harmony and how it could help to recast religion and spiritual traditions in a contemporary, egalitarian and relevant framework.

With a proposed timeline of two years, starting March 2022, the Fellowship is well underway, with a bibliography and abstract already in place.





(Photo, Office of His Holiness the Dalai Lama)

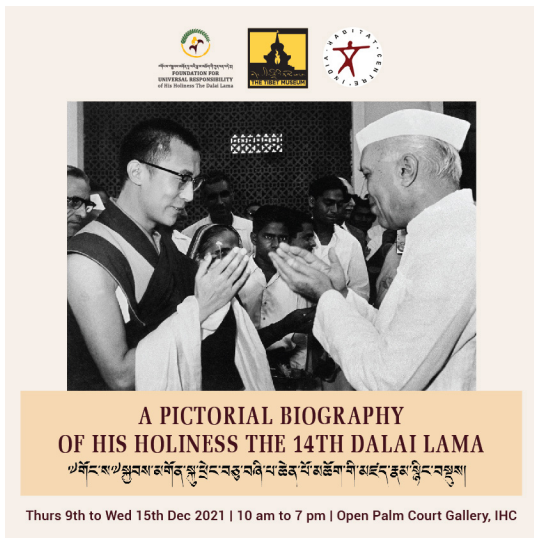
*Inter-religious harmony is essential, because each of our religious traditions gives its followers a sense of how to lead a meaningful life. The important thing is to make religion relevant to our daily life rather than simply maintaining old traditions*

HIS HOLINESS THE DALAI LAMA



# EXHIBITIONS

## Glimpses of an Extraordinary Legacy




Commemorating the 32nd anniversary of His Holiness receiving the Nobel Peace Prize in December 2021, the Foundation collaborated with Tibet Museum and India Habitat Centre to put together its annual edition of ‘The Dalai Lama in Frames’. The exhibition was curated as a pictorial biography of His Holiness’ life, focusing on his journey and efforts to promote human values, inter-religious harmony, India’s civilisational heritage and the preservation of Tibet’s religion and culture.






A fresh exhibition of photographs was also curated for His Holiness’ 87th birthday, spanning 4th to 7th July, 2022. The theme for this year’s exhibition was His Holiness’ commitment towards interfaith harmony and captured the wide breadth of his interactions with the leaders and traditions of different faiths.




**FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY  
of His Holiness The Dalai Lama**

**DALAI LAMA FRAMED  
IN PICTURES & ANECDOTES**  
 A Photo Exhibition

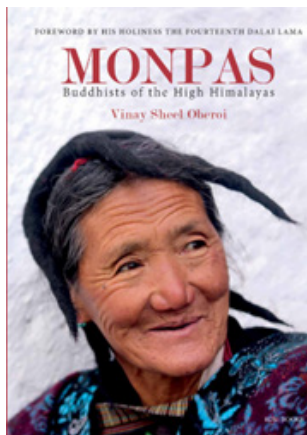
9th - 26th December 2022 | 10 am - 8 pm  
 Centre Atrium, India Habitat Centre, Delhi  
 (Entry from Gate 2)

Drawing on the book *His Holiness the Dalai Lama in 100 Anecdotes*, the exhibition commemorates His Holiness receiving the Nobel Peace Prize for his peaceful solutions based on tolerance and mutual respect to preserve the historical and cultural heritage of his people.



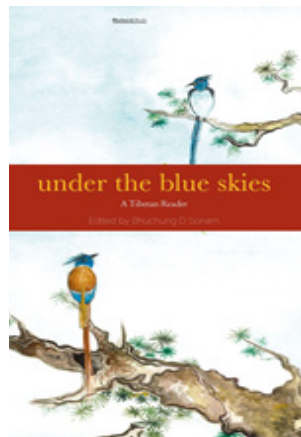
The exhibition ‘Dalai Lama Framed in Pictures and Anecdotes’ was inspired by the book *His Holiness the Dalai Lama in 100 Anecdotes*, authored by Arthy Muthanna Singh and Mama Nainy. Drawing on several anecdotes from the book, the exhibition commemorates His Holiness receiving the Nobel Peace Prize for his peaceful solutions based on tolerance and mutual respect to preserve the historical and cultural heritage of his people. The publisher, Penguin Random House, granted the Foundation permission to use text from the book while the accompanying photographs were generously donated by the Office of His Holiness the Dalai Lama, Tibet Museum and the Library of Tibetan Works & Archives. The exhibition was on display from 9th–26th December 2022.

# BOOK LAUNCHES & DISCUSSIONS



## Monpas: Buddhists of the High Himalayas

A meditative travelogue about the Monpa people of Arunachal Pradesh, 'Monpas: Buddhists of the High Himalayas' was launched by the Foundation at the India International Centre in May 2022. Through riveting photographs and the author's personal experiences, the book opens a window into the everyday lives, Buddhist practices and seasonal festivals of the spiritual community. It carries a foreword by His Holiness.



## Under the Blue Skies

*Under the Blue Skies: A Tibetan Reader* is an anthology of Tibetan literature in English, with contributions from His Holiness and 30 Tibetan writers. The book was launched, followed by a discussion, in September 2022. The conversation comprised an insightful dialogue between the editor Bhuchung D. Sonam, author-contributor Tenzin Tsundue and eminent discussants from journalism, political science and academia.



Home / Books and Literature / 'Monpas: Buddhists of the High Himalayas' is a civil servant's celebration of career and community

# 'Monpas: Buddhists of the High Himalayas' is a civil servant's celebration of career and community

In the photo book, the late Vinay Sheel Oberoi drew on his experiences as an IAS officer in the Northeast and narrates a colourful account of the tribe in Arunachal Pradesh with whom he shares an old connection.

Written by Udbhav Seth  
June 18, 2022 4:00:39 pm

NewsGuard



The book written shortly before his death reads like a love letter to writer's most intimate memories in the tribal region (Source: Monpas: Buddhists of the High Himalayas)

*Monpas: Buddhists of the High Himalayas* reads like a 200-page love letter to a posting that left a permanent impression on the life of a devoted IAS officer. Shortly before his death in April 2020, Vinay Sheel Oberoi, former secretary, higher

### LIVE BLOG

Roger Federer's farewell News conference Live: The 20-time grand slam winner speaks ahead of Laver Cup  
5 mins ago

India Weather Live Updates: Monsoon withdraws from southwest Rajasthan and  
0 mins ago

Raju Srivastava Death News Updates: Comedian's funeral to take place in Delhi on Thursday, wife Shikha calls him 'a true fighter'  
10 mins ago

Mumbai News Live Updates: Filing cases and arresting Opposition leaders seems Centre's flagship project, alleges Pawar  
10 mins ago

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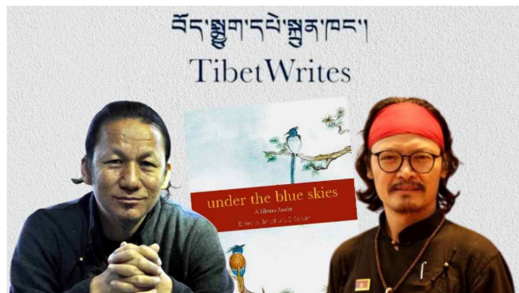
Home / Books and Literature / Tibetan anthology 'Under The Blue Skies' touches the core of identity in exile

# Tibetan anthology 'Under The Blue Skies' touches the core of identity in exile

Edited by writer Bhuchung D Sonam, the book is a compilation of poetry, fiction and non-fiction works by Tibetan writers in exile.

Written by Dorjee Wangmo  
New Delhi | September 16, 2022 9:20:35 pm

NewsGuard



Under The Blue Skies is the documentation of exile experiences, touching the core existential questions of Tibetan refugees and their connection to their motherland.

Addressing several themes taken up by writers across different age groups, *Under The Blue Skies* doubles as documentation of experiences in exile, touching the core of the existential questions of Tibetan refugees, and their connection to their

### LIVE BLOG

Queen Elizabeth II funeral live updates: Last rites to begin at 11 am, Britain to observe 7 days of mourning  
30 mins ago

Bengaluru News Live Updates: Marriage registered days after it was forcibly stopped; We want to live together, will follow our own practices, says Karnataka interfaith couple  
36 mins ago

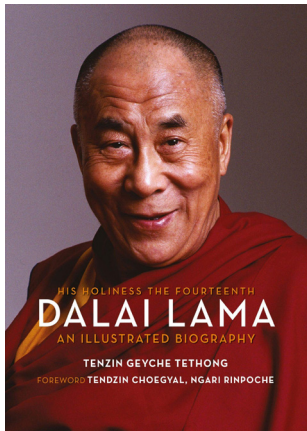
India Weather Live Updates: Monsoon withdrawal to begin in next 3 days, says IMD  
2 hours ago

Chennai News Live Updates: NEP 2020 lays great emphasis on Indian languages, knowledge systems, says Dharmendra Pradhan  
3 hours ago

The Indian EXPRESS

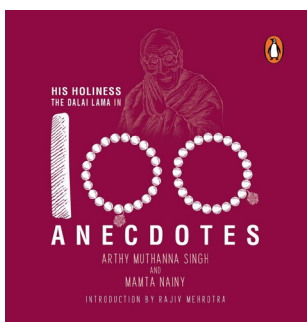
Confused about Academic choices after 10th & 12th





## His Holiness The Fourteenth Dalai Lama: An Illustrated Biography

The launch of *His Holiness The Fourteenth Dalai Lama: An Illustrated Biography* presented global audiences with a rare opportunity to witness the rich conversation between three of His Holiness’ most trusted companions – Tenzin Geyche Tethong, His Holiness’s former Secretary & author of the book; Tenzin Choegyal, the younger brother of His Holiness; and Rajiv Mehrotra, a student of His Holiness for 40 years. With unique intimacy and depth, the speakers drew on their association with His Holiness to touch on various aspects of his persona: as a teacher, a brother, a mentor and a leader.



## His Holiness The Dalai Lama in 100 Anecdotes

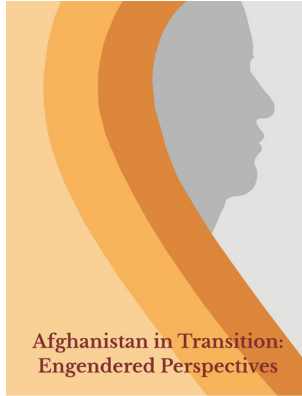
*His Holiness the Dalai Lama in 100 Anecdotes* highlights His Holiness’ awe-inspiring life and his constant efforts towards fostering global harmony, painting a vivid picture of the leader in 100 anecdotes and fifty evocative illustrations. The discussion between authors Arthy Singh and Mamta Nainy, and Rajiv Mehrotra, who penned the foreword to the book, illuminated the life and teachings of the Dalai Lama, who is regarded by many as a manifestation of Buddha, even as he describes himself as ‘a simple monk’.



## BOOKS & PUBLICATIONS

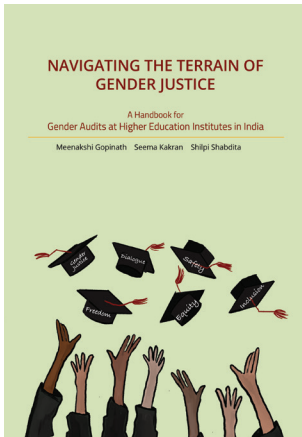
### Afghanistan in Transition: Engendered Perspectives

WISCOMP's most recent publication is a comprehensive report documenting the key developments in Afghanistan since the Taliban takeover in August 2021. It assesses the impact of the Taliban rule on the lives of women and centres the voices of women in Afghanistan and the Afghan diaspora.



### Navigating the Terrain of Gender Justice: A Handbook for Gender Audits at Higher Education Institutes in India

The Handbook introduces an innovative, exploratory and expansive self-reflexive process on addressing gender concerns at Indian Higher Education Institutes. It is designed to initiate a participatory gender audit process that pushes the envelope on gender justice on campuses.



### South Asian Perspectives on Sustainable Development and Gender Equality

The book was released by the UNDP Representative at Kathmandu, Nepal. It is collaborative outcome of researchers from six South Asian countries - Afghanistan, India, Nepal, Pakistan, Sri Lanka and Bangladesh. The book release was organised by the South Asia chapter of Global Partnership for Prevention of Armed Conflict (GPPAC-SA), of which WISCOMP is a member.



### WISCOMP Publications on Higher Education, Gender Equality, Disability & Peace and Development

Between 2021 and 2022, WISCOMP brought out eleven insightful publications, covering themes of Higher Education, Gender Equality, Disability & Peace and Development. Among these are two volumes of *Peace Prints: South Asian Journal of Peacebuilding*, which has been assigned an International Standard Serial Number (ISSN).



# FILMS OF THE SPIRIT

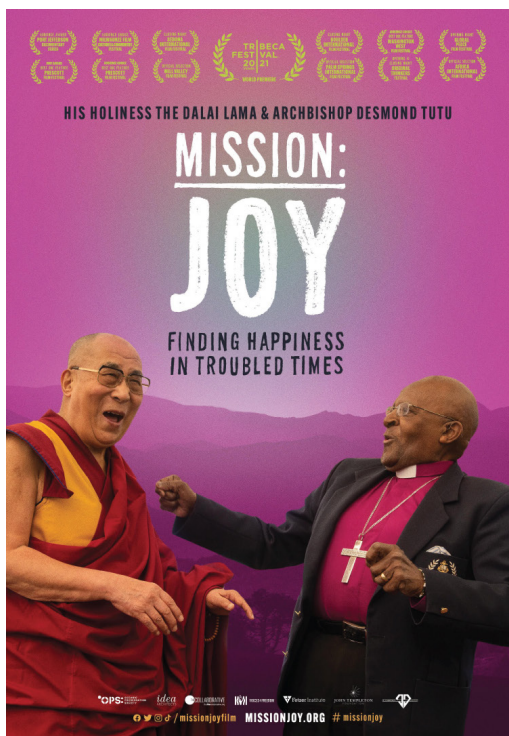
Embracing Diversity in Faiths, Philosophies & Traditions

## VIRTUAL SCREENINGS & DISCUSSIONS WITH UNIVERSITY STUDENTS



As part of His Holiness' commitment to fostering inter-faith harmony, the Foundation is facilitating a series of virtual film screenings and discussions with the students and faculty of University for Peace, Costa Rica; MIT World Peace University, India; and University of Colombo, Sri Lanka. Some of the award-winning films include 'Ahimsa Gandhi: The Power of the Powerless'; 'Mission: Joy - Finding Happiness in Troubled Times' as well as Nobel Peace Prize legacy films from PeaceJam like 'The Dalai Lama: Scientist'.

