











3 WEEKS CULTURAL EXCHANGE PROGRAM











WEEK -1

ACTIVITY DAYS	TOUR MONDAY	TALK TUESDAY	PROJECT WEDNESDAY	TOUR THURSDAY	TALK FRIDAY
TITLE	AUDIENCE WITH DALAI LAMA	AUDIENCE WITH KARMAPA	WORKING ON PROJECTS	TALK TO PRESIDENT OF TIBET	VISIT PARLIAMENT
PROGRAM IN ACTION					
DESCRIPTION	AN AUDIENCE WITH HIS HOLINESS THE DALAI LAMA	AN AUDIENCE WITH HIS HOLINESS THE KARMAPA	MARTYRS MAP PAINTING PROJECT	AN INTERACTIVE SESSION WITH HONORABLE SIKYONG PENPA TSERING	AN INTERACTIVE SESSION WITH HONORABLE THE SPEAKER OF TIBETAN PARLIAMENT IN EXILE
LUNCH BREAK					
TITLE	BUDDHIST PHILOSOPHY	TOUR TO TAJ MAHAL	WORKING ON PROJECTS	CLASSIC INDIAN YOGA	TIBETAN DANCE & MUSIC
PROGRAM IN ACTION					
DESCRIPTION	TALK ON SECULAR ETHICS FOLLOWED BY Q&A WITH VEN GESHE DORJEE DAMDUL	WALK AND TALK TOUR TO TAJ MAHAL	DRINKING WATER PROJECT	A SESSION ON CLASSIC INDIA YOGA WITH YOGI JOSEPH	TIBETAN CLASSICAL MUSIC AND INSTRUMENTAL PLAY SESSION WITH TIBETAN ARTIST



3 WEEKS CULTURAL EXCHANGE PROGRAM


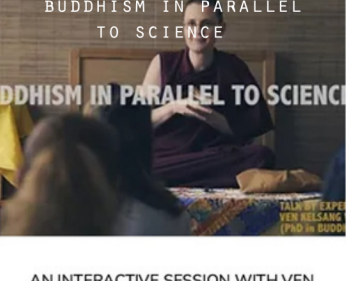








WEEK -2

ACTIVITY DAYS	TOUR MONDAY	TALK TUESDAY	PROJECT WEDNESDAY	TOUR THURSDAY	TALK FRIDAY
TITLE	ENVIRONMENT CAMPAIGN	BUDDHIST IN LIFE	WALL PAINTING	TALK WITH ACTIVIST	TALK WITH HUMAN RIGHT EXECUTIVE
PROGRAM IN ACTION					
DESCRIPTION	AWARENESS CAMPAIGN ON CLEAN ENVIRONMENT	AN INTERACTIVE SESSION WITH GESHE LHAJDOR ON PRACTICING BUDDHISM IN DAY TO DAY LIFE	PAINTING THE WALL <small>Steps Wall- after painting</small>	AN INTERACTIVE SESSION WITH FORMER POLITICAL PRISONER MR. BAGDO	AN INTERACTIVE SESSION WITH TIBETAN HUMAN RIGHT EXECUTIVE
LUNCH BREAK					
TITLE	TIBETAN SCHOOL	TIBETAN PERFORMING ARTS	COOKING MOMO	TOUR TO NORBULINKA	TALK WITH WRITER CUM ACTIVIST
PROGRAM IN ACTION					
DESCRIPTION	EDUCATIONAL EXCHANGE WITH TIBETAN	TOUR AND TRY TO BEING TIBETAN AT	AN EXCHANGE, FUN AND PLAY AND TRY	TOUR TO NORBULINKA- EXPLORE	AN INTERACTIVE SESSION WITH mR



3 WEEKS CULTURAL EXCHANGE PROGRAM

WEEK -3

ACTIVITY DAYS	TOUR MONDAY	TALK TUESDAY	PROJECT WEDNESDAY	TOUR THURSDAY	TALK FRIDAY
TITLE	TOUR TO MONASTERY	BUDDHISM IN PARALLEL TO SCIENCE	BUILDING BRIDGE	WALK & TALK -KORA	MEDITATION
PROGRAM IN ACTION					
DESCRIPTION	TOUR TO GYUTO MONASTERY	AN INTERACTIVE SESSION WITH VEN GESHEMA KELSANG WANGMO ON BUDDHISM IN PARALLEL TO SCIENCE	BUILDING BRIDGE AT SLUM FOR POOR INDIAN SLUM FAMILIES	WALK AND TALK AND EXPLORE KORA RITUAL OF TIBETAN	MEDITATION DAY- TRYING BASIC TIBETAN GUIDED MEDITATION
LUNCH BREAK					
TITLE	ANIMAL RESCUE CENTRE	EXCHANGE AT SCHOOL	SERVING COMMUNITY	LEARN TIBETAN SONG & DANCE	WALK & TALK WITH TIBETAN ESCAPE FROM TIBET
PROGRAM IN ACTION					
DESCRIPTION	TOUR AND VISIT TO ANIMAL RESCUE CENTRE	EDUCATIONAL EXCHANGE WITH INDIAN SCHOOL	HANDS ON EXPERIENCE	CLASSICAL ANCIENT TIBETAN YOGA PRACTICE -LED BY DR. CHOK	EXCHANGE AND UNDERSTANDING THROUGH WALK AND TALK SESSION

