TUMKUR UNIVERSITY

DEPARTMENT OF STUDIES AND RESEARCH IN PSYCHOLOGY

STUDY TOUR REPORT

Study Tour Organised
In Collaboration with:

Department of Studies and Research in Psychology

Tumkur University, Tumakuru, Karnataka.

&

Sera Jey Monastic University

Bylakuppe, Mysuru District, Karnataka.

Place of Visit:

Sera Jey Monastic University

Bylakuppe, Mysuru District, Karnataka

Dates of Visit:

20th & 21st December 2025

Participants:

- MSc Psychology students (I & II Year)
- Faculty members of the Psychology Department
- Total Participants: **32**

Objectives of the Study Tour:

1. To understand Buddhist philosophical foundations relevant to psychology
2. To explore Eastern perspectives of mind, emotion, and consciousness
3. To observe monastic practices related to attention, mindfulness, and emotional regulation
4. To study the debate method (dialectical reasoning) as a cognitive training process
5. To relate Buddhist practices with Positive Psychology and Mental Well-being

Introduction

As part of experiential learning and curriculum enrichment, the **Department of Studies and Research in Psychology, Tumkur University**, organised a two-day academic study tour to **Sera Jey Monastic University**, Bylakuppe, Mysuru District, Karnataka, on **20th and 21st December 2025**.

Sera Jey Monastic University is internationally recognised as a centre of excellence in Tibetan Buddhist scholarship, preserving centuries-old traditions of philosophical inquiry, ethical discipline, meditation, and dialectical reasoning. The study tour was designed to expose students to Eastern psychological traditions, particularly Buddhist perspectives on mind, emotion, consciousness, and well-being, thereby complementing formal classroom instruction predominantly rooted in Western psychological theories.

The visit provided students with a unique opportunity to engage in experiential learning through direct observation, interaction with monastic scholars, and participation in academic discussions integrating Buddhist philosophy, Indian thought systems, neuroscience, and positive psychology. Emphasis was placed on understanding Buddhist conceptualisations of suffering, mindfulness, compassion, and mental discipline as foundational psychological processes rather than purely religious practices.

Through structured sessions, interactions with monastic authorities, observation of monastic debates, and exposure to contemplative practices, the study tour aimed to foster holistic psychological understanding, cultural sensitivity, and interdisciplinary thinking. The initiative also strengthened academic collaboration between Tumkur University and Sera Jey Monastic University, contributing to meaningful dialogue between contemporary psychology and indigenous knowledge systems.

Schedule of Visit		
Date & Day	**Time**	**Event/Place**
20/12/2025	12:00 PM – 1:30 PM	Monastery Orientation
	2:00 PM -3:30 PM	Conversation With Abbot
	3:30 PM – 5:00 PM	Session on Neuroscience & Buddhist Science
	5:00 PM – 5:45 PM	Buddhism & Positive Psychology
	6:00 PM -7:00 PM	Observation of Monastic Debate
		Interaction with Monks
	7:00 PM – 7:30 PM	School Observation
21/12/2025	8:00 AM – 12:00 PM	Golden Temple Visit

Day 01 – 21 Dec 2025, Saturday

Activity 01: Monastery Orientation

The programme commenced with an official orientation session conducted by the **Venerable Geshe Jampa Choewang**, Director, Modern Education Department, Sera Jey Monastic University, providing a comprehensive overview of Buddhism and the academic framework of the monastic university.

During the session, students were briefed on the syllabus structure, examination system, and institutional regulations governing monastic education. Emphasis was placed on the ethical code of conduct observed during monkhood, including the observance of celibacy, adherence to truthful speech, and abstinence from intoxicants. The session also outlined the stages of learning in Buddhist education, namely listening to teachings, memorization, contemplation, and debate, highlighting their relevance to cognitive development and disciplined learning.

Following the orientation, participants were guided to the main meditation hall. The hall was adorned with colourful murals, Buddhist flags, and symbolic artwork, depicting the life of Lord Buddha and various Buddhist deities, each representing distinct virtues and spiritual qualities. This visual and contemplative environment provided students with an experiential understanding of the symbolic and psychological dimensions of Buddhist practice.



Orientation Session at Sera Jey Monastery



Students Attending Orientation on Buddhist Education



Explanation of Monastic Academic Structure



Visit to the Main Meditation Hall during Orientation

Activity 02: Conversation With Abbot

The interaction session commenced with a formal address by the **Venerable Geshe Tashi Tsethar, Abbot and Chairman, Sera Jey Monastic University**, who provided an insightful briefing on the establishment and historical background of the Bylakuppe Monastic Settlement.

The Chairperson explained that Bylakuppe was established as a Tibetan refugee settlement in the early 1960s following the Tibetan diaspora. Over time, it evolved into a major global centre for Tibetan Buddhist education, preserving ancient monastic traditions, philosophy, and scholarship. Institutions such as Sera Jey Monastic University have played a pivotal role in sustaining classical Buddhist education, ethical training, and contemplative practices across generations.

He further highlighted the academic and cultural collaboration between Tumkur University and Sera Jey Monastic University, emphasizing the importance of such inter-institutional engagements in promoting cross-cultural learning, interdisciplinary dialogue, and experiential education.

- **Indian Cultural Roots, Love, and Compassion as Psychological Strengths**

The session strongly encouraged students to reconnect with Indian philosophical and cultural traditions, stating that such roots provide direction, ethical grounding, and psychological clarity. This reconnection, he explained, helps individuals move away from ignorance and progress toward enlightened understanding and balanced living.

Special emphasis was placed on love (*Metta*) and compassion (*Karuna*) as powerful psychological forces. Students were taught that:

- *Love prevents hatred*
- *Compassion reduces anger and hostility*
- *Ethical emotions promote mental stability and social harmony*

These principles were discussed not merely as spiritual ideals, but as protective psychological factors contributing to emotional regulation and well-being.

- **Buddhism: Traditional View of Mind and Psychological Principles**

The interaction then progressed into an experiential learning dialogue focusing on Indian philosophical roots of Buddhism as an early psychological system explaining the nature of the mind. The Chairperson explained that, in Buddhist psychology, the mind (*Chitta*) is viewed as dynamic, impermanent, and conditioned, rather than fixed. Mental states arise due to causes and conditions, and therefore, suffering is not inherent but modifiable through awareness and practice.

- **Understanding Suffering (*Dukkha*) and Its Psychological Resolution**

A detailed discussion was held on the Buddhist concept of suffering (*Dukkha*), which extends beyond physical pain to include dissatisfaction, emotional unrest, and existential unease.

Students were guided to understand suffering through:

- *Identification of its root causes, particularly attachment and ignorance*
- *Recognition that distress can be reduced by insight rather than suppression*
- *Cultivation of mindful awareness to break habitual negative thought patterns*

The Chairperson emphasized that psychological distress can be effectively addressed by identifying root causes rather than reacting to surface-level symptoms, aligning strongly with modern therapeutic approaches.



