



ALL DAY ATTRACTIONS FOR THREE DAYS

03 - 05 SEPTEMBER 2026

TIMING: 10.00AM – 06.30 PM

SEMINAR HALL ONE

TIBETAN MEDICAL AND ASTRO INSTITUTE

- FREE TIBETAN MEDICAL CONSULTATION
- FREE TIBETAN ASTRO CONSULTATION
- TIBETAN MEDICAL AND ASTRO EXHIBITION

SEMINAR HALL TWO

NORBULINGKA INSTITUTE

- THANGKA PAINTING ▪ THANGKA APPLIQUÉ ▪ WOOD CARVING AND PAINTING ▪ EXHIBITION AND SALES

SEMINAR HALL THREE

CONTEMPORARY TIBETAN ART

- **TIBETAN CONTEMPORARY ART GALLERY**
by Khadok Arts
- **TIBETAN CALLIGRAPHY**
by Palpung Sherab Ling Monastery

SEMINAR HALL CORRIDOR

PHOTO EXHIBITION

INDIA AND TIBET: ANCIENT TIES AND CURRENT BONDS

by The Tibet Museum

CD DESHMUKH AUDITORIUM FOYER

SAND MANDALA

by Gyumed Tantric Monastery

MULTIPURPOSE HALL CORRIDOR

TIBETAN TRADITIONAL COSTUMES EXHIBITS

TIBETAN RUG AND APRON WEAVING

by Tibetan Women's Centre, Rajpur

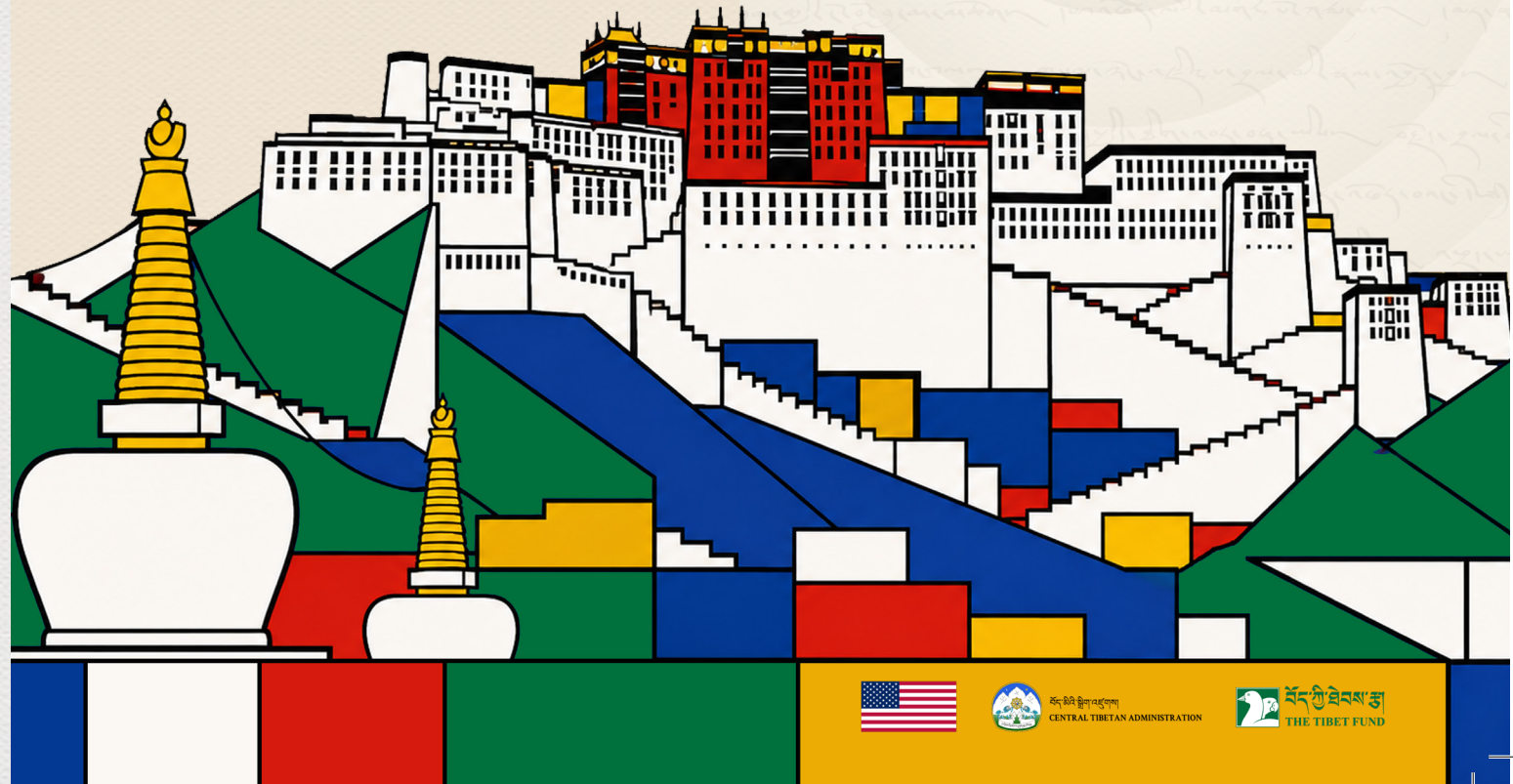
GANDHI KING PLAZA

SOUVENIR STALLS, APPAREL AND BOOK STALLS

- INFORMATION BOOTH ■ TIBETAN YOUTH CONGRESS**
■ TIBETAN WOMEN'S ASSOCIATION ■ STUDENTS FOR
A FREE TIBET ■ VOLUNTARY TIBET ADVOCACY GROUP
■ TIBET FESTIVAL INFORMATION BOOTH

Spirit of Tibet celebrates this extraordinary legacy by showcasing Tibet's rich traditions of knowledge, culture, medicine, art, and compassion. At the heart of this heritage are the Five *Rigpa* or five Major Sciences of Tibet—a comprehensive and interconnected system of learning that has guided Tibetan intellectual, cultural, medical, and spiritual life across generations: *Nangdon Rigpa* (Inner Science), *Tsema Rigpa* (Logic and Cognition), *Sowa Rigpa* (Science of Healing), *Zo Rigpa* (Arts and Crafts), and *Da Rigpa* (Language and Linguistics)

