



### Message of His Holiness the Dalai Lama

*“World peace must develop from inner peace. Peace is not just the absence of violence. Peace is, I think, the manifestation of human compassion.”*

Wishing all our readers a Happy New Year 2026 filled with peace, compassion, and hope.

## Middle Way Approach Workshop Draws Wide Student Participation

- Arjun and Namgail

Bengaluru: A two-day academic workshop on Umaylam (Middle Way Approach) was organised from December 19 to 20 at the Aakama Seminar Hall of Dalai Lama Institute for Higher Education, aiming to create greater awareness among students about the Middle Way philosophy proposed by His Holiness the 14th Dalai Lama.

The workshop brought together nearly 30 students from various colleges, offering them an opportunity to understand the political, cultural, and ethical dimensions of Umaylam. The programme featured three eminent speakers, Mr. Tenzin Lekshey, Ms. Dhondup Wangmo, and Mr. Tenzin Kunkhen, who were invited as external resource persons to share their expertise and experiences.

The sessions were coordinated and emceed by Mr. Ngawang



Students engage in group discussions during the Middle Way Approach workshop at DLIHE.

Gyatso, Dean of DLIHE, who formally introduced the speakers and outlined the objectives of the workshop. Running from 9 am to 5 pm on both days, the programme included interactive lectures, group discus-

sions, and participatory activities. The speakers explained Umaylam as a non-partisan and moderate political approach that seeks genuine autonomy for Tibet within the framework of the People's Republic

of China. They highlighted how the approach aims to preserve Tibetan culture, religion, language, and identity while simultaneously addressing China's concerns regarding sovereignty and territorial integrity.

To enhance engagement, students were divided into small groups and encouraged to participate in activities such as self-introductions, chart-making exercises, and short dramatizations. These activities helped participants internalise the principles of the Middle Way Approach in a practical and collaborative manner. The workshop concluded with the felicitation of the speakers through the presentation of traditional scarves. Certificates were also awarded to all participating students. The event was widely appreciated for its educational value and interactive format.

## Scholars Deliberate on Current Political and Human Rights Situation in Tibet

- Tenzin Kunsel and Edzes

Bengaluru, December 20: As part of the Umaylam workshop, an academic session titled “Understanding the Current Situation in Tibet” was held at the Aa Ka Ma Hall in collaboration with the Central Tibetan Administration.

The discussion focused on contemporary developments in Tibet, including political policies, social changes, and human rights conditions. The session aimed to provide participants with a realistic and informed understanding of the ground situation inside Tibet, beyond surface-level narratives.

The speakers, Mr. Tenzin Lekshey, Ms. Dhondup Wangmo, and Mr. Tenzin Kunkhen, present-

ed detailed analyses drawn from research, reports, and lived experiences. They spoke about restrictions on cultural and religious practices,

challenges faced by Tibetan communities, and the broader geopolitical context influencing Tibet today.

Mr. Ngawang Gyatso, Dean

of DLIHE, moderated the session and encouraged student interaction through questions and reflections. Participants actively engaged with the speakers, making the discussion both informative and thought-provoking.

The session played a crucial role in deepening students' understanding of Tibet's current realities and the relevance of the Middle Way Approach in addressing long-standing issues through dialogue and non-violence.

The programme concluded with a collective reflection on the need for informed dialogue, academic inquiry, and peaceful engagement in addressing complex international issues. Students noted that the session helped

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Resource persons address students during the discussion on the current situation in Tibet.



## Nobel Peace Prize Programme Reiterates Values of Truth and Compassion

- Tashi and Sonam

A special awareness programme marking Nobel Peace Prize Day was organised on December 10 at the Aa Ka Ma Hall, focusing on the universal values of peace, non-violence, and truth.

The event highlighted the Nobel Peace Prize awarded in 1989 to His Holiness the 14th Dalai Lama in recognition of his unwavering commitment to peaceful solutions, compassion, and humanity. Speakers reflected on his teachings, emphasising the concept of universal responsibility and the moral duty of individuals to contribute to a harmonious society.