With the Abbot and Chairman of Sera Jey Monastery



Presenting Tribute to Abbot and Chairman

Chairman Addressing Students on Ethical Living and Psychological



Discussion on Buddhist Perspectives of Mind and Suffering



Activity 03: Session on Neuroscience and Buddhist Science

The session on Neuroscience and Buddhist Science was conducted by **Venerable Geshe Jampa Khechok, Director, Science Centre, Sera Jey Monastic University**. The session focused on the physiological and psychological dimensions of stress and their relevance to mental health.

During the session, students were introduced to the biological correlates of stress, including increased heart rate, elevated cortisol secretion, and altered breathing patterns, and their impact on cognitive and emotional functioning. The resource person explained how these physiological responses influence mental well-being and stress-related disorders.

The session further addressed methods of stress regulation, with specific emphasis on meditation as a scientifically validated practice. Participants were provided with brief guidance and introductory instructions to experience basic meditative techniques.

The resource person elaborated on the neuropsychological significance of meditation, highlighting its role in enhancing brain plasticity, emotional regulation, and overall psychological well-being. The session also discussed the relationship between regular meditation practice and improved neurotransmitter balance, particularly the role of serotonin in mood stabilization.

This session enabled students to appreciate the convergence of ancient Buddhist contemplative practices and contemporary neuroscience, reinforcing the applicability of meditation in modern psychological and mental health interventions.





Session on Neuroscience and Buddhist Science



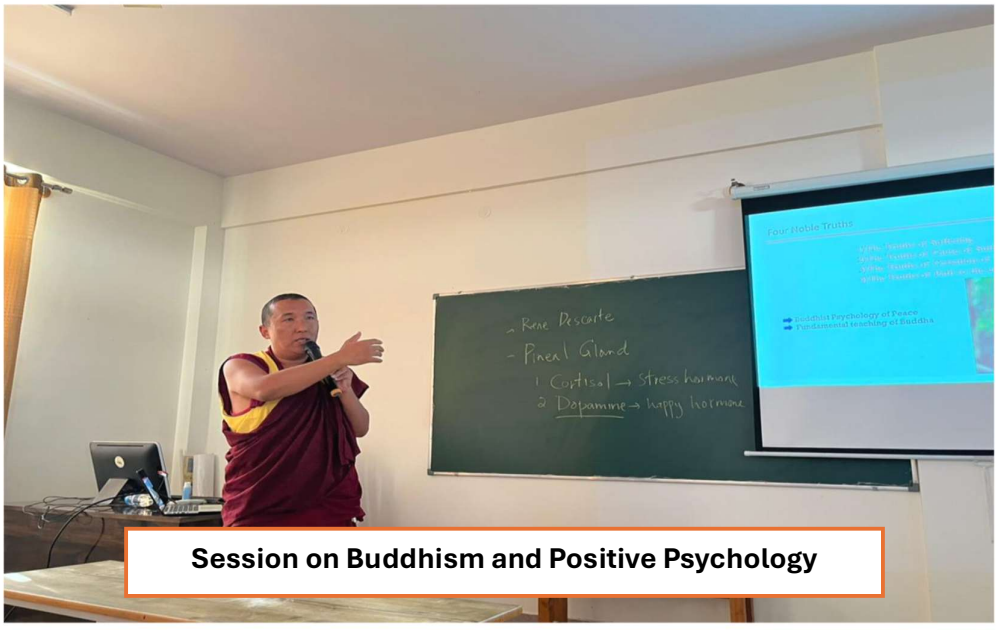
Interactive Discussion on Compassion, Mindfulness, and Happiness

Activity 04: Session on Buddhism and Positive Psychology

The session on Buddhism and Positive Psychology was facilitated by **Venerable Geshe Jampa Choewang, Director, Modern Education Department, Sera Jey Monastic University**. The session focused on examining Buddhist philosophical principles through the lens of contemporary positive psychology.

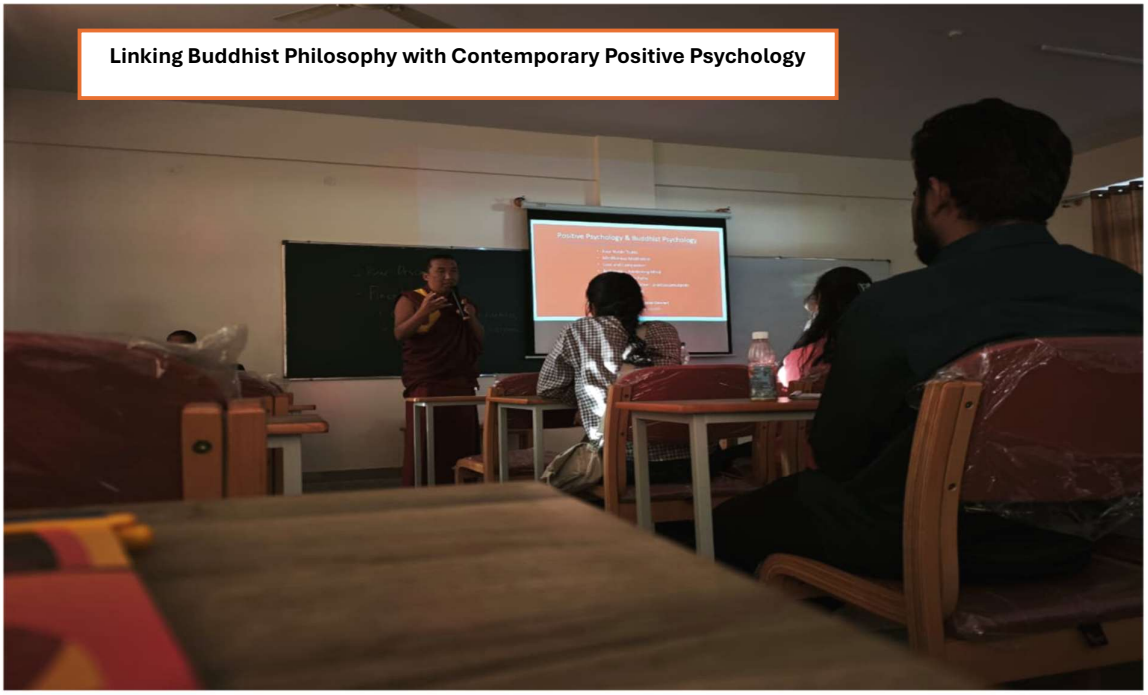
The resource person explained that the core objective of Buddhism is the alleviation of suffering (*dukkha*), achieved through systematic understanding and practice of the Four Noble Truths, namely the truth of suffering, the origin of suffering, the cessation of suffering, and the path leading to the cessation of suffering. Further, the Noble Eightfold Path—Right View, Right Intention (Thought), Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration—was discussed as a structured framework for ethical living, mental discipline, and psychological well-being.

The session concluded with reflections inspired by the principles and teachings of **Dalai Lama**, emphasizing compassion, mindfulness, and inner harmony as foundations of positive mental health. The discussion was followed by a brief open-ended interaction, encouraging students to reflect on the applicability of Buddhist principles in contemporary life and psychological practice.

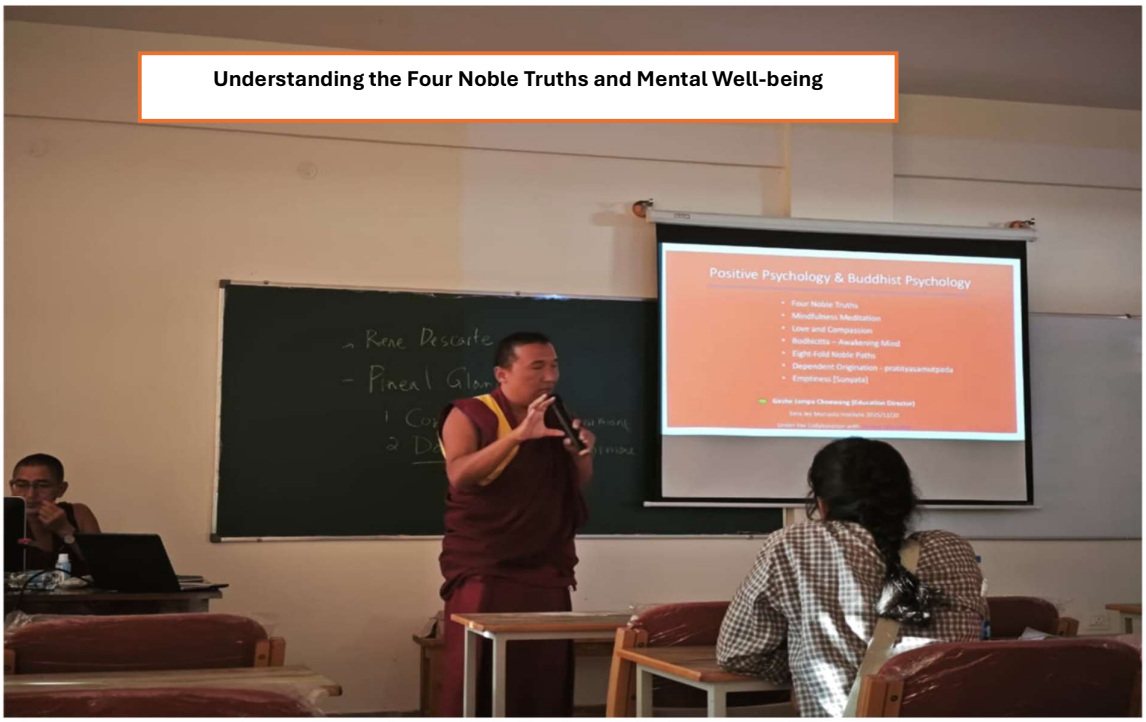


Session on Buddhism and Positive Psychology

Linking Buddhist Philosophy with Contemporary Positive Psychology



Understanding the Four Noble Truths and Mental Well-being

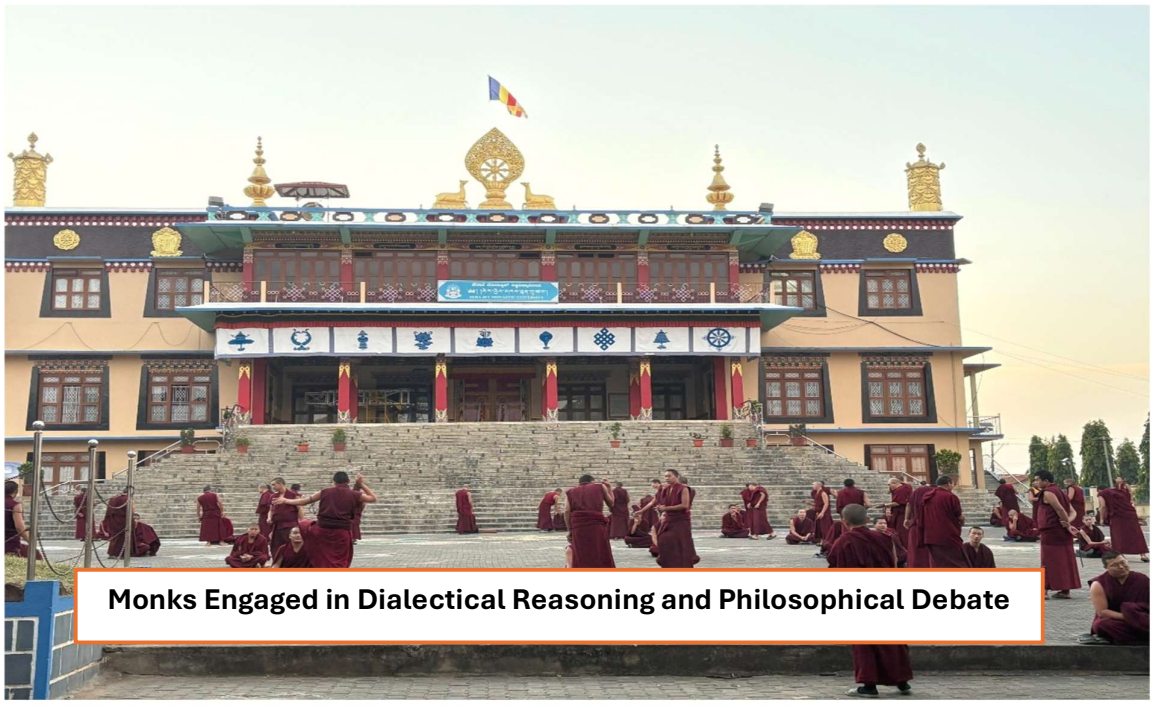


Activity 05: Observation of Monastic Debate

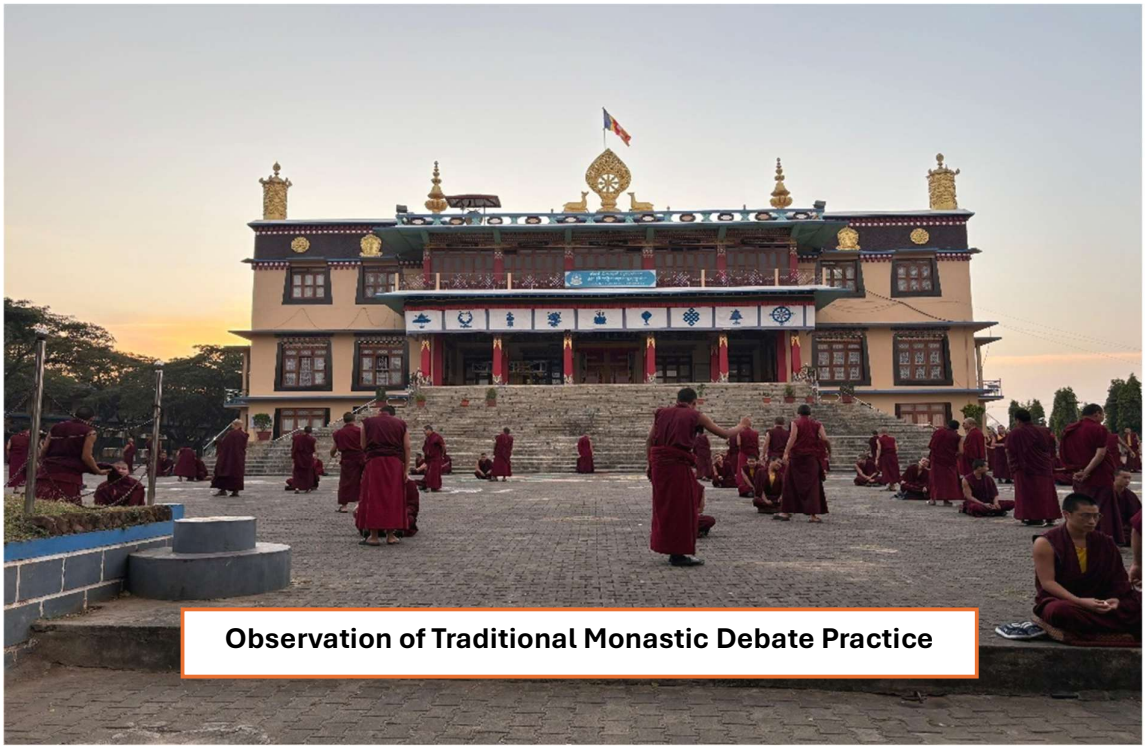
Under the Guidance of **Venerable Thupten Tharchin**, **Director, English Translation Department, Sera Jey Monastic University,** students were provided an opportunity to observe the traditional monastic debate practice conducted by monks of Sera Jey Monastic University, under the guidance of senior monastic scholars.

The monastic debate method served as a live demonstration of dialectical reasoning and disciplined cognitive training, wherein monks engaged in structured philosophical arguments. Through observation, students were able to identify the development of key psychological skills, including critical thinking, analytical reasoning, memory retention, and emotional regulation under intellectual pressure.

The activity highlighted how debate functions not merely as a pedagogical tool but also as a method for cultivating mental clarity, attentional control, and emotional discipline, offering valuable insights into non-Western approaches to cognitive development and higher order thinking processes.



Monks Engaged in Dialectical Reasoning and Philosophical Debate



Observation of Traditional Monastic Debate Practice



Activity 06: School Observation

Under the Guidance of **Venerable Thupten Tharchin**, **Director, English Translation Department, Sera Jey Monastic University**. It was explained that basic education for novice monks follows the CBSE curriculum up to the 10th standard, ensuring alignment with national educational standards.

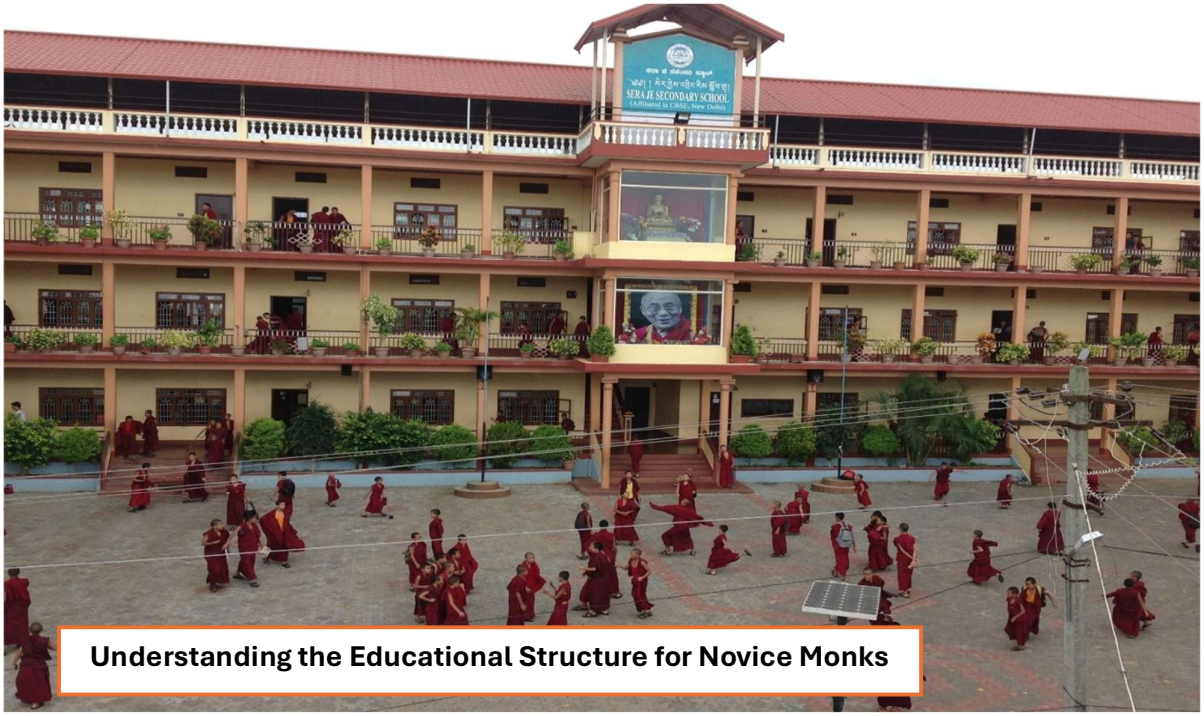
The observation highlighted the structured daily routine, wherein formal academic instruction is complemented by evening self-study sessions, fostering discipline, independent learning, and academic responsibility among students.

Further, participants were informed that upon completion of the 10th standard, individuals are provided the choice either to continue with monastic education or to pursue secular higher education, reflecting a balanced educational model that integrates spiritual training with mainstream academic opportunities.

This observation provided students with valuable insight into an inclusive and flexible education system, emphasising informed choice, personal development, and lifelong learning.



