

DAY ONE**INAUGURAL FUNCTION****Monday morning, 20 December 2010 (10:00 AM - 12:15 PM)**

10:00 AM - 10:05 AM	Lighting lamp by the Chief Guest
10:05 AM - 10:10 AM	Auspicious chanting by Monks
10:10 AM - 10:20 AM	Welcome Address by the Chief Secretary to the Govt. of Sikkim
10:20 AM - 10:50 AM	Keynote Address by Prof. B. Alan Wallace from a spiritual perspective
10:50 AM - 11:20 AM	Keynote Address by Prof. Richard J. Davidson from a scientific perspective
11:20 AM - 11:30 AM	Address by the Hon'ble Chief Minister
11:30 AM - 11:40 AM	Address by His Excellency the Governor of Sikkim
11:40 AM - 12:10 PM	Blessings and Address by His Holiness the Dalai Lama
12:10 AM - 12:15 PM	Concluding Remarks by Addl. Chief Secretary Govt. of Sikkim

SESSION 1: UNDERSTANDING OUR BRAIN

Monday afternoon, 20 December 2010 (02:00PM - 05:30PM)

Chairperson: Prof. Sunder Sarukkai, Director of the Manipal Centre for Philosophy & Humanities, Manipal University.

Speakers:

02:00 PM - 02:30 PM	1.	Dr. M.R. Kotwal
02:30 PM - 03:00 PM	2.	Prof. Lobsang Tenzin
03:00 PM - 03:30 PM	3.	Prof. Madanmohan
03:30 PM - 03:45 PM		<i>Tea Break</i>

Respondents:

03:45 PM - 03:55 PM	A.	Ven. Mynak Tulku
03:55 PM - 04:05 PM	B.	Prof. Geoffrey Samuel
04:05 PM - 04:15 PM	C.	Dr. Lopen Karma Phuntsho
04:15 PM - 05:30 PM		Response from the speakers and discussion among the Participants Q&A with audience

Dr. Kotwal. Until as recently as a decade ago, we were told that the human brain was essentially immutable, hardwired, fixed in form and function, so that by the time we grew to adulthood we were pretty much stuck with what we had. However recent research in neuroplasticity has overthrown the dogma by demonstrating how the brain can undergo wholesale change. The brain is capable not only of altering its structure but also of generating new neurons. The brain can adapt, heal, and renew itself even into old age.

Prof. Lobsang Tenzin will speak on the structures and workings of the brain and mind from the traditional Tibetan Medicine point of view.

Prof. Madanmohan. Functional areas of brain: a moral–spiritual perspective. Prof. Madanmohan will present a basic functional description of the human brain, by identifying the key areas—the limbic system, prefrontal cortex, and which are associated with different mental processes.

DAY TWO

H.H. THE DALAI LAMA'S PUBLIC TEACHING AT PALJOR STADIUM

Tuesday morning, 21 December 2010

SESSION 2: UNDERSTANDING OUR MIND**Tuesday afternoon, 21 December 2010 (02:00 PM - 05:30 PM)**

Chairperson: Prof. B. Alan Wallace, Director and Chairman Phuket International Academy Mind Centre, Thailand

Speakers:

02:00 PM - 02:30 PM	1.	Prof. Robert Thurman
02:30 PM - 03:00 PM	2.	Prof. J.L. Garfield
03:00 PM - 03:30 PM	3.	Prof. Asanga Tilakaratne
03:30 PM - 03:45 PM		<i>Tea Break</i>

Respondents:

03:45 PM - 03:55 PM	A.	Prof. Sundar Sarukkai
03:55 PM - 04:05 PM	B.	Geshe Dorji Damdul
04:05 PM - 04:15 PM	C.	Dr. Tsetan Dorji Sadutshang
04:15 PM - 04:25 PM	D.	Prof. Laurent Nottale (Remarks)
04:25 PM - 05:30 PM		Response from the speakers and discussion among the participants Q&A with audience

Prof. Robert Thurman. The Buddha discovered that “the mind” (citta) is the CPU of sentient experience, and the main determiner of the quality of the life of a being. He also discovered that it is free of any nonrelational core (svabhāva) or soul-essence (ātmā). This was a scientific discovery, not a religious belief. Through his discovery of the absolute truth of voidness, he founded a tradition of empirical science, asserting that ultimate reality transcends anyone’s relative description. There are various levels of analysis, Abhidharmic, Śāstric, and Tantric, which last has the most subtle schemas. Its fine analysis of conscious and unconscious mind is specially germane today, to bring Buddhist “Inner Science” into fruitful dialogue with physics, neuroscience, and psychology.

