

SIKKIM

OF THIS LAND, FOR

■ Good Morning Sikkim, today is THURSDAY, 23 DECEMBER, 2010 ■ REGD NO. WB/SKM/2/10

SCHOOL TEACHER SHOWS THE WAY TOWARD

Lord of Compassion bestow long life empowerment to thousands

More research is needed to revamp the existing education system, says Dalai Lama

'TIBETAN BUDDHIST FAITH IS THE FIRST DEFENCE LINE FOR INDIA'



His Holiness the Dalai Lama at the concluding day of the International Conference on Science, Spirituality and Education at Chintan Bhawan, Gangtok on December 22. (IPR pic)

Staff Reporter

GANGTOK, December 22: Unmindful of his old age and leaving aside other schedule for the day, the Dalai Lama today arrived at Paljor Stadium at 7:50 am, much before the stipulated time to begin the prayers for Tsewang ceremony for over one lakh devotees congregated at the stadium this morning.

After a four-hour long, continuous teaching on cultivating love and compassion, Bodhi-

icitta and bestowing the long life empowerment, he again took an hour more at the stadium to explain the basic tenets of Buddhism and to reemphasise what he had been doing and teaching for four hours.

The crowd that kept swelling by the day listened to his talk in rapt interest, albeit the scorching sun and difficulty in understanding Tibetan language.

Later in the day, the Dalai Lama in his concluding speech at the interna-

tional seminar on 'science, spirituality and education' organised by the Namgyal Institute of Tibetology, the Lord of Compassion emphasised on the need to do more research to revamp the existing education system. "We must teach people 'oneness' and the concept of 'our world and not 'my world' which is very important," he said adding "ethics is the basis for scientific finding.

"When we talk about ethics, we need more research work and scientific

funding brings more conviction, first starting small and then reviewing, reevaluating and introducing it in more schools.

On a more serious note, the Dalai Lama while referring Sikkim vis-à-vis its geographical location said Tibetan Buddhist faith is the first defence line for India. He also appreciated the Sikkim Chief Minister's initiative in conceiving the programme and hoped to make some contribution from this 'meaningful' visit.

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THE WAY TOWARDS ENVIRONMENT CONSERVATION. PG 6

How long
Thousands

, says Dalai Lama
'FOR INDIA'



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(IPR pic)

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International Seminar on Science, Spirituality and Education

Views on ethics in modern education

SE Report

GANGTOK, December 22: Speaking on the teaching of ethics in modern education, Prof B Alan Wallace said it poses a unique challenge, for in a religious context ethics always rests on a foundation of belief.

during the interaction and participation with His Holiness the Dalai Lama on third day of the International Seminar on Science, Spirituality and Education.

Prof Wallace, who has authored and edited over 30 books on Tibetan Buddhism, medicine, lan-

Paper on brain plasticity and mental transformation presented on Day 3

SE Report

GANGTOK, December 22: Prof Adele Diamond, the Canada Research Chair Professor of Developmental Cognitive Neuroscience in the Psychiatry

one of the pioneers who founded the field of developmental cognitive neurosciences stressed on several points including the importance of 'learning through doing'. "We can lecture on com-

HRDD secretary proposes sound teacher training programme on value education

Staff Reporter

GANGTOK, December 22: State HRDD Secretary R Telang today said that a sound teachers training programme is needed to transform themselves first before transferring the

same values and ethics to the students.

While presenting a framework for value education in Sikkim here at the international seminar on 'science, spirituality and religion', he said values cannot be taught but trans-

ferred and unless teachers imbibe this it cannot be transferred to children.

He said "this life has a purpose to inculcate in the children the spiritual goal and that we should be able to tell our children that the goal of spirituali-

ty is not outside you but within yourself." Telang further said that the two sides of our existence - material and spirituality cannot be neglected in pursue of another but need to balance each other.

"The situation facing modernity is that science and materialism appear to have undermined many of the beliefs of traditional religions. However, there is a common ground that may play a crucial role in reformulation ethics in the modern world, and that is the ancient notion of "genuine happiness" or "human flourishing", which can be found in various guises in the wisdoms traditions of the East and West, ancient and modern," he explained

guage, etc., said behaviour of body, speech, and mind that is detrimental to one's own and others' genuine happiness may be deemed "unethical", whereas that which is conducive to one's own and others' genuine happiness may be deemed 'ethical'.

"Genuine happiness is that quality of wellbeing that stems from what we bring to the world, in contrast to hedonic wellbeing, which stems from what we

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Department at the University of British Columbia presented her paper on brain plasticity and mental transformation here today. The day marked the day three of the four-day long International Seminar on Science, Spirituality and Education organised by the Namgyal Institute of Tibetology.

