



Turning a Passion for Coding into a Career Across Borders

- Norzom

The Department of BCA at DLIHE hosted an engaging Q&A session with Karma Tsering, a Senior Software Engineer currently working in the United Kingdom. The interactive session highlighted how passion, perseverance, and continuous learning can help students build successful careers beyond borders.

Sharing his journey, Tsering recalled winning a scholarship to study abroad after Class 10—an opportunity that changed his life, though not without challenges. Adjusting to a new culture left him feeling lonely at times, but his dedication to learning and his interest in coding helped him overcome those struggles.

He urged students to focus on Data Structures and Algorithms (DSA) and stressed the value of self-learning in the fast-evolving tech industry. "As a person, you don't have to know everything. What matters is your eagerness to learn," he told the audience.

Responding to student queries, Tsering explained how his early love for mathematics naturally drew him towards programming. "I used to enjoy helping my classmates in math, and that curiosity slowly expanded into coding," he said. His preferred programming language is Python, though he expressed keen interest in exploring Java and other emerging technologies.

The session, moderated by

Tenzin Kunsang, a second-year BCA student, remained lively and insightful throughout. The Head of the Department presented a token of appreciation to Tsering at the conclusion of the event.

Students described the interaction as highly motivating, noting that it reinforced the importance of curiosity, consistency, and hard work in achieving global opportunities.



Bridging borders through knowledge: Karma Tsering with BCA students and faculty at DLIHE

Bangalore University Students Explore New Perspectives at DLIHE

- Edzes Angmo

Bengaluru, Aug 4: The Dalai Lama Institute for Higher Education (DLIHE) hosted a delegation from Bangalore University on Monday, comprising the Dean, faculty members,

and forty postgraduate students from the Department of Sociology. The day-long visit combined academic exchange, cultural experiences, and institutional collaboration.



Bangalore University MA Sociology students and faculty members with DLIHE scholars

The guests were received with traditional Tibetan hospitality, including tea and khabse, before the academic sessions began at the Aa-Ka-Ma Seminar Hall. Renowned scholars Dr. Rigzin Lhundup and Dr. Penpa Dhondup delivered lectures that offered fresh insights into contemporary sociological thought, sparking reflection and dialogue among the visiting students.

At Tiger Hall, the delegation witnessed a cultural programme led by Gen Yeshe Dorji and DLIHE students. The performances of Tibetan music and dance left a lasting impression, offering many of the students their first

exposure to Tibetan artistic traditions.

A community lunch was followed by a photo exhibition showcasing the life and contributions of His Holiness the 14th Dalai Lama, along with the enduring ties between India and Tibet. Later in the afternoon, the visitors toured the Medical Institute, gaining insights into Tibetan medicine and its relevance in today's educational landscape.

The delegation expressed appreciation for the warm reception and enriching experience, noting that the visit fostered not just academic exchange but also cultural understanding between the two institutions.

The Spirit of Endurance: Mastering the Run

- Kunsel

Bengaluru, Aug 30: The Dalai Lama Institute for Higher Education (DLIHE), affiliated with Bangalore University, hosted its annual Sports Day Marathon 2025 under the theme "Ek Ghanta, Khel ke Maidan Main." The event, held at the Academic Block, brought together 28 enthusiastic participants, including staff and students from various departments.

The programme opened with a welcome address by Mr. Ngawang Gyatso, followed by an introduction to the club by Mr. Skalzang Gyaltsen. Event MC Mr. Yeshe Dorjee briefed the runners before the marathon flagged off at 4:15 pm.

In the Boys' category, Tsetan Lhundup (B.Com) clinched the first place, with Arjun (B.A) and Yeshe

Dorjee securing the second and third spots respectively. In the Girls' category, Thinley Choedon (B.C.A) emerged champion, followed by Padma Kunzes (B.Com) in second place and Dechen (MATS) in third.

Beyond competition, the marathon was a reminder of the institute's commitment to promoting fitness and well-being among students. Participants described the run as both challenging and energising, noting that such events create a sense of unity and encourage healthier lifestyles on campus.

The marathon concluded with a vote of thanks, celebrating not just the winners but also the shared spirit of endurance, teamwork, and sportsmanship that defined the day.



Winners of the Sports Day Marathon 2025

Two-Day Firefighting Workshop Empowers Participants with Life-Saving Skills

- Sonam Stanzin

Ramanagara, Aug 6: The Fire Safety Department of Ramanagara conducted a two-day firefighting workshop on August 5 and 6, with active participation from staff of the Dalai Lama Institute for Higher Education (DLIHE) along with members of other organisations.

