



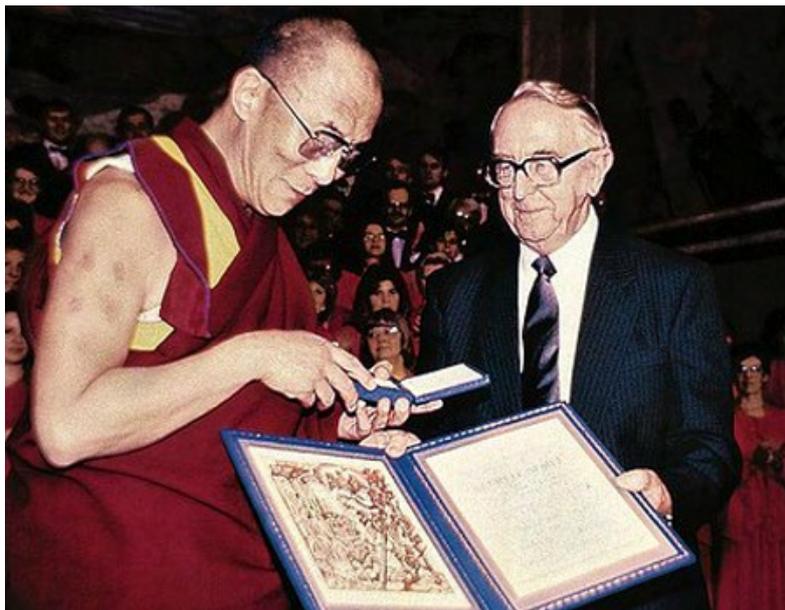
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**FOUNDATION FOR
UNIVERSAL RESPONSIBILITY**
of His Holiness The Dalai Lama

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 Civilizational 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.

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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)

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

HIS HOLINESS THE DALAI LAMA



HIGHLIGHTS



ADVANCED DALAI LAMA STUDIES FELLOWSHIPS LAUNCHED

In 2024, the Foundation launched Fellowships for Advanced Dalai Lama Studies to support senior scholars, building on existing Fellowships for Dalai Lama and Nalanda Studies since 2021.



DALAI LAMA CHAIRS AT GOA, MUMBAI & CHANDIGARH

New Dalai Lama Chairs have been established at Somaiya University, Mumbai and Panjab University, Chandigarh, while engagements at Goa University have continued since 2019 through lecture series by distinguished experts.



25 YEARS OF GENDER & PEACEBUILDING INITIATIVES

The Foundation's Women in Security, Conflict Management and Peace (WISCOMP) initiative celebrates 25 years of promoting cultures of coexistence and nonviolence in South Asia that are gender-sensitive, reflecting the Dalai Lama's vision for women's leadership & inclusion.



COMPASSION & RESILIENCE FELLOWSHIP

To foster fortitude in today's youth based on His Holiness' teachings, the Compassion & Resilience Fellowship conducted four successful cycles of introspective workshops, talks, and activities.



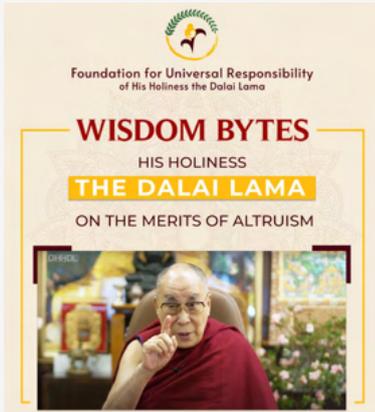
BUDDHISM'S SECULAR MIND TRAINING TECHNIQUES

The Foundation was honoured to host Ven. Geshe Lhakdor for a series of virtual and physical lectures, imparting spiritual wisdom & methods from the rich Indo-Tibetan Buddhist tradition to audiences across the nation.



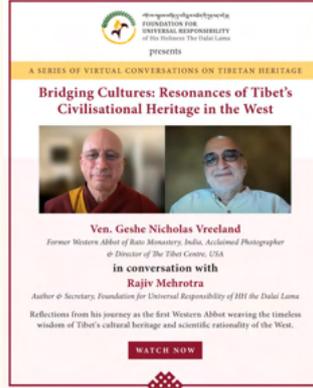
FROM THE CHIEF JUSTICE OF INDIA

'Through its programs, WISCOMP engages a diverse range of stakeholders including students, educators, policymakers, civil society and the media to create a more inclusive and equitable environment in peacebuilding and conflict management.'



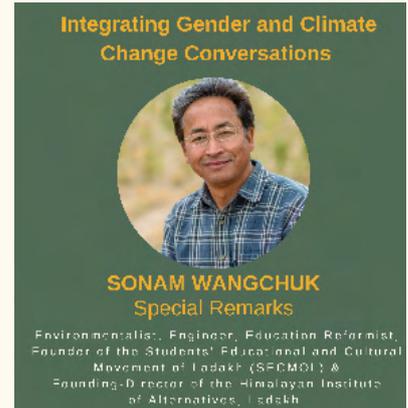
WISDOM BYTES BY HIS HOLINESS

With over 80 episodes and 27,000 + views, the Wisdom Bytes series continues to offer heartfelt advice from His Holiness as he addresses the pressing struggles and challenges of our modern times.



CELEBRATING TIBETAN HERITAGE

Manifesting His Holiness' vision of promoting Tibet's civilizational heritage, the Foundation continued its virtual educational series 'Celebrating Tibetan Heritage: Voices in Exile' with a talk by Ven. Geshe Nicholas Vreeland.



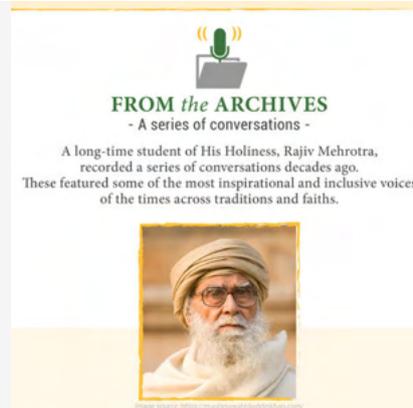
GENDER & CLIMATE CHANGE

The Foundation organized a conference on exploring the potential of gender-intentional lens in climate change with policy experts, scholars and environmental activists in New Delhi, through the WISCOMP initiative.



MENTAL HEALTH FESTIVAL

The Foundation supported MH360, a Mental Health festival celebrating diversity, empathy and collective well-being, through talks on Buddhist Science of Mind Training & Role of Tibetan Medicine in Healing the Mind.



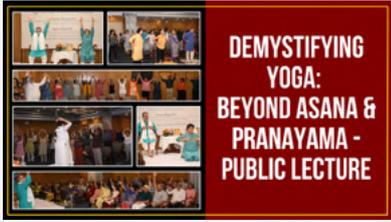
CONVERSATIONS ON THE SACRED

Inspired by His Holiness' commitment to interfaith harmony, the Foundation's newly launched monthly series features Rajiv Mehrotra in conversation with spiritual masters from diverse faiths.



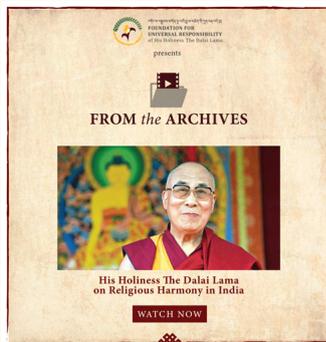
CREATIVE PERFORMANCE DIALOGUE ON PEACE

Prolific danseuse Padmashri Geeta Chandran's performance-dialogue 'Our Voice' celebrated 25 years of the Foundation's initiative WISCOMP's efforts to nurture peace and nonviolence in South Asia.



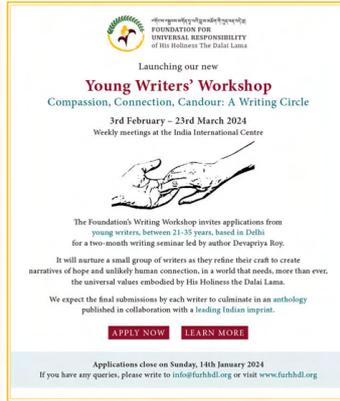
HEALING THROUGH YOGA

Inspired by His Holiness' emphasis on the value of reviving ancient Indian knowledge, the Foundation partnered with the India International Centre to organize an immersive two-day series of workshops and lectures on A Healing Journey with Yoga. Renowned Yoga Masters from India and Italy facilitated the series.



REFLECTIONS FROM THE DALAI LAMA

The Dalai Lama's Reflections are the Foundation's latest virtual series with five-minute video clips from His Holiness' speeches and talks on diverse themes of contemporary relevance.



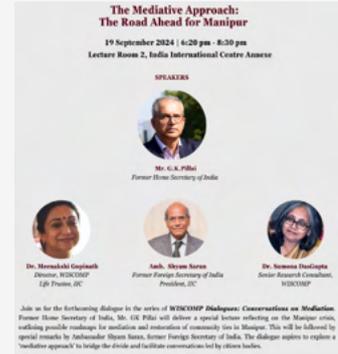
YOUNG WRITER'S WORKSHOP ON COMPASSION

The Foundation's inaugural cycle of the Young Writers' Workshop trained 15 youth on the writing process through the lens of compassion and interdependence.



28 YEARS OF GURUKUL IN DHARAMSALA

Running successfully for 28 years, the Foundation welcomed 55 young Indian Fellows to celebrate Tibet's rich civilizational heritage in Dharamshala, in the summer of 2023 and 2024.



MEDIATIVE APPROACH ON MANIPUR DIALOGUE

Former Home Secretary of India, Mr. G.K. Pillai & Former Foreign Secretary of India, Ambassador Shyam Saran deliberated on possible roadmaps for mediation and restoration of community ties in Manipur at a public dialogue held in Delhi in 2024.



EUROPEAN UNION PARTNERSHIP ON WOMEN IN DIPLOMACY

In collaboration with the EU's Delegation to India, the Foundation organized two roundtable discussions on themes of 'Women Building Peace: From the Local to the International' & 'Women in Diplomacy'.



(Photo, Office of His Holiness the Dalai Lama)

“Compassion, loving kindness, and altruism are the keys not only to human development but also to planetary survival. Real change in the world will only come from a change of heart.”

HIS HOLINESS THE DALAI LAMA

FELLOWSHIPS

The Foundation offers three non-residential Fellowships for Dalai Lama Studies, Nalanda Studies, and the newly launched Advanced Dalai Lama Studies for distinguished senior academics. These Fellowships seek to encourage independent research to nurture seminal scholarship & forge a vibrant intellectual academic ecosystem.

Advanced Dalai Lama Studies



འཛིན་པ་ལྷན་ཁག་གི་ཕྱི་ལོ་རྒྱུ་ལ་མཚོན་གྱི་ཕྱོད་ལས་པའི་ལྷན།
FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

Call for Applications!

FUR FELLOWSHIPS
FOR
ADVANCED
DALAI LAMA STUDIES
2024

The Foundation invites proposals for non-residential FUR Fellowships for Advanced Dalai Lama Studies. The Fellowships encourage innovative, multidisciplinary, engagement and research into the life, teachings, philosophy, and commitments of His Holiness the XIVth Dalai Lama.

APPLY NOW

GUIDELINES FOR APPLICATIONS

Applications close on Saturday, 13th January 2024
Visit www.furbhd.org for more information

Nalanda Studies



འཛིན་པ་ལྷན་ཁག་གི་ཕྱི་ལོ་རྒྱུ་ལ་མཚོན་གྱི་ཕྱོད་ལས་པའི་ལྷན།
FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

Call for Applications!

DALAI LAMA FELLOWSHIPS
FOR
NALANDA STUDIES
2024

The Foundation invites proposals for non-residential Fellowships for Nalanda Studies 2024. They seek to encourage innovative, multidisciplinary, engagement and research into diverse aspects of the Nalanda Tradition and its relevance in addressing contemporary predicaments.