Prof. J.L. Garfield will speak on the value of cognitive theory for developing Buddhist insights in the 21st Century, and the role of science in the dissemination of Buddhism in the modern world. He will pay some attention to that value, emphasizing the importance of recent research for understanding the deep phenomenology of human experience which is also the target of much Buddhist psychology and philosophy of mind.

Prof. Asanga Tilakaratne will speak on what is mind from the Theravada perspective. A way to approach this question is to examine some key terms used in the early discourses of the Buddha to refer to mind.

DAY THREE

SESSION 3: BRAIN PLASTICITY AND MENTAL TRANSFORMATION

Wednesday morning, 22 December 2010 (09:30 AM - 12:00 PM)

Chairperson: Dr Shyam Menon, Vice Chancellor, Dr Ambedkar University, Delhi

Speakers:

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| 09:30 AM - 09:55 AM | 1. | Prof. Adele Diamond |
| 09:55 AM - 10:20 AM | 2. | Ven. Ringu Tulku |
| 10:20 AM - 10:45 AM | 3. | Joint paper by three Indian Scientists -
a) Prof. Partha Ghose,
b) Mr. Sajal Bandyopadhyay,
c) Dr. Indrajit Roy |
| 10:45 AM - 11:00 AM | | <i>Tea Break</i> |

Respondents:

- | | | |
|---------------------|----|--|
| 11:00 AM - 11:10 AM | A. | Dr. Barry Kerzin |
| 11:10 AM - 11:20 AM | B. | Prof. Sisir Roy |
| 11:20 AM - 11:30 AM | C. | Dasho Karma Ura |
| 11:30 AM - 12:00 PM | | Response from the speakers
and discussion among the participants
Q&A with audience |

Prof. Adele Diamond: Ways to achieve the goals of education: Insights from neuroscience, psychology and teaching. Prof. Diamond will talk about the importance of learning through doing, the importance of role models, how the different parts of the human being (cognitive, emotional, social, spiritual, and physical) are fundamentally interrelated and how programs that address the *whole child* (all those parts) are the most successful at improving any one of them.

Ven. Ringu Tulku: The Buddhist perspective. Presenting the Buddhist understanding of how mental transformation is possible and how the process works, especially with reference to dealing with emotions.

Prof. Partha Ghose, Mr. Sajal Bandyopadhyay and Dr. Indrajit Roy will make a joint presentation on their recent scientific research on brain plasticity in humans.

**SESSION 4: INTERACTION AND PARTICIPATION WITH
H.H. THE DALAI LAMA**

Wednesday afternoon, 22 December 2010 (01:00 PM – 03:00 PM)

Moderator: Dr. Tsering Shakya, Canadian Research Chair in Religion and Contemporary Society in Asia, University of British Columbia

01:00 PM - 02:00 PM Each of the following nine speakers will make a 5 minute presentation on their work experience related to imparting moral ethics in education before H.H. the Dalai Lama gives his guidance.

1. Prof. B. Alan Wallace
2. Prof. Richard J. Davidson
3. Prof. Robert Thurman
4. Prof. Ngawang Samten
5. Mr. R. Telang HRDD Sec.
6. Dr. Lynne Lawrence
7. Lopen Lungtaen Gyatso
8. Ms. Tenzin Pelmo
9. Mr. Bunker Roy

02:00 PM - 03:00 PM

H.H. the Dalai Lama's advice and guidance on introducing moral ethics in the modern education system.

Discussion between His Holiness and panellists.

03:00 PM - 03:15 PM

Tea Break

**SESSION 5: DISCUSSION ON IMPLEMENTATION OF THE VISION:
INTRODUCING MORAL ETHICS IN THE MODERN EDUCATION SYSTEM
Wednesday afternoon, 22 December 2010 (03:15 PM - 05:30 PM)**

Chairperson: Geshe Dorji Damdul, Deputy Director Tibet House, New Delhi

The following four speakers will elaborate their thoughts on how to introduce moral ethics in the modern education system

Speakers:

03:15 PM - 03:35 PM	1.	Prof. Ngawang Samten
03:35 PM - 03:55 PM	2.	Prof. Richard J. Davidson
03:55 PM - 04:15 PM	3.	Dr. Bridget Hamre
04:15 PM - 04:35 PM	4.	Prof. Meenakshi Thapan
04:35 PM - 05:30 PM		Q&A with audience

Prof. Ngawang Samten. The concept of education developed in modern materialistic world is extroverted in nature. Therefore, the education system grounded on this foundation does not provide a genuine answer to the problems that we encounter. Hence we need to make our education introverted so that the issues could be addressed realistically.

Prof. R.J. Davidson will present a summary of how recent scientific findings on happiness, well-being, loving-kindness and compassion might contribute to the development of moral ethics in the modern education system. The evidence suggests that the expression of certain positive qualities exerts biological benefit on both the individual expressing the qualities as well as on those with whom the individual interacts.

