

FY 2022 - 2023

ANNUAL REPORT (2022-2023)





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Duedroi Rangwang Zhidey Tshogchung, Thimphu

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1, INTRODUCTION

1.1 Background

Duedroi Rangwang Zhidhey Tshogchung (DRZT) is a non-profit organization established to promote compassion for animals by advocating abstinence from all animal meat products for the benefit of all living beings.

We train people to live according to truth and high morals at all levels, which in turn contributes to mental, physical and spiritual development. This noble and sustainable concept was born from the heart of a group of compassionate people who started a We-chat group to raise awareness about animal abuse and gather like-minded people to create a viable organization. It was founded in mid-2015 as a dedication to the 60th anniversary of the 4th Druk Gyalpo, so the foundation day was set for November 11 to coincide with the birthday of His Majesty the 4th Druk Gyalpo.

Tshogpa is managed by 7 board members, executive director, program officer, account officer and other office staff with more than 10,386 members from all 20 Dzongkhags in Bhutan. Working as members of the association, one follows the statutes of the association, service rules, financial manual and the statutes of the civil society institution.

1.2 Aims and objectives

- Promote ways and means to adopt a healthy diet (Karzay lifestyle) •
- Try to avoid non-vegetarian foods (Marzay lifestyle)
- Promotes the development of relationships and relations between man and the four elements, earth, water, fire and wind (Djung-wa-Zhi);
- Spread the benefits of a non-violence and vegetarian diet that does not require the killing of animals and
- Cultivate the practice of good intentions and knowledge in people through various ways by bringing relevant information to the general public.

1.3 Scope of the Activities

Activities include a wide range of topics such as Karzai (vegetarian) lifestyle, advocacy programs, organizing training on vegetarianism, designing and distributing information materials such as brochures and posters, celebrating World Vegetarian Day, DRZT Foundation Day and researching the development of a vegetarian database. These are the main goals and objectives and scope of the organizations.

2. PROGRAM

Since the association's activity aims to promote peace, love and affection for animals and the whole society, the association and its members try by all means to stop the bloodshed and killing of animals. To do this, we promote a vegetarian diet instead of depending on animal meat, including clothing. We must raise awareness to save animals by promoting compassionate behavior and practices that protect and preserve animal welfare. Humans kill billions of domestic animals every day. Animals don't have a voice, so it's our job to give them a voice and fight for their rights. But we all know that people will never stop killing and their lust for meat, but despite everything, we encourage others to adopt a compassionate lifestyle by promoting vegetarianism and replacing meat, sharing plant-based recipes, organizing cooking classes to reduce food waste. We also enable people to understand the religious stance on killing and torturing other animals and its causes and consequences through the social media program and any other event-driven program.

DRZT consists of two program sections viz. (1) Research Department (2) Program Department. The program department works on advocacy programs such as vegetable kitchen training to reduce meat consumption and animal slaughter. The research department mainly studies non-vegetarian and vegetarian food. DRZT implemented the following actions.

2.1. World Vegetarian Day

Activity	Celebrating World Vegetarian Day.
Location/ where the fund was donated	Kuensel, Bhutan
Date	30 th August 2022 to (1 st October world vegetarian day)
Expenditure (Amount)	Nu. 400,000(Four Hundred Thousand only) and 100% expenses was incurred.
Note	<p>Every year throughout the world, the “WORLD VEGETARIAN DAY” is observed annually around the planet on October 1st. Likewise team DRZT also celebrated in order to surfeit the benefits of being vegetarianism including saving lives of animals. Being vegetarian create a better world because vegetarian diet have proven health benefits, save animals’ lives and help to preserve earth.</p> <p>So, we the team DRZT made the proposal and contributed Nu.400,000 in partnership with the Kuensel Bhutan to commemorate the celebration of the vegetarian day in Bhutan with an objective of reaching number of people, promoting healthy eating habits (green diet) and promote love, peace, and affection towards every animal.</p>



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To commemorate the **World Vegetarian Day**

Kuensel in partnership with Duedro Rangwang Zhidey Tshogchung is organising a Vegetarian Recipe Contest

RECIPE CONTEST

ATTRACTION

CASH PRIZE

THE WINNER
will be announced on October 1, 2021

The entry must be accompanied by your name, age, phone number and a copy of your citizenship identity card to kuenselveg@gmail.com

DISCLAIMER: Recipes of Ema Datsi and Kewa (potato) Datsi will not be included.

The recipes will be checked for plagiarism

For enquiry, contact: 17662263 / 17797658

Figure 1: Vegetarian Recipe contest initiated by Kunsel for one month with the aim to reduce the consumption of meat related product and to live the harmonious with all the sentient beings.



KHENPO TSHERING PENJOR

Every Sentient being including animals has the same desire as humans to stay happy and don't desire to be suffering of be killed

On October 1, every year, World Vegetarian Day is observed to promote a vegetarian diet. World Vegetarian Day is celebrated to raise awareness about the health and humanitarian benefits of a vegetarian lifestyle. The day was founded by the North American Vegetarian Society (NAVS) in 1977 as a vegetarian diet that has health benefits and also saves animal lives. The day was endorsed by the International Vegetarian Union in 1978. In Bhutan, the day was introduced in 2015 and now, many people are aware of the significance of this day.

People observe this particular day to celebrate the benefits of vegetarianism and veganism and those who care about animal rights, promote these concepts on the day. In Buddhism, we believe all animals as our parents in the past life. With this belief, it is completely wrong to kill and consume them. It is the same as feeding on our mothers' flesh. There are many other explanations why we should abstain from consuming meat from a Buddhist perspective. The only difference is that human beings can speak out and ask for help to protect themselves, unlike animals. They get the urge to speak out but because of their muted nature, they cannot express themselves verbally.

If we reduce meat consumption, it will help save animal lives and we will have a healthier heart and be at a lower risk of diabetes. Many studies have proved that people who consume animal-based products and fats are likely to have a shorter lifespan. If you cut out or reduce meat in our diet, we will automatically eliminate the risk of infection, bird flu, salmonella & poultry and fish borne diseases.

When and why did I decide to be a vegetarian?

In 2010, I had the opportunity to go to Taiwan. One day, I took part in a grand annual lunch offered by thousands of Buddhist followers in the country. I was given a DVD disc that showcased the torturing and killings of animals for different purposes. The footage was disturbing and it was at that moment where I realized that it was wrong to

consume meat. Later, in order to raise awareness of the benefits of vegetarianism and save animals from torture, I became a member of Duedro Rangwang Zhidey Tshogchung

Duedro Rangwang Zhidey Tshogchung represents their inner voice of not be killed or eaten alive by human beings. Secondly, as Buddhist followers, we are taught by our Great teacher Lord Buddha not to harm any beings at any cost and killing and eating meat is absolutely against our Buddhist morality and teaching of a Buddha.

It is not only our common Buddhist practice but also our Bhutanese identity of being a devoted Buddhist which could also be an example to the whole world. If non-Buddhist can also practice this noble act of being a vegetarian, why should we not and why can't we be. It's our common and basic practice to be harmless to everybody and to follow vegetarianism is an act of all of us in order to practice any other higher Buddhist path and practices.

Observing this world vegetarian day is also an opportunity to advocate our main goal which is saving innocent animals from being killed for different purposes by human beings. The Tshogchung in fact has been urging people to reduce meat consumption instead of stopping consuming meat immediately.

Personally, vegetarianism has improved my meditation focus. I feel healthier as a vegetarian. As all sentient beings have been our parents and there is no sentient being without becoming parents in our past lives, it is imperative to treat all beings with kindness, sympathy and compassion. If we do that it will not only benefit us in this and future lives but also liberate us from the samsara.

Therefore, we hope that the people of Bhutan would reduce meat intake and switch to vegetarian diet for healthy living.

Figure 2: Note by Khenpo Tshering Penjor on World Vegetrain Day, the Chairman of Dudroi Ranwang Zhidey Tshogchung

2.2. Awareness program – Bumthang Monlam Chenmo

Activity	Promote Karzey and reduce Marzey.
Location/ where the fund was donated	Bumthang.
Date	7 th September, 2022.
Expenditure (Amount)	Out of Nu. 85,000 (Eighty-Five Thousand), the actual amount incurred during the event was Nu. 81,150.
Note	<p>Embracing vegetarianism (Karzey) rather than the meat (marzey) have lots of benefits both physically and spiritually. Vegetables also contain lots of fibers, vitamins, and other nutrients that are required in our body which protects against major health diseases. Killing and torturing is always against religious point of view.</p> <p>Thus, DRZT being the organization that promotes vegetarianism instead of depending on the animal flesh, we contributed a sum of Nu. 85,000 to pacify the pandemic and to conduct prayers for the benefit of all sentient beings. The proposal of such a program has helped our organization to get more recognition and support which in turn helped us promote Karzey and Reduce Marzey.</p>



Figure 3: His Eminence Dungsey Garab Rinpoche in Chumey, Bumthang -Thousands of devotees from across the country received teachings and oral transmission of Bardo Thoedrol. With the blessing of Rinpoche, during this program, DRZT also created awareness of living a healthy life by consuming plant-based foods.

