

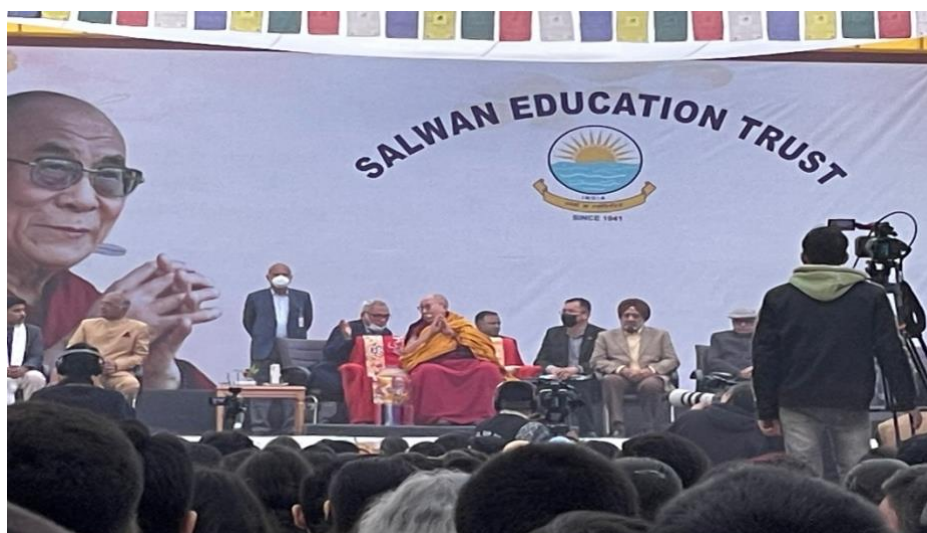
## SECULAR ETHICS: EDUCATING THE MIND AND HEART

On 21<sup>st</sup> December 2022, 15 students including one 8<sup>th</sup> grade student, were honoured to meet His Holiness the 14<sup>th</sup> Dalai Lama. 60 schools and 5000 attendees were blessed by his holy presence.

The event started off with a mesmerising dance drama which showcased the story of Chandragupta Maurya and Ashoka. It emphasized how Ashoka's trials led him to the path of *ahimsa* and Buddhism.



This was followed by an exhilarating music performance; further we engaged in a soothing mantra-chanting session, repeating the chant 'Om Mani Padme Hum'.



Then we were addressed by the Chairman of the host school. His Holiness showered blessings upon the multitude of students. He then began with his sermon.

He said that humans are unified at the fundamental level, despite belonging to different religions and communities. He talked about how the human mind creates desire which leads to aggression and looking at the world with atrocity. He elucidated on the concepts of *karuna* and *ahimsa*. He discussed the importance of adopting spirituality and meditation in our daily lives.

Human beings as a species must think for the collective good of society. He recounted the fable of a Tibetan king and a Chinese Princess. He encouraged the youth to connect with ancient Indian texts to educate the internal self. He believed the time of traditional weapons was over and we must now focus on weaponizing human compassion and empathy.

His Holiness interacted with the students in a detailed question and answer session where he responded to the eager questions posed by the inquisitive young minds. He infused us with his wisdom and intellect. We returned as enlightened individuals.

Teacher-in-charge: Akanksha Gupta

Students:

VIII-M: Kritarth Gandhi

XI-B: Dhriti Gupta, Sanaa Verma

XI-C: Medhavi Verma, Shivam Parti, Sneha Singla, Ayush Moitra,  
Arshia Anand

XI-D: Shashwat Pandey, Jain Atishay

XI-E: Naysa Chutani

XI-F: Eshannika Mishra, Nivriti Bathla

XI-G: Aagneyo Mitra, Aliza Naqvi