APPLY NOW

GUIDELINES FOR APPLICATIONS

Applications close on Tuesday, 16th January 2024
Visit www.furbhd.org for more information

Dalai Lama Studies

CALL FOR APPLICATIONS



FUR FELLOWSHIPS
for
DALAI LAMA STUDIES
2023

The non-residential Fellowships encourage innovative and multidisciplinary research into the life, teachings, philosophy and agendas of His Holiness The XIV Dalai Lama

APPLY NOW

FELLOWSHIPS

DALAI LAMA STUDIES

Engaging with the Legacy of the Pre-Eminent Leader

Running successfully since 2021, the FUR Fellowship for Dalai Lama Studies encourages innovative, multidisciplinary research into the life, teachings and philosophy of His Holiness the XIV Dalai Lama.

2023



Tenzin Dolma

Doctoral Fellow, International Institute for Higher Education, O.P. Jindal Global University, Haryana

The Becoming: The XIVth Dalai Lama on Education



Dr. Pia David

Assistant Professor, Department of Political Science, St Stephen's College, University of Delhi

Dharma and Dhamma: A Modern Reading of Gandhi & Ambedkar in the Context of Deep Diversity



Choegyal Kyab

Independent Journalist

Message in Translation: His Holiness the Dalai Lama's Influence on the Life of Tibetans inside Tibet

ADVANCED FELLOWSHIPS IN DALAI LAMA STUDIES

Building on the success of the Dalai Lama Fellowships, in 2024 we expanded our efforts to support distinguished senior academics in producing interdisciplinary books and monographs that explore His Holiness's role in addressing contemporary challenges, inspired by India's rich civilisational heritage.

2024



Dr. Anita Ghai

Retired Professor & Dean, School of Human Studies, Ambedkar University Delhi

Facilitating Conversations between Disability Studies, Buddhism & Mind Training Philosophers



Shobhan Saxena

Editor-in-Chief, The Indian Eye

The Impact of His Holiness the Dalai Lama's Teachings of Compassion on Brazilian Society



Dr. Nawang Phuntsog

Professor Emeritus, California State University, Fullerton, USA

The Intersectionality of Tibetan Nationalism and Middle Way Approach by His Holiness the Dalai Lama

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 in addressing contemporary predicaments.

2023



Aakash Balani

Statistics Tutor, Ludwig-Maximilians Universitaet, Munich, Germany

Exploring the Relevance of Pedagogical Aspirations & Methods from Nalanda Tradition in Developing a Critical Pedagogy Tradition to Dissolve Ethnocentrism & Discrimination



Harsha Nagaraju

Illustrator & Filmmaker

The White Lotus of Nalanda: Celebrating the Rich Legacy of His Holiness the XIV Dalai Lama through a Graphic Novel

2024



Sherab Chomphel

Masters Candidate, Harvard Divinity School, Harvard University, USA

Translation and Transmission: A Historical Review of Pramana Studies from Nalanda to Tibet



**Column by Dr. Latika Gupta, FUR Fellow 2022,
on His Holiness' 89th birthday in July 2024**

The seminal research of our Fellows will be made available through virtual pre-recorded lectures and published monographs to ensure global dissemination and engagement with the rich scholarship.

Several fellows have also shared their research through lectures at various universities and authored columns in leading national newspapers.

LIFE CYCLE OF FELLOWSHIPS

Call for Applications

Selection of Fellows

Mid-term Presentations by Fellows on their Research



Submission of Monographs

Virtual Lectures by Fellows

DALAI LAMA CENTRES & CHAIRS

Crafting an Academic Legacy

The Dalai Lama Chairs, established at three Indian universities, are aligned with His Holiness' fourth commitment towards preserving and promoting the Nalanda tradition. He believes that ancient Indian knowledge, viewed from a secular, academic perspective, can be combined with modern education to nurture a more integrated and ethical way of being in contemporary society.

GOA UNIVERSITY

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 programs and lectures, most recently by Ven. Geshe Dorji Damdul and Ven. Geshe Nicholas Vreeland. A six-day lecture series by Ven. Prof. Kaveri Gill on 'The Middle Way View and Universal Ethics: Cognitive Transformation for a Good Life' is being hosted in January 2025.

FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

DIRECTORATE OF VISITING RESEARCH PROFESSORS PROGRAMME
Dalai Lama Chair in Nalanda Studies, Goa University

LECTURE SESSIONS
BY
Geshe Dorji Damdul
Visiting Research Professor under Dalai Lama Chair in Nalanda Studies, Goa University

FROM
22ND APRIL TO 26TH APRIL 2024
TIME: 3:00 TO 4:30 PM
On

MAP OF MIND, THE PHILOSOPHY OF ULTIMATE REALITY AND COGNITIVE TRANSFORMATION FOR MENTAL WELL-BEING".
"In Praise of Dependent Origination" by Lama Tsongkhapa as a textual source.

PART II

VENUE: D-VRPP SEMINAR HALL, GOA UNIVERSITY

Participants: Any Student at the Goa University is welcome to register. The Lecture sessions are open and free for students & general public. The Participation Certificate will be issued to all those who maintain minimum 75% attendance for the course.

For detail and online Registration: www.unigoa.ac.in/vrpp

Course Coordinator: Dr. Anita Dudhane
Prof. Savita Kerkar
Director, VRPP
(vrpp@unigoa.ac.in)

WATCH HERE

The Dalai Lama Chair for Nalanda Studies, Goa University and
FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama
present

An Introduction to the Practices of the Nalanda Tradition
Lectures by Ven Nicholas Vreeland

Ven Nicholas Vreeland
Visiting Research Professor
Dalai Lama Chair, Goa University

Appointed the Abbot of Rato Dratsang by His Holiness the Dalai Lama, Nicholas Vreeland is a fully ordained Tibetan Buddhist monk as well as the Director of The Tibet Center, New York City. He holds a Geshe degree, equivalent to a PhD and is a distinguished photographer.

Click here to view:

LECTURE 1 LECTURE 2 LECTURE 3 LECTURE 4

SOMAIYA VIDYAVIHAR UNIVERSITY, MUMBAI

In 2023, the Dalai Lama Chair for Nalanda Studies was established at the K. J. Somaiya Institute of Dharma Studies (KJSIDS), Somaiya Vidyavihar University, Mumbai, with Prof. Shrikant Bahulkar (Author & distinguished scholar of Vedic Studies, Buddhist Studies, Ayurveda, & Classical Sanskrit Literature) at the helm. The Chair is evolving programs on interfaith understanding, secular ethics and peace studies; developing translations of Tibetan texts with critical linguistic and philosophical analyses; conducting comparative study of Tibetan & Pali texts; and encouraging exploration of Indian philosophy through Tibetan Buddhist texts.

Prof. Shrikant Bahulkar, the first Professor of the Dalai Lama Chair at the university, recently presented a paper on 'Jātakamālās in Sanskrit and their Parallels in Pali, Tibetan and other Languages' in Sri Lanka at the International Conference on Buddhist Studies 2024 organized by the Sri Lanka Association of Buddhist Studies. Additionally, he led weekly reading sessions from March-May 2024 with the academic staff of KJSIDS on the Tibetan panegyric that His Holiness the Dalai Lama composed in praise of the seventeen Pandits of Nalanda along with his Sanskrit metrical translation of the same.

FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

Announcing the new
Dalai Lama Chair For Nalanda Studies
established at
Somaiya University, Mumbai

K J Somaiya Institute of Dharma Studies
Explore the Multiple Dimensions of Religious Studies

The Chair will offer workshops, courses and seminars exploring Buddhist responses to contemporary issues. It will develop translations of Tibetan texts with critical linguistic and philosophical analyses, conduct comparative study of Tibetan & Pali texts, Tibetan Buddhist Art, and delve into Buddhist philosophy and meditative traditions using Tibetan Buddhist texts and commentaries.

We look forward to welcoming scholars and students worldwide to participate in this exciting initiative.

Somaiya Vidyavihar University
Vidyanagar, Vidya Vihar East, Vidyavihar,
Mumbai, Maharashtra - 400077

International Conference on Buddhist Studies 2024

SURVEY OF BUDDHIST STUDIES: Current Trends & Future Directions

22nd 23rd 24th March 2024

Jointly Organized by
Sri Lanka Association of Buddhist Studies (SLABS)
Nāgānanda International Institute for Buddhist Studies (NIIBS)

At Nāgānanda International Institute for Buddhist Studies, Manewatta, Kelaniya, Sri Lanka



*Prof. Shrikant Bahulkar,
first Professor of the
Dalai Lama Chair
at Somaiya University*

PANJAB UNIVERSITY, CHANDIGARH

Most recently in 2024, the Dalai Lama Chair for Nalanda Studies was set up at the Department of Gandhian and Peace Studies, Panjab University, Chandigarh and is already evolving programs on exploring Buddhist responses to contemporary issues through workshops, research, curriculum development and faculty exchanges.

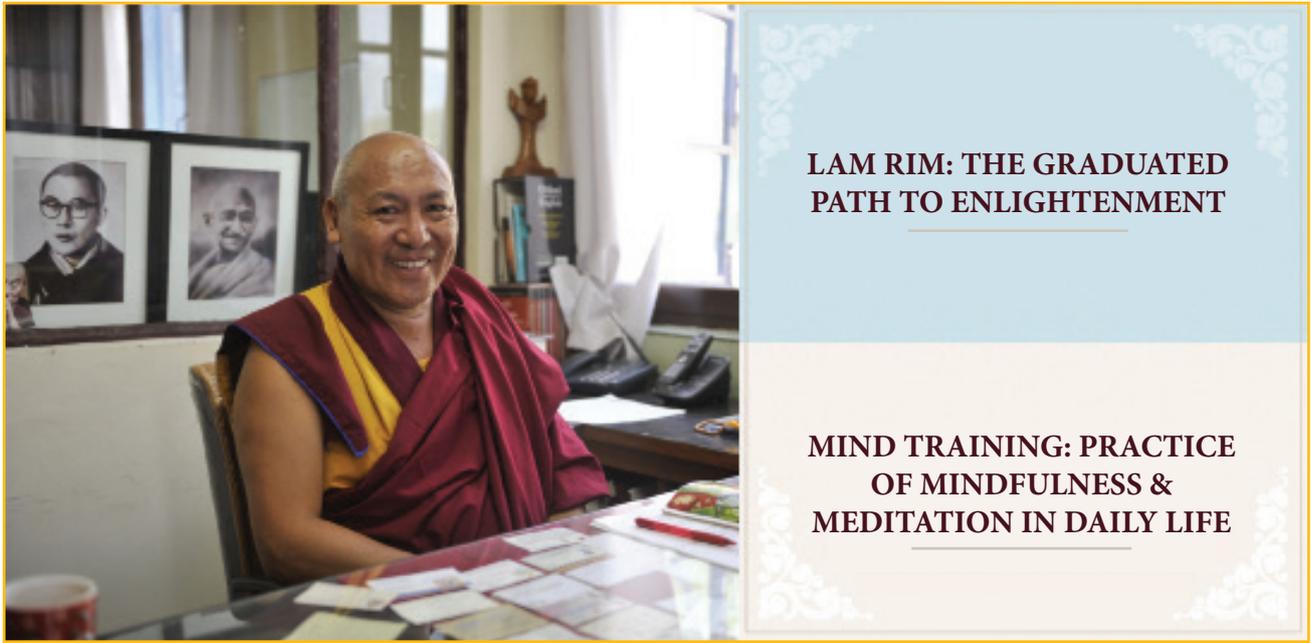
The Tribune
Dalai Lama Chair to be set up at Panjab University
Chandigarh, August 15

Hindustan Times
Dalai Lama's visiting chair to be set up at Panjab University
A memorandum of understanding (MoU) has been signed between His Holiness Dalai Lama's Foundation for Universal Responsibility (FUR) and Panjab University (PU) to establish the Dalai Lama visiting guest speaker chair in the department of Gandhian and peace studies (DGPS). PU vice-chancellor (VC) Rama Vaj said the main purpose of establishing the chair is to promote and preserve the Indo-Tibetan heritage for the dissemination of philosophical, historical and spiritual studies. The chair will disseminate teachings and philosophy of the Dalai Lama and promote critical thinking and self-reflection among students, faculty and the wider community. Specifically, the chair will help nurture and promote Buddhist responses to contemporary issues, study of Tibetan and Pali Buddhist texts, Tibetan Buddhist art and architecture, and Buddhist philosophy.