Observation of Monastic School Following CBSE



Understanding the Educational Structure for Novice Monks



Venerable Little Ones Returning to Their Residence

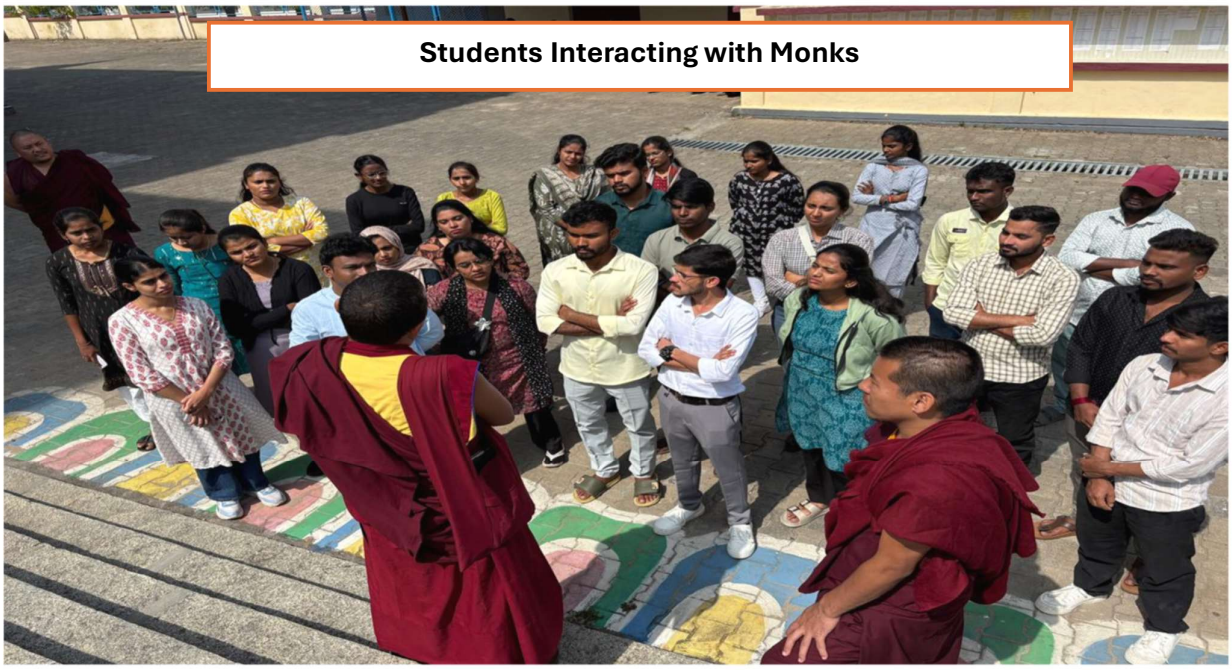
Activity 07: Interaction with Monks

An interactive discussion session was organised with resident monks of Sera Jey Monastic University, providing students with an opportunity to engage directly with monastic practitioners.

During the interaction, monks elaborated on Buddhist perspectives on suffering (*dukkha*), attachment, and psychological well-being, explaining how mental distress arises from habitual patterns of craving and aversion. The discussion further introduced students to traditional Buddhist concepts of mind (*Chitta*), awareness, and impermanence, highlighting the dynamic and conditioned nature of mental processes.

Emphasis was also placed on the role of discipline, ethical conduct, and contemplative practice in personality development. The monks explained how consistent adherence to ethical principles, self-regulation, and mindfulness contributes to emotional stability, moral maturity, and psychological resilience.

This interaction enabled students to gain experiential insights into non-Western models of personality development and mental health, reinforcing the integration of ethical living and psychological well-being.



Students Interacting with Monks

Day 02 – 22 Dec 2025, Sunday

Activity 08: Golden Temple Visit

On the second day of the study tour, students visited the Golden Temple, a prominent centre of Tibetan Buddhist culture and spirituality.

During the visit, **Venerable Thupten Tharchin, Director, English Translation Department, Sera Jey Monastic University,** provided a detailed briefing on the historical background of the temple, explaining the emergence and philosophical foundations of the four major sects of Buddhism, their respective founders, and the role of their followers in spreading the teachings of their spiritual masters across regions and generations.

The session also focused on the spiritual and psychological significance of mandalas, highlighting their use as symbolic representations of the mind, impermanence, and the contemplative process. Students were introduced to the concept of detachment as a core principle of Buddhist practice, emphasising its relevance in reducing psychological suffering and emotional attachment.

Further, students were explained the meaning and significance of the Three Jewels of Buddhism—Buddha, Dhamma, and Sangha, representing the enlightened teacher, the universal teachings, and the spiritual community, respectively. The importance of butter lamps and chanting rituals was also discussed, illustrating their role in cultivating mindfulness, devotion, and inner awareness.

This visit provided students with an experiential understanding of Buddhist symbolism, ritual practices, and philosophical principles, reinforcing the integration of spiritual traditions with psychological well-being and contemplative discipline.



Visit to the Golden Temple, Bylakuppe

Interaction with School children at Golden Temple



Outcomes of the Study Tour

1. **Enhanced Understanding of Eastern Psychology:**

   Students developed a clear understanding of Buddhist and Indian philosophical contributions to psychology, particularly concepts of mind, consciousness, and suffering.

2. **Experiential Comprehension of Mindfulness:**

   Participants experienced mindfulness and meditation practices directly, enabling them to understand these concepts beyond theoretical classroom explanations.

3. **Integration of Meditation with Mental Health:**

   Students learned to relate contemplative practices to modern mental health applications, including stress management, emotional regulation, and well-being.

4. **Exposure to Non-Western Models of Well-Being:**

   The study tour provided insights into holistic models of well-being that integrate ethics, discipline, compassion, and self-awareness.

5. **Development of Cognitive and Analytical Skills:**

   Observation of monastic debates strengthened students' appreciation of critical thinking, logical reasoning, and disciplined cognitive engagement.

6. **Ethical and Personality Development Awareness:**

   Students recognized the role of ethical conduct, self-discipline, and value-based living in personality development and psychological resilience.

7. **Cultural Sensitivity and Interdisciplinary Perspective:**

The tour fostered respect for indigenous knowledge systems and promoted interdisciplinary learning between psychology, philosophy, neuroscience, and spirituality.

8. **Strengthening Academic Collaboration:**

   The visit reinforced institutional collaboration between **Tumkur University** and **Sera Jey Monastic University**, supporting experiential and collaborative academic initiatives.

Conclusion

The study tour to Sera Jey Monastic University proved to be academically enriching and intellectually stimulating. The visit effectively bridged Eastern philosophical traditions and contemporary psychological science, enabling students to gain holistic insights into the nature of mind, behaviour, and well-being.

Through structured academic sessions, experiential learning, and direct interactions with monastic scholars, students developed enhanced conceptual clarity, cultural sensitivity, and interdisciplinary understanding. Such experiential learning initiatives significantly contribute to the professional development of psychology students by broadening their perspectives and encouraging reflective and ethical engagement with diverse knowledge systems.

Acknowledgement

The **Department of Studies and Research in Psychology, Tumkur University**, expresses its sincere gratitude to the authorities, monastic scholars, and monks of **Sera Jey Monastic University** for their warm hospitality, academic guidance, and valuable interactions extended during the study tour.

The Department also acknowledges the support and permission granted by Tumkur University in facilitating this academic initiative. The cooperation and participation of faculty members and students are gratefully acknowledged, which contributed to the successful completion of the study tour.