The series started in July 2022, with His Holiness- and Desmond Tutu-centric 'Mission Joy'. The screening was supplemented by discussions with the students, all of whom participated actively.



Discussion on the film

### **Mission: Joy** **Finding Happiness in Troubled Times**

7th July 2022 | 12 noon – 1:00 pm IST

**Rajiv Mehrotra**

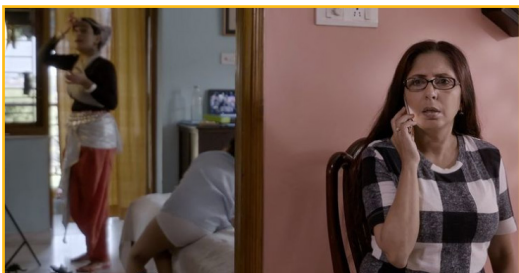
*Hon. Trustee/Secretary*  
*Foundation for Universal Responsibility*  
*of HH The Dalai Lama*

with

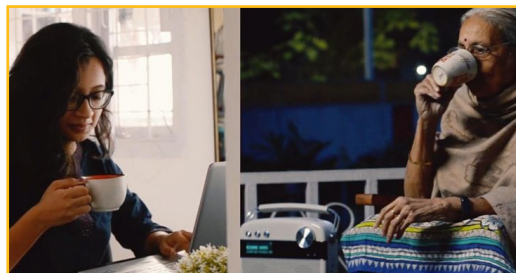
**College & University Students**

## FUR FILM CHALLENGE: COMPASSION AND INTERFAITH HARMONY

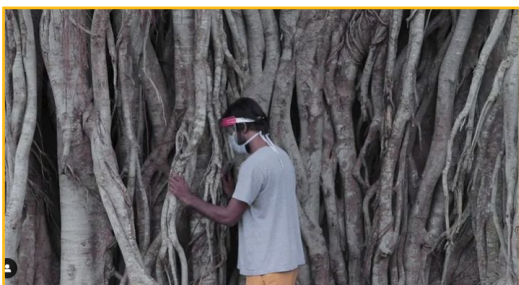
Expressions of Compassion and Interfaith Harmony, titled and modelled directly after His Holiness' philosophy, was a hugely successful Foundation & PSBT collaboration. During the COVID pandemic, it invited professional and amateur filmmakers to produce short films using inexpensive technology, capturing the spirit of compassion in action. While all award-winning films were widely distributed and viewed on the Internet, the top award-winning film was selected for the International Documentary Filmmakers Association Festival in Amsterdam – the Mecca of documentary filmmaking.



**PORTRAITS:2020** by Amartya Ray  
*Portraits: 2020 is an intimate observation of how the pandemic has affected us as human beings both on a social as well as a psychological level. It observes 6 scenes occurring around a death.*



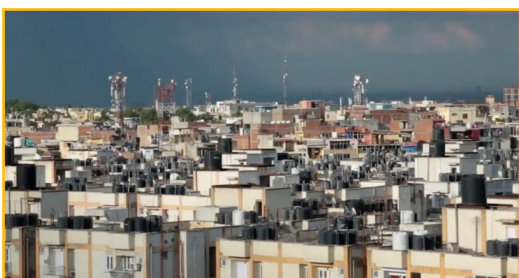
**LETTERS** by Raunak Dhupar & Rachna Chandira Khat,  
*is the story of two individuals who are dealing with loss and isolation in times of Covid. A letter exchange program connects Muskaan and Dadi, two strangers, to each other through the medium of letters.*



**KHIDKIYAN** by Arjun Samantaray  
*Khidkiyan, is a tale of the pandemic, seen through the protagonist's window, who has been consumed by the emptiness outside, and the chaos it has cast within.*



**CHARET** by Sudipta Kundu & Nandita Paul  
*Charet, a railway hawker, and his survival during lockdown.*



**WHAT DO I SAY?** By Lohit Lodhwal  
*'What do I Say?'* traces the journey of a Social Work graduate who is volunteering in the compensation process for the survivors of North-East Delhi violence. Owing to the imposed lockdown after the onset of Covid, she operates from her house.



**CREMATION DIARY** by Bishwajit Sheel  
*Narrated from the point of view of the filmmaker, the storyline is woven around sharing of experiences between the film maker and an NGO worker Pinak Roy who, along with his team was entrusted by the administration for COVID-DEAD cremations.*

## FUR GOLDEN LOTUS AWARDS

The FUR Awards were given to films that best captured elements of the COVID experience, and demonstrated expressions of compassion, altruism and empathy between people of diverse faiths and creeds, manifesting the philosophy of His Holiness The Dalai Lama.



