



## NSS Programme Officers Meet at NSS Bhavan Focuses on Strengthening Service Initiatives

- Arjun

A day of productive discussions and collective vision unfolded at NSS Bhavan, Bangalore University, where NSS Programme Officers from multiple institutions gathered to deliberate on effective implementation of the NSS curriculum and enhance the reach of community welfare activities.

The meeting aimed at reinforcing collaboration among participating colleges and improving the execution of service-oriented programmes under the National Service Scheme (NSS).

The session opened with an inspiring inaugural address by Dr. Ramesh H. Kittur, who emphasized the crucial role of youth engagement in strengthening national development. His keynote set the tone for an insightful and action-driven interaction among attendees.



Representatives from various institutions at the NSS Programme Officers meet held at NSS Bhavan, Bangalore University.

During the event, the chief speaker was felicitated in recognition of their contribution to NSS and youth empowerment efforts. A poignant moment followed as participants paid tribute to Late Saalumarada

Thimmakka, the renowned environmentalist celebrated for her exemplary commitment to ecological conservation and humanitarian service.

The programme also marked a proud moment for DLIHE (Dalai

Lama Institute for Higher Education), whose presence highlighted the institution's active role in NSS-driven initiatives. Led by NSS Programme Officer Asst. Prof. Ngawang Tendar, the representation showcased DLIHE's projects and dedicated approach to fostering student participation in community development and social outreach. The gathering concluded with group-based interactive activities that encouraged teamwork, unity, and a collective spirit of service, reflecting the foundational values of NSS.

The event ultimately strengthened the resolve of participating institutions to drive meaningful change through youth-led social initiatives, reaffirming NSS as a powerful platform for national progress.

## Students Gain Insight into Emerging Academic Fields During Visit to Alliance University

- Konchok Drema

The Department organized a comprehensive academic exposure visit to Alliance University on Friday with the objective of familiarizing students with university-level academic environments and emerging areas of higher education. During the visit, students attended a series of academic sessions and interactive discussions that of-

fered deeper understanding of their current subjects while introducing them to advanced academic and research domains. A key highlight of the programme was the career-guidance interaction, which proved particularly beneficial for those planning to pursue postgraduate studies. The sessions emphasized the growing significance of Artificial Intelligence,

Data Science, and other rapidly evolving fields, encouraging students to explore opportunities that align with industry and global academic trends. Faculty members from Alliance conducted engaging sessions, helping students reflect on future academic pathways and long-term career planning. A total of 33 participants, comprising both students and faculty

members, took part in the visit. The exposure broadened students' perspectives and strengthened their motivation to pursue higher learning with greater clarity and confidence. The academic trip was widely regarded as a valuable learning experience, reinforcing the department's commitment to providing meaningful educational opportunities beyond the classroom.

## 2nd Annual Staub Kaeser Tibetan Studies Conference 2025

- Tenzin Kunsel

The 2nd Annual Staub Kaeser Tibetan Studies Conference 2025 successfully concluded on Tuesday at The Dalai Lama Institute for Higher Education, Bengaluru. Organized in collaboration with Sara College for Higher Tibetan Studies and the Tibet Policy Institute, the two-day conference ran from 10–11 November, bringing together scholars, researchers, and students from various regions.

The conference was graced by distinguished guests, including Mr. Passang Tsering, Principal of Sara College for Higher Tibetan Studies; Gelong Sange Tendhar from the Department of Library and

Archives; Research Officer Zamlha Tenzin Gyeltsen from the Tibet Policy Institute; and Rongpo Lobzang Nyendrak from Ganden Phodrang. Experts and speakers from diverse academic and cultural fields also contributed valuable insights.

This year's conference cen-

tered on the life, teachings, and global contributions of His Holiness the 14th Dalai Lama, held in honour of his 90th birth anniversary. The programme featured lectures, panel discussions, poetry competitions, film screenings, and presentations of selected research papers, providing a

multidisciplinary platform for intellectual and cultural engagement.

Supported by the Staub Kaeser Foundation, the event drew over 80 participants, including scholars, students, and members of the Tibetan community. Speakers emphasized the continued relevance of Tibetan philosophy, culture, and political discourse and highlighted the importance of preserving Tibetan identity through academic research and public awareness.

The conference concluded with a renewed commitment to promoting Tibetan studies, scholarly dialogue, and youth participation in cultural and academic preservation efforts.



Expert trainer Tashi Lhamo inspires DLIHE students with insights into neuroscience and psychology.

## Tibet Week 2025 Celebrated with Cultural Grandeur at DLIHE

- Skalzang Gyaltsan

The Dalai Lama Institute for Higher Education came alive with colour, flavour and spirited celebration during Tibet Week 2025, which featured a dynamic blend of academic competition, traditional cuisine and cultural performances. Held on Sunday, the event brought together students, faculty and guests to honour Tibetan heritage and strengthen community engagement within the campus.

The day began with the Inter-Disciplinary Quiz Competition at the AKAMA Seminar Hall, where teams representing BA, BCA, the Tibetan Department, Commerce &

Management and Men-Tsee-Khang competed across four rounds designed to test general knowledge, reasoning and teamwork. Audience participation added an enthusiastic energy to the hall, with questions posed beyond the stage to encourage wider engagement. The Men-Tsee-Khang team claimed first place, followed by the Tibetan Department in second and the BA Department in third, demonstrating strong inter-departmental academic spirit.

Later in the afternoon, celebrations moved to the Amphitheater for the Tibetan Food Fest, which opened with a traditional Sangsol ceremony

that set an auspicious tone for the festival. Stalls by the Student Council, Men-Tsee-Khang, Women's Hostel and Boys' Hostel offered a variety of traditional Tibetan dishes, showcasing culinary heritage alongside explanations of ingredients, preparation methods and cultural symbolism. The festive atmosphere attracted a large crowd and provided a meaningful opportunity for students and staff to connect through food, tradition and hospitality.

As evening set in, the Amphitheater transformed into a cultural stage where twelve traditional Tibetan songs and dances were performed

by students, celebrating the richness of Tibetan performing arts through vibrant costumes and soulful music. The programme concluded with a lively Gorshey circle dance around 10 p.m., inviting audience members to join performers in a joyful expression of unity and community spirit.

Tibet Week 2025 served as a memorable celebration that brought together intellectual curiosity, culinary appreciation and cultural pride, strengthening the institute's commitment to preserving Tibetan identity and fostering meaningful cultural understanding among students.

## Tibet Week 2025 Hosted by DLIHE at Dayananda Sagar University

- Tenzin Norzom

The Dalai Lama Institute for Higher Education (DLIHE) hosted a vibrant and intellectually engaging Tibet Week 2025 at Dayananda Sagar University (DSU) from November 5 to 7, offering students and faculty a rich cultural and educational experience. Organized in collaboration with Men-Tsee-Khang Sowa-Rigpa Medical College & Hospital, Gyurme Monastery, and The Tibet Museum, the three-day programme highlighted Tibetan heritage, spirituality, and traditional knowledge while promoting intercultural understanding and strengthening Indo-Tibetan ties.

The inaugural ceremony on November 5, held at DSU's School of Engineering, began with the lighting of the ceremonial lamp followed by the offering of the Tibetan Khatak by Dr. Tenzin Passang, Principal of DLIHE. The event was presided over by Dr. B. S. Satyanarayana, Vice-Chancellor of DSU, as Chief Guest, and Acharya Jigme Tsultrim, Chief Representative Officer of the Central Tibetan Administration (South Zone), as Guest of Honour. Addressing the gathering, dignitaries underscored the importance of cultural preservation and compassionate values in modern education. Dr. Satyanarayana spoke about the deep philosophical connections shared by India and Tibet, while Acharya Jigme Tsultrim highlighted the history of Tibetan settlements in Karnataka and the significance of cross-cultural dialogue.

Following the inauguration, students and faculty explored a series of exhibitions and presentations that formed the core of Tibet Week. The Tibet Museum Exhibition featured photographic displays such as Life of His Holiness the Dalai Lama and Riv-

ers of the Sky, accompanied by documentary screenings and guided tours. Meanwhile, monks from Gyurme Monastery began constructing the sacred Avalokiteshvara (Chenrezig) Sand Mandala, drawing considerable attention from visitors who watched the detailed artistic process symbolising compassion and impermanence.



The inauguration ceremony of Tibet Week 2025 at Dayananda Sagar University, marked by the lighting of the ceremonial lamp and the offering of the traditional Khatak.

A Tibetan Traditional Dress Exhibition showcased regional attires, giving students the chance to try on traditional garments and engage in cultural conversations. In parallel, the Men-Tsee-Khang Sowa-Rigpa Medical & Astrology Camp offered free consultations on Tibetan medicine and astrology, introducing participants to pulse diagnosis, dietary principles, and holistic healing. Interactive academic sessions added depth to the experience. Discussions led by Mr. Tenzin Topden, Director of The Tibet Museum, provided insights into exile narratives and museum documentation practices. Special lectures from a Deputy Director of the Tibet Policy Institute (TPI) explored

the geopolitical and ecological significance of the Tibetan Plateau, described as "The Third Pole and the Heart Source of Asia", and its critical role in global climate regulation.

Meditation sessions guided by Geshe Tenzin Celon offered participants a reflective and spiritual experience rooted in Tibetan Buddhist

principles of mindfulness and emotional wellbeing while also deepening understanding of the symbolism of the sand mandala. The concluding day on November 7 saw overwhelming participation, with students actively engaging in exhibitions, question-and-answer sessions, and hands-on cultural demonstrations. Many attendees expressed appreciation for the unique opportunity to interact with Tibetan traditions and requested the extension of the programme due to its popularity and impact. Tibet Week 2025 left a lasting impression on the university community, enhancing awareness of Tibetan heritage and fostering a spirit of unity, respect, and learning across cultures.

## B.Com Student Elected as Student Supervisor in Campus Interview

- Skalzang

The Environmental Committee successfully conducted on-campus interviews for the position of Student Supervisor on Thursday, evaluating candidates on their leadership qualities, commitment to environmental causes, and ability to work collaboratively. After a thorough assessment, the committee selected Tenzin Choeying, a B.Com 2nd-year student, to take up the role.

The interview saw active participation from students across multiple departments, reflecting the growing interest in environmental leadership and sustainability initiatives within the campus. Panel members expressed appreciation for the high quality of applicants and noted the importance of creating student-led platforms to encourage responsibility, innovation, and long-term environmental stewardship.

Tenzin impressed the interview panel with his strong enthusiasm, thoughtful responses, and clear vision for enhancing environmental initiatives on campus. His prior involvement in community-based activities further strengthened his profile, positioning him as the most suitable candidate to lead student-driven sustainability programmes.

Looking ahead, the committee announced that upcoming initiatives will include campus clean-up drives, waste-segregation awareness programmes, and tree-planting activities in collaboration with local environmental organisations. Tenzin is expected to play a central role in mobilising volunteers and creating opportunities for students to actively participate in environmental action.

**WORKSHOP ON MEDIA EMPOWERMENT: ROLE OF DEMOCRACY AND DIGITAL RESPONSIBILITY****- Lobsang Netan**

The Tibetan Centre for Human Rights and Democracy (TCHRD), in collaboration with The Dalai Lama Institute for Higher Education (DLIHE), conducted a workshop titled “Sustaining Tibetan Democracy Through Media Empowerment” on Tuesday at the DLIHE campus. The programme aimed to deepen students’ understanding of the Tibetan democratic system while emphasising the importance of media literacy in strengthening democratic values in the modern digital era.

The workshop provided an interactive platform for students to explore the structure and functioning of the Tibetan political framework, the significance of civic participation, and the need for responsible engagement with digital media. Participants discussed the growing influence of media on public opinion, particularly during elections, and reflected on how misinformation and disinformation can affect democratic processes.

