

HS-101

EFFECTIVE
COMMUNICATION SKILLS

ASSIGNMENT

NAME: SIKHA ARKESH ANJANANAND

ROLL NO: 2019152

LIVES OF GREAT MEN AND 21ST CENTURY

DALAI LAMA

Dalai Lama is a title given to the head monk of Tibetan Buddhism by Tibetan people and he is a spiritual leader of the Gelug School of the Tibetan Buddhism. They represent Buddhist values and traditions. They are believed to be a unifying symbol of the Tibetan state and were once politically dominant.

The current and the 14th Dalai Lama is Tenzin Gyasto. He believes that every responsive being desires to lead a happy life. Humans generally tend to focus on appearance, but there is always an interstice between appearance and reality. It is education that fixes the gap and helps us acquire a more realistic approach to whatever we do. Humans are intelligent beings, but they could end up in trouble if their intelligence is controlled by disturbing emotions.

Human nature is intrinsically sympathetic. Human brains have the special ability to change and develop constantly but this ability also involves a capacity for deliberate destruction. Our intelligence can be used to differentiate between emotions which are disturbing and which are productive.

“I consider non-violence to be compassion in action. It doesn’t mean weakness, cowering in fear, or simply doing nothing. It is to act without violence, motivated by compassion, recognizing the rights of others” ~ Dalai Lama

Dalai Lama says that, though religious practices have conventionally brought a message of forbearance and forgiveness, the education system has become more influential today. It fails to create a healthy society because of its lack of attention to inner values and peace of mind. Therefore, there is an obligation for the modern education system to become more comprehensive and impart universal values.

REFERENCES:

- Dalai Lama speaks about ethics and values, MIT, Boston
<https://www.dalailama.com/news/2012/his-holiness-the-dalai-lama-speaks-about-ethics-values-and-well-being-for-the-dalai-lama-center-for-ethics-mit-boston>
- Relevance of Universal Ethics for the Modern Age at Tumkur University
<https://www.dalailama.com/news/2017/relevance-of-universal-ethics-for-the-modern-age-at-tumkur-university>
- https://en.wikipedia.org/wiki/Dalai_Lama
- <https://dalailama80.org/day-18/>