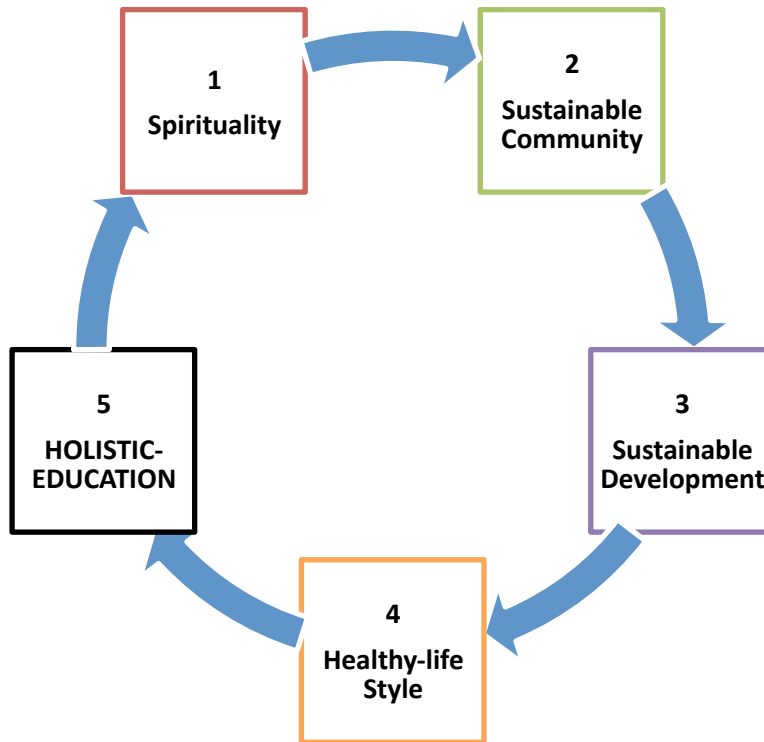




SEBoL (Socially Engaged Buddhist Of Ladakh) with the kind support of **FSUC UNIVER-CITY LADAKH 000** organized 6 days residential workshop on the topic "**HOLISTIC EDUCATION ON OUR PLANET EARTH**" at Leh from 1st to 6th November 2013. During this 6 days workshop we covered all the key and vital issues affecting an individual and our planet in every-day life. This workshop trained & educated the participants on the following issues. A total number of 22 students from Boys High Secondary School, Leh participated in the said workshop.

This action oriented workshop came out very successful. We received a positive response from all the participants. After this workshop we have trained the Youths for the up-coming LWF. Moreover the youths are now prepared to take actions on various issues facing humanity and our planet earth in the present day. This is the beginning of Next Gen Ladakh to create a practice of middle way in alignment with universe and holistic education on our planet earth.

We sincerely wish for a peaceful planet for all beings on this planet and pray that everyone on this planet lead a meaningful life.



1. Spirituality:- The talk on spirituality was carried out by **Dr. Lobzang Tsewang (Professor of comparative studies at Central Institute on Buddhist Studies, Leh)**

- Ladakh is losing its ancient wisdom which is Buddhism.
- Buddhism is the core ancient wisdom based on spirituality..... love, compassion, non –violence, peace, co-operation for all the beings on this planet.
- Greed, Hate and Ignorance are the main cause of present day situation on our planet earth today.
- The present day market economy, consumerism and materialistic life-style are the result of one’s greed.... viz “One more” and there is no end for “One more”.

- Now one of the growing burning issues faced by world today is how to go for a sustainable economy. When the question of sustainable economy is discussed by social workers, activist, educationist, experts they always neglect the roots of our problem viz.. it's the greed of human beings which is the cause of un-sustainable economy on our planet, destruction of ecology, environment and the rich resources at large e.t.c
- When Ladakhi people lose the precious quality of spirituality ...then negative emotions like...frustration, competition, anger, hate, jealous is inevitable in an individual and community at large.



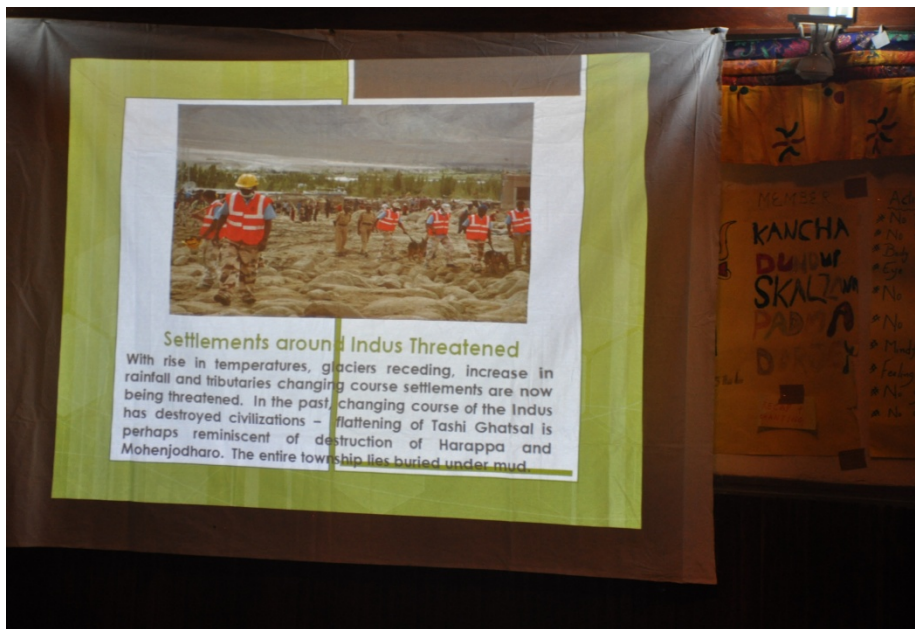
2. Sustainable Community:- Mr. Tashi Morup(**Director of LAMO, Ladakh Art and Media Organization and a freelance journalist**) gave his talk on sustainable community:-



- What we mean by sustainability?
- We need food, water, air, land and fire e.t.c to sustain on this planet.
- Our planet has limited resources and we should use the resources cautiously & properlywhich is the way or means for a sustainability or sustainable community.
- Ladakh was opened to foreign tourist in 1970's. As such Ladakh witness a change from self-sustainable community to a market economy based on consumerism and globalization.
- Market based economy is cause of present day ladakh...viz a huge gap between rich and poor, competition, lack of co-operation in the community & among the neighbours,
- Ancient Ladakh was a place where the society never had any kind of wastage or waste products. Whether it were old- clothes used to

block the water wastage in villages for watering the fields or even human excreta were used in local toilets as manures in farms.

- Ladakhis were true economist who recycle or reuse everything....A born waste management entrepreneur.
- Impact of global warming has not spared Ladakh also. The recent cloudburst of 2010 in Ladakh is one of impact of global warming. The cloudburst had huge impact on agricultural land....he narrated a true story of a farmer from Taru village who had to drop his farming and to search for a new job. Before the cloudburst he used to sell trees and do cultivation which was his source of his livelihood but the flood changed everything.



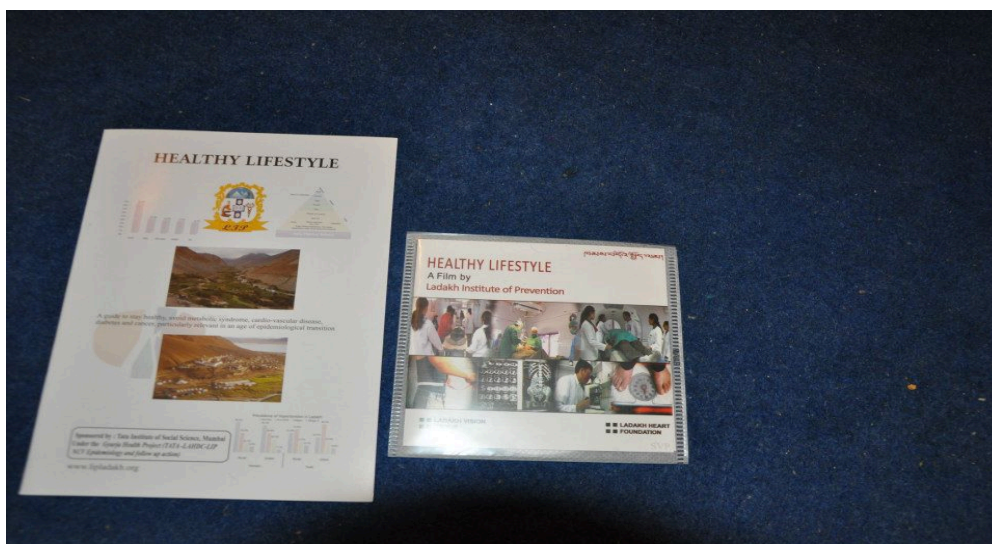
- 3. Sustainable Development:-** On the topic of Sustainable Development we invited Mr.Thinless Dawa (Sub-Divisional Agriculture Officer) as resource person. His talks includes the following points:-



- Human beings need nutrition like protein, minerals, vitamins, fats, cereals, carbohydrates e.t.c to sustain one-self on this planet earth.
- Ladakh being an elevated-agricultural terrain is known for the usage of local manure in our farms; which is organic, has no side-effects on our health and environmental friendly e.t.c.
- Ladakh from farming point of view is unique from rest of India. The reason for it is the immeasurable use of chemical fertilizers and other sort of pesticides for cultivation of crops in all the parts of India . As such its effects are clearly visible on health, environment and soil pollutions e.t.c. Moreover the growing use of it has decreased the quality of soil, productivity and taste of crops by killing the micro-organism present in the soil.
- Ladakh is an living example of self-sustainable economy and pollution-less agriculture habitat on the whole planet.

- The opening of ration-stores by Govt is resulting in losing the self-reliant Ladakhi economy by becoming lazy to work on their own farming fields and opting for easy means by completely depending on Govt ration-stores.
- One of the present day serious impact on Ladakhi society is the transition of rural society to urbanization. Consequently leaving farming and a huge gap between haves and have-nots –not which were absent in ancient Ladakh.