SCAN BELOW FOR A DETAILED BROCHURE



DAY ONE

THURSDAY, 03 SEPTEMBER 2026

10:00 AM INAUGURAL CEREMONY

Venue: Gandhi King Plaza
PRAYER FOR WORLD PEACE
by Tibetan Buddhist Monks

11:00 AM TIBETAN TRADITIONAL NAMTHAR

Tibetan Institute of Performing Arts

11:30 AM SEMINAR

Venue: Multipurpose Hall, Kamla Devi Complex
INDIA AND TIBET: CIVILIZATIONAL CONFLUENCE,
PRESENT REALITIES, AND STRATEGIC HORIZONS

2:30 PM SEMINAR

Venue: Multipurpose Hall, Kamla Devi Complex
COMPASSION, DIALOGUE AND NON-VIOLENCE:
THE ENDURING LEGACY OF HIS HOLINESS
THE 14TH DALAI LAMA

FILM SCREENING

Venue: CD Deshmukh Auditorium

11:00 AM

WISDOM OF HAPPINESS: A HEART-TO-HEART
WITH THE DALAI LAMA

02:00 PM

STATE OF STATELESSNESS:
TALES FROM THE TIBETAN DIASPORA
Followed by an Interaction with
the Directors

DAY TWO

FRIDAY, 04 SEPTEMBER 2026

11:00 AM LECTURE

Venue: Multipurpose Hall, Kamla Devi Complex
HIMALAYAN THRESHOLDS: DECIPHERING
DECADES OF INDIA, TIBET, AND CHINA
by Shri Shivshankar Menon

02:00 PM LECTURE

Venue: Multipurpose Hall, Kamla Devi Complex
THE ART OF A MEANINGFUL LIFE:
A BUDDHIST APPROACH
by Ven. Geshe Lhakdor

04:00 PM SEMINAR

Venue: Multipurpose Hall, Kamla Devi Complex
THE THIRD POLE CRISIS: HOW TIBET'S CHANGING
ENVIRONMENT SHAPES SOUTH ASIA'S FUTURE

06:00 PM CULTURAL PERFORMANCE

Venue: Multipurpose Hall, Kamla Devi Complex
DANCES FROM THE ROOF OF THE WORLD
(Open for Public)

DAY THREE

SATURDAY, 05 SEPTEMBER 2026

11:00 AM SEMINAR

Venue: Multipurpose Hall, Kamla Devi Complex
CRAFTING IDENTITY: THE FEMALE GAZE IN
TIBETAN LITERATURE AND CINEMA

FILM SCREENING

Venue: CD Deshmukh Auditorium
UNWINKING GAZE: THE INSIDE
STORY OF THE DALAI LAMA'S
STRUGGLE FOR TIBET