# MONTHLY FILM FESTIVAL SINCE 2018

In partnership with the India International Center, the Foundation holds a monthly film screening showcasing a diversity of films on compassion, interfaith harmony and spirituality from across the world. Curated by Rajiv Mehrotra, the series has been running successfully since 2018.



INDIA INTERNATIONAL CENTRE



FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

**Films of the Spirit**  
a monthly film festival curated by Rajiv Mehrotra presents

## EXEMPLAR

(2021 / 55 mins)

Produced by The Baha'i World Centre, Haifa  
followed by a discussion with  
**Dr. A.K. Merchant**  
*General Secretary, Temple of Understanding India Foundation & Member, National Spiritual Assembly of Baha'is of India*

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**Wednesday, 15 June, 6:30 pm**  
C.D. Deshmukh Auditorium, India International Centre, New Delhi



The Exemplar follows the life of 'Abdu'l-Bahá, Head of the Baha'i Faith from 1892-1921, later canonized as the last of three 'central figures' of the religion. A sense of 'Abdu'l-Bahá's unique function as a shelter, a shield, a stronghold for all humanity is captured in vignettes of some of the souls whose lives were transformed through their association with Him. The film reflects a few of the universal principles embodied, both in word and deed, by 'Abdu'l-Bahá —principles that animate a global movement of individuals, communities and institutions striving to emulate His example in service to humanity.

[www.furhhd.org](http://www.furhhd.org)



INDIA INTERNATIONAL CENTRE



FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

India International Centre with  
The Foundation For Universal Responsibility of HHH The Dalai Lama  
presents a monthly festival of

## Films of the Spirit

Curated by Rajiv Mehrotra

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**Dhun Mein Dhyan: Meditations And Music In Guru Granth Sahib**  
(English, Punjabi, Hindi / 2017 / 54 mins)  
Director Meera Dewan will introduce her film a PSBT film for the Ministry of External Affairs (GOI)

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**Wednesday, 13 April, 6:30 pm**  
C.D. Deshmukh Auditorium, India International Centre




The Film


The Film unfolds the over 500-year-long journey of the Sikh Holy Book, the Guru Granth Sahib. The storytellers are music practitioners who recite its verse for the community and keep alive both its philosophy and musicality. When the believers bow to the Granth, it is to knowledge they bow. When they sing to it, it sings right back to them.

The Filmmaker

Meera Dewan has filmed over 70 documentaries across South Asia, Vietnam, Germany and Canada. Her films have won over 21 international and national awards, and she has been on the juries of the Oberhausen, Leipzig, Okomeida, Freiberg, and the Indian Panorama.



INDIA INTERNATIONAL CENTRE



FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama


**Films of the Spirit**  
a monthly film festival curated by Rajiv Mehrotra presents a film

## At Home, Walking


by Rajula Shah  
followed by a discussion with the filmmaker

**Wednesday, 14th September, 6:30 pm**  
C.D. Deshmukh Auditorium, India International Centre, Delhi


The Film explores questions of speed, progress and self-liberation while participating in a centuries-old annual pilgrimage alongside millions of people from different castes, classes and genders.



The Filmmaker Rajula Shah works at the intersection of poetry, cinema and anthropology. Exploring indigenous knowledge systems, healing, performance and the dynamic relationship between the 'ancient ongoing' & the 'emergent modern' define her cinema.



INDIA INTERNATIONAL CENTRE




FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

**Films of the Spirit**  
a monthly film festival curated by Rajiv Mehrotra presents a film

## TIBET IN SONG

by Ngawang Choephel  
followed by a discussion with the filmmaker

**Wednesday, 10th August, 6:30 pm**  
C.D. Deshmukh Auditorium, India International Centre, New Delhi



The Film is both a celebration of traditional Tibetan folk music and a harrowing journey into the past fifty years of cultural repression inside Chinese-controlled Tibet. Depicting an array of traditional folk songs sung by native Tibetans, it eloquently weaves a story of beauty, pain, brutality and resilience, introducing Tibet to the world in a way never before seen on film.

The Filmmaker Ngawang Choephel is an award-winning director, producer and musician. In 1995, he was arrested by China for 'espionage' while filming 'Tibet in Song' inside Tibet. After serving six years of an 18-year sentence, international pressure secured his early release.

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## FILMS BY THE FOUNDATION

### Happiness Class: A Film by Samina Mishra

Inspired by His Holiness' commitment to nurture social, emotional and ethical learning amongst the young, the Delhi Government evolved a Happiness Curriculum for its schools in 2018. Soon thereafter, the Foundation commissioned Happiness Class, a film that captures the curriculum's impact on children and teachers, sensitively portraying contemporary issues in education. It has been steadily receiving accolades from educationists since its release in April 2021, and is being screened widely at film festivals, including the Dharamshala International Film Festival.