4. **Healthy-life Style:-** The resource person on healthy-life style was Dr. Tsering Norboo Physician. Presently he is Founder member and Hony Secretary Ladakh Institute for Prevention for the study of Environmental, occupational, life style related and High Altitude disease and Consultant Physician Mahabodhi Karuna Charitable Hospital Choglamsar. Currently is on the expert review committee of DRDO (DIPAS) in high altitude studies; was a member on the expert committee panel of Government of India, Ministry of Health to impart training to medical officers attending Shri Amarnath Yatra 2013. He is a life member of Association of Physicians of India, Indian chest society and associate member of International society of mountain medicine and physiology and Indian Mountaineering foundation.





- He aware participants about junk/package foods causing immeasurable destruction to the health.
- Junk foods are causing obesity and high blood cholesterol among people of Ladakh leading to a heart attack or a stroke.
- Not eating proper food, lack of physical activity and neglect of local food items by youths are cause of concern.
- Ladakh Institute of Prevention(LIP).....A research institute for the study of environmental, occupational, life style related and high altitude diseases.
- Ladakh today is witnessing new epidemiological problems on account of the contact with an increasing globalized world.
- Unhealthy modern life style and food habits have increased coronary heart disease in the urban population.

- Unorganized burgeoning small scale automobile workshops and vehicular pollution are adding to the disease burden caused by environmental dust and domestic fire pollution.
- A traditionally well maintained clean air, clean water and a serene atmosphere in this high altitude region is rapidly replaced by a polluted air, contaminated water and noise pollution unparalleled in the history of Ladakh.
- With improvement in the economic status, there is tendency on the part of young Ladakhis to spend their disposable income on alcohol, cigarette, rich food which will affect their health adversely.

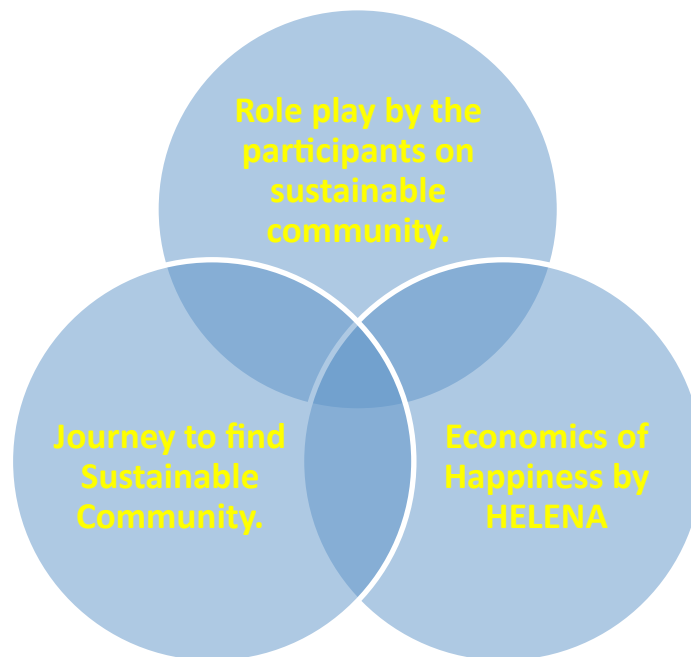
5. Holistic Education:-

- On the topic of holistic education we carried an overall understanding, contemplation, practice and analysis on what is education?
- And once we realize what education is ? We start how we differentiate it with Holistic Education.....which involves to lead a meaningful life with truth, sincerity and honesty. Further to cultivate action based on peace, non-violence and happiness for all on this planet earth regardless of caste, creed or sex. And love and care for our environment and all the beings living on it.

6. EXPOSURE VISIT TO BUDDHIST HERITAGE



7. Movies as a means of learning & motivation were shown during the workshop to educate the young minds:-



8. ACTIVITY PROJECT WERE DONE ON FOLLOWING:-

1. **Community Building:-** On the first day we told participants to build a community with the help of a chart paper, colours and to use their own potentials for the building a community. As such after the activity the facilitators enquired and asked from the participants their feeling about the community in which the participants after the activity shown un-satisfaction on following grounds:-

- Lack of co-operation, lack of happy or a peaceful community and further no idea for a sustainable community, importance and need to protect environment and ecology on our planet e.t.c

However on the last day of the workshop they were again told to build a community and they build a community which was based on learning during the workshop like sustainability, sustainable development, community development, a peaceful/loving/caring beings on our planet earth, power-sharing, healthy life-style, ecological and environmental care.....importance of spirituality in daily life and its application towards humanity and society.

2. **POWER SHARING:-**

3. **DEEP LISTENING:-**

4. **Team building activity:-**

5. **APPLE WORLD:-** In which an apple was taken as an example as our planet earth.

6. **An activity on life's greatest challenges and what are the factors to over the same.**

- Consider your greatest success. What you need to know in order to achieve those success?
- Lack of modern academic education and what is the solution for the same.



Thank You FSUC(UNIVER –CITY LADAKH) 000

From SEBoL and all the Participants of workshop.