Lecturing on the ways to achieve the goals of education: insights from neuroscience, psychology and teaching, Prof Diamond,

passion and have students meditate on compassion, but if we want to produce compassionate students, our students need to practice compassion day in and day out, throughout every day," she said. Repeated practice, Prof Diamond said is the way to make compassion a 'habit', which she added also, applies to cognitive skills. She said an early childhood programme called tools of the mind emphasises the

➔ Contd. on page 2

Teyongsi Sirijunga Sawan Tongnam observed at Mangshila

Our Correspondent

Limboo language, script and faith about 300 years ago.

ACF, Forest Blacky Tsong was present as the chief guest along with the presence of Zilla member Zomin Limboo, Panchayat members and local people.

On the occasion, Teyongsi Srijunga Tongnam Committee thanked Secretary, Building and Housing Department, Jagat Bahadur Subba and his family for chipping in fund to paint the Mangshila.

MANGAN, December 21:

The Teyongsi Sirijunga Sawan Tongnam, the birth anniversary of Limboo saint Teyongsi Sirijunga was observed here at Mangshila Manghim, locate few kilometres from here.

The day started with ritual puja performed by the Phedangmas (Limboo priests) to mark the 105th birth anniversary of a Limboo saint Mahatma Sirijunga Singthabe who had revived and taught the

Tinku Adhikari is new president of Singtam Taxi Drivers Assc



SE Report

GANGTOK, December 22: Tinku Adhikari has been elected as the new

president of Singtam Taxi Drivers Association.

The members of the Association also elected Mohan Lall Rai as the new

vice president and Norden Tshering Tamang as the new general secretary.

Out of 936 members, 471 members cast their votes at Marwari Dharamshala on December 21.

Mohan Lall Rai got 208 votes and Norden Tshering secured 238 votes.

The election procedure was monitored by a nine-member committee.

The ward councillors Bishnu Maya Sherpa and Meena Kumari Chettri were also present, adds a press release.

Dept warns meat vendors...

cancelled.

The release further mentions that in the recent years due to excess production there has been competition amongst the farmers to sell live birds at below that rate to clear their stock.

At the same time, the department also made an appeal to the poultry growers that they should be unanimous in future and should sell their poultry live birds only at Rs. 75 per kg and they should not reduce the price under pressure.

Further, all the farmers were requested that while selling the live birds they should also give the challan to the meat vendors indicating the quantity and rate at which it has been sold so that it would be easy for the department to check the rate at which the live

birds have been purchased from the poultry growers.

The meeting was attended by Chairman, Sikkim Poultry Development Corporation, PK Pradhan AH,L,F&VS Secretary, V Chauhan, Deputy Director, M&QC Dr. Madan KS Shanker and other officials of the department.

**SE Reporters can be contacted at:
9832470000,
9733006750**

development of cognitive skills dependent on prefrontal cortex called 'executive functions'.

Prof Diamond, whose specialty is the complex abilities such as attention, self-control and mental flexibility or executive functions that depend on prefrontal cortex said prefrontal cortex is overrated and need prefrontal cortex to learn something new. "To learn something new, we need prefrontal cortex (PFC). But after something is no longer new, persons who recruit PFC least perform best. Older brain regions have had far longer to perfect their functioning; they can subserve task performance ever so much more efficiently than can PFC. A child may know intellectually (at the level of PFC) that he should not hit another, but in the heat of

the moment if that knowledge has not become automatic (passed on from PFC to subcortical regions) the child will hit another (though if asked, he knows he should not do that). The only way something becomes automatic (becomes passed off from PFC) is through action, repeated action. Nothing else will do," she explained.

In reference to the most basic and powerful way to communicate to students, she said the power to listen is one best way. "The quality of our listening, rather than the wisdom of our words, is often what has the most impact," she stressed.

She also dwelt on the need to appreciate the role of luck in conformity to hard work.

On different parts of

the human being (cognitive, emotional, social, spiritual, and physical), she said all are fundamentally interrelated. Programmes that address the whole child (all those parts) are the most successful at improving any one of them. "If your goal is only to improve cognitive performance, the best way to achieve that goal is not to focus narrowly on academics, but to address all aspects of children's development. Traditional activities that have been part of every culture throughout time-storytelling, dance, crafts, music-making-can be immensely helpful here. They challenge our executive functions, make us happy and proud, address our social needs, and help our bodies develop," she added.

Anthyesthi Kriya



The Antyesthi Kriya of Prakash Rawat, who left for heavenly abode on 13th Dec. 2010 falls on 25th Dec.10.

All the relatives, friends and wellwishers are requested to join us for offering prayers for the departed soul at

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