2.3. Awareness program – Kuensel Phodrang Monlam Chenmo

Activity	Say YES to Karzey and NO to Marzey
Location/ where the fund was donated	Kuensel Phodrang, Thimphu His Holiness Trulku Jigme Choedra has presided seven day Monlam Chenmo at Kuensel Phodrang. More than 2000 Monks from different Rabdeys and Shedras in the country had performed the prayer ceremony every day on rotational basis. Also Hundreds of Thousands of devotees attended the great prayers.
Date	25 th September, 2022
Expenditure (Amount)	Out of Nu. 500,000 (Five Hundred Thousand only) contributions made by DRZT for the program, the actual sum Nu. 445,000(four hundred forty-five thousand) was incurred during the event held at Kuensel Phodrang.
Note	<p>Vegetarianism had gained widespread attention as a compassionate lifestyle. It involves abstaining from animal flesh and adopting plant-based recipes in order to save animals from killing and torturing. Going meatless not only spares animals, but it also involves consuming a lot of good stuff you can't always find in meat like fiber, folic acid, vitamins C and E, magnesium, unsaturated fat, and tons of phytochemicals. That translates into lower cholesterol, reduced risk of heart disease, lower blood pressure, and a healthier weight.</p> <p>Thus, our organization focuses more on promoting vegetarianism for the sake of all sentient beings. Therefore, DRZT contributed the sum of Nu. 500,000 to conduct Monlam Chenmo as part of our awareness program i.e., healthy eating habits such as plant-based recipes and avoiding animal-based products including meat and clothing. Through this event, DRZT can able to gain more supporters from various places.</p>



Figure 4: DRZT Members during Kuensel Phodrang Seven Day Monlam Chenmo Presided by - His Holiness Trulku Jigme Choedra.

2.4. Foundation Day

Activity	Celebrating Foundation Day along with Samtse Monlam Chenmo.
Location/ where the fund was donated	Samtse.
Date	15 th November 2022.
Expenditure	Nu. 90,000 (Ninety Thousand only) was contributed.
Note	<p>DRZT which was formed as a non-profit organization established on 11th November 2015 to cultivate compassion for animals by promoting the abstention from consuming all animal meat related products. In the entire universe, majority of people feeds on animal product and dependent on animal skin as their clothing despite numerous substitutes like vegetables and synthetic clothing.</p> <p>So as to benefit all sentient beings, irrespective of any religion or caste; to advise and support in the development and promotion of vegetarianism and to celebrate the foundation day, the team DRZT contributed the sum of Nu. 90,000 as a donation to commemorate the foundation day and to conduct Monlam Chenmo. The objective was to stop bloodshed and killing of animals and to conduct prayers for the benefit of all sentient beings.</p>



Figure 5: DRZT members of Samtse Dzongkhag - Celebrating Foundation Day along with Samtse Monlam Chenmo

2.5. Awareness program – Khenchen Dra

Activity	Constructing the Truelku Vairotsana's Tshamkhang (108 numbers)
Location/ where the fund was donated	Khenchen Dra, Punakha
Date	2 nd February, 2023
Expenditure(amount)	Out of Nu. 555,555 (Five Hundred Fifty Five Thousand Five Hundred Fifty Five only) the total cost of Nu. 536,555(Five Hundred Thirty Six Thousand Five Hundred Fifty Five only) was incurred.
Note	Duedroi Rangwang Zhidey Tshogchung through discussion and agreement (on 5th January) donated a sum of Nu. 555,555, in the the hope of benefitting all sentient beings and creating awareness about the existence of the organization, to the Khenchen Drak in Punakha for the construction of Vairotsana Truelku's Tshamkhang (108 numbers) which was initiated by Her Majesty The Queen Mother Ashi Dorji Wangmo Wangchuck.



Figure 6: Her Majesty the Queen Mother Ashi Dorji Wangmo Wangchuck – Contributions to Khenchen Drak in Punakha for the construction of Vairotsana Truelku's Tshamkhang (108 numbers).

2.6. Awareness program – Chenrezig Drupchen , Lhuntse

Activity	Donation to the Kurim to create awareness.
Location/ where the fund was donated	Autsho Namdorling Goenzin Dratshang, Lhuentse.
Date	7 th March 2023.
Expenditure(amount)	Nu. 80,000 (Eighty Thousand only)
Note	Every year there are Kurims conducting in different places all around Bhutan for the well beings of all the sentient beings around the world. Likewise, our Je khenpo had conducted kurims in Autsho Namdorling Goenzin Dratshang in Lhuentse. So in order to promote vegetarianism and create awareness about benefit of becoming vegetarian, DRZT contributed a sum of Nu. 80,000 which helped in creating awareness about existence of the organization and its sole motto.



