



Drepung Losel Ling Meditation and Science Center, Mundgod, Karnataka, India

Message from the Abbot



Khenrinpoche Lobsang Samten

Many of our brothers and sisters around the world are going through a difficult time due to the spread of the Covid-19 pandemic. I sincerely pray for the well-being of everyone, may our fight against the pandemic be successful and may all be able to lead their lives in peace and happiness.

I am delighted to learn that Drepung Losel Ling Meditation and Science Center is launching its first-ever newsletter.

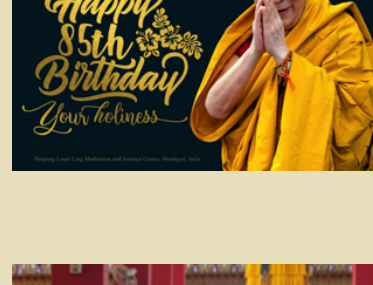
The effort will enhance our reach to Sangha, well-wishers, and supporters around the globe and help us stay connected with them.

Drepung Losel Ling Monastery, regarded as the second Nalanda has maintained a reputation for academic excellence and spiritual practice attracting serious scholars from throughout central Asia. In response to His Holiness' vision for continued collaboration around the intersection of Buddhism and science, Meditation and Science center was established where people can come and explore both modern ideas and ancient wisdom.

Through the newsletter, I hope that we can keep you updated on various activities and events at Drepung Losel Ling.

Thank you
Geshe Lobsang Samten
Abbot, Drepung Losel Ling

His Holiness' Birthday Celebration

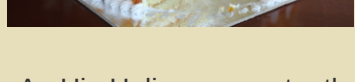
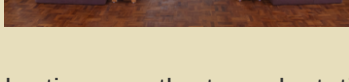
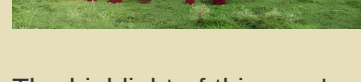


Trunkar, His Holiness the Dalai Lama's birthday, is celebrated each year by paying homage and expressing gratitude to His Holiness. Central Tibetan Administration (CTA) has declared the year 2020 as the year of gratitude to His Holiness but due to the spread of the Covid-19 pandemic, the celebration is mainly restricted to indoors this year.



Long-life prayer for His Holiness at Drepung Losel Ling Prayer Hall

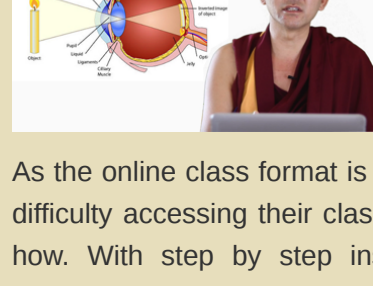
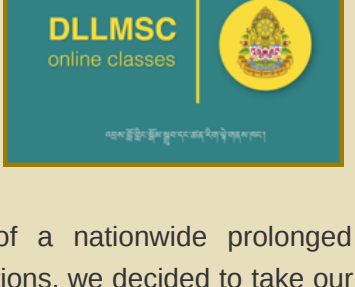
Here in Drepung Losel Ling, the 85th birthday of His Holiness was celebrated with a long life prayer led by Khenrinpoche Geshe Lobsang Samten, *Ulchu-Sum*, the administrators of the monastery, directors of different departments and representatives of the respective Khangtsens(Houses).



The highlight of this year's celebration was the tree plantation. As His Holiness constantly stresses on environmental protection, the monastery decided to plant trees in commemoration of his birthday. Joining the celebration, the staff at Drepung Losel Ling Meditation and Science Center also organized a short prayer session and a tree plantation drive within the DLLMSC campus.

Online Classes

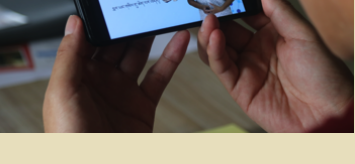
The spread of the Covid-19 pandemic has affected the whole world and we at DLLMSC are no exception. We were about to begin our 2020 science classes when the government of India announced the phase one nationwide lockdown in March this year, ever since then all schools and institutes remain closed in India.



Foreseeing the possibility of a nationwide prolonged closure of schools and institutions, we decided to take our classes online. After several brainstorming sessions on how to design and execute the online classes, we finally began the actual online classes on 21st April 2020.

As the online class format is brand new in the monastery, most of our monk students had difficulty accessing their classes in the beginning, due to the lack of technological know-how. With step by step instructions from our dedicated teachers, the monks have gradually been taught how to access the classes, submit assignments, and take the online assessments. We are currently conducting our regular classes online smoothly and we have decided to carry on until the schools and institutions reopen.

Currently, we have around 450 monks taking part in the online classes. We teach physics, biology, neuroscience. Mathematics and English are also taught along with the regular science classes.



Since the age-old method of teaching is not possible in time of social distancing, many of our traditional dharma masters are also implementing online teaching for monks.

Tree Plantation

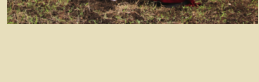
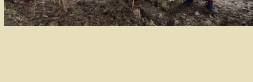


View of trees planted in 2018 with the prayer hall in the background

This year the tree plantation program was conducted on the occasion of the 85th birthday of His Holiness in presence of the abbot and administrators and representatives from all 24 houses of Drepung Losel Ling monastery.

Tree plantation is an effort by Drepung Losel Ling to promote environmental protection by action. The project was initiated in 2017 and the surroundings of DLLMSC have already turned into lush greenery making the center a perfect place for retreat and meditation.

As shown by research that exposure to green nature will reduce negative emotions and contribute towards physical well-being, we hope that the tree plantation, besides adding to the scenic beauty of our center, will also benefit the overall health of the people.



"No matter how difficult the situation may be, we should employ science and human ingenuity with determination and courage to overcome the problems that confront us. Faced with threats to our health and well-being, it is natural to feel anxiety and fear. Nevertheless, I take great solace in the following wise advice to examine the problems before us: If there is something to be done—do it, without any need to worry; if there's nothing to be done, worrying about it further will not help."

~ His Holiness the 14th Dalai Lama

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We hope you enjoy receiving the newsletter.