PUNJAB NEWS EXPRESS
Universal Responsibility of His Holiness Dalai Lama & Panjab University, Chandigarh
To establish The Holiness Dalai Lama Visiting Chair at The Department of Gandhian and Peace Studies, Panjab University, CHANDIGARH: An MoU has been signed between His Holiness Dalai Lama's Foundation For Universal Responsibility (FUR) and Panjab University (PU) to establish the Dalai Lama Chair in the Department of Gandhi and Peace Studies. Prof. Rama Vaj, Vice-Chancellor, Panjab University, Chandigarh stated that the main purpose of establishing this prestigious H H Dalai Lama Visiting Guest Speaker Chair is to promote and preserve the Indo-Tibetan civilizational heritage for the dissemination of philosophical, historical and spiritual studies.

HEALING OUR MINDS & NURTURING COMPASSION

DISCOURSE ON MIND TRAINING: TEACHINGS BY GESHE LHAKDOR



The Foundation was honoured to organize five-day Teachings and Guided Meditations on ‘Lam Rim: The Graduated Path to Enlightenment’ by Ven. Geshe Lhakdor in partnership with India Habitat Centre in New Delhi in February 2024, which was well attended by over 100 people. These Discourses have been offered since 2007, as a response to the search for abiding happiness and equanimity in today’s frenetic world, based on established mind training wisdom and methods drawn from the rich Indo-Tibetan Buddhist tradition.

In September 2023, three-days of virtual Teachings on the ‘Practice of Mindfulness and Meditation in Daily Life’ were led by Geshe Lhakdor. In these sessions, he emphasized mindful approaches for mental hygiene, daily rituals to cultivate a positive mental attitude, and guided meditation practices.



CANCER AND MENTAL HEALTH



FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

What I Learned from Cancer

Reflections from the journey of a cancer survivor
on the challenges of the disease and innovative approaches
to nurturing community-based support

by

Dr. R. Srinivasa Murthy

Retired Professor & Former Head of Department of Psychiatry, NIMHANS Bangalore

in conversation with

Rajiv Mehrotra

Author & Secretary, Foundation for Universal Responsibility of HH the Dalai Lama

Chair

Dr. Sudhir Khandelwal

Former Head of Dept. of Psychiatry, All India Institute of Medical Sciences, Delhi



Former Head of Department of Psychiatry at NIMHANS Bangalore, Dr. R Srinivasa Murthy, shared his journey as a cancer survivor as part of the Foundation's Mental Health Talks in 2023.

NURTURING COMPASSION & RESILIENCE IN YOUTH

FELLOWSHIP

To foster fortitude in today's youth based on His Holiness' teachings and drawing on wisdom from Buddhist Philosophy and Resilience Science, the Foundation partnered with a mental health initiative, The Red Door, to lead four successful cycles of the Fellowship over two years. It engaged with 53 youth in the age group of 21-30 years from across India, nurturing their capacities to navigate emotional distress and bolster their psychosocial well-being through experiential learning.

FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

presents

COMPASSION & RESILIENCE FELLOWSHIP 2023

in partnership with

The Red Door
Beyond Mental Health

Applications open
till Saturday,
10th Dec 2022

FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

The Red Door
Beyond Mental Health

Introducing the
**COMPASSION & RESILIENCE
FELLOWS 2023**

COHORT 1

 <p>Aamna Tyagi Psychologist</p>	 <p>Madhumitha Sivanandam Freelance Softskills & Personality Development Trainer</p>
 <p>Anando Ghosh Researcher, The Endangered Languages Project</p>	 <p>Jadav Mansi Chandrakant M.Sc Student, St. Xavier College Ahmedabad</p>
 <p>Arpita Bhansali Curriculum Designer, Riverside Learning Center</p>	 <p>Nidhi Kinhal Sociologist & Programs Associate, Young Leaders for Active Citizenship</p>
 <p>Keerthana Paulraj Psychosocial Educator & Founder, Centre for Mindful Presence</p>	 <p>Rakhi Educator & MA Student, Ambedkar University Delhi</p>

COMPASSION WORKSHOPS WITH UNIVERSITIES AND NGOS

The Foundation collaborated with The Red Door to organize a series of participatory workshops on compassion and resilience with over 250 youth at universities and grassroots NGOs across Delhi, Haryana and Madhya Pradesh in 2023.



**COMPASSION & RESILIENCE
WORKSHOP
MAHASHAKTI SEVA KENDRA, BHOPAL
MADHYA PRADESH**



MENTAL HEALTH FESTIVAL

The Foundation supported MH360, a Mental Health festival celebrating diversity, empathy and collective wellbeing, through talks on the Buddhist Science of Mind Training and the Role of Tibetan Medicine in Healing the Mind. Organized in 2023, over 15,500 people attended the festival physically and virtually.

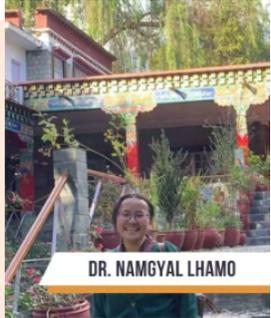


CONVERSATIONS @ MH360°

WHAT TIBETAN MEDICINE CAN TEACH US ABOUT HEALING THE MIND

At MH360°, we bring you the most powerful themes in Mental Health today

**DAY 2:
5TH NOVEMBER 2023
SUNDAY | 2:15 PM**



DR. NAMGYAL LHAMO

Tibetan-born Dr. Namgyal Lhamo, raised in Ladakh, India, is a Tibetan medicine graduate from Men-tsee-khang college, Dharamshala. With a passion for mental health, she served at Kamphen deaddiction center and actively engaged in workshops and talks on Tibetan medicine. Now, she contributes to Men-tsee-khang's Research and

YOUNG WRITERS' WORKSHOP: COMPASSION, CONNECTION, CANDOUR

Inspired by His Holiness' emphasis on nurturing universal human values such as compassion and interdependence, the Foundation's inaugural cycle of the Young Writers' Workshop trained 15 youth across Delhi-NCR on various dimensions of the writing process through themes of compassion, connection and candour. Spread over two months in 2024, the Workshop was led by the author Dr. Devapriya Roy and engaged several guest speakers - eminent writers, editors, publishers, and academics. The final submissions by the writers are expected to be published as an anthology.



ལོངས་སྤྱོད་ལོ་རྒྱུ་ཡི་རྒྱལ་མཐོག་གི་ལྷན་ཁག་ལེ་ག།
FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

Virtual Discussion

Can Writing be Taught?

Reflecting on the pedagogy of creative writing



Devapriya Roy
Author &
Senior Writing Instructor,
Ashoka University



Rajiv Mehrotra
Author & Secretary, Foundation for
Universal Responsibility
of HH the Dalai Lama

Wednesday, 10th January 6:30 PM

[REGISTER HERE](#)

followed by a brief introduction to
Young Writers' Workshop
Compassion, Connection, Candour: A Writing Circle

Led by Devapriya Roy, the Workshop will nurture young writers to refine their craft and create narratives of hope and unlikely human connection, in a world that needs the universal values embodied by His Holiness the Dalai Lama.

To learn more about the Workshop, click [here](#).



ལོངས་སྤྱོད་ལོ་རྒྱུ་ཡི་རྒྱལ་མཐོག་གི་ལྷན་ཁག་ལེ་ག།
FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

Launching our new

Young Writers' Workshop

Compassion, Connection, Candour: A Writing Circle

3rd February – 23rd March 2024
Weekly meetings at the India International Centre



The Foundation's Writing Workshop invites applications from young writers, between 21-35 years, based in Delhi for a two-month writing seminar led by author Devapriya Roy.

It will nurture a small group of writers as they refine their craft to create narratives of hope and unlikely human connection, in a world that needs, more than ever, the universal values embodied by His Holiness the Dalai Lama.

We expect the final submissions by each writer to culminate in an anthology published in collaboration with a leading Indian imprint.

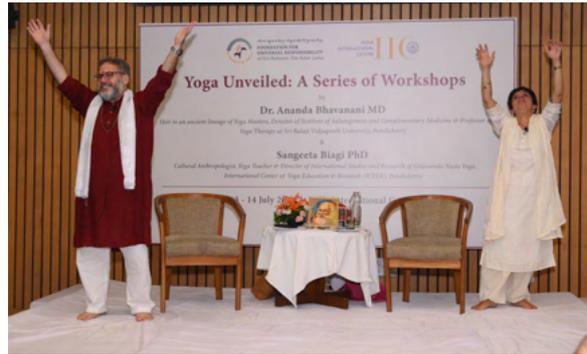
[APPLY NOW](#) [LEARN MORE](#)

Applications close on Sunday, 14th January 2024
If you have any queries, please write to info@furhhd.org or visit www.furhhd.org



A HEALING JOURNEY WITH YOGA: WORKSHOPS & LECTURES

Inspired by His Holiness' emphasis on the value of reviving ancient Indian knowledge, the Foundation partnered with the India International Centre to organize an immersive two-day series of workshops and lectures on A Healing Journey with Yoga: Ancient Wisdom for Our Times in 2024. It offered a rare opportunity to interact with master yoga practitioners, Dr. Ananda Bhavanani & Dr. Sangeeta Biagi, who offered a wealth of insights and practical exercises on Yoga beyond the mainstream emphasis on Asana and Pranayama to explore holistic wellbeing and healing. The seamlessly integrated series offered short sessions on Salutogenesis, music as medicine, managing grief and embracing mortality, harnessing the power of breath, tenets of Yoga Therapy for lifestyle disorders, resilience and well-being for women, and special needs of senior citizens.



WISDOM FROM TIBET'S LIVING HERITAGE IN EXILE: TALKS



FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama



INTERNATIONAL
CAMPAIGN
FOR TIBET

The Dalai Lama's Revival of India's Civilisational Heritage

A conversation on His Holiness the Dalai Lama's impact
on resurrecting India's invaluable ancient knowledge traditions

featuring

Tencho Gyatso

President, International Campaign for Tibet

&

Rajiv Mehrotra

*Author & Trustee-Secretary, Foundation for Universal Responsibility
of HH the Dalai Lama*

LISTEN NOW



FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

YES CAPSULES

a series of weekly online talks
organised by
The Aurobindo Society, Delhi Branch

Saturday, 10th June 2023
6 - 7 pm IST



Speaker

Rajiv Mehrotra

HH The Dalai Lama & The Art of Happiness

Rajiv Mehrotra is a scholar, prolific writer, and a highly decorated
director and producer of documentary films. He is a disciple of His
Holiness The Dalai Lama, and serves as the Secretary & Trustee of the
Foundation for Universal Responsibility of HH The Dalai Lama,
established with the Nobel Peace Prize. His nine books published
include The Essential Dalai Lama, The Dalai Lama: on Life, Living and
Happiness, The Mind of The Guru, and Thakur Sri Ramakrishna: A
Biography.

ZOOM LINK

Zoom Meeting ID: 608 214 4500 Passcode: 8kPJG6



FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama



The Indian Himalayas and Tibet

A Visual Presentation & Talk on Geography, Culture, and History

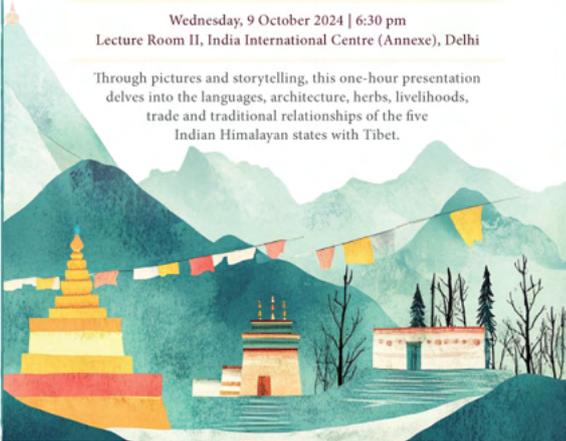


by **Tenzin Tsundue**

Tibetan Writer, Poet & Activist

Wednesday, 9 October 2024 | 6:30 pm
Lecture Room II, India International Centre (Annexe), Delhi

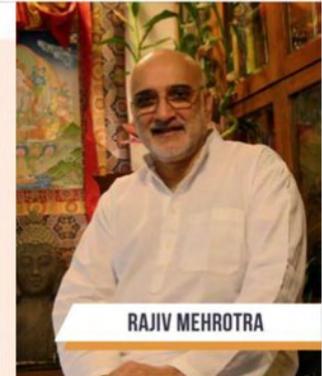
Through pictures and storytelling, this one-hour presentation
delves into the languages, architecture, herbs, livelihoods,
trade and traditional relationships of the five
Indian Himalayan states with Tibet.