Figure 7: Chenrezig Drupchen -Autsho Namdorling Goenzin Dratshang, Lhuentse

2.7. Awareness Program – Lhuntse Monlam Chenmo

Activity	Donation to Monlam Chenmo to create awareness.
Location/ where the fund was donated.	Autsho Namdorling Goenzin Dratshang, Lhuentse.
Date	10 th May 2023
Expenditure (amount)	A sum total of Nu. 350,000 (Three Hundred Fifty Thousand only) was donated.
Note	<p>Being vegetarian reduce the risk of major killers such as heart diseases, stroke and cancer most importantly save animals from suffering in factory farm conditions and from the pain and terror of slaughter. It also preserves irreplaceable ecosystem such as rainforests and other wild life habitats and decrease greenhouse gases that are accelerating global warming.</p> <p>So, with the approval of the trustee members and the other members, a sum total of Nu. 350,000 was contributed to the Autsho Namdorling Goenzin Dratshang in Lhuentse for the smooth conduct of the Moelam Chenmo event. The contribution was made with the objective of creating awareness of healthy eating habits (Karzey awareness program) and conducting prayers for the benefit of not only the people in Bhutan but also all the other sentient beings in the universe.</p>



Figure 8: DRZT Members during - Monlam Chenmo, Autsho Namdorling Goenzin Dratshang, Lhuentse.

2.8. Awareness program – Dagana Monlam Chenmo

Activity	Karzey advocacy program through contribution to Monlam Chenmo.
Location/ where the fund was donated	Dagana.
Date	1 st June 2023.
Expenditure	A sum of Nu. 100,000(One Hundred Thousand only) was donated for the Monlam Chenmo.
Note	<p>Meatless diets get a bad rap for being bland and tasteless but that's not always not true almost any vegetable can be turned into scrumptious veggie-based pancakes, Pizza and many more. Being vegetarian, we will be helping to create a better world because vegetarian diet has proven health benefits, save animals' lives and help to preserve the earth.</p> <p>So as always, DRZT has contributed Nu. 100,000 to Dagana Moenlam Chenmo for the smooth conduct of the event. Moreover, the donation was made to create awareness about the organization to people in different places and to advocate the importance of being a vegetarian and the cause and effect of being non-vegetarian.</p>



Figure 9: DRZT Members during - Karzey advocacy program in Dagana Monlam Chenmo.

2.9. Awareness Program - Zhemgang Monlam Chenmo

Activity	Contribution to Monlam Chenmo
Location/ where the fund was donated	Zhemgang
Date	14 th June 2023
Expenditure	A sum total of Nu. 52,961 (Fifty-Two Thousand Nine Hundred Sixty-One) contributed.
Note	<p>Every year there are thousands of people making the move to a healthier, more socially responsible way of living. These people care about the lives of animals and want cruelty to come to an end, they want to live a healthy long life and avoid the perils of heart diseases, and they want to have beautiful bodies sustained by living in tune with the Earth. Likewise, our association strives to avoid or minimize the killing of animals through different methods of teaching, dissemination and promotions.</p> <p>Thus, team DRZT contributed a sum total of Nu.52, 961 as a donation to conduct the Zhemgang Monlam Chenmo. The amount was donated through discussion and agreement made by board members. The main purpose of donating is solely for the sake of all the sentient beings. To promote ways and means to avoid animal-based products and adopt plant-based diet.</p>



Figure 10: DRZT Members during – Zhemgang Monlam Chenmo

3. Conclusion

Man has the power to kill animals as well as to let them live in peace. Animals also have a right to live their life fully. Moreover, the treatment given to animals in the slaughter sheds is truly revolting. There are no rules to kill the animals. Hence nobody is bothered whether the animals die painlessly or not.

We should keep in mind that we are human, which means we should think and help to have a lovely world without turning ourselves into a barbarian. There are plenty of natural foods available all around you that you can truly enjoy and relish.

Scientifically, the human body are not made to be animal-eating. It is designed to be vegetarian. For example, humans have a long intestine that takes a lot of time to digest food, which means the meat stays in the body for a longer time as compared to animals that have shorter intestines.

The human body evolved from apes and as they preferred green food, it justifies that humans should eat roots, fruits and vegetables.

Being a vegetarian has its merits and is now a widely accepted fact that it does make you feel better and happy deep within. Everyone wants to live a happier and healthy life. No matter your age or situation, a well-planned vegetarian diet can meet your nutritional needs.

So, I urge everyone to adopt vegetarianism for the sake of all sentient beings.