

Pre -Festival Schedule



Lumbini, Nepal



Sep 14
09:00am – 09:50am

CLIMATE CHANGE, THE ENVIRONMENT & PROTECTING WHAT HAS BEEN CREATED THROUGH A PLANT-BASED DIET:

Being stewards of the planet, in our capacity to co-exist and be in balance with nature and the other living beings we share this planet with is an important part of the teachings of the Buddha and Ahimsa. These beliefs' intricate connection with nature – from the birth to the enlightenment of the Buddha under a tree & the many teachings of protecting the environment on one level or another, many debate is no coincidence. As the planet reaches dangerous environmental damage levels, with climate change now universally known and recognized as an issue of serious concern, we take a look at some of the leading causes of climate change and environmental degradation, which sadly, a lot of it is based around animal agriculture.

Recently released UN reports show animal agriculture is responsible for one-quarter of human-induced carbon emissions around the globe, and it takes more land (which we're running out of as the world's population nears 8 billion), more water (which many countries are seriously suffering from shortages of), and more resources to produce meat and dairy-related products than plants. Learn the ways in which you can help reduce the impacts of climate change and work for a possible future as climate change is happening now.

Special Guest Speakers

- **Dr. Sailesh Rao Ph.D.** (Founder of Climate Healers, Human, Earth & Animal Liberation Activist)
- **Derek Sarno** (Director of Plant-Based Innovation for Tesco PLC, Chef / Co-Founder of Wicked Kitchen)

Sep 14
10:00am – 10:50am

BUDDHIST TEACHINGS AND A PLANT-BASED DIET IN THE 21ST CENTURY:

Pancha Sila, which are the five principles of virtues to be followed by Buddhists, includes refraining from killing any living beings as its first principle. This is conceived as the principle of Ahimsa (non-violence). What does this virtue mean? Is it limited to not killing non-human animals directly? Where does the realm of ahimsa begin and what is its relevance with our diet in the 21st as much of animal agriculture has been commercialized and industrialized? As profit-driven factory farming is on the rise throughout Asia and knowing now the comparatively huge amount of environmental resources being used to "produce" nutrition through animals as the planet struggles to feed

nearly 8 billion people, we discuss how eating less resource consuming sources of nutrition, such as eating more plant-based foods, relates in relation to daily practiced Buddhist principles in the 21st century, this and more will be explored, discussed and analyzed.

Speakers

- **Eileen Weintraub** (Founding Director, Help Animals India)
- **Monk Sumangalu** (Thervada monk)
- **Vikshu Angphuri Sherpa** (Author, plant-based health advocate & monk)

Sep 14
01:00pm – 01:50pm

THE BENEFITS OF A PLANT BASED DIET ON HEALTH:

Traditionally, meat and dairy products have been associated positively with good health to the extent that it is considered synonymous with protein or calcium, and a diet without them is considered incomplete. However, recent advances in nutritional science as well holistic health science have shown that a whole food plant-based diet is not only sufficient for our survival but also optimal for human health. Non-plant-based food has been associated with different lifestyle diseases and even some of them are categorized as carcinogenic. A large mass of the public remains oblivious to the benefits of a plant-based diet and unknowingly chooses the wrong fuel for their body. Through this session, the benefits of following a plant-based diet on health will be highlighted

Speakers

- **Dr. Nandita Shah** (Author, Vegan activist, Founder Director of Sharan)
- **Dr. Susianto Tseng** (World Vegan Organisation Founder and Doctor in Nutrition)

Sep 14
02:00pm - 02:50pm

QUESTIONS & ANSWERS PANEL DISCUSSION:

You have questions, our panel of experts are here to help from doctors to dharma, the environment to health and nutrition, everything you wanted to know about a plant-based diet but didn't know where to ask. This Q&A session is designed to answer your queries, curiosity, questions, or any doubts related to climate change, conservation, and a plant-based lifestyle