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# SIKKIM UNIVERSITY CHRONICLE

## 71st Republic Day 2020

### Editorial

Dear Readers,

I take this opportunity to wish all of you a very Happy and Prosperous New Year 2020. May we keep learning and growing and achieve greater milestones in all our pursuits.

In this issue I have highlighted the 71st Republic Day Celebration held at the University Administrative Block. For some of you who could not attend the 12<sup>th</sup> Foundation Day Celebration and the 5<sup>th</sup> Convocation of the University held, I have also compiled the 12<sup>th</sup> Foundation Day Lecture and the 5<sup>th</sup> Convocation Address.

This issue also highlights some of the sports events that were organised by the Sports Cell of the University under the Fit India Movement Programme of the Govt. of India.

Happy Reading..!!

Kunjini Prakash Darnal

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The 71st Republic Day was observed in University on 26th January 2020. Vice- Chancellor Prof. Avinash Khare hoisted the National Flag at the Kanchendzonga Management Block on this day. Prof. Khare congratulated all the members of the faculty, non- teaching staff and students who were present at the function. He spoke on the developments that India had witnessed in the field of education in the past seventy years of Indian independence.

Registrar Sh. T.K. Kaul also addressed the gathering and greeted everyone present on the occasion. He also mentioned the achievements of India in the field of technology.



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## 12<sup>th</sup> Foundation Day Address

The 12th Foundation Day of the University was celebrated on 2<sup>nd</sup> of July 2019. On this occasion the 12th Foundation Day Lecture was delivered by Prof. Ngawang Samten, Vice- Chancellor, Central Institute of Higher Tibetan Studies, Sarnath on '**Buddhism and 21st Century**'. In his address he spoke on how Buddha set the framework of spiritual and philosophical system in his first Dharma sermon on the four Noble Truths- the truth of eight fold noble path suffering, the truth of origin of suffering, the truth of cessation of suffering and the truth of path. Buddha brought paradigm shift the philosophical world by introducing the fundamental concepts of impermanence(anitya), inter dependant origination(pratityasamudpada), selflessness(anatma) and emptiness(shunyata). Buddhism has also made significant contribution to spirituality and human knowledge pertaining to various fields of studies in ancient India like philosophy, epistemology, cognitive science, logic and psychology. Buddhism is religious system with strong intellectual foundation of analysis and investigation for the exploration of reality. According to Indian philosophical system in general and particularly the Buddhist philosophy, there is a great emphasis on the realisation of reality, which alone can eliminate the wrong perceptions grounded on appearance. Hence the gap between reality and appearance is regarded to be the root of all the problems and sufferings. Human emotions develop on the basis of how the world appears to us. The Buddhist science of mind provides a sophisticated account of system of mind and emotions: their nature, characteristics, causes and conditions, their impact, how to reduce, subdue and eliminate the destructive emotions like anger, hatred, jealousy and cultivate and develop the positive emotions like patience, compassion and love. Negative emotions are the direct causes of unhappiness and the positive emotions are the direct causes of happiness. For over the last two thousand years the spiritual masters, philosophers and inner scientists have done comprehensive and intensive research on mind, cognitive process, epistemological system, psychological system, transformative measures with mind training and meditation.

The scholarly works in the above fields became a part of the regular activities of the Buddhist monastic institutions beginning from Nalanda, Vikramshila, Takshila, Odantapuri and the like which are still a vibrant practice in the tradition. The Nalanda tradition is preserved in entirety in the Tibetan Buddhist tradition, with respect to profound scholarship, high spirituality and vast culture. Science has made great advancement in the material world which has immensely contributed to information, communication, transportation and medical system. However, rate of human happiness is not better, rather worse due to the modern life style with stress, anxiety and many other mental problems. The modern science has not explored the inner world until very recent time. Today the Tibetan Buddhist tradition attracts the top world scientists and intellectuals, consequently for the last three decades they have been having interactions with Buddhist scholars and practitioners to explore into the nature of mind on which Buddhism has a lot to offer. Intensive researches are taking place in various science institutes around the world headed by leading scientists. Several ground- breaking findings have changed many of the principles of science. These researches are making strong impacts on science, education, administration and public health and wellbeing. Buddhist spiritual practice is nothing but transformation of mind with meditational processes of analysis and stability. Emotional Intelligence(EI), social Emotional Learning(SEL), Mindfulness meditation and Mind Training have become very popular in all sectors of life.