CONVERSATIONS @ MH360°

THE BUDDHIST SCIENCE OF MIND TRAINING

At MH360°, we bring you
the most powerful themes
in Mental Health today



RAJIV MEHROTRA

DAY 2:

5TH NOVEMBER 2023
SUNDAY | 12:30 PM

VENUE

Amphitheatre, India Habitat Centre,
New Delhi - 110003

Mr. Rajiv Mehrotra is the Honorary Managing
Trustee of the Foundation for Universal
Responsibility of His Holiness The Dalai Lama &
he has been a student of His Holiness for forty
years. He traveled with him for the Nobel Peace
Prize ceremony and helped establish the Foundation
with the prize money. Mr. Mehrotra is a multi-
award winning independent documentary
filmmaker, commissioning editor and producer. He
is also an author whose books have been published
in more than 50 editions and languages.

28 YEARS OF GURUKUL

Celebrating Tibet's Civilizational Heritage in Dharamsala



For 28 years, the Foundation's Annual Gurukul Program has facilitated a uniquely immersive experience of Tibet's rich civilizational heritage in Dharamshala for university students and recent graduates from across India.

In the summer of 2023 and 2024, the Foundation hosted 55 young Indian Fellows at monasteries in Dharamshala – the home of His Holiness the Dalai Lama and the Headquarter of the Central Tibetan Administration – for three weeks to gain introductory insight into Tibet's civilizational heritage, the life and teachings of the Dalai Lama, Tibetan Buddhist philosophy, and the life and history of the Tibetan community in exile.

"We were blessed with an intimate audience with His Holiness where he spoke passionately about the richness of the Nalanda tradition and its resonance with Tibetan Buddhism. He expressed his hopes for us as Global Citizens and emphasized the value of compassion and non-violence in all sentient beings. His empathetic response to our questions were invaluable and we will treasure his immense warmth and humor with deep gratitude. It was a surreal experience for us all."

- Gurukul Fellow 2023



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 FOUNDATION FOR

 UNIVERSAL RESPONSIBILITY

 of His Holiness The Dalai Lama



28th Annual

GURUKUL

 Celebrating Tibet's Civilizational Heritage in Dharamshala

 June 8th to 29th, 2024

Embark on a Transformative Three-Week Journey in Dharamshala

Meet His Holiness The Dalai Lama • Stay in Monasteries & Nunneries • Study Buddhist Philosophy & Practice Meditation • Learn to Cook Tibetan Cuisine • Explore Traditional Tibetan Art like Thangka Painting & Wood Carving • Experience Tibetan Opera & Folk Dance • Interact with Iconic Tibetan Filmmakers, Writers & Civil Society Leaders • Gain insight into Education in Exile through School Visits • Discover Ancient Tibetan Medicine & Astrology • Learn about Democracy & Governance in Exile from Tibetan Bureaucrats

Welcoming applications from Indian university students & recent graduates, between 19-29 years of age, based in India!

[APPLY HERE](#)

Applications will be screened on a rolling basis – last date **May 5th, 2024**
 For queries, contact gurukul@furhhd.org

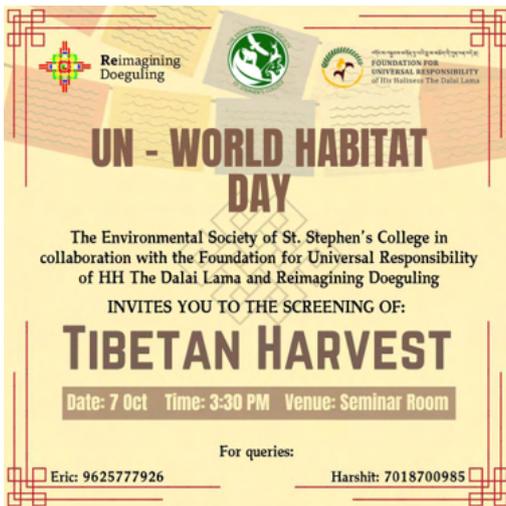
Partners:    



INITIATIVES BY GURUKUL FELLOWS

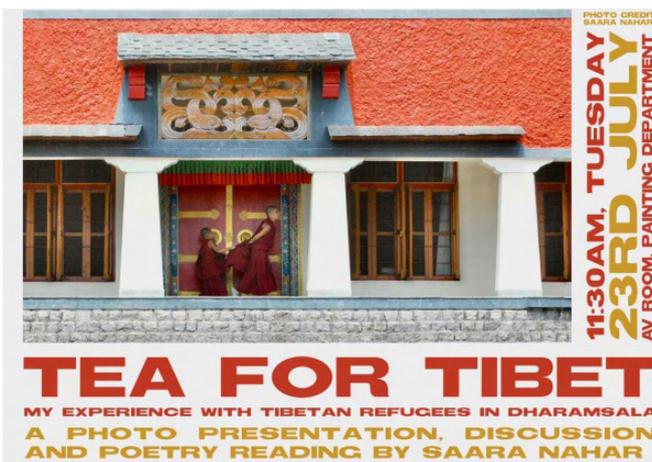
FILM SCREENING AND DISCUSSION

The documentary 'Tibetan Harvest' which was commissioned by the Foundation for Universal Responsibility of HH The Dalai Lama was screened at St. Stephen's College, New Delhi at the initiative of the Vice President of the college's Environmental Society, Harshit Bhagat, who was a Gurukul 2024 alum. Organized to mark the occasion of UN World Habitat Day, the film screening was followed by a rich interaction with two members of the Reimagining Doeguling Tibetan Settlement - Geshe Lobsang Wangchuck and Tenzin Thakpo on issues of environmental concern.



CREATIVE DIALOGUES ON COLLEGE CAMPUS

A photography and poetry reading session called Tea for Tibet was organized by Saara Nahar, a Fine Arts student and Gurukul 2024 alum, on the campus of Maharaja Sayajirao University of Baroda, Gujarat, where she led an interactive discussion with college students to raise awareness about Tibet's civilizational heritage and politics in exile.



FORTHCOMING BOOK

A forthcoming book titled *Transformative Justice & Tibetan Buddhism: Principles for Restorative Offender Rehabilitation and Modern Criminology* is being authored by Ishaan Joshi, a Gurukul 2023 alum and law graduate from MIT World Peace University, Pune. His work explores the integration of Tibetan Buddhist teachings with contemporary criminological practices, advocating for a compassionate and ethical approach to justice and rehabilitation.



(Photo, Office of His Holiness the Dalai Lama)

“To nurture genuine peace, we must respect and learn about the full worth of faith traditions other than our own. Engaging with other faith traditions while praying at their places of worship has been a crucial learning experience for me.”

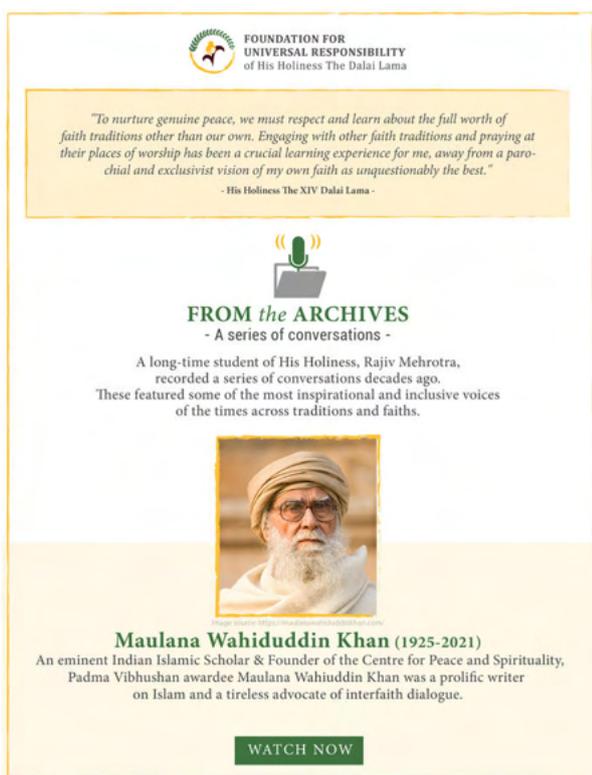
HIS HOLINESS THE DALAI LAMA



INTERFAITH UNDERSTANDING

CONVERSATIONS ON THE SACRED: FROM THE ARCHIVES

Inspired by His Holiness' commitment to nurturing interfaith harmony, the Foundation's monthly series features Rajiv Mehrotra in conversation with spiritual masters from diverse faith traditions, with some of these insightful interviews dating back to 1980s.



FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

"To nurture genuine peace, we must respect and learn about the full worth of faith traditions other than our own. Engaging with other faith traditions and praying at their places of worship has been a crucial learning experience for me, away from a parochial and exclusivist vision of my own faith as unquestionably the best."
- His Holiness The XIV Dalai Lama -

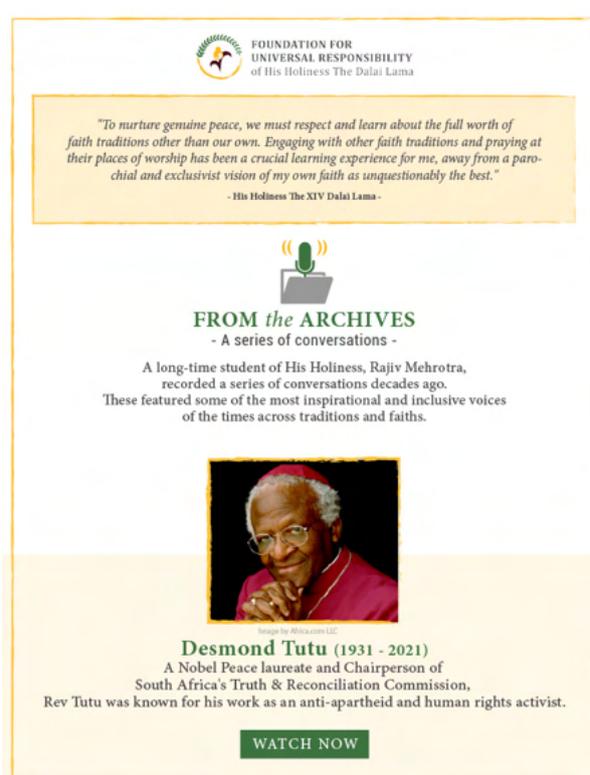

FROM the ARCHIVES
- A series of conversations -

A long-time student of His Holiness, Rajiv Mehrotra, recorded a series of conversations decades ago. These featured some of the most inspirational and inclusive voices of the times across traditions and faiths.



Maulana Wahiduddin Khan (1925-2021)
An eminent Indian Islamic Scholar & Founder of the Centre for Peace and Spirituality, Padma Vibhushan awardee Maulana Wahiduddin Khan was a prolific writer on Islam and a tireless advocate of interfaith dialogue.

[WATCH NOW](#)



FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama

"To nurture genuine peace, we must respect and learn about the full worth of faith traditions other than our own. Engaging with other faith traditions and praying at their places of worship has been a crucial learning experience for me, away from a parochial and exclusivist vision of my own faith as unquestionably the best."
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FROM the ARCHIVES
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Desmond Tutu (1931 - 2021)
A Nobel Peace laureate and Chairperson of South Africa's Truth & Reconciliation Commission, Rev Tutu was known for his work as an anti-apartheid and human rights activist.

[WATCH NOW](#)

GRANTS FOR CREATIVE PROJECTS

The Foundation is supporting creative projects by young writers, filmmakers and media persons that seek to further interfaith harmony in the Indian context. Three grants are in progress in 2024.