Most recently, the film was screened at the India International Centre, New Delhi, followed by an interaction between the filmmaker, Samina Mishra, renowned educationist, Abha Adams, and Dr. Manish Jain, Assistant Professor at Ambedkar University, Delhi.

INDIA INTERNATIONAL CENTRE IIC FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

Fिल्ms of the Spirit  
a monthly film festival curated by Rajiv Mehrotra  
presents  
**Happiness Class**  
a film  
by Samina Mishra  
followed by a discussion with the filmmaker and  
Abha Adams  
Educationist, Writer & Former Education Advisor, Step by Step School, Noida  
Dr. Manish Jain  
Asst. Prof. School of Education Studies, Ambedkar University, Delhi

Wednesday, 11 May, 6:30 pm  
C.D. Deshmukh Auditorium, India International Centre, New Delhi

Happiness Class explores the fascinating universe of children in the context of the Delhi Government's efforts to curate a Happiness Curriculum in its schools. This is inspired by HH The Dalai Lama's commitment to nurturing Social, Emotional and Ethical Learning amongst the young. The film asks what happiness really means, and what role education can play.

There will also be a short 'live' performance of a song 'Udaan' from the film.

OFFICIAL SELECTION  
DHARAMSHALA  
2021

OFFICIAL SELECTION  
MONTREAL  
2021

OFFICIAL SELECTION  
NEW DELHI  
2022

OFFICIAL SELECTION  
PENNSYLVANIA  
2022

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### The Geshema is Born: A Film by Malati Rao

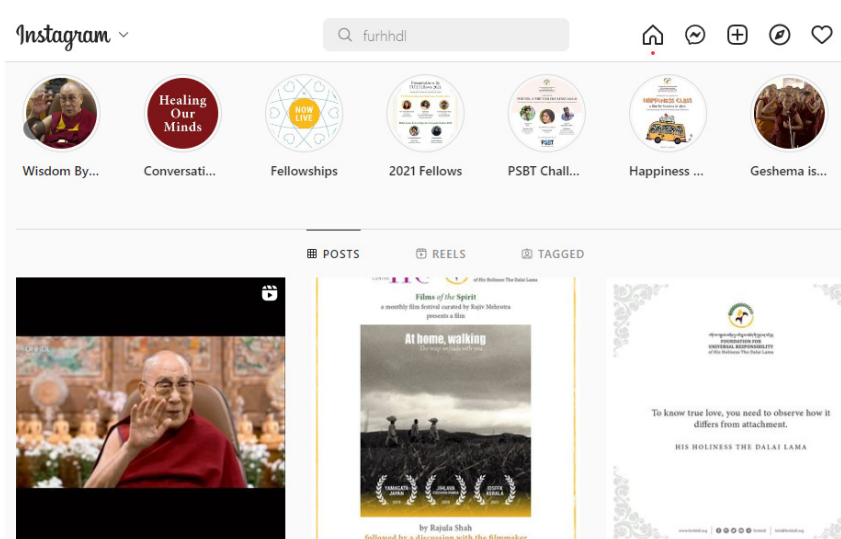
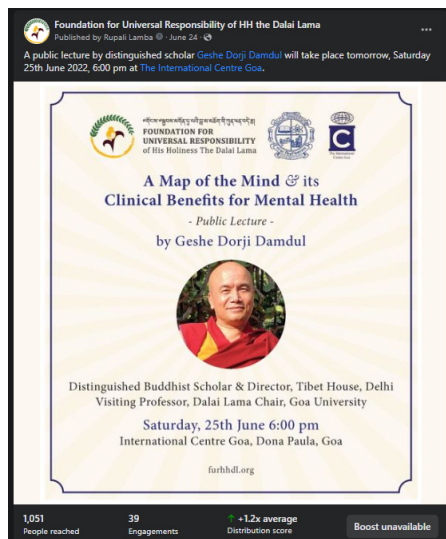
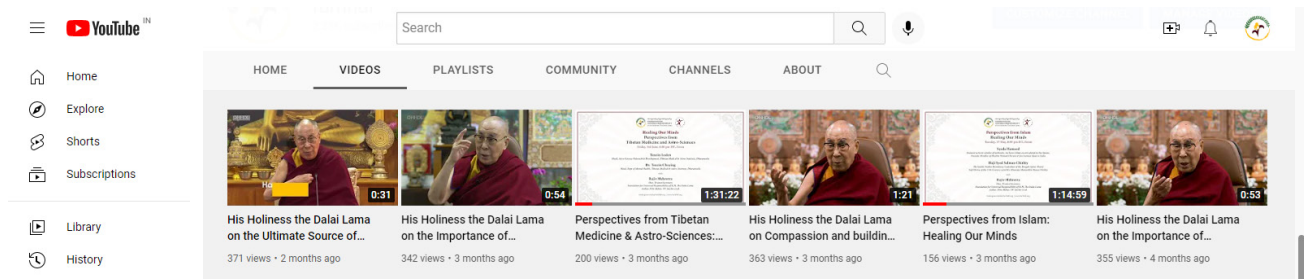
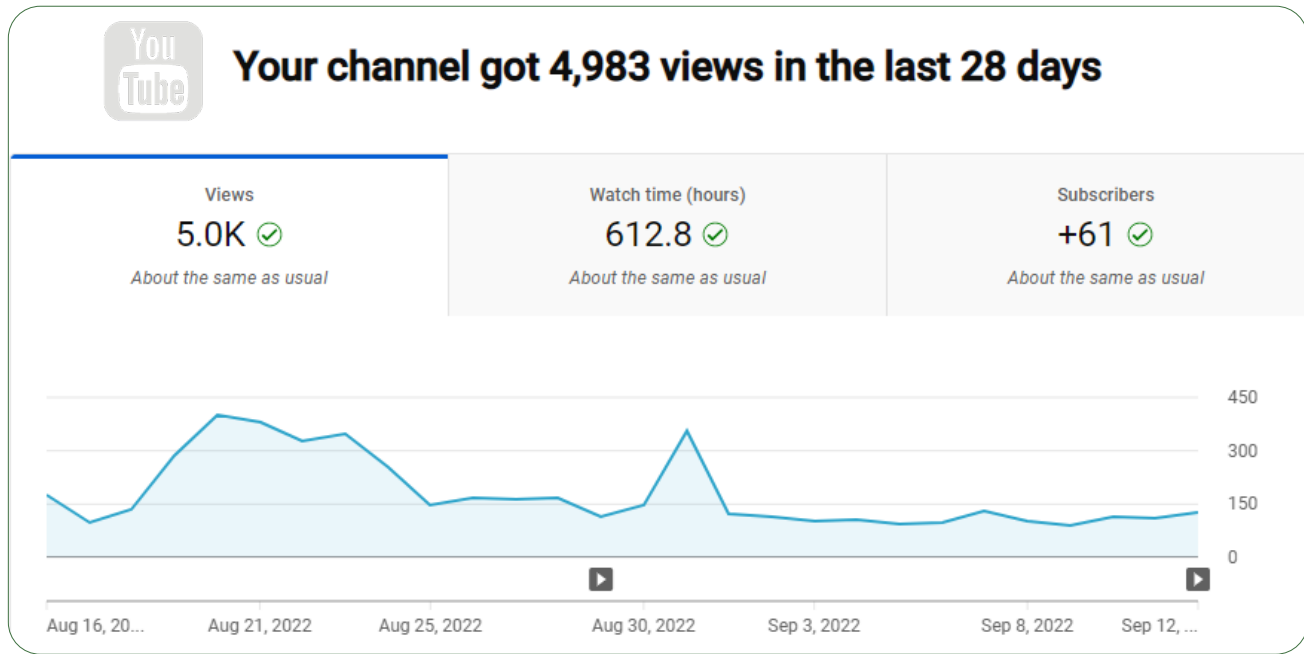