## **5<sup>th</sup> Convocation Address by the Honourable President Sh. Ram Nath Kovind**

The 5<sup>th</sup> Convocation of the University was held on 3<sup>rd</sup> of November 2019 at Manan Kendra, Gangtok. Degrees were awarded to students who had passed out in the years 2017, 2018 and 2019. The Chief- Guest for the Convocation was the Honourable President of India, Sh. Ram Nath Kovind who is also the Visitor of the University. The Honourable Governor of Sikkim, Sh. Ganga Prasad and Chief Minister Sh. P.S. Tamang(Golay) were also present as Guests of Honour. The Convocation Proceedings was presided over by the Chancellor of the University, Left. Gen.(Retd.) D.B. Shekatkar. In his Convocation Address, Honourable President spoke on some important issues that have been highlighted as under.

In his opening address he mentioned his happiness in being able to attend the 5<sup>th</sup> Convocation of Sikkim University which is located in the tiny picturesque Himalayan state of Northeast India, nestled on the lap of Mother Nature. He also mentioned that higher education is a field wherein the Honourable President has keen interest and has always laid emphasis on the betterment of higher education during his current tenure as the President of India. He said that he was immensely happy to meet the students of Sikkim University. The Honourable President congratulated all the 1556 students who passed out in 2017, 2018 and 2019, and received degrees during the Convocation.

Addressing the students, he said that since they had completed an important chapter of their lives, they could foray into a world wherein they would be shouldering higher responsibility and challenges. The challenges ahead for them pertained to ensuring a bright and stable career for themselves and efforts to touch greater heights of success. However they should not falter from the path of being a good and efficient human being, since the purpose of education is to be a good human being. If one is good and efficient, the work that the students would undertake would produce better and quality output no matter what profession one is into. President Kovind also congratulated the parents whose wards were awarded the medals and degrees on that day. He said that the achievement of the students is the pride of the parents. The President was all praises for Sikkim University for its efforts towards preserving local languages like Limboo, Lepcha and Bhutia which are also the endangered languages of the world. He said that preserving and promoting the cultural heritage of Sikkim will prove to be a visionary initiative in protecting special identity of the State. He also appreciated the University's role in women empowerment.

President Kovind also mentioned that just like Corporate Social Responsibility(CSR) activities, all universities should also undertake initiatives under University Social Responsibility(USR). As part of USR activities, university students should spend time with village people and work towards improving their living condition. He suggested that the universities under its USR activities can adopt nearby villages, carry out services like immunisation, nutrition camp, cleanliness drive, free education thereby bringing overall improvement in their living conditions.

Speaking about Sikkim, the President said that the state has a strong possibility to become a model of development for other hill states. On the strength of conscious citizens, Sikkim is counted among the 10 leading states in the Human Development Index. Sikkim has set an example in education, health, sanitation and protection of wildlife. It has also set an example before the rest of the country in organic farming and becoming a clean, pollution- free state.

### Fit India Movement

As part of the Fit India Movement launched by the Ministry of Human Resources Development, Government of India, Sikkim University Sports Cell in collaboration with Sikkim University Students' Association organised various sports events, few of which are being mentioned as under;

Table Tennis Tournament was organised from 23<sup>rd</sup> to 25<sup>th</sup> October 2019 at the Cauveri Hall of the University. Dr. Jigme Wangchuk Bhutia, Coordinator, Sports Cell, Sikkim University informed that the event witnessed participation from a large number of students, and also teaching and non-teaching staff of the University.

Chess Tournament was organised from 24<sup>th</sup> to 25<sup>th</sup> October 2019 at the Cauveri Hall of the University. Many students, teachers and non-teaching staff participated in the event.

Badminton Tournament was organised from 22<sup>nd</sup> to 24<sup>th</sup> November 2019 at the Nar Bahadur Bhandari Degree College Badminton Court which witnessed the participation of a large number of students, teaching and non-teaching staff of the University.