The Green One

A unique documentary on the coexistence of the Ladakhi Muslim and Buddhist communities and the theological and social intersection of Buddhism and Islam in Jammu and Kashmir.

Bridging Cultures: Cuisines and Interfaith Harmony

A Coffee Table Book with evocative pictures and narratives highlighting India's rich culinary diversity in facilitating dialogues across cultures, transcending religious boundaries and building interfaith harmony.

United Flavors of India

A documentary exploring the power of Indian cuisine to transcend cultural borders and boundaries, foster unity and celebrate diversity.

COLLABORATIONS

11th
Pune International Literary Festival 16, 17 Dec 2023
Venue: YASHADA, Pune

FOUNDATION FOR UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

Presents
Inter-faith Harmony in the face of Challenges

 Sister Sarita  Manisha Melwani  Gauranga Darshan Das

 Alka Pande

Alka Pande in conversation with
Sister Sarita, Manisha Melwani and
Gauranga Darshan Das

17-12-2023 from 3.00 pm to 3.45 pm
Auditorium, YASHADA, Pune



A Festival with a Heart

11th
Pune International Literary Festival 16, 17 Dec 2023
Venue: YASHADA, Pune

FOUNDATION FOR UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

Presents
The Power of Culture and Literature for Peace

 Dr. Alka Pande  Ms. Sohini Roychowdhury  Mr. Tomer Gardi  Ms. Jennifer Dunn

 Mr. Bharat Bhushan

Bharat Bhushan in conversation with
Alka Pande, Sohini Roychowdhury,
Tomer Gardi and Jennifer Dunn

16-12-2023 from 3.00 pm to 3.45 pm
Auditorium, YASHADA, Pune



A Festival with a Heart

WISCOMP INITIATIVE: CELEBRATING 25 YEARS

Where Gender, Wisdom & Compassion Converge

25 YEARS OF ENGAGEMENT IN GENDER AND PEACEBUILDING

In July 2024, the Foundation's initiative Women in Security, Conflict Management and Peace (WISCOMP) celebrated 25 years of promoting cultures of coexistence and nonviolence in South Asia that are gender-sensitive and inclusive. WISCOMP is unique in its approach in giving impetus to His Holiness the Dalai Lama's vision for women's inclusion and leadership. The acronym for WISCOMP is also invoked to suggest the combination of values of wisdom and compassion.



LETTER FROM THE CHIEF JUSTICE OF INDIA

A letter addressed to the Director of WISCOMP from the Chief Justice of India was received in September 2024. An excerpt from the letter:

“WISCOMP’s primary focus is on empowering women to be active participants in peace processes, conflict resolution and leadership in various sectors. Through its programs, WISCOMP engages a diverse range of stakeholders including students, educators, policymakers, civil society and the media to create a more inclusive and equitable environment in peacebuilding and conflict management.

Once again I thank you for your commitment to supporting a social mission to make society more equitable and inclusive.”



CREATIVE PERFORMANCE DIALOGUE ON PEACE

Prolific danseuse Padmashri Geeta Chandran's performance-dialogue 'Our Voice' celebrated 25 years of the Foundation's initiative WISCOMP's efforts to nurture peace and nonviolence in South Asia. Our Voice was a celebration of resilience and hope in the midst of the challenges of conflict and disruption so prevalent in today's embattled world and images of which we see every day on our screens. Using the metaphor of water as a leitmotif for recovery and resurgence, the performance wove women's resistance to violence into the tapestry of peace; a poetic symphony emerging from the everyday rhythms of reclaiming voice and space.



ENGENDERING NUCLEAR DISARMAMENT: CHALLENGES AND POSSIBILITIES

WISCOMP organized a day-long conference foregrounding the voices of women in nuclear disarmament. The speakers addressed several concerns tracing the trajectory of India's disarmament journey, practical challenges of disarmament, implementation of the Women, Peace, and Security agenda, and the role of women's movements in promoting peace. The conference brought together diverse stakeholders such as former diplomats, strategic studies experts, academics, and young



Valedictory Address by Eminent Strategic Security Expert & Director, Society for Policy Studies, Commodore C. Uday



Former Assistant Secretary General, United Nations, Amb. Lakshmi Puri & India's Ambassador to UN Conference on Disarmament, Amb. Jayant Prasad

THE MEDIATIVE APPROACH: THE ROAD AHEAD FOR MANIPUR

As part of WISCOMP's series of public dialogues on Mediation, former Home Secretary of India, Mr. G.K. Pillai delivered a special lecture sharing his experience of working in India's North East and outlined possible roadmaps for mediation and restoration of community ties in Manipur. This was followed by special remarks by former Foreign Secretary of India, Ambassador Shyam Saran. Through a very engaged interaction with the audience, the Dialogue explored the role of a "mediative approach" in building bridges across ethnic and communal fault lines by citizen bodies.



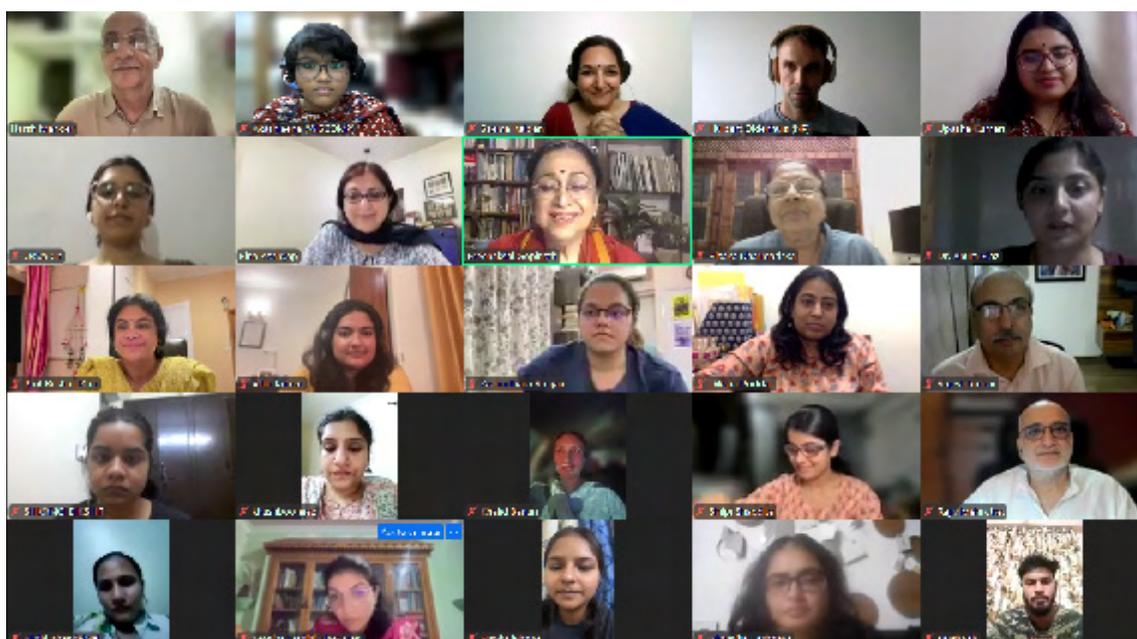
Former Home Secretary of India, Mr. G.K. Pillai; Senior Research Consultant of WISCOMP, Dr. Sumona DasGupta; and former Foreign Secretary of India, Ambassador Shyam Saran at the Dialogue



Director of WISCOMP, Dr. Meenakshi Gopinath, delivering Opening Remarks

VIRTUAL COURSE ON UNARMED CIVILIAN PROTECTION WITH NONVIOLENT PEACEFORCE

In partnership with Geneva-based NGO, Nonviolent Peaceforce, the Foundation kickstarted a one-of-its-kind virtual workshop series in South Asia on Unarmed Civilian Protection, a community-based and civilian-led approach practiced in different conflict zones across the world. The inaugural session brought together distinguished peace practitioners, young students and scholars from South Asia to deliberate on practices to nurture trust and coexistence using non violent methods and strategies.



Eminent peacebuilding practitioners from USA, Sri Lanka & India speaking at the inaugural workshop

DIALOGUES WITH EUROPEAN UNION ON WOMEN IN DIPLOMACY & WOMEN BUILDING PEACE



Journalist & Editor, The Shillong Times, Patricia Mukhim; former Assistant Secretary General, United Nations, Ambassador Lakshmi Puri; Ambassador of Netherlands to India, Marisa Gerards; Deputy Head of Mission of Italy to India, Marcella Zaccagnino; & Independent Researcher, Rita Manchanda

In light of India’s G20 Presidency and the EU-India strategic partnership, the Foundation’s initiative, WISCOMP – in collaboration with the Delegation of EU to India, and the India International Centre – organized two roundtable discussions with women diplomats, peacebuilders and policy experts from EU and India. One of the first dialogues of its kind, the initial roundtable titled ‘Women in Diplomacy’ reinforced WISCOMP’s substantive engagement with changing the contours of gender-sensitive diplomacy and foreign policy. The dialogue addressed questions like what unique skill-sets do women bring to diplomacy and foreign policy? How do women diplomats negotiate peace, strengthen diplomatic relations, navigate challenging postings in areas of conflict, and facilitate intercultural linkages?

The second roundtable titled ‘Women Building Peace: From the Local to the International’ focused on the challenges and possibilities of peacebuilding using experiences and case studies from theatres of conflict from Rwanda to Sri Lanka. It is the Foundation’s hope that such dialogues will propel action on nurturing a hospitable environment for women’s leadership in the local, national and international policy spaces.



CONVERSATIONS ON MEDIATION

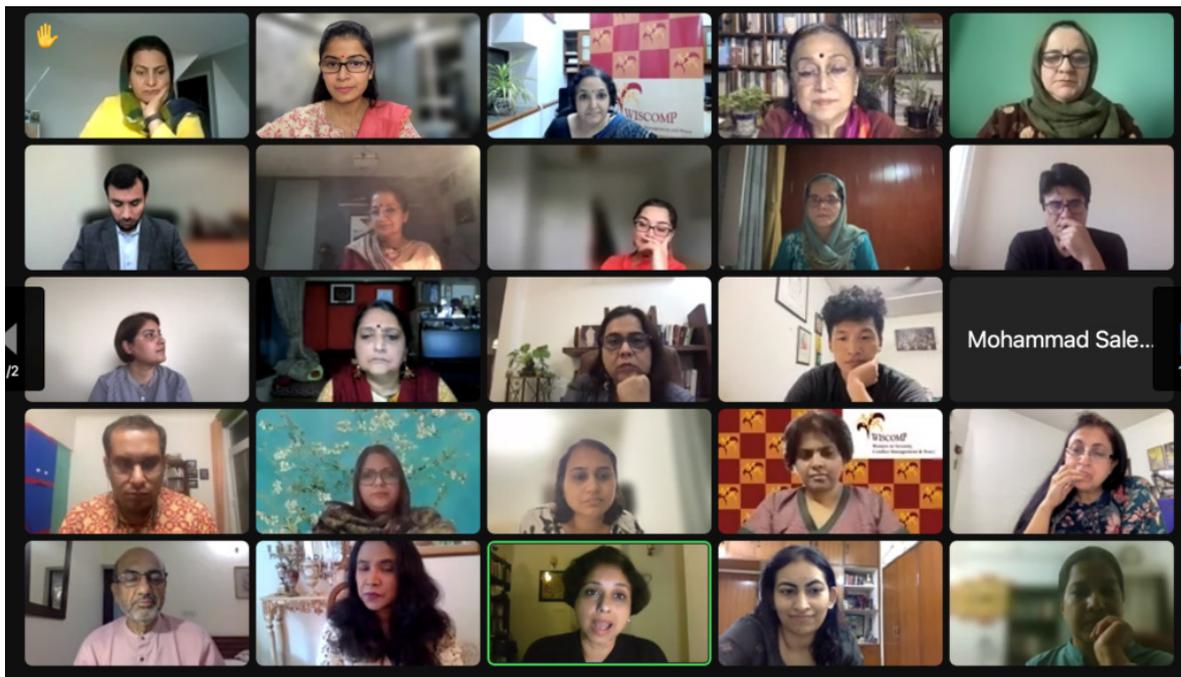
Envisioned as a series of curated public lectures and interactive dialogues, WISCOMP Dialogues: Conversations on Mediation attempts to convene established practitioners across the world to share insights and innovations in the field of peace mediation, relevance of mediation in contexts of violence, and the critical importance of integrating gender into such initiatives.