The sessions were led by Mr. Ganga Naik, District Fire Officer, and Mr. Premanad Shet, Station Officer of Kanakapura

Fire Station. The programme combined classroom instruction with practical training to ensure participants gained both knowledge and hands-on experience.

On the first day, the focus was on understanding the causes and classifications of fire, as well as the safe use of extinguishers. The second day featured a practical drill where participants learned the PASS technique (Pull, Aim,

Squeeze, Sweep) for effectively operating fire extinguishers.

The workshop underscored the importance of remaining calm during emergencies, following safety protocols, and avoiding common mistakes. By the conclusion, participants expressed confidence that they were better prepared to respond swiftly and effectively in the event of a fire emergency.



Staff and participants learn practical fire safety skills at the two-day workshop in Ramanagara.

The Dalai Lama Institute for Higher Education (DLIHE) Celebrates 79th Independence Day

- Tzultrim Lodoe



DLIHE community celebrates the 79th Independence Day with the flag-hoisting ceremony and patriotic performances.

Bengaluru: The 79th Indian Independence Day was celebrated with great enthusiasm and patriotic fervour at the Dalai Lama Institute for Higher Education (DLIHE). Organized by the B.A. Department, the program paid tribute to the nation's freedom fighters who sacrificed their lives for India's independence.

The celebrations began with the unfurling of the National Flag, followed by the singing of the National Anthem, filling the atmosphere with pride and unity. Faculty and students delivered speeches highlighting the

significance of Independence Day and the contributions of India's freedom fighters. Cultural performances, including patriotic songs, dances, and skits, added colour to the occasion while reflecting India's rich history and heritage. The event also served as a moment to reflect on the values of freedom, responsibility, and unity. The program concluded with heartfelt tributes to the martyrs and a collective pledge to uphold the nation's ideals, leaving the entire DLIHE community inspired and united.

Voluntary Blood Donation Camp at DLIHE a Resounding Success

- Stanzin Tashi

Bengaluru: The Dalai Lama Institute for Higher Education (DLIHE), in collaboration with Belli Blood Bank, Ramanagaram, and local medical staff, successfully organized a voluntary blood donation camp to raise awareness about the importance of blood donation.

The camp saw enthusiastic participation from students, staff, and community members, all coming forward for the noble cause. Medical professionals conducted health check-ups before the donation and ensured proper post-donation care for all participants.

Certificates of appreciation were presented to

the staff who helped organize the camp, acknowledging their efforts in making the event a success.

The Voluntary Blood Donation Camp highlighted the spirit of unity and service at DLIHE. Such initiatives not only save lives but also inspire the community to engage in acts of kindness and so-

Capacity Building Workshop Empowers Faculty at DLIHE

- Lobzang Yangchan

Bengaluru, Aug 13: The Internal Quality Assurance Cell (IQAC) of the Dalai Lama Institute for Higher Education (DLIHE), in collaboration with the Tibetan Centre for Conflict Resolution (TCCR), organized a one-day Capacity Building Workshop for faculty members. The program aimed to enhance teaching effectiveness and professional growth by focusing on conflict resolution, effective communication, classroom management, and innovative teaching practices.

Faculty members engaged actively in inter-

active sessions, group discussions, and role-play activities that promoted collaborative learning and self-reflection. Resource persons from TCCR shared practical strategies and valuable insights that participants can implement in their academic settings.

The workshop concluded with a feedback session, during which faculty expressed appreciation for the initiative. The program was widely acknowledged as a meaningful step toward fostering continuous learning, teamwork, and professional excellence among DLIHE faculty.



Faculty members of DLIHE participate in the Capacity Building Workshop organized in collaboration with TCCR.

Ice Breaker to Peace Building: Workshop Equips Students with Conflict Resolution

- Skalzang Gyaltsan

Bengaluru: A two-day conflict resolution workshop at the Dalai Lama Institute for Higher Education helped third-year students develop skills to manage disagreements constructively.

The program featured two key speakers who combined academic insights with practical strategies. Interactive ice-breaking activi-

ties, group discussions, and role-plays allowed students to practice active listening, negotiation, empathy, and collaborative problem-solving.

Students reflected on the importance of patience, communication, and compromise, while organizers emphasized that conflict resolution is a lifelong skill essential for

building empathy and cooperation in society.