The afternoon session saw a shift toward more hands-on engagement through group activities, open discussions and reflective exercises, en-



Students participate in discussions during the Media Empowerment Workshop organized by TCHRD at DLIHE on Nov 11

couraging students to critically analyse media consumption and communication behaviours. A special presentation was delivered by Jaydeep Dasgupta, who spoke about truth, accountability, and the urgency of maintaining transparency within democratic societies. His insights offered practical strategies for fostering informed citizenship and strengthening collective responsibility. The workshop concluded with a feedback session,

during which participants described the programme as insightful, relevant and highly engaging. Many expressed appreciation for the opportunity to build skills that support both personal media awareness and broader community empowerment. The Sustaining Tibetan Democracy Through Media Empowerment workshop served as a meaningful initiative that successfully blended academic learning with practical reflection.

**TIBET WEEK FILM EVENT CELEBRATES CONTEMPORARY TIBETAN CINEMA AT DLIHE****- Namgail Angdu**

The BA Department, in collaboration with Drung, successfully organised a vibrant and enriching Tibet Week Film Event from 6 to 8 November 2025, aimed at promoting contemporary Tibetan cinema and fostering critical appreciation of film as a medium for cultural expression and academic dialogue. The screenings and discussion sessions were held at the Amphitheater and the A Ka Ma Seminar Hall, drawing enthusiastic participation from students and faculty.

The event opened on 6 November with the screening of State of Statelessness, followed by an engaging question-and-answer session with renowned Tibetan filmmaker Tenzin Tsetan Choklay. Students had the rare opportunity to interact directly with the director,

gaining insight into his creative process and the themes explored in his work. A group photo with the filmmaker added excitement and created memorable moments for the audience.

The second day of the festival featured a short film screening presented by Drung, supported by an interactive session with Dudap, a PhD scholar from DLIHE. His academic perspective on Tibetan narratives, representation, and identity provided deeper context for understanding how contemporary cinema contributes to cultural preservation and discourse. The session encouraged students to view film not only as entertainment but also as an important academic and analytical discipline.

The final day, 8 November, showcased

the inspirational film Wisdom of Happiness, which highlighted Tibetan values such as compassion, peace, and inner well-being. The film received warm appreciation from the audience for its powerful message and cinematic quality, leaving a lasting impression on attendees. The Tibet Week Film Event proved to be a meaningful and impactful initiative, offering a platform for dialogue between filmmakers, scholars, and young learners. The programme strengthened cultural awareness, inspired budding filmmakers, and celebrated the expanding landscape of contemporary Tibetan cinema within the academic community.

**SHORT-TERM COURSE ON NEUROSCIENCE CONCLUDES AT DLIHE****- Tsultrim Lodoe**

The BA Department of The Dalai Lama Institute for Higher Education (DLIHE), in collaboration with Youth Empowerment Support (YES+), successfully concluded a month-long Short-Term Certificate Course titled “Neurophysiology and Neuroscience: Essential Skills for Career in Psychology.” Held from October 6 to 31, 2025, the programme aimed to equip students with foundational scientific knowledge and practical skills essential for future careers

in psychology and related disciplines. The closing ceremony was graced by Gen Choegyul Tashi, Administrator of DLIHE, and Ms. Tenzin Lamsang, Head of the BA Department, whose presence offered encouragement and inspiration to the participants. The course was led by Ms. Tashi Lhamo, who delivered engaging sessions that included theoretical lectures and hands-on learning experiences designed to deepen students’ understanding of brain mechanisms,

behaviour, and research methods. Throughout the programme, students participated with enthusiasm, contributing to an interactive and intellectually stimulating learning environment. Many students expressed that the course helped them identify new career possibilities within clinical psychology, counselling, neuroscience research and mental health services. The programme also encouraged students to pursue further training and internships in the field, demonstrating

the growing interest in scientific approaches to psychological education. The collaboration between YES+ and DLIHE reflects the institute’s continued commitment to academic excellence, holistic development, and career-oriented skill training. The event concluded with expressions of appreciation from faculty and participants, acknowledging the collective effort that made the programme a resounding success.

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