Executive Secretary, Centre for Dialogue & Reconciliation, Sushobha Barve; Senior Research Consultant, WISCOMP, Dr. Sumona DasGupta; Senior Conflict Sensitivity Advisor, United Nations; Neha Sanghrajka and Distinguished Fellow, Centre for Air Power Studies, Air Vice Marshal (Retd.) Kapil Kak

AFGHANISTAN TODAY: LIKELY DIRECTIONS FOR PEACE

WISCOMP partnered with the Centre for Policy Research to facilitate an intra-Afghan dialogue series, virtually bringing together Afghan scholars, former members of the government, media persons and civil society actors to deliberate on the following: What are the current developments in Afghanistan that impact upon security, governance, economy and the education system? Is Afghanistan likely to become a breeding ground for terrorist groups once again? How do the Afghans perceive the role of the international community in general, and India in particular, post the Taliban takeover in 2021?



INTEGRATING GENDER AND CLIMATE CHANGE CONVERSATIONS

In collaboration with India International Centre and Kubernein Initiative, WISCOMP organized a conference in February 2023 to explore the potentialities of a gender-intentional lens in Climate Change action with policy experts, research scholars, and environmental activists. The speakers foregrounded climate resilient and inclusive policies and practices, the collection of gender-disaggregated data, gender-responsive budgeting in climate finance, and a bottom-up approach to climate action.



Former Foreign Secretary of India, Ambassador Shyam Saran in dialogue with Founder of Kubernein Initiative



Eminent Environmentalist & Founder of the Students' Educational & Cultural Movement of Ladakh (SECMOL), Sonam Wangchuk

THE MOVING IMAGE: ADDRESSING VIOLENCE, REFRAMING PEACE

Educators, students, grassroots activists and media persons came together for a day-long dialogue to discuss the emerging challenges presented by internet, social media and overall mediatisation of the Indian society. The participants explored how to address the Digital Divide across the axis of gender and other identities and use moving images - documentaries, advertisements and short clips - to reduce violence and build peace.



Field Producer CNN, Sania Farooqui; Journalist & Foreign Correspondent France 24, Sarah Jacob; Filmmaker & Author, Dr. Jackson Katz; & Senior Advisor, Centre for Health and Social Justice, Satish Kumar Singh



Director WISCOMP, Dr. Meenakshi Gopinath; Eminent Journalist, Rami Chhabra; & former Governor of West Bengal, Dr. Gopalkrishna Gandhi

AFFIRMATIVE LEGISLATION FOR WOMEN'S EQUITABLE POLITICAL REPRESENTATION

In partnership with India International Centre, WISCOMP organized a panel discussion on the trajectory of the Women's Representation Bill in India and measures for recalibrating accountability and equity in politics.

YOUTH AND DIALOGUE: INDIA'S NORTHEAST

Addressing contemporary challenges of violence and instability in the North East, WISCOMP facilitated a series of dialogues amongst young scholars, journalists, lawyers, activists and social workers from seven states in the North East to explore possibilities of fostering cultures of peace and coexistence in the region.



GENDER AUDITS AT HIGHER EDUCATION INSTITUTIONS: CRAFTING AN ECOSYSTEM OF EQUALITY

As part of its efforts to infuse ideas of inclusion and gender justice in the Indian higher education space, WISCOMP organizes workshops for the senior management, faculty and students at universities and colleges across the country. The most recent workshops in this series were organized at universities in Tamil Nadu and Jammu and Kashmir.



NON-VIOLENT COMMUNICATION FOR STUDENT LEADERS

A workshop on Non-Violent Communication was facilitated for the senior student leadership team at Bluebells School, New Delhi to nurture capacities for empathy and compassion in addressing the conflicts that emerge on school campuses.



VIRTUAL BOOK CAFÉ




Log-in Gender
WISCOMP's online portal for students and educators on engendering education
presents

**Resistance & Voice:
Exploring Women's Writings**
a virtual dialogue as part of

The Book Café

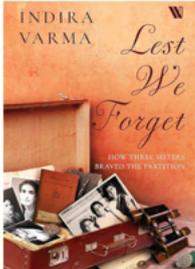
9th January 2023 | 7:30 pm IST/ 2 pm GMT/ 9 am EST | Zoom

This episode of the Book Café seeks refuge in the arms of fiction. The companion text for the discussion is Khadija Mastur's *Aangan* translated as 'The Women's Courtyard' (2018) by Daisy Rockwell.

We seek to listen to the voices, desires, and aspirations of those categorized as 'the other'. How do women's writings offer possibilities for embracing multivocality i.e. diverse voices of Muslim women? How do Muslim women writers recast women in their works? How do we read these accounts of the personal/inner/private/domestic as attempts to reconfigure the political? How do these forms of writing open up the paradoxes and possibilities of the post-colonial imaginaries of rights, freedom, and agency? This discussion shall help devise new vocabularies of speaking with the 'other' than speaking for them.



Women in Security, Conflict Management and Peace (WISCOMP)
is an initiative of the Foundation For Universal Responsibility

The Book Café
presents a virtual dialogue

**Memories and Memoirs:
Vignettes of Resilience**
with

Indira Varma
Acclaimed Author, Poet and Translator

29th March 2024 | 6:30 pm IST/ 1 pm GMT/ 9 am EST | Zoom

Join us for the next episode of the Book Café celebrating stories of love, hope and resilience transcending cartographic anxieties. Our companion text is 'Lest We Forget: How Three Sisters Braved the Partition', a poignant tale of courage, compassion and conviction during one of the worst tragedies of human history, the Partition. This conversation will serve as the interface for young researchers, scholars and students to explore beyond the conventional academic tropes and celebrate possibilities of hope amidst despair.



WISCOMP is an initiative of the Foundation For Universal Responsibility of His Holiness the Dalai Lama

WEAVING PEACE AMIDST STRIFE: PODCAST SERIES



Listen Now!

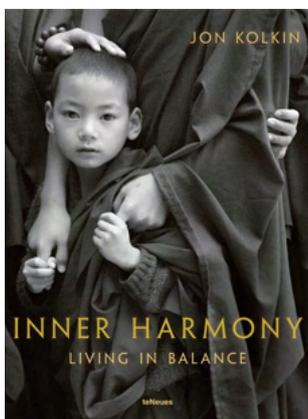


NEW FRONTIERS IN HUMAN RIGHTS EDUCATION
Lady Shri Ram College, Delhi March 17, 2011
FOUNDATION FOR UNIVERSAL RESPONSIBILITY
OF HIS HOLINESS THE DALAI LAMA

"We must change ourselves and our immediate realities and relationships if we are to change our social structures and our patterns of thought... We cannot achieve change unless we think it."

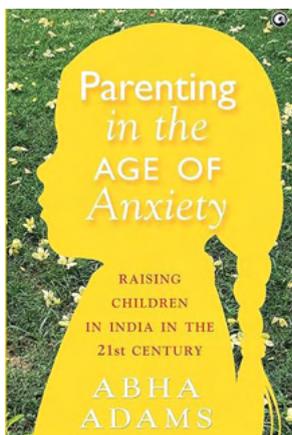
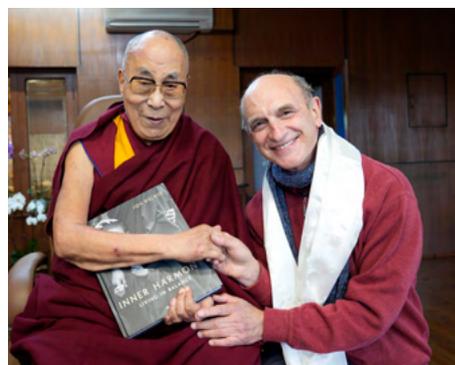
- Prof. Betty Reardon
Educating for Human Dignity: Learning About Rights and Responsibilities (1995)

BOOK LAUNCHES & DISCUSSIONS



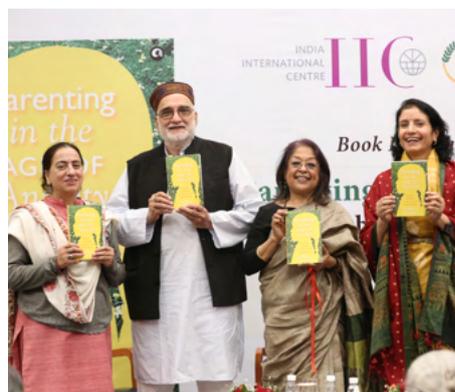
Inner Harmony: Living in Balance

Carrying a foreword by His Holiness the Dalai Lama, *Inner Harmony: Living in Balance* is an award-winning collection of rare and intimate photographs of Buddhists throughout Asia, taken over 13 years, exploring principles central to living a more balanced life. Author-photographer Jon Kolkin was in conversation with Rajiv Mehrotra over his book in April 2023 at India International Centre.



Parenting in the Age of Anxiety: Raising Children in India in the 21st Century

The Foundation hosted a book launch and discussion for Abha Adams' *Parenting in the Age of Anxiety* featuring the author in conversation with narrative therapist Dr. Shelja Sen, and Mr. Rajiv Mehrotra, discussing contemporary parenting challenges and offering compassionate advice to strengthen the parent-child bond.



FILMS OF THE SPIRIT

Embracing Diversity in Faiths, Philosophies & Traditions

MONTHLY FILM FESTIVAL SINCE 2018

In partnership with the India International Centre, 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 **IIC**  **FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama**

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

A Drop of Sunshine
a film by Aparna Sanyal
followed by a discussion with the filmmaker and
Dr. Anita Ghai
Professor, Ambedkar University Delhi, Former President, Indian Association of Women's Studies & Disability Rights Activist

Through the powerful story of young Reshma Valliappan, the film takes a contrarian stance on Schizophrenia. Positing that the only treatment method is one where the 'patient' is an equal partner in the healing process, it crafts a new vocabulary to address the stigmatized mental illness.

Wednesday, 13 September, 6:30 PM
C.D. Deshmukh Auditorium, India International Centre, Delhi
(40 min)

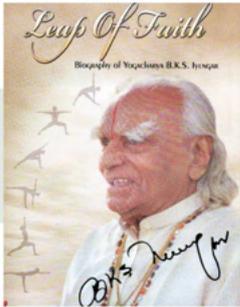



INDIA INTERNATIONAL CENTRE **IIC**  **FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama**

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

Leap of Faith
a film by Aditi V. Makim & Valentina Trivedi
Narrated by Naseeruddin Shah
followed by a discussion with the filmmaker

Unveiling the extraordinary story of B.K.S. Iyengar, the film spans his journey from a frail childhood to growing up to help millions overcome physical ailments through the practice of yoga. It celebrates the pioneer's indomitable spirit and his life as a disciple, teacher, husband, father and guru.



Wednesday, 11th October, 6:30 pm
C.D. Deshmukh Auditorium, India International Centre, New Delhi
(72 min)

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

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

Kundun
an iconic film (134 mins) on the young Dalai Lama
by the legendary Martin Scorsese

The boy monk's story comes alive in this epic biographical film released in 1997. It traces the extraordinary journey of the 14th Dalai Lama, Tenzin Gyatso, from his discovery as a reincarnation of the Great 13th, the Buddha of Compassion, to take over the reins of a nation at a young age and his escape to India, following the tragedy of the Chinese invasion of Tibet.

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

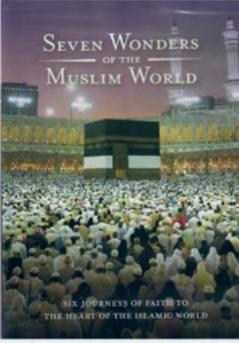



INDIA INTERNATIONAL CENTRE **IIC**  **FOUNDATION FOR UNIVERSAL RESPONSIBILITY of His Holiness The Dalai Lama**

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

Seven Wonders of the Muslim World

Wednesday, 15th February, 6:30 pm
C.D. Deshmukh Auditorium, India International Centre, Delhi



The Film (56 mins) traces the history and message of Islam through the lives of six young people as they leave the historic mosques across the Muslim world where they worship, and embark on a most sacred journey -- the pilgrimage to Mecca.