*The Geshema is Born* traces the journey of Namdol Phuntsok, the first woman to ever be awarded the highest degree in Tibetan philosophy – the Geshe degree. Released three years ago, the Foundation-supported film continues to be screened across the world at various festivals and has won three prestigious awards. Most recently, the film featured in the Wisdom Quarterly American Buddhist Journal and was selected as part of the monthly Film Club of Tricycle magazine. The film premiered on Dutch Public Television and discussions are underway with Netflix and VOD for digital screening rights; additionally, a Tokyo-based streaming platform is already in the process of distributing the film in Japanese.


# SOCIAL MEDIA

## Reaching Out

The Foundation's social media presence has grown steadily over the past year, successfully reaching out to multiple sections of society.




## WEEKLY WISDOM BYTES



Foundation for Universal Responsibility  
of His Holiness the Dalai Lama

**WISDOM BYTES**  
HIS HOLINESS  
**THE DALAI LAMA**  
ON ELIMINATING DIFFERENCES



OH:HDL

**CLICK HERE TO WATCH**



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FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY  
of His Holiness The Dalai Lama

Compassion and a sense of responsibility can also enter into the fields of science and engineering. Of course from a purely scientific point of view nuclear bombs are remarkable achievements. But they are negative because they bring immense suffering to the world. Therefore if we don't take into account human pain and feelings there is no demarcation between right and wrong.


HIS HOLINESS THE DALAI LAMA

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Weekly Wisdom Bytes are short video clips in which His Holiness addresses a situation relevant to everyday struggles and challenges. Initially conceptualised as only a year-long initiative, the clips grew to be massively appreciated and are part of an ongoing series planned to continue fortnightly.

