



## Prof. Jan T. Andersson Inspires Students at Dalai Lama Institute

- Kalsang Phunchung

Bengaluru, Nov. 4: The Dalai Lama Institute of Higher Education (DLIHE) played host to an inspiring visit by Prof. Jan T. Andersson, a distinguished academic from the University of Münster and a steadfast advocate for the Tibetan cause since 1967. Prof. Andersson, who also founded ICT Europe, addressed students and faculty during a lecture held at the institute's Ak Ka Na Hall.

Prof. Andersson, known for his instrumental role in elevating Tibet's global profile, reflected on his extensive work supporting Tibetan human rights

and cultural preservation. He shared anecdotes about the international campaign that contributed to His Holiness the 14th Dalai Lama receiving the Nobel Peace Prize. Highlighting the initiatives led by ICT Europe, he underscored the significance of sustained global advocacy for the Tibetan cause.

During his address, Prof. Andersson commended Tibetan students for their resilience and academic achievements, calling them ambassadors of their culture and values. "Tibetan youth continue to enrich global educational spaces

while embodying the spirit of perseverance and peace," he remarked.

The visit also included a campus tour, during which Prof. Andersson engaged with students and faculty members in lively discussions. His interactions were marked by encouragement for the institute's ongoing efforts to uphold the values of peace, non-violence, and cultural preservation as championed by His Holiness the Dalai Lama.

Prof. Andersson's visit was a momentous occasion for the DLIHE community, reaffirming its dedication to fostering dialogue, understanding, and

global solidarity for Tibet's cause.



Prof. Jan T. Andersson, sharing his experience working for Tibet.

## Book Reading and Storytelling Program Cultivates Literary and Oratory Skills

- Arjun

Bengaluru, Nov. 13: A dynamic program promoting book reading, reviewing, and storytelling concluded at Aakama Hall, inspiring students and teachers from the specialized department. The month-long initiative aimed to foster a culture of reading while enhancing critical thinking and public speaking skills among participants.

Under faculty guidance, students explored a curated selection of books across genres, learned to craft analytical book reviews, and practiced speech-making. Workshops on presentation skills helped participants effectively convey their insights and recommendations.

The program culminated with nine student representatives delivering compelling speeches. They shared their journey with the chosen books, reflecting on why these works resonated and why they should be recommended. The event was a celebration of critical thought and eloquence, captivating the audience.

A competition recognized outstanding contributions. In the Bachelor's of Tibetan Studies category, Tsering Dolma won first prize, while Jampa Dolma took second place. In the Master's of Tibetan Studies, Palden Tashi and Rinchen Dorjee secured first and second prizes, respectively.

Beyond competition, the program fostered camaraderie as students exchanged perspectives, inspiring one another to make reading a lifelong habit. Teachers commended the participants for their enthusiasm and emphasized the program's role in academic and personal growth.

The success of the event has sparked discussions about integrating similar initiatives into the curriculum. As this program concluded, it underscored the transformative power of literature and communication in shaping well-rounded individuals within the academic community.



## Inter-Department Quiz Competition Sparks Enthusiasm at DLIHE on Campus a Success

- Arjun



Quiz champions and participants celebrate a day of knowledge and teamwork at DLIHE's Aakama Hall.

Bengaluru, Nov. 18: The Dalai Lama Institute for Higher Education (DLIHE) hosted a spirited Inter-Department Quiz Competition in the Aakama Hall at the Administration Block. Organized by the 15th Student Council, the event aimed to encourage intellectual exploration and test participants' general knowledge across various fields.

The competition featured teams from three departments—BA, BCA, and Commerce—each represented by two participants. The BA team comprised Tenzin Soepa and Tsering Yangzom, while Thinley Choedon and Tsering Lhamo represented BCA, and Jigme

Thinley and Samten Dorjee competed for Commerce. The quiz was conducted in English and Tibetan, providing a bilingual platform to engage all participants effectively.

The contest was divided into four rounds: Tibet-Related General Knowledge, General Knowledge, Current Affairs, and a high-stakes Rapid Fire Round. Throughout the competition, the teams demonstrated exceptional knowledge and strategic thinking, creating an electrifying atmosphere. The audience played an active role, cheering on the participants and answering questions directed their way, adding to the event's vibrancy.

## Commerce and Management Students Gain Insights Through Industrial Visit

- Lobzang Yangchan

Bengaluru, Nov. 16: The Commerce and Management Department of Dalai Lama Institute for Higher Education organized a dynamic industrial visit and educational tour, blending corporate exposure with wellness insights. The visit included a tour of Britannia Industries and the Art of Living campus, offering students a holistic learning experience.

At Britannia, students explored the intricacies of the FMCG sector, gaining firsthand knowledge about manufacturing processes, supply chain management, and operational strategies. The session provided practical insights into the functioning of a leading cor-

poration and its impact on the market.

The tour of the Art of Living campus presented a contrasting yet complementary perspective. Students engaged in sessions on organizational management, wellness practices, and stress management techniques. The experience highlighted the importance of maintaining a healthy work-life balance, equipping students with tools to manage professional and personal challenges effectively. This initiative bridged the gap between classroom learning and real-world applications, enriching students' understanding of corporate dynamics and holistic well-being. Faculty and students hailed



Quiz champions and participants celebrate a day of knowledge and teamwork at DLIHE's Aakama Hall.

the program as an invaluable opportunity for comprehensive personal and professional development.

### Sambota Mungod Students Explore Academic Life at DLIHE

- Namgail

Bengaluru, Nov. 18: A group of students from Sambota Mungod visited the Dalai Lama Institute for Higher Education (DLIHE), gaining a firsthand experience of the institute's academic and cultural offerings.

The visit allowed the students to explore DLIHE's picturesque campus, a harmonious blend of traditional Tibetan architecture and modern amenities. They engaged in enriching conversations with current students, sharing experiences and gaining insights into campus life.

Faculty members warmly welcomed the visitors, offering an overview of DLIHE's diverse academic programs and ongoing research initiatives. These interactions inspired the Sambota Mungod students to consider higher education as a pathway to their personal and academic aspirations. The visit left a lasting impression, broadening the students' perspectives on the opportunities at DLIHE and reinforcing the value of pursuing advanced education in a culturally rich and intellectually stimulating environment.

### Guest Lecture on Basic Research Methodology for Psychology Students

- Namgail

Bengaluru, Nov. 14: The BA Department at Dalai Lama Institute for Higher Education hosted an informative guest lecture on Basic Research Methodology for first-year Psychology students. The session was conducted by Ms. Tenzin Sangmo, Head of the Commerce and Management Department, and was designed to introduce students to the essential skills needed for their upcoming academic projects.

During the lecture, Ms. Sangmo covered key topics such as understanding various research designs and methods, formulating clear research questions, and developing hypotheses. She also provided valuable insights into effective data collection and analysis techniques.

Her expert guidance helped the stu-

dents build a solid foundation in research methodology, essential for their academic journey in psychology. The session not only equipped students with practical research skills but also fostered a deeper appreciation for the critical role that research plays in the field of psychology.



An engaging session to equip Psychology students with essential research skills.

## The Practice of Enjoying Food!

**From the Buddhist perspective, many factors contribute to good meditation, and food is one of the key elements among them. Therefore, Arya Nagarjuna stated in his text A Letter to King Satvahana:**

ལ་ཟས་སྦྱོན་དང་འདྲ་བར་རིགས་པ་ཡིས།  
འདོད་ཆགས་ཞེ་སྣང་མེད་པར་བསྟེན་བགྱི་སྟེ།  
རྒྱལ་ས་ཕྱིར་མ་ལགས་བསྟེན་པའི་ཕྱིར་མ་ལགས།  
འཚོག་ཕྱིར་མ་ལགས་ལུས་གནས་འབའ་ཞིག་ཕྱིར།

This can be understood as:  
Knowing that food is like medicine,  
Take it without desire or anger.  
It is not for the sake of arrogance,  
conceit, or fame, But only for the  
purpose of maintaining the body.

Here, it refers to the idea that food should be consumed in the proper amount—not too much, nor too little—just as medicine is taken in appropriate doses. If we eat too much, we may experience discomfort or pain in the stomach. On the other hand, eating too little can harm our health.

Moreover, food should be consumed without the motivation of desire or aversion. For example, some people show off their food to impress others, seeking validation that they have good food to eat. Today, many people take pictures of their meals and post them on social media to boast about their food and gain admiration.

Food should also not be consumed out of arrogance, with the intention of increasing one's strength to take revenge on enemies or for other selfish motives. One should eat with the purpose of sustaining the body to practice Dharma and serve the community

and humanity. Enjoying food out of conceit and the desire for fame comes from attachment, while eating with arrogance stems from anger and hatred. As Buddhists, we must first make an offering before enjoying our food. Offering is an essential practice as part of our refuge in the Three Jewels—Buddha, Dharma, and Sangha.

In addition, as Buddhists, we observe fasting practices. After lunch, we are prohibited from eating any solid food or food with high nutritional value. Consuming such food after lunch can make the body heavy and sluggish, leading to drowsiness and inaction. This dullness can interfere with mental clarity, which is essential for study and meditation. Our minds should always remain clear and aware in order to analyze, contemplate, or engage in meditation. It is also not advisable to consume heavy foods, such as meat. Although Buddha generally taught his disciples not to indulge in eating meat, he did not impose a strict prohibition on monks, as monks rely on alms for their food. They must accept whatever is offered by the laypeople and cannot demand specific types of food, as this could foster attachment to meals. However, Buddha did prohibit monks from eating meat that was deliberately slaughtered for them. This is known in Tibetan as Miksha.

- Geshe Tenzin Celon

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