FILMS BY THE FOUNDATION

Happiness Class: A Film by Samina Mishra

'Happiness Class' was screened virtually in 2023 to commemorate five years of the Happiness Curriculum in Delhi Government Schools inspired by His Holiness.

Foundation for Universal Responsibility presents
HAPPINESS CLASS
A film by Samina Mishra

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ADVANCED RESEARCH IN
GLOBAL COMMUNICATION

SEPTEMBER 25,
2024
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PM
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FLOOR,
3901 WALNUT
ST.,
PHILADELPHIA

**FILM
SCREENING
AND
DISCUSSION
WITH WRITER
&
FILMMAKER,
SAMINA
MISHRA**

SCAN OR CODE
TO REGISTER
AND KNOW
MORE

**EXPERIMENTAL
ETHNOGRAPHY**
AN AFFILIATE OF THE UNIVERSITY OF PENNSYLVANIA

camia
COLLEGE AND UNIVERSITY MEDIA INFORMATION

SAMINA MISHRA IS A DOCUMENTARY FILMMAKER, WRITER, AND TEACHER BASED IN NEW DELHI, WITH A SPECIAL INTEREST IN MEDIA FOR AND ABOUT CHILDREN. HER WORK USES THE LENS OF CHILDHOOD, IDENTITY, AND EDUCATION TO REFLECT THE EXPERIENCES OF GROWING UP IN INDIA.

FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

**Celebrating Happiness Utsav:
5 Years of the Revolutionary Curriculum**

As the Happiness Curriculum inspired by His Holiness' principles completes five years in Delhi's government schools, we commemorate this occasion with the award-winning film

HAPPINESS CLASS
by Samina Mishra

Producer & Commissioning Editor
Rajiv Mehrotra

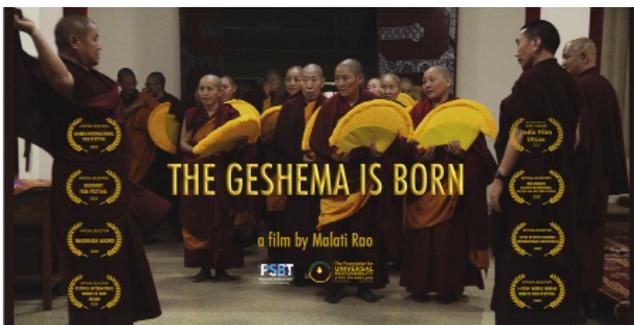
Foundation for Universal Responsibility presents
HAPPINESS CLASS
A film by Samina Mishra

This critically-acclaimed documentary investigates the impact of the Happiness Curriculum on children and teachers, addressing contemporary education issues through simple art exercises and intimate conversations with children. Questioning what the pursuit of happiness really means, it contemplates what role education can play within it.

WATCH FILM

The Geshema is Born: A Film by Malati Rao

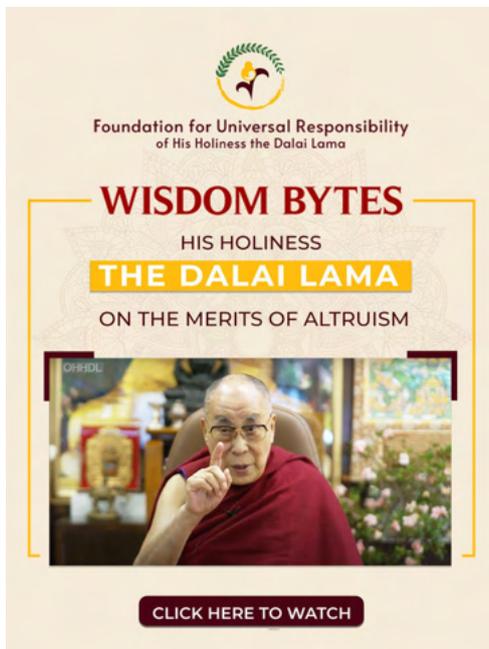
'The Geshema is Born' was screened at Dolmaling Nunnery in Dharamshala in 2024 with 100+ Buddhist nuns and Indian youth followed by a Discussion led by two Geshemas. Additionally, the Asian Documentaries Corporation based in Japan renewed its contract to stream the film with Japanese subtitles from September 2024 onwards.



WISDOM FROM HIS HOLINESS

Reaching Out Virtually

FORTNIGHTLY WISDOM BYTES



Foundation for Universal Responsibility
of His Holiness the Dalai Lama

WISDOM BYTES
HIS HOLINESS
THE DALAI LAMA
ON THE MERITS OF ALTRUISM

CLICK HERE TO WATCH



ལྷོ་ལ་རྒྱལ་ཁོངས་འཕེལ་རྒྱུ་ལ་འགན་ཁུར་གྱི་ལྷན་ཁང་།
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.

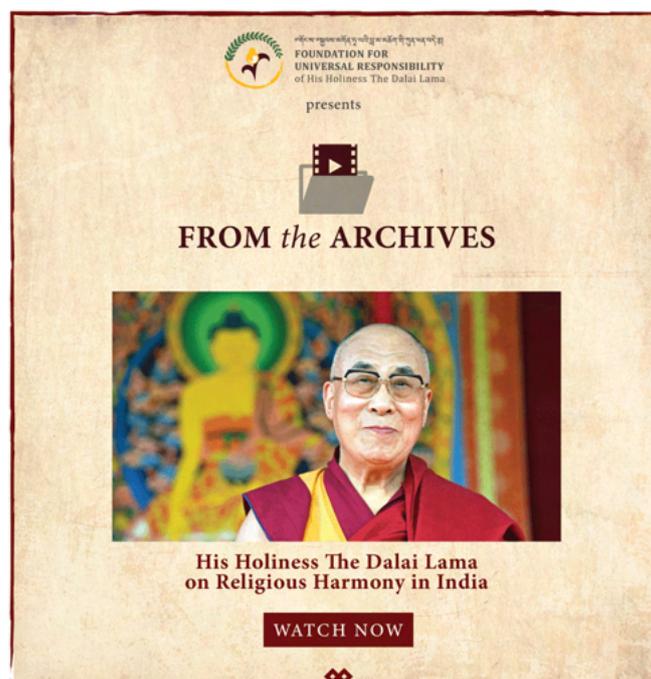
HIS HOLINESS THE DALAI LAMA

www.furhhd.org | Facebook | Twitter | YouTube | Info@furhhd.org

Captured in under a minute, Wisdom Bytes are short video clips of His Holiness' responses to everyday struggles and challenges that humans contend with in contemporary times, as a fortnightly series. The ongoing series has over 80 episodes with 27,000+ views.

MONTHLY REFLECTIONS

The latest addition to the Foundation's virtual series on His Holiness is The Dalai Lama's Reflections, which are five-minute clips from his speeches and talks on diverse themes.



ལྷོ་ལ་རྒྱལ་ཁོངས་འཕེལ་རྒྱུ་ལ་འགན་ཁུར་གྱི་ལྷན་ཁང་།
FOUNDATION FOR
UNIVERSAL RESPONSIBILITY
of His Holiness The Dalai Lama

presents

FROM *the* ARCHIVES

His Holiness The Dalai Lama
on Religious Harmony in India

WATCH NOW

RESOURCES ON HIS HOLINESS: REVAMPED YOUTUBE CHANNEL

The Foundation's YouTube channel has been redesigned to share invaluable video resources on His Holiness' Dharma teachings, empowerments and initiations, along with talks on themes of universal responsibility and compassion over the years.

"The Foundation will draw on the methods and wisdom of our rich Indo-Tibetan civilisational heritage to offer insights and solutions to contemporary challenges and predicaments. We will celebrate diversity, nurture human flourishing and universal values. Our work will respond to issues of human rights, equity, democratic freedoms, and non-violence. We will help foster harmony between faiths and their conversations with science and heal our precious mother earth."

H. H. THE XIVTH DALAI LAMA

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Creating a Compassionate World: The Dalai Lama's Wisdom B...
570 views · 3 years ago
Wisdom Bytes is a fortnightly series of short video clips in which His Holiness addresses a situation relevant to everyday struggles and challenges. In this video, he addresses the role of our innate compassion in creating a kind and compassionate humanity.
To learn more about our Foundation's work, visit our website ...
READ MORE

Talks on Universal Responsibility by The Dalai Lama ▶ Play all
Talks and conversations on themes of Compassion and Universal Responsibility by His Holiness the Dalai Lama

 1:28:30	 1:29:26	 1:24:51	 1:52:17	 52:10	 1:41:00
India's Heritage of Karuna and Ahimsa: Talk by the Dalai Lama furhhdl 163 views · 3 years ago CC	Paths to Happiness The Dalai Lama & BKS Iyenger furhhdl 348 views · 1 year ago	Secular Benefits of Contemplative Practices The Dalai Lama furhhdl 479 views · 1 year ago	Ethics & Compassion for Young Minds Indian School furhhdl 87 views · 1 year ago	Indian University Students' Interaction with the Dalai Lama furhhdl 812 views · 1 year ago	Indian School Students' Interaction with the Dalai Lama furhhdl 252 views · 7 years ago

Dharma Teachings by His Holiness The Dalai Lama ▶ Play all
Dharma Teachings, Empowerments and Initiation ceremonies by His Holiness the Dalai Lama.

 2:26:18	 2:29:27	 39:51	 2:25:09	 2:49:59	 55:48
White Manjushri Empowerment (2015): The Dalai Lama furhhdl 2.7K views · 8 years ago	Trisamayavyuharaja Empowerment (2014): The Dalai Lama furhhdl 188 views · 8 years ago	Medicine Buddha Empowerment (2008): The Dalai Lama furhhdl 70K views · 7 years ago	37 Practices of a Bodhisattva # 1 Teachings by the Dalai Lama furhhdl 487 views · 8 years ago	37 Practices of a Bodhisattva # 2 Teachings by the Dalai Lama furhhdl 295 views · 8 years ago	Kalachakra Initiations by the Dalai Lama #1 furhhdl 72K views · 10 years ago

The Dalai Lama's Wisdom Bytes ▶ Play all
His Holiness' advice and responses to everyday struggles and challenges that humans contend with today, as a fortnightly series.

 1:02	 0:27	 0:50	 0:56	 1:05	 1:12
Universal Message of Love: The Dalai Lama's Wisdom Bytes Ep. 1 furhhdl 222 views · 3 years ago	Oneness of Humanity: The Dalai Lama's Wisdom Bytes Ep. 2 furhhdl 171 views · 3 years ago	Compassionate Mindsets: The Dalai Lama's Wisdom Bytes Ep. 3 furhhdl 112 views · 3 years ago	Inner Peace: The Dalai Lama's Wisdom Bytes Ep. 4 furhhdl 105 views · 3 years ago	Root of Negative Emotions: The Dalai Lama's Wisdom Bytes Ep. 5 furhhdl 182 views · 3 years ago	Human Nature: The Dalai Lama's Wisdom Bytes Ep. 6 furhhdl 224 views · 3 years ago

IN THE PIPELINE

Forging the Way Forward

CELEBRATING HIS HOLINESS' 90TH BIRTHDAY WITH A GLOBAL CAMPAIGN

To commemorate the declaration of His Holiness' birthday as the Universal Day of Compassion at the 12th General Assembly of the Asian Buddhist Conference for Peace, the Foundation is launching a global call for submissions on the theme: Why The Dalai Lama Matters. This initiative invites reflections on the profound personal impact of the Dalai Lama on individuals, as well as his pivotal contributions to key global issues—ranging from strengthening the dialogue between religion and science, fostering interfaith harmony, and nurturing universal human values, to promoting compassion as a cornerstone of humanity.



COMPASSION IN ACTION PODCAST SERIES

The Foundation is launching an illuminating podcast series of insightful conversations with some of the most inspiring Indian figures who embody the ideal of compassion in action through their lives and work.