Students actively participated by delivering short speeches and sharing inspiring quotes related to peace and harmony. The programme was attended by the institution's Principal, Dr. Tenzin Passang, and Administrator, Mr. Choegy Tashi, whose presence added significance to the occasion.

In their concluding remarks, the dignitaries urged students to practise love, honesty, and compassion in their daily lives. The programme was widely described as meaningful and inspiring, leaving a lasting impression on participants.



## Geshe English Programme Graduation Marks Academic Milestone

- Tenzin Norzom

Bengaluru, December 25: The Dalai Lama Institute for Higher Education hosted the Graduation Ceremony of the Geshe English Programme, marking the successful completion of a three-year English language course by Geshe and Anis under the BA Department.

The ceremony commenced with the Gangloma Manjushri Prayer, setting a solemn and reflective tone. Ms. Tenzin Lamsang, Head of the BA Department, delivered the introductory address, outlining the objectives and achievements of the programme.

In commemoration of the 90th birth anniversary of His Holiness the 14th Dalai Lama, a special interactive session on his early life and teachings was conducted by Geshe Yama Passang and Ani Karma Dolma, adding depth and spiritual significance to the event.

Mr. Jigme Tsultrim, Chief Representative Officer (South Zone), attended as the Chief Guest and distributed certificates to the graduating Geshe. The graduates shared their



Graduates receive certificates during the Geshe English Programme convocation.

learning journeys, highlighting how the programme enhanced their communication skills and academic confidence.

As a mark of gratitude, the Geshe and Anis presented mementos to their faculty members. The ceremony concluded with inspiring remarks by Principal Dr. Tenzin Passang and a

formal vote of thanks, reaffirming the institute's commitment to academic excellence and empowerment.

## Odd Semester Exam Conducted in Orderly Manner

- Lobsang Yangchen and Tsultrim

The Dalai Lama Institute for Higher Education successfully conducted its Odd Semester examinations for the Tibetan Language Special Training Department from December 8 to December 24. The examinations covered various levels of the Near Geshe Degree, including first-year, second-year, and third-year assessments across disciplines such as Linguistics, Literature, and History. Additional examinations for specialised literature courses were also held during this period. All examination-related activities were carried out smoothly, adhering to established academic procedures and schedules. Faculty members and examination staff ensured a disciplined and supportive environment for students. The institute extended its best wishes to all students, expressing confidence in their performance in both written examinations and practical assessments. The examination process reflected the institute's commitment to academic rigour and orderly conduct, with strict adherence to evaluation standards and assessment timelines. Students were provided with a conducive examination environment, enabling them to perform to the best of their abilities. The smooth execution of the examinations was widely appreciated by students and faculty alike, reinforcing the institution's emphasis on quality education and academic discipline.

## Welcoming the New Year with Hope and Responsibility

- Dr Supriya

DLIHE: The arrival of a New Year is more than a change of date—it is a moment for reflection, renewal, and recommitment. As we step into 2026, the New Year offers an opportunity to pause, look back at the lessons of the past, and move forward with renewed purpose and hope. In a rapidly changing world marked by uncertainty and challenges, the New Year reminds us of the importance of inner strength, compassion, and shared responsibility. It encourages individuals and institutions alike to reflect on their roles in promoting harmony, understanding, and positive change within society. The teachings of Dalai Lama continue to resonate strongly at this time, emphasising that lasting peace begins within the individual and is sustained through kindness, dialogue, and non-violence. These values are especially relevant for students and young minds, who carry the responsibility of shaping a more just and humane future. For educational institutions, the New Year also marks a renewed commitment to academic excellence, ethical learning, and holistic development. It is a time to strengthen the pursuit of knowledge while nurturing empathy, critical thinking, and social awareness among learners. As we welcome 2026, let the New Year serve as a reminder to move forward with optimism, resilience, and a collective sense of purpose. May the year ahead inspire meaningful learning, responsible action, and a continued journey towards peace and understanding.

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