The workshop also highlighted the relevance of these skills beyond the classroom, preparing students to handle workplace conflicts, personal challenges, and community interactions with confidence and respect.



Open Essay Competition at DLIHE Showcases Student Talent

- Lobsang Netan

Bengaluru, Aug 13: The Dalai Lama Institute for Higher Education (DLIHE) successfully hosted its Open Essay Competition, attracting enthusiastic participation from students across departments.

The competition featured three categories, - MA, English, and Tibetan, providing a platform for students to express their ideas and refine their writing skills. Participants presented essays demonstrating creativity, critical thinking, and eloquence.

Judges praised the originality, clarity, and depth of ideas, while faculty and students commended the initiative for fostering intellectual expression



Students showcase their writing skills during the Open Essay Competition at DLIHE.

and cultural discourse. The event highlighted the talent and potential of young writers at DLIHE.

The competition also encouraged peer learning, as students engaged in discussions about the themes and techniques of each essay, broadening their perspectives and inspiring deeper engagement with language and literature.

Winners will be honoured in an upcoming ceremony, with their works shared to motivate and inspire fellow students.

Pick and Speak Competition Showcases Student Talent

- Konchok Drema

Bengaluru, Aug 19: The Commerce and Management Department of [College Name] organized a Pick and Speak Competition in the Seminar Hall to enhance students' spontaneity, critical thinking, and communication skills. Twelve participants from BBA and B.Com (1st-3rd Year) actively took part in the event, demonstrating enthusiasm and creativity.

The competition was held in three rounds. The Warm-up Round helped participants settle into the event, the Intermediate Round tested their ability to speak on randomly selected topics, and the Critical Thinking Round evaluated their analytical skills, depth of thought, and clarity of expression. Each round encouraged students to think quickly, organise ideas, and present them confidently before the audience and judges.



Participants demonstrate their public speaking skills during the Pick and Speak Competition

After an engaging session, the winners were announced. Miss Thinley Angmo (B.Com, 2nd Year) secured first place, Master Samten Dorjee (BBA, 2nd Year) came second, and Master Tenzin Norbu (BBA, 2nd Year) took third place.

The competition was a resounding success, showcasing the students' eloquence, creativity, and quick thinking. It also provided a valuable opportunity for participants to overcome stage fear and gain confidence in public speaking, leaving a lasting impression on both the audience and faculty.

Professor Jampa Samten Highlights the Values of His Holiness'

- Arjun

Bengaluru, Aug 21: Renowned scholar Professor Jampa Samten from the Varanasi Central Institute of Higher Studies delivered an enlightening lecture at the Aa-Ka-Ma Seminar Hall of the Dalai Lama Institute for Higher Education (DLIHE) on the significance of the writings of His Holiness the 14th Dalai Lama.

Professor Samten emphasized how the Dalai Lama's books encapsulate core Buddhist principles, guiding individuals toward mindfulness, compassion, and wisdom. He highlighted the spiritual centre led by His Holiness in central Tibet as a

beacon for education, inspiring both local Tibetan students and learners from around the world. The lecture also explored the global reach of the Dalai Lama's teachings through his writings



Professor Jampa Samten addresses students on the significance of His Holiness' teachings

and recorded sessions, which continue to influence and educate audiences worldwide. Students at the centre benefit from direct guidance and training in Tibetan Buddhist philosophy, deepening their understanding of spiritual and ethical values.

The program concluded with an interactive question-and-answer session, allowing students to engage directly with Professor Samten. The event was widely regarded as a successful and inspiring initiative, leaving a lasting impression on all attendees.

Public Speaking Workshop Held at DLIHE in Collaboration with Christ Academy

- Namgail

Bengaluru, Aug 29: The B.A. Department of the Dalai Lama Institute for Higher Education (DLIHE), in collaboration with Christ Academy, organized a Public Speaking Workshop aimed at enhancing students' communication skills and confidence.

The session was led by Ms. Shreya Deshpande, Assistant Professor at Christ Academy, who guided participants through interactive exercises and group-based activities. Students actively engaged in the workshop, applying key techniques and principles shared by the speaker.

The program concluded with the distribution of certificates to all participants, recognizing their effort and commitment. Organizers credited the success of the event to the support of the Principal of DLIHE, the Dean of Regular Studies, the Head of the B.A. Department, Dr. Supriya, facul-

ty members, and journalism students, whose contributions ensured smooth execution.



Students actively participate in the Public Speaking Workshop organized by DLIHE in collaboration with Christ Academy.

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