Participants Feedback:



ಗೌತಮ ಬುದ್ಧನ ಚರಿತ್ರೆಯನ್ನ ಪಠ್ಯದಲ್ಲಿ ಕೇಳಿದ್ದ ನಮಗೆ ಅವರ ಜೀವನಕ್ರಮ, ಬೋಧನೆ ಮತ್ತು ಸಾಧನೆಗಳ ಅರಿವು ಆಳವಾಗಿ ಬೇರೂರಲು ಈ ಪ್ರವಾಸವು ಕಾರಣವಾಗಿದೆ. ಇಹ ಬೋಗ್ಯಗಳನ್ನು ತೊರೆದು ಸರ್ವಮನುಕುಲಕ್ಕೆ ಬುದ್ಧರು ನೀಡಿದ ಮತ್ತು ಬೌದ್ಧರು ನೀಡುತ್ತಿರುವ ಕೊಡುಗೆ ಶ್ರೇಷ್ಠವಾದದ್ದು. ಇ ಅವಕಾಶವನ್ನು ಮಾಡಿಕೊಟ್ಟ ತುಮಕೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯಕ್ಕೆ, ಸೇರಾ ಜೇ ಮೊನಾಸ್ಟಿಕ್ ವಿಶ್ವವಿದ್ಯಾನಿಲಯಕ್ಕೆ ವೈಯಕ್ತಿಕ ಅಭಿನಂದನೆಗಳು.

Mr. Vinayak P L

Faculty



I visited Sera Jay University and had a good experience. The campus is clean and well-maintained, and the Monks were supportive and polite. Overall, it felt like a positive place for learning.

Ms. Surekha

Faculty



The educational visit to Sera Jey Monastery University, Bylakuppe, Kushalnagara, was highly informative and enriching.

The visit offered valuable insights into the monastery's academic system, traditional learning methods, and disciplined way of life practiced by the monks.

The serene campus environment and the well-organized guidance provided by the monastery authorities made the visit meaningful and memorable.

Ms. Bharathi H

Faculty



Grateful beyond words to the Sera Jey Monastery University for opening not just the monastery doors, but also our minds and hearts. The silence, the wisdom, and the stories shared here will stay with us long after we've left. Thank you for letting us witness a way of life rooted in peace and purpose.

Ms. Liyana Azad,
2nd Yr MSc Psychology



I visited Sera Jey University, Kushalnagara, for a one-day study trip. The accommodation and food facilities were excellent. The university's education system is very good, and the senior monks guided us well throughout the visit. The monks' debate activities were excellent and very engaging. Overall, it was a well-organized, informative, and memorable experience.

Mr. Revanasiddappa S K
2nd Yr MSc Psychology



Sera Jey Monastery in Bylakuppe is one of the most beautiful and peaceful Tibetan monasteries in South India. The monastery is large and serene, surrounded by prayer flags and chanting monks that create a calm atmosphere. Its interiors are rich and vibrant, decorated with golden statues, intricate murals, and traditional Tibetan art. The towering Maitreya Buddha statue inside is truly breathtaking and adds to the spiritual beauty of the place. Visiting Sera Jey university offers a deep sense of peace, reflection, and connection to Tibetan culture and Buddhist teachings. It's a truly beautiful and enriching experience.

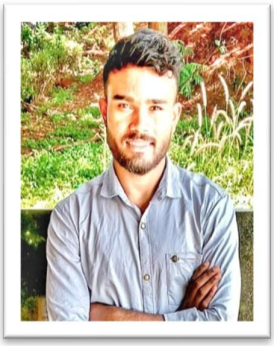
Mr. Shivananda Payad
1st Yr MSc Psychology



Visiting Sera Jey Monastery in Bylakuppe and the Golden Temple was a peaceful and enriching experience. Sera Jey Monastery felt calm and spiritual, with chanting monks, prayer flags, and beautiful Tibetan architecture that created a serene atmosphere. The interiors were vibrant and artistic, giving a deep sense of culture and devotion. Also, there food was so good. The Golden Temple was equally magnificent, with its grand structure, shining golden details, and sacred ambience that inspired awe and reverence. Spending time in both places brought feelings of peace, reflection, and cultural appreciation, making the trip memorable and meaningful.

Ms. Sneha P

2nd Yr MSc Psychology



I visited Sera Jey University architecture is very impressive and peaceful environment, the food and accommodation facilities were excellent. I saw the gurukul education system and debate scenarios so good. Next day I visited the one of the historical place golden temples was wonderful the Buddhism principals, ideological, perspectives, thinking patterns where I tried to adapt my life, Cauvery Nisargadhama and Venugopal swamy temple near KRS backwater this temple was awesome feel, and KRS dam with water activities were very nice I really enjoyed it very much. over-all trip was informative, useful and one of the most beautiful and memorable moments of my life. I would like to thank the organising team.

Mr. Naveen

1st Yr MSc Psychology



Visiting Sera Jey monastic university in Kushalnagara generally highlights it's peaceful, spiritual atmosphere, quietness environment and Sera Jey guesthouse with basic amenities. And purple era offer luxurious stays with great food and facilities mainly golden temple is most beautiful and peaceful one of the most beautiful and peaceful moment in my life.

Ms. Pooja

2nd Yr MSc Psychology



I visited to Sera Jey monastic university, architecture and environment is good. Golden temple is most beautiful and nice place the most beautiful moments of my life.

Ms. Vidya

2nd Yr MSc Psychology



I visited the Sera Jey Monastic University on December 20th. The atmosphere and environment and the discipline very attractive. The food was very delicious, and the rooms were very comfortable**.**

Ms. Kavya H S

2nd Yr MSc Psychology



Sera Jey monastic University is one of the best places. Thank you for inviting us.

སེ་ར་རྗེ་གཙུག་ལག་སློབ་གཉེར་ཁང་ནི་ས་ཆ་ཡག་པོ་ཤིག་རེད། ཁྱེད་ཀྱིས་ང་ཚོར་གདན་འདྲེན་ཞུས་པར་སྤྲག་རྗེ་ཆེ། 🙏

Mr. Hanamant

2nd Yr MSc Psychology



On December 20th, I visited Sera Jey Monastic University, arriving around 11:00 a.m. The visit began with a guided tour of the vast monastic campus, offering insight into the disciplined and serene life of the monks. In the afternoon, we had a meaningful conversation with the Chairman of Sera Jey Monastery, where he explained the monastery's vision, values, and its role in preserving Buddhist knowledge.

A special discussion session focused on the profound connection between Buddhist science and modern neuroscience, highlighting how ancient Buddhist practices such as mindfulness, meditation, and debate align with contemporary understandings of the human mind and brain.

We then visited the courtyard, where we observed the traditional monks' debate a dynamic and rigorous educational method that sharpens logic, memory, and critical thinking. This debate system reflects the monastery's unique education structure, which combines philosophy, ethics, psychology, logic, and spiritual discipline.

Sera Jey Monastic University follows a centuries old Tibetan Buddhist education system, where monks undergo long years of structured study, discussion, meditation, and moral training. The teachings are deeply rooted in the life and philosophy of Gautama Buddha, emphasizing compassion, wisdom, non-violence, and inner awareness. The following day, we visited the Golden Temple, a place of profound peace and spiritual significance. The visit offered a deeper understanding of Buddhist culture, rituals, art, and architecture, reflecting the historical journey of Buddhism from the life of Buddha to its living practice today.

Ms. Shijina K

2nd Yr MSc Psychology



On 20th December, we had the privilege of visiting Sera Jey Monastic University in Bylakuppe, and it was a truly wonderful and enriching experience. The peaceful atmosphere of the campus, combined with the spiritual environment of the monastery, created a very calm and reflective space for all of us.

We were especially honoured that the Chairman interacted with us and engaged in a meaningful discussion on positive psychology, which added great academic and personal value to our visit.

The Science Centre class was also extremely informative and well conducted,

Modern Education department Head - Geshe Jampa Choewang Sir. and

Science Centre Director - Geshe Jampa Khechok Sir. Presented a talk on the Relevance of Ancient Psychology. Helping us connect theoretical knowledge with practical understanding.

The food and accommodation provided were excellent, very clean, well-organised, and comfortable, which made our stay smooth and pleasant. The hospitality of the monks and staff was warm and respectful, and we felt genuinely welcomed throughout our visit.

Overall, this visit gave me not only relaxation but also learning and inspiration, and i am truly grateful for the care, discipline, and dedication we witnessed at Sera Jey. I would be very happy to visit again Sera Jey Monastic University for a meaningful and memorable experience.

Mr. Mohammed Sharfan

2nd Yr MSc Psychology



On December 20th, I visited Sera Jey Monastic University, arriving around 11 AM. Visitors generally love Sera Jey Monastic University for its profound peacefulness, authentic Tibetan atmosphere with monks in maroon robes, and beautiful, colourful architecture, offering a contrast to the busier Golden Temple nearby. Feedback highlights the amazing experience of witnessing special prayers, exploring the vast campus, and appreciating the scholarly environment, with mentions of a good guest house and affordable food.

Ms. Archita

2nd Yr MSc Psychology



The trip to Sera Jey Monastic University, Bylakuppe was a peaceful and enriching experience. The calm environment, beautiful monastery buildings, and disciplined lifestyle of the monks made the visit very meaningful. Observing their prayers and studies helped us understand Tibetan culture and spirituality better. The place was clean, quiet, and well maintained, which made the visit comfortable and enjoyable. Overall, the trip was informative, refreshing, and a memorable learning experience for all of us.

Ms. Nisha

1st Yr MSc Psychology



On December 20th, I visited Bylakuppe Sera Jey monastic university. It was very beautiful and the one guide who explained about monastic university and had a good conversation with the chairman of Sera Jey monastery. Also, he explained the monastery vision, values and Buddhist knowledge.

Ms. Gayathri

1st Yr MSc Psychology



ಡಿಸೆಂಬರ್ 20, ಶನಿವಾರದಂದು ನಾವು ಸೆರಾಜೆ ವಿಶ್ವವಿದ್ಯಾಲಯಕ್ಕೆ ಬೇಟಿ ನೀಡಿದ್ದೆವು. ಇದು ಶಾಂತಿಯುತ ವಾತಾವರಣವನ್ನು ಸೃಷ್ಟಿಸುತ್ತದೆ. ಇದರ ಒಳಾಂಗಣವು ಶ್ರೀಮಂತ, ರೋಮಾಂಚಕ, ಮತ್ತು ಶಾಂತಿಯುತ ವಾತಾವರಣವಾಗಿದೆ. ಈ ಸ್ಥಳಕ್ಕೆ ಮೊದಲ ಬಾರಿಗೆ ಬೇಟಿ ನೀಡಿದ್ದೆವು, ಈ ಸ್ಥಳ ನಮಗೆ ತುಂಬಾ ಇಷ್ಟವಾಯಿತು.ಅಲ್ಲಿನ ದೇವಾಲಯ, ಮಠ ಪ್ರದೇಶದ ಜನಸಂದಣಿಯಿಂದ ದೂರವಿರುವ ಕಾರಣ, ಶಾಂತಿ ನಮ್ಮನ್ನು ಮೊದಲು ಆಕರ್ಷಿಸಿತು. ಹಿರಿಯ ಸನ್ಯಾಸಿಗಳು ಬೇಟಿಯ ಉದ್ದಕೂ ಉತ್ತಮ ಮಾರ್ಗದರ್ಶನ ನೀಡಿದರು. ಅಲ್ಲಿನ ಶಿಕ್ಷಣ ವ್ಯವಸ್ಥೆ ಉತ್ತಮವಾಗಿತು. ಅಲ್ಲಿನ ವಸತಿ ಮತ್ತು ಆಹಾರ ಸೌಲಭ್ಯಗಳು ಅತ್ಯುತ್ತಮವಾಗಿದ್ದವು. ಗೋಲ್ಡನ್ ಟೆಂಪಲ್ ಅಷ್ಟೇ ಭವ್ಯವಾಗಿತು. ಅದರ ಭವ್ಯ ರಚನೆಯನ್ನು ತುಂಬಾ ವರ್ಣರಂಜಿತ ಮತ್ತು ಕಲಾತ್ಮಕವಾಗಿ ಅಲಂಕರಿಸಲಾಗಿದೆ. ಅಲ್ಲಿ ಕಳೆದಂತಹ ನೆನಪಿನ ದಿನಗಳು ನಮ್ಮಲ್ಲಿ ದೀರ್ಘಕಾಲ ಉಳಿಯುತ್ತವೆ. ಮಠವನ್ನು ವಿಕ್ಷೀಸಲು ಅವಕಾಶ ಮಾಡಿಕೊಟ್ಟಿದ್ದಕಾಗಿ ಧನ್ಯವಾದಗಳು.

Ms. Kavitha

1st Yr MSc Psychology



On December 20th, our college organized a two-day trip to Sera Jey Monastic University in Bylakuppe. The food, accommodation, and hospitality were excellent, making our stay comfortable and pleasant. Overall, the visit was inspiring, enriching, and truly memorable. I would be very happy to visit Sera Jey again. The trip was very nice and enjoyable. We sincerely thank Sera Jey Monastic University for their warm hospitality and support.

Mr. Abhisheka N

2nd Yr MSc Psychology



On 20th December, we had the wonderful opportunity to visit Sera Jey Monastic University, Bylakuppe. The peaceful and spiritual atmosphere made the visit calm and refreshing. We were honoured to interact with the Chairman, who shared valuable insights on positive psychology. The Science Centre sessions were highly informative and helped us understand the relevance of ancient psychology by connecting theory with real-life application.

The food, accommodation, and hospitality were excellent, making our stay comfortable and pleasant. Overall, the visit was inspiring, enriching, and truly memorable. I would be very happy to visit Sera Jey again.

Ms. Manisha

2nd Yr MSc Psychology



I visited the Sera Jey Monastic University was meaningful and educational. The environment was peaceful, and the monks were highly disciplined and focused on learning. Seeing their daily routine and debate sessions helped us understand the value of patience, concentration, and wisdom. It was a memorable experience that left a positive impression.

Mr. Prajwal

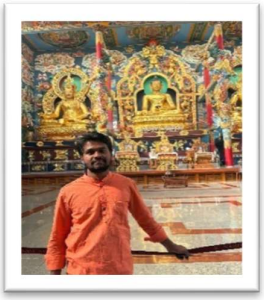
2nd Yr MSc Psychology



It was beautiful experience being there, I learned how our ancient roots help to identify our mental issues and tackle everyday problems and importance of meditation to handle anxiety and depression hospitality was at its best. And mesmerising buildings and painting and sculpture I would love to visit its beautiful places again.

