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# PROGRAM AGENDA AND EXHIBITION INFORMATION

YEAR OF COMPASSION: CELEBRATING THE 90TH BIRTH  
ANNIVERSARY OF HIS HOLINESS THE 14TH DALAI LAMA



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YEAR OF COMPASSION  
CELEBRATING THE 90TH BIRTH ANNIVERSARY OF  
HIS HOLINESS THE 14TH DALAI LAMA

# PROGRAM AGENDA



DATE: SUNDAY, MAY 24, 2026

LOCATION: SANKOFA SQUARE, TORONTO

## PART I: OPENING CEREMONY & CULTURAL INAUGURATION

10:00 am

**Opening Ceremony:** Members of the Sangha, chief guests, special guests, president of CTAO/TCCC & members of the Organizing Committee, Canadian Tibetan guests, and will lead the ceremonial procession carrying the portrait of His Holiness the Dalai Lama to the main stage. The Tashi Sholpa Group & Dhung-Gyaling lead the procession.

**Mendrel Tensum Offerings:** The CTAO/TCCC President and the Chief Guest will present the Mendrel Tensum, the symbolic offerings representing body, speech, and mind, followed by the ceremonial lighting of the butter lamp.

**Invocation:** members of the Sangha will offer prayers for auspiciousness.

**Transition to Exhibition Tent:** Dignitaries on stage will proceed to the exhibition tent.

**Exhibition Opening – Ribbon Cutting & VIP Tour:** Formal inauguration and guided tour of the exhibitions:

- **Tent A:** *The Life and Legacy of His Holiness the 14th Dalai Lama and The Four Principal Commitments of His Holiness the 14th Dalai Lama*
- **Tent B:** *Tibetan Scholastic Culture (Major Fields of Science) and Traditions of Tibet*

10:30 am

### Land Acknowledgment & National Anthems

- Land Acknowledgment
- Canadian National Anthem
- Tibetan National Anthem

**Auspicious Reception:** Traditional *Droma Desel* (sweet rice) and Tibetan tea served to the guests

- **Tibetan Opera:** *Tashi Sholpa* - performed by TCCC Volunteer Artists

"Tashi Sholpa" is the opening dance of the ancient white mask school of Tibetan opera. People believe the dance can bring good luck to the audience. During the Yogurt Drinking Festival of the "Drepung" Monastery, held in Lhasa every summer, the dance serves as the opening performance. The simple mask symbolizes the image of Thang-Tong Gyalpo, the founder of the Tibetan opera Achi Lhamo

- **Long Life Tribute Song** dedicated to His Holiness the 14th Dalai Lama, presented by the TCCC Tibetan Language & Culture School

**Welcome Address:** Ms. Deki Shukla, President of the CTAO/ TCCC and chair of the Organizing Committee, will deliver the welcome address.

### Remarks by Distinguished Guests

- **Chief Guest:** Mr. James Maloney, M.P. Etobicoke-Lakeshore & Chair of the Parliamentary Friends of Tibet
- **Special Guest:** Mayor Olivia Chow, the Mayor of Toronto

Ms. Alexa Gilmour, MPP for Parkdale–High Park

**Special Presentation:** Rato Khensur Rinpoche Nicholas Vreeland (Thupten Lhundup), former Abbot of Rato Monastery in India, will speak on the *Four Principal Commitments of His Holiness the 14th Dalai Lama*.

### Cake Cutting Ceremony

A community celebration marking the 90th birthday of His Holiness the Dalai Lama.

**Nang Ma Toe-shey Traditional Dance: Acho Dhey** - performed by TCCC volunteer artists.

In 1642, during the enthronement of His Holiness the 5th Dalai lama, a group of Muslim musicians from Kashmir came to Tibet to pay homage. They brought along with them a new genre of music, which became very popular among the residents of Lhasa. Tibetan musicians at times modified some of the songs into a light classical melody called Nangma Toeshey, which eventually became more popular.

**11:30 am – 12:30 pm**

#### **Public Exhibition & Community Social**

- **Legacy Exhibition:** Biography and the Four Principal Commitments display.
- **Cultural Showcase:** Educational displays on the Major Fields of Science, traditional costumes, and history.
- **Interactive Activities:** Guests & public are invited to participate in the "Compassion Pledge" station.
- **Tibetan Culinary Fair:** Open-air food stalls featuring traditional Tibetan cuisine.

- 12:00 noon**
- VIP Guests Lunch
  - Guests, Staff & Volunteer Lunch

### **PART II: HIS HOLINESS'S LIFE AND LEGACY; PROMOTION OF HUMAN VALUES & PRESERVATION OF TIBETAN CULTURE & ENVIRONMENT; OPERA AND TIBETAN LUTE DANCE**

**12:30 pm**

#### **Drayen Shabdro – Traditional Lute Dance**

Performed by the students of the TCCC Tibetan Language and Culture School, this traditional dance celebrates the rich artistic heritage of Tibet through graceful movement and music.

**The Life and Legacy of His Holiness the Dalai Lama** — presented by **Ms. Tenchoe Gyatso**, President of the International Campaign for Tibet (ICT) and former Member of Parliament.

A brief biographical reflection on the extraordinary life of His Holiness and his invaluable contributions to global peace, compassion, and humanity.

**The First Commitment: Promotion of Human Values & The Third Commitment: Preservation of Tibetan Culture and Environment** — presented by **Ms. Bhutla Karpoche**, former Member of Provincial Parliament (MPP).

**Shar-Cham (Deer Opera Dance):** performed by TCCC Volunteer Artists

In the tantric deities' sublime realm, all beings are transformed from their ordinary state to carry out enlightened activity for the benefit of others. The Deer represents a male protector deity whose movements call forth the disruptive forces to spiritual development. This dance consists of four sections: inviting the Buddhas and Bodhisattvas, making offerings to them, displaying fierce movements to overcome the obstacles, and requesting the Buddhas and Bodhisattvas to return to their own abodes. The deer dance was very popular in Tibet because the deer-headed deity was heralded as a great protector.

**1:30 pm –**

#### **Public Exhibition & Community Social**

### **PART III: PROMOTING RELIGIOUS HARMONY & REVIVING INDIA'S ANCIENT WISDOM; TIBETAN YAK DANCE AND TRADITIONAL FOLK DANCE**

**2:30 pm**

#### **Traditional Step Dance**

Performed by the students of the TCCC Tibetan Language and Culture School, this vibrant folk dance reflects the cultural traditions and spirited rhythms of the Ngari region of Tibet.

### **The Second Commitment: Promotion of Religious Harmony**

Presented by **Khenpo Dr. Kunga Sherab**, President of the Sakya Choekhorling Centre.

### **The Fourth Commitment: Revival of Ancient Indian Knowledge**

Presented by **Dr. Amber Marie Moore**, Postdoctoral Fellow, Department of Philosophy, University of Toronto.

### **The Magnificent Yak Dance** *YakTse*: performed by TCCC Volunteer Artists.

Yak-Tse (Yak Dance) is a humorous nomadic scene, taken from a Tibetan folk opera “Drowa Sangmo”. It depicts the life of a nomadic family and their yak herd. The nomad woman milks the Dri (female yak) and churns to make the butter. She then sings the song, offering fresh butter to the deity. The yak, the animal unique to central Asia and symbolic of the Tibetan spