



Goa University

Name of Directorate: Directorate of Visiting Research Professor Programme

Report on Public Lecture

1. Title of the Event/Activity/program	“Map of Mind, The Philosophy of Ultimate reality and cognitive Transformation for Mental well-being”
2. Date and Time	09 January 2024 to 12 January 2024 3.00 am to 4:30 pm
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	Directorate of Visiting Research Professor Programme
5. Detail of the Resource Person (Brief biodata)	Enclosed
6. Number of Faculty attended/participated	05
7. Number of Student attended / participated	28
8. No. of external students/faculty/other participants	10

<p>9. The objectives of the Program/activity/event</p>	<p>The primary objectives of this lecture series are to explore the intricacies of the mind and its connection to ultimate reality as understood in Tibetan Buddhist philosophy. It aims to provide participants with insights into the philosophy of dependent origination, emphasizing its relevance to mental well-being and cognitive transformation. Additionally, the program seeks to foster a deeper understanding of how philosophical concepts can be applied to enhance mental health and promote holistic well-being in contemporary society.</p>
<p>10. Description of the Program/activity/event</p>	<p>The lecture series, conducted by Geshe Damdul, will take place over four days, focusing on the theme "Map of Mind, the Philosophy of Ultimate Reality and Cognitive Transformation for Mental Well-being." Each session will delve into the philosophical foundations laid out in Lama Tsongkhapa's work, "In Praise of Dependent Origination," serving as a textual source for the discussions. Participants will engage in in-depth explorations of the nature of reality, the processes of cognition, and methods for fostering mental well-being through understanding the mind's workings. The interactive format will allow attendees to pose questions and share insights, enriching the learning experience.</p>

<p>11. Benefit/Key outcomes of the Program/activity/event</p>	<p>Participants will benefit from an enhanced understanding of Tibetan Buddhist philosophy and its applications to mental well-being. The lecture series will promote cognitive transformation by encouraging attendees to reflect on their thought processes and emotional states. Additionally, it will facilitate cross-cultural dialogue and understanding among participants, fostering a sense of community centered around mental health and philosophical inquiry. The event aims to inspire attendees to incorporate these teachings into their personal and professional lives, ultimately contributing to a more compassionate and aware society.</p>
<p>13. Enclosures with report</p>	<p>Brochure, photos, Attendance of students/faculty/external participants, Bio Data of resource person</p>

Bio Data

Geshe Dorji Damdul is a prominent Tibetan Buddhist scholar and teacher. Here is a brief overview of his bio data:

Early Life and Education

- ❖ **Birthplace:** Tibet
- ❖ **Early Education:** He received his primary monastic education at Drepung Loseling Monastic University in South India.
- ❖ **Advanced Studies:** He later joined the Institute of Buddhist Dialectics, Dharamsala, for advanced Buddhist studies and philosophy.

Academic Achievements

- ❖ **Geshe Lharampa Degree:** Geshe Dorji Damdul achieved the highest monastic degree, the Geshe Lharampa, equivalent to a Ph.D. in Buddhist Philosophy.

Career

- ❖ **Translation Work:** He served as a translator for His Holiness the Dalai Lama for several years, assisting in numerous teachings and lectures globally.
- ❖ **Director:** Currently, Geshe Dorji Damdul is the Director of the Tibet House, Cultural Centre of His Holiness the Dalai Lama, in New Delhi, India.
- ❖ **Teaching and Lectures:** He is actively involved in teaching Buddhist philosophy, both within and outside India, and has been a visiting fellow at several international institutions.

Contributions and Publications

- ❖ **Books and Articles:** He has authored numerous books and articles on Buddhism, philosophy, and Tibetan culture.
- ❖ **Lectures and Workshops:** Geshe Dorji Damdul conducts workshops and seminars on Buddhist philosophy, meditation, and the integration of science and Buddhism.

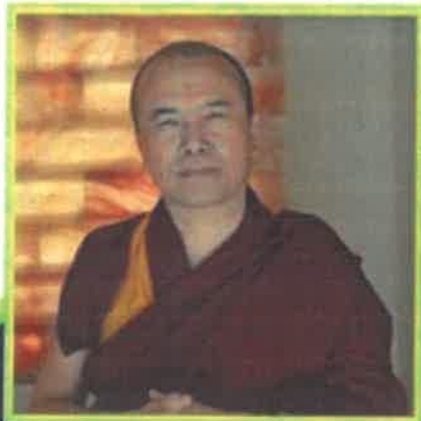
Personal Qualities

- ❖ **Language Proficiency:** Fluent in Tibetan, English, and Hindi, which aids his teaching and translation work.
- ❖ **Dedication to Education:** Known for his dedication to spreading the teachings of Buddhism and fostering intercultural dialogue.



**GOA UNIVERSITY
DIRECTORATE OF VISITING RESEARCH PROFESSORS PROGRAMME
DALAI LAMA CHAIR IN NALANDA STUDIES
AND
FOUNDATION FOR UNIVERSAL RESPONSIBILITY
OF HH THE DALAI LAMA
LECTURE SESSION**

BY



GESHE DAMDUL

Visiting Research Professor under
Dalai Lama Chair in Nalanda Studies, Goa University

FROM 09TH TO 12TH JANUARY 2024

DATE	TOPIC	TIME	VENUE
09th - 12th January 2024	Map of Mind, the Philosophy of Ultimate Reality and Cognitive Transformation for Mental Well-being". "In Praise of Dependent Origination" by Lama Tsongkhapa as a textual source.	3:00 to 4:30 pm	Seminar Hall, Goa University

Participants: Any Student at the Goa University is welcome to register. Lecture Session is open and free for students & general public, but registration is compulsory.

Participation Certificate will be issued to all those who maintain minimum 75% attendance for the course.

For detail and online Registration: www.unigoa.ac.in

Course Coordinator: Dr. Anita Dudhane
Prof. Savita Kerker, Director.VRPP, (vrpp@unigoa.ac.in)

Public Lectures
By
Geshe Damdul

Sr.No	Name of Participant	Email Id	Name of your institute	Faculty/Student	09.01.2023	10.01.2023	11.01.2023	17.01.2023
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Photos of Lecture session by Geshe Damdul





Signature: Anita Dudhane
Name of coordinator: Dr. Anita Dudhane
Designation: Doctor
Date: 12th November 2024

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Signature
Director, VRPP
Director
VISITING RESEARCH
PROFESSORS PROGRAMME