TASTE OF TIBET: EXPLORING TIBETAN CUISINE

A culinary experience into authentic Tibetan cuisine is being planned in partnership with the India International Centre, along with a cultural performance or talk on the evolution of Tibetan cuisine over the years.



VIRTUAL COURSE ON UNARMED CIVILIAN PROTECTION WITH NONVIOLENT PEACEFORCE

In partnership with Geneva-based NGO, Nonviolent Peaceforce, the Foundation will offer a virtual course on Unarmed Civilian Protection, an approach based on non-violence, non-partisanship, and empowering civilians to nurture trust & peace in protracted conflict zones. The course will be offered to researchers, educators, practitioners and students.



AWARD FOR WOMEN BUILDING PEACE IN SOUTH ASIA

The Foundation's initiative WISCOMP is hosting an award ceremony, Saahas Awards, to celebrate the efforts of individuals and organizations in nurturing spaces for women to work for peacebuilding in contexts of protracted conflict in South Asia. Planned for December 2024, the award ceremony will also have on display an Exhibition on PeaceWomen of South Asia which is being curated.





THE DALAI LAMA: FROM THE PRESS ARCHIVES

The Foundation plans to compile archival media reportage on His Holiness The 14th Dalai Lama sourced from leading media outlets, documenting his early life, journey into exile, and his global influence over the years.

VIRTUAL CONVERSATION WITH VENERABLE THUBTEN CHODRON

To mark the Nobel Prize Day on 10th December, Rajiv Mehrotra will be in conversation with Ven. Thubten Chodron, pioneering American Buddhist nun and Founder & Abbess of Sravasti Abbey, who is currently assisting His Holiness The Dalai Lama with the Library of Wisdom and Compassion book series.



EXPLORING THE COSMOLOGY OF TIBETAN HEALING

A multi-year project, this is envisioned as a holistic look at the entire universe 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. These will 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. A proposal to the Templeton Foundation is being drafted.

LECTURE SERIES AT DALAI LAMA CHAIR IN NALANDA STUDIES AT GOA UNIVERSITY

A six-day lecture series by Ven. Prof. Kaveri Gill on 'The Middle Way View and Universal Ethics: Cognitive Transformation for a Good Life' is being hosted by the Dalai Lama Chair in Nalanda Studies at Goa University in January 2025.

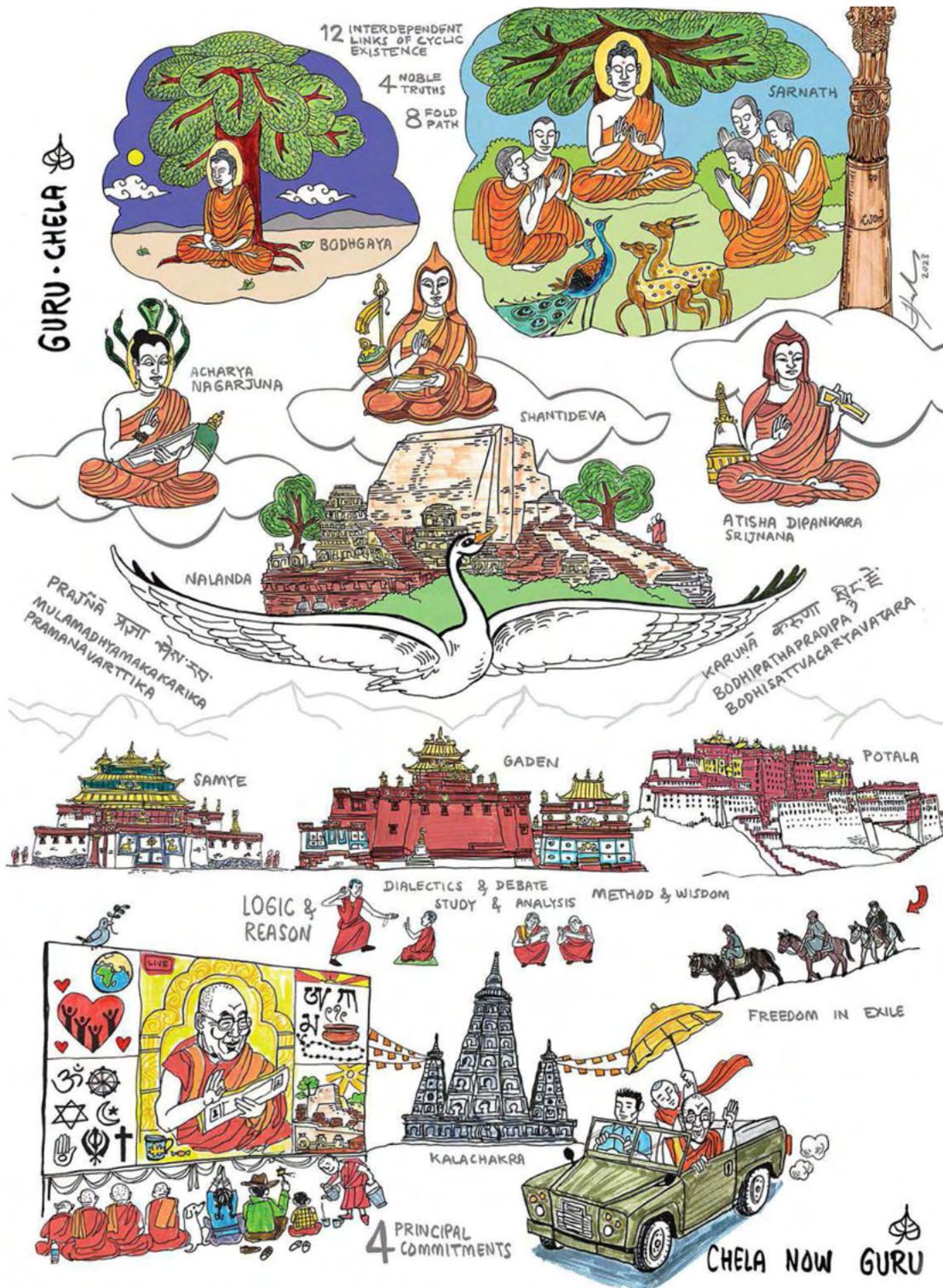


COMPASSION AND ARTIFICIAL INTELLIGENCE

The Foundation is evolving a program which explores how Artificial Intelligence facilitates the cultivation of values of compassionate coexistence and non-violent communication in digital spaces, nurturing constituencies of peace virtually.

ANNEXURES

A page from the draft of the Monograph submitted by FUR Nalanda Studies Fellow 2023, Harsha Nagaraju, on the theme 'The White Lotus of Nalanda: Celebrating the Rich Legacy of His Holiness the XIV Dalai Lama through a Graphic Novel'



A column in *The Indian Express* by Dr. Latika Gupta, FUR Fellow 2022, on His Holiness' 89th birthday in July 2024

How the Dalai Lama used education as a tool for democracy

The Tibetan leader, who turned 89 today, paved the ground for thinking afresh about collective governance. As a good teacher, he constantly demanded that the ancient ways of spiritual law and politics be maintained while recognising that some old ways had to be discarded, and some new ways had to be appreciated

Written by Latika Gupta
Updated: July 11, 2024 10:55:59 AM

40 YEARS AGO
October 10, 1984. Forty years ago: No peace talks till poll



The Dalai Lama has ushered the oxiles into visualising democracy as a base of life, a path and also a fruit to be achieved. (Express archive)

The XIV Dalai Lama (11), who turned 89 today, is popular for his modern perspective on life and politics, a refined sense of humour, and strong devotion to scholarly activities involving teaching and writing. Over the last six decades, the Dalai Lama has transformed himself from a spiritual and religious leader of the

EXPRESS Shorts

Decoded: Spiritual meaning and significance of Goddess Durga's 10 weapons

14 mins ago

Goddess Durga, known for her strength and protection, possesses ten powerful weapons gifted by gods, representing spiritual qualities. These weapons symbolise empowerment, resilience, and the fight against...



LEADER AND TEACHER

Through his work and teaching, the Dalai Lama has deepened a culture of debate

LATIKA GUPTA

THE XIV DALAI LAMA, who turned 89 on July 6, is popular for his modern perspective on life and politics. Over six decades, he has transformed himself from a spiritual and religious leader of the Tibetans to a teacher of democracy.

The Dalai Lama has provided magnanimous leadership to the Tibetan Government-in-Exile to peacefully fight for a democratic order. With his guidance, a constitution was launched by the Tibetans in 1963. In 1991, a charter for governance in exile based on Buddhist values, liberal democracy and human rights was launched. He emerged as a great teacher-practitioner who ushered Tibetans into a democratic way of life. He used the medium of "teachings", as prescribed in Tibetan Buddhism, to nurture the idea of democracy in his followers.

By conceptualising democracy in specific ways and communicating it, he has created an organic discourse around its knowledge. His speeches help us identify a "teach-able" version of democracy. He described democracy as a process using which the Tibetans could walk on a path leading to it (democracy) and continued to convey the scope for further reforms. He assured his followers repeatedly that democracy was connected with Buddhism.

This is consistent with the construct of "vehicles" in Tibetan Buddhism. Different vehicles of Buddhist practice are characterised by different manifestations of the role of the teacher. A "vehicle" possesses a base, path, and fruit. The base is the experience, understanding, and personal development of the practi-

IN GOOD FAITH

The Dalai Lama remained consistent with the Buddhist tradition of training the mind to overcome afflictive emotions. While teaching and encouraging people to practise democracy, he maintained a position of spiritual freedom that refuses to strike back in anger or retaliation. The spiritual freedom with which the Dalai Lama has responded to violence is an inspiration to us all. This is where he has been a symbol of yet another aspect of the liberal outlook.

tioner. The path is the appropriate practice and the fruit is the accomplishment. The Dalai Lama has helped the exiles visualise democracy as a base of life, a path and also a fruit to be achieved. He paved the ground for thinking afresh about collective governance and the need to achieve a middle path between the cultural past and the modern present.

While introducing such complex ideas, he constantly refers to the role of education. His approach can be classified as that of the 20th-century educationist John Dewey who considers education a social process. In this frame, the Dalai Lama emerges as a teacher who introduced a transformative idea to a large group of people, continually taught it and then asserted the need to practise democracy. He helped them develop the conviction that change will come if efforts are made.

He remained consistent with the Buddhist tradition of training the mind to overcome afflictive emotions. While teaching and encouraging people to practise democracy, he maintained a position of spiritual freedom that refuses to strike back in anger or retaliation. The spiritual freedom with which the Dalai Lama has responded to violence is an inspiration to us all. This is where he has been a symbol of yet another aspect of the liberal outlook. He has been open to the wisdom of other religions, a practice deeply rooted in his own Madhyamaka tradition of Buddhism. The Dalai Lama has presented a model of interfaith education which involves shaping a healthy religious identity grounded in the resources of one tradition,

respectful of differences among religious visions while remaining open to the beauty, goodness, and truth.

Learning to gain knowledge and wisdom is central to Buddhism. Its primary principle is that ignorance is the root cause of all suffering, and knowledge is the antidote. One of the most important ritualised practices is to gain knowledge through debate. The central purpose of Tibetan monastic debate is to defeat misconceptions, establish the correct view, and clear objections to that view. It involves mastering several verbal and non-verbal patterns, diligently learning and understanding the meaning of various philosophical principles. It is a part of the cultural patrimony that the Dalai Lama has reimagined and emphasised by promoting it in religious institutions and secular schools. It is taught to all the Tibetan refugee children. He has promoted debate as a way to arrive at a stable and resolved understanding of issues that may help Tibetans construct knowledge and face the challenges of living with uncertainties.

We can celebrate the Dalai Lama by acknowledging his work as an educational philosopher. The term "Dalai Lama" is itself made up of the Mongolian word *dalai* (i.e. vast/ocean) and the Tibetan word *bla ma* (i.e. spiritual teacher) meaning "Ocean-like Spiritual Teacher." The XIV Dalai Lama is a "Magnificent Teacher" indeed.

The writer teaches education at Delhi University. She was the FUR fellow for Dalai Lama Studies in 2022



Thu, 11 July 2024
<https://epaper.indianexpress.com/c/75419631>





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 | info@furhhd.org