Ms. Dhanalakshmi T L

2nd Yr MSc Psychology



Overall, the visit was very well planned and meaningful. It broadened our perspective, enhanced our knowledge, and left a lasting positive impression. We sincerely thank Sera Jey Monastic University for their warm hospitality and support.

Mr. Manoj Kumar

2nd Yr MSc Psychology



On December 20, we visited Sera Jey Monastery. They provided accommodation and good food during our stay. On the first day, we visited the monastery and the university. The President referred to Tumkur University and spoke about the purpose of life and how to achieve true happiness. We also attended a class on positive psychology and Buddhism, where they explained how both work together. In the evening, we observed a debate in students actively participated, and it was very interesting. Together we visited the Golden Temple, it was a very beautiful temple. While we were there, they explained each place of the monastery and the meaning behind every painting. Seeing all these things made me very happy, but I also felt that there is still a lot more to learn. Overall, it was a very good and pleasant experience for me.

Ms. Malashree

2nd Yr MSc Psychology



The visit to Sera Jey Monastic University gave us a sense of peace. The disciplined life and quiet environment made it a valuable learning experience.

Mr. Mallikarjun

1st Yr MSc Psychology



ചതിയും വഞ്ചനയും യുദ്ധവും നിറഞ്ഞ ഈ ലോകത്ത് സമാധാനത്തിന്റെ വെള്ളരിപ്രാവുകൾ ആയി ജീവിക്കുന്ന ഒരു കൂട്ടം മനുഷ്യരുടെ കൂടെ അല്പസമയം ചിലവഴിക്കാൻ സാധിച്ചതിൽ ഞാൻ കൃതാർത്തയാണ്.

സമാധാനം നിറഞ്ഞ ഒരു അധ്യാത്മീക്ഷം അവിടെ സമ്മാനിച്ചതിന് Sera Jay Monastry യോടുള്ള കടപ്പാട് ഈ അവസരത്തിൽ രേഖപ്പെടുത്തുന്നു.

സ്വയ പ്രതിഫലനത്തിനുള്ള ഒരു അവസരം കൂടെ ആയിരുന്നു ഈ യാത്ര.

വ്യക്തിപരമായി വിയോജിപ്പുകൾ ഉണ്ടെങ്കിലും ഈ യാത്ര വളരെ മികച്ചതും ഒരുപാട് അറിവുകൾ സമ്മാനിച്ചതും സ്മരണാർഹവുമായിരുന്നു.

Ms. Helan V Binu

2nd Yr MSc Psychology



On December 20th, our college organized a two-day trip to Serajey Monastic University in Bylakuppe. The trip was very nice and enjoyable.

The university has a calm and peaceful environment. We learned about the monks' daily life, their studies, meditation, and discipline. The monks explained everything in a simple and friendly way. We saw prayer halls, and the campus also too good, which helped us understand their lifestyle and culture.

Overall, the visit was very informative and meaningful. We learned new things and felt relaxed and inspired. It was a good educational experience, and we are thankful to our college for arranging this trip.

Ms. Ankitha

2nd Yr MSc Psychology



ದಿನಾಂಕ 20 ಮತ್ತು 21 ಡಿಸೆಂಬರ್ ರಂದು ನಮ್ಮ ಡಿ ಓ ಎಸ್ ಆರ್ ಇನ್ ಸೈಕಾಲಜಿ ತುಮಕೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ವತಿಯಿಂದ ಸೆರಾ ಜೆ ವಿಶ್ವವಿದ್ಯಾನಿಲಯಕ್ಕೆ ಎರಡು ದಿನದ ಪ್ರವಾಸ ಕೈಗೊಂಡಿತ್ತು ಮೊದಲನೇ ದಿನ ನಾವು ಬೌದ್ಧ ಧರ್ಮದ ಆಚಾರ ವಿಚಾರಗಳು ಮತ್ತು ಅವರ ಪ್ರಾರ್ಥನಾ ಕೇಂದ್ರಕೆ ಭೇಟಿ ನೀಡಿ ಮಾಹಿತಿ ಪಡೆದುಕೊಂಡವು ಮತ್ತು ಸೆರಾ ಜೇ ವಿಶ್ವವಿದ್ಯಾನಿಲಯಗಳಿಂದ ನಮಗೆ ಎರಡು ದಿನಗಳ ವಸತಿ ಊಟ ಆರೈಕೆಯನ್ನು ನೋಡಿಕೊಂಡರು ಮತ್ತು ಅವರ ಧರ್ಮದ ಬಗ್ಗೆ ಮಾಹಿತಿ ಪಾಸಿಟಿವ್ ಸೈಕಾಲಜಿ ಬಗ್ಗೆ ಅರಿವು ಮೂಡಿಸಿದರು ಮತ್ತು ಎರಡನೇ ದಿನ ಗೋಲ್ಡನ್ ಟೆಂಪಲ್ ಗೆ ಭೇಟಿ ನೀಡಿದ್ದವು ಮತ್ತು ಅದರ ವೈಶಿಷ್ಟ ಮತ್ತು ಅದರ ಒಳಾರ್ಥ ಬಗ್ಗೆ ತಿಳಿದುಕೊಂಡವು ಮತ್ತು ಈ ಎರಡು ದಿನಗಳ ಕಾಲ ಕಳೆದ ಕ್ಷಣ ನಮ್ಮ ಜೀವನದಿಡಿ ಮರೆಯಲಾಗದ ಕ್ಷಣವಾಗಿತ್ತು . ಜೈ ಹಿಂದ್ ಜೈ ಕರ್ನಾಟಕ ಮಾತೆ.

Mr. Guru Kiran G K

1st Yr MSc Psychology



Our visit to Sera Jey Monastic University, Bylakuppe, on 20th December was truly enriching and memorable. The chairman`s class about positive psychology and science block classes are so good. The serene environment, excellent hospitality, and comfortable accommodation made the experience deeply peaceful, for which we are sincerely grateful.

Mr. Suchin

2nd Yr MSc Psychology



Sera Jey University is one of the sacred places in Karnataka, where we learn about Tibetan culture through its paintings and decorations; the trip was wonderful.

Mr. Bhanuprasad

2nd Yr MSc Psychology



Visiting Sera Je University was a meaningful experience. The peaceful surroundings, well-organized campus, and respectful culture created a positive impression. and the academic environment reflects dedication to learning and values.

Ms. Bhagyashree
1st Yr MSc
Psychology



The environment there was very calm and serene, and the monks shared a lot of We learned about Buddha's teachings, their language, and their culture, which were unique and impressive. This visit helped us gain a deeper understanding of Buddhism. They also provided us with food and accommodation, and they took very good care of us. valuable information with us. On the next day, we visited the Golden Temple, which was a very special experience. Everything there was closely related to psychology.

Ms. Lakshmi
2nd Yr MSc Psychology