Dr Hamre will make a presentation on the central role of teacher-student interactions in children's learning and development. She will provide an overview of research on the types of interactions that appear to be most important to children's development and learning and discuss promising interventions designed to enhance teachers' abilities to interact most effectively with students.

Prof. Meenakshi Thapan. It is vital to bring about a completely novel way of engaging with difference which is no doubt an essential part of everyday life in the diverse, multicultural societies we are all a part of. In developing a possible framework for building an ethical dimension into contemporary educational practice, it is important to move away from all aspects of the 'religious' as it presently constitutes the moral in schools in contemporary India. Such religious discourse has only resulted in creating conflict and violence through the deeply troubling practices it has given rise to. The possibility of therefore building an ethical framework that is located on the premises of a secular morality that lies outside religious discourse needs to be considered to transform educational practice.

DAY FOUR**SESSION 6: THE ART AND SCIENCE OF MEDITATION****Thursday morning, 23 December 2010 (09:30 AM - 01:00 PM)**

Chairperson: Prof. Robert Thurman, Professor of Indo-Tibetan Buddhist Studies in the Department of Religion at Columbia University

Speakers:

09:30 AM - 10:00 AM	1.	H.E. Jetsün Khandro Rinpoche
10:00 AM - 10:30 AM	2.	Dr. Geshe Lobsang Tenzin Negi
10:30 AM - 11:00 AM	3.	Ven. Dr. Khenpo Ngawang Jorden
11:00 AM - 11:15 AM		<i>Tea break</i>

Respondents:

11:15 AM - 11:25 AM	A.	Dr. Elizabeth A. Goldblatt
11:25 AM - 11:35 AM	B.	Prof. Pabitrakumar Roy
11:35 AM - 11:45 A.M	C.	Dr. Andrew Fenton
11:45 AM - 11:55 AM	D.	Prof. K.N. Mishra (Remarks)
11:55 AM - 13:00 PM		Response from the speakers and discussion among the participants Q&A with audience

H.E. Mindrolling Jetsün Khandro Rinpoche will make a brief presentation on meditation in general and its different forms.

Geshe Lobsang Tenzin Negi will review the recent research from the fields of neuroscience, psychology, anthropology and even economics supporting the view that compassionate and altruistic thoughts and behaviours are not only beneficial to self and others, but also necessary for survival. He will suggest how this emerging data may help us reconfigure the domains of the secular and the religious in ways that can facilitate the promotion of secular ethics.

Ven. Dr. Khenpo Ngawang Jorden: Using the meditation on dependent-arising as an example, Dr Jorden will make a presentation on meditation as a neglected educational resource, which may be effective not only in achieving the short-term goal of mental stability, but more importantly, as the most skilful way of making the mind familiar with core Buddhist teachings vital to our long-term transformative potential as human beings on a spiritual path.

SESSION 7: SOCIAL EMOTIONAL LEARNING (SEL) AND EDUCATION

Thursday afternoon, 23 December 2010 (02:00 PM - 06:00 PM)

Chairperson: Prof. Mahendra Lama, Vice Chancellor of Sikkim University

Speakers:

02:00 PM - 02:15 PM	1.	Prof Paul Ekman's video screening
02:15 PM - 02:40 PM	2.	Dr. Jean Miller
02:40PM - 03:05 PM	3.	Geshe Dorji Damdul
03:05 PM - 03:30 PM	4.	Prof. K.P. Pandey
03.30 PM - 03:45 PM		<i>Tea break</i>

Respondents:

03:45 PM - 03:55 PM	A.	Prof. Ashum Gupta
03:55 PM - 04:05 PM	B.	Prof. Ravindra Nagendra
04:05 PM - 04:15 PM	C.	Dr. Lynne Lawrence
04:15 PM - 04:25 PM	D.	Dr. Françoise Pommaret (Remarks)
04:25 PM - 05:00 PM		Response from the speakers and discussion among the participants

Dr. Jean Miller will speak on mindfulness practice to young children at school with emphasis on the researches she has done.

Geshe Dorji Damdul will speak on Social Emotional Learning from the Buddhist perspective.

Prof. K.P. Pandey will speak on Social Emotional Learning and Education and its application in India. How in the context of 21st century, the concern for education has to firmly articulate the need for social and emotional learning with a vision for radically reorienting the content and the process of education at various levels.

05:00 PM - 06:00 PM

Valedictory function of the Seminar

Mr N.K. Pradhan Honourable Minister
(Human Resources Development)

Prof. Robert Thurman

Prof. Adele Diamond

Prof. Meenakshi Thapan