



ཡོ་གོང་ས་ཡུལ་འགོ་རྒྱུ་ལའི་སློ་མ་མཚོག་གི་ཀུན་ཕན་བདེ་མཉམས་  
FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY  
of His Holiness The Dalai Lama

# COMPASSION & RESILIENCE FELLOWSHIP 2023

in partnership with



The Foundation for Universal Responsibility (FUR) of His Holiness The Dalai Lama in partnership with The Red Door (TRD), is proud to announce the second year of the Compassion and Resilience Fellowship.

Designed as a virtual program consisting of *two batches* consecutively engaged for *three months* each, the Compassion and Resilience Fellowship addresses an **exigency** made visible by the **Covid-19** pandemic  
*and*  
its psychological fallout – the need to **systematically prepare** for an increasingly volatile and unpredictable **future**.

Our program emerges from, and builds on TRD's decade-long work in the mental health and education space, drawing from the best of:



The Fellowship will provide **50 individuals between 21 and 30 years** the opportunity to enhance their psycho-social skills and get future-ready!

Fellows will receive a **certificate of completion** at the end of the program.

If you are open to  
having your perceptions challenged,  
are oriented towards **psycho-spiritual growth**  
*and*  
see **compassion** as a critical 21st century skill,  
this Fellowship is for you!



We are looking for individuals who are keen on strengthening their **Resilience quotient** through a methodical, even exacting exploration of the self. In other words, people who are willing to pry their minds and hearts open and rebuild themselves in a resilience-affirmative mould.

We welcome people who are working [or want to] in the **development sector**, in education and in healthcare, and who recognize Resilience enhancement as a potential game changer for themselves as well as the communities they work with.

**PROGRAM  
DESIGN**



The Fellowship program comprises **four modules** transacted over the course of **3 months**. Sessions will be between **11:00 am and 1:00 pm on either Saturdays or Sundays**, and **7:00 pm to 9:00 pm on Wednesdays**.

Depending on the availability of facilitators, we may also schedule sessions between 3:00 pm and 5:00 pm on Saturdays.



### Module 1 The Basics

---

A **theoretical** exploration of **Resilience** as a multi-factorial concept and a highly trainable outcome.



### Module 2 Reaching In

---

This module facilitates a deep **immersion into oneself** (personal/psychological). It is designed to enable an experiential understanding of **intrinsic protective factors** and the tools to strengthen them.



### Module 3 Reaching Out

---

The objective of this module is to optimize the **social self**, allowing Fellows to engage most effectively with **extrinsic protective factors** [family, community, etc].



### Module 4 Going Beyond

---

This module facilitates a more **spiritual, transcendent view** of the human condition and an engagement with the process of **meaning-making** within one's life and circumstances.

Throughout the program, Fellows will be given the opportunity to **engage** with and **learn** from facilitators, and each other.

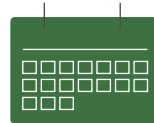
# ELIGIBILITY



Must be a  
Resident of **India**



Must have a working  
knowledge of **English**



Must be between  
**21 and 30 years** of age



The Fellowship process will  
be entirely online.  
So, a **wifi/data connection**  
is compulsory



---

## A special window to apply will be given to individuals above 30 years

if they can show that they've **lost a few years** of their lives to **difficult circumstances** (including, but not limited to extreme emotional states), that they are **striving to come back** to a state of equilibrium and that they are **keen to learn** and **collaborate** with the Fellowship process.



# SELECTION

To apply for the Fellowship, please [click here](#)



Shortlisted candidates  
will be invited by email  
for the **interview**

**Last date for applying:** Saturday, 10th December 2022

---

**Tentative date of commencement:** **Batch 1:** Saturday, 4th March 2023 & **Batch 2:** Saturday, 17th June 2023





ཡེ་ཤོང་ས་ཡ་སྐྱབས་མགོན་ཏུ་ལའི་སྐྱེ་མ་མཚོག་གི་ཀུན་པན་བདེ་ཙམ།  
**FOUNDATION FOR  
UNIVERSAL RESPONSIBILITY**  
of His Holiness The Dalai Lama

---

The Foundation for Universal Responsibility of His Holiness the Dalai Lama, founded in November, 1990, is a not-for-profit, non-sectarian, non-denominational organization established with the funds from the Nobel Peace Prize awarded to His Holiness in 1989.

In the spirit of the Charter of the United Nations, the Foundation brings together men and women of different faiths, professions and nationalities, through a range of creative initiatives and mutually sustaining collaborations that seek to foster an inclusive, just and non-violent world. It also seeks to expand the network of globally committed citizens that are sensitive to responsibilities in an interdependent world.

[www.furhhd.org](http://www.furhhd.org)

The Foundation works at the intersection of the commitments of His Holiness the Dalai Lama- to serve all sentient beings to find **personal happiness** and for there to be **peace** on our fractured planet. He is widely celebrated as a pre-eminent spiritual leader and statesman for our troubled times.

Through its rich repertoire of programs, the Foundation works to nurture:

---

**Universal Human Values**

---

**Capacities for Peaceful Coexistence & Non Violence**

---

**Interfaith Harmony & Understanding**

---

**Women's Equal Rights & Gender Justice**

---

**Environment**

---

**Conversations between Science & Buddhism**

---

**The preservation of Tibet's civilizational heritage, in particular the Nalanda tradition**

Its initiatives include WISCOMP (Women in Security, Conflict Management and Peace) that has been in the forefront on issues of gender, peace and security in the South Asian Region



---

The Red Door (TRD) is a **mental health initiative** that believes that the discourse around emotional and mental well-being needs to be more inclusive, diverse and respectful of the myriad realities that we inhabit in our heads and lives.

TRD believes in **holistic emotional wellness** regardless of (psychiatric) labels and takes its inspiration from the struggles of people who have experienced extreme emotional states.

At the same time, our programs take from some of the most cutting-edge research in **Psychology, Neuroscience and Resilience Studies**. TRD takes cognizance of the United Nations' Convention on the Rights of Persons with Disability (**UNCRPD**) motto of "nothing about us, without us". It is also extremely conscious of the intersections between mental health on the one hand, and gender, disability, social justice and sexuality on the other.

[www.thereddoor.co.in](http://www.thereddoor.co.in)



[Click here](#)  
to know more about the  
2022 edition of the  
Compassion & Resilience Fellowship.