## CONVERSATIONS ON THE SACRED: FROM THE ARCHIVES

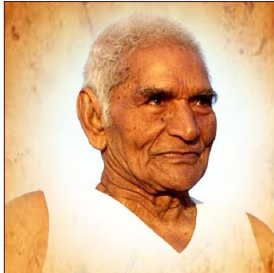
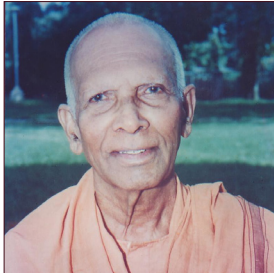

The latest addition to the Foundation's social media campaigns is titled 'From the Archives'. Each installation in the monthly series features Rajiv Mehrotra in conversation with different faith leaders, with some of these insightful interviews dating back to 1980s.



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FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY  
of His Holiness The Dalai Lama

~ FROM THE ARCHIVES ~

**Conversations on the Sacred**



# IN THE PIPELINE

## Forging the Way Forward



### PROPOSED TEACHINGS BY HIS HOLINESS IN DELHI

The Foundation extends a request to His Holiness to host 2-3 days of teachings to a cross-section of influential decision-makers and thought leaders across social, cultural and political terrains. This would be in line with the teachings that the Foundation has organised for nearly 15 years in Delhi.

### SUMMER SCHOOL IN UPEACE COSTA RICA

The Foundation is collaborating with UPeace to host a summer school for Indian university students in June 2023. The four-week curriculum is expected to involve programmes on nurturing peace within and without, based on the teachings of His Holiness, as well as a course on Dalai Lama Studies.

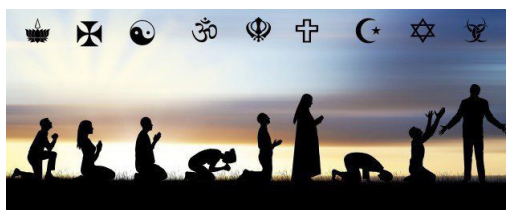
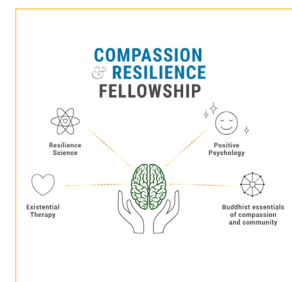


### FELLOWS' TEACHING ENGAGEMENTS

Creating a bridge between the Dalai Lama Studies and the Nalanda Studies Fellowships, the Foundation's 2021 Fellows have been invited to MIT World Peace University in Pune for a series of lectures, starting in November 2022. Incorporating knowledge, understanding and realisation, the Fellows' talks will feature philosophies from Nalanda's inclusive tradition.

### COMPASSION & RESILIENCE BOOTCAMP

After the enthusiastic response to the first and second cycles of the Compassion & Resilience Fellowship, the Foundation is planning a short bootcamp to continue these trainings in a residential medium, a training 'Bootcamp' for young people under the age of 30. The Foundation also plans to continue and expand the programme in coming years with lectures on His Holiness' teachings.



### CREEDS OF OUR TIMES CONVERSATIONS

In partnership with India International Centre, the Foundation is set to launch 'Creeds of Our Times', a monthly conversation series with global thought leaders, led by Rajiv Mehrotra, celebrating religious diversity.

## MONASTIC RETREAT WITH GESHE TASHI TSERING

As part of His Holiness' commitment to understanding the Nalanda tradition, a seven-day retreat at the Gyudmed Monastery in Karnataka has been planned for February 2023 to invite participants to an immersion experience in a monastic setting that explores Buddhist practice and the daily lives of Tibetan monks. Geshe Tashi Tsering will be the principal teacher and the structure will be inspired by Geshe la's previous course 'Foundations of Buddhist Thought'. This consists of six modules – The Four Noble Truths, The Two Truths; (Relative Truth; Ultimate Truth), Buddhist Psychology, The Awakening Mind, Emptiness and Tantra.



## EXPLORING THE COSMOLOGY OF TIBETAN HEALING

A multi-year project, this is envisioned as a holistic look at the entire universe of the idea of healing, as has been practised by Tibetans for centuries. The Foundation will develop a series of films to help the viewer understand the various pillars on which ideas around Tibetan healing practices are erected. It can also include perspectives from across the world in various forms: books, podcasts, videos, films, seminars, interactive websites. These will probe into the reasons such practices were thought to be crucial to healing and attempt a scientific understanding of the way human consciousness works. The ultimate aim is to bring complexity to the idea of physical and emotional wellness, and to begin conversations on an integrative and holistic approach to health. With adequate support, the Tibetan Healing Project has the potential to become a groundbreaking project. A proposal to the Templeton Foundation is being drafted.



## WRITERS ON SPIRITUALITY & RELIGION: VIRTUAL CONVERSATIONS

Featuring guests from diverse spiritual traditions, schools of philosophy and existentialist schools of science, an online conversation series with prominent authors is being curated to foreground different perspectives on life.

## HIS HOLINESS' COMMENTARY ON THE LAMRIM

The Foundation is evolving a study group on the secular teachings of His Holiness The Dalai Lama, based on his writings and the *Lamrim*.







**Foundation for Universal Responsibility**

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