

Vesak



What is it Vesak?

Vesak is one of the most important Buddhist festivals. It **is** also known as **Wesak** or Buddha Day. It **is** a celebration of Buddha's birthday and, for some Buddhists, marks his enlightenment (when he discovered life's **meaning**). It **is** also a time to reflect on his teachings and what it **means** to be Buddhist. It is known to commence Thursday 8th of April in 2021 in Japan but can be celebrated anywhere in the world.



What food do they eat at the Vesak festival?

The Food and Fun: Buddhists partake in any number of Asian dishes on Vesak, but consume no **meat** — a symbol of their compassion for all living things. They also visit monasteries, give to charity, hang lanterns, decorate with flowers, and listen to lessons offered by monks.

Benefits. A Buddhist diet follows a primarily plant-based approach. A plant-based diet is rich in **fruits**, **vegetables**, nuts, seeds, **whole grains**, legumes, and **beans**, but it may also include some animal products.



Why is Vesak celebrated?

Vesak, also known as Buddha Jayanti, Buddha Purnima, and Buddha Day, is a holiday observed by Buddhists and some Hindus. It commemorates the birth, enlightenment, and death of Siddhartha Gautama, who is commonly known as Buddha. All these important events are said to have happened on the same day throughout his life.



Where does it partake?

So, you **can** expect that **Vesak will** be acknowledged across the globe. South-East Asian countries such as Cambodia, Thailand and Laos, and Indian countries Sri Lanka, Nepal, Bhutan and Myanmar, **will** celebrate **Vesak** very publicly – as much of the population **is** Buddhist.

Each Buddhist culture has its own traditions for the day, but it is celebrated in lots of different countries, including many across Asia such as: India, Thailand, and North and South Korea. Many Buddhists will go to their local temple and some might even stay there throughout the day and night of the full moon.



How many countries celebrate Vesak?

United Nations Day of Vesak is now internationally celebrated including in the UN offices and UNESCO. International celebrations since 2000 included the first Vesak celebration in the UN (New York) on 15 May 2000. **34 countries** were represented.



What are the rules during the Vesak festival?

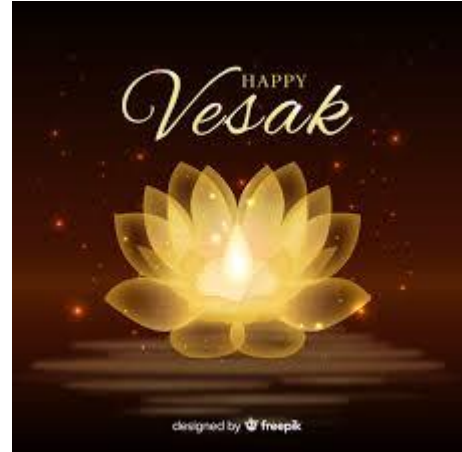
It commemorates the birth, enlightenment, and death of the Buddha, which are all said to have happened on the same date. It is held around the month of May or **Vesak**, based on the lunar calendar. Celebrations include dances, poems, parades, processions, deep meditation, theatrical performances, and puppet shows



We hope you enjoyed our powerpoint.
Here are some pictures.



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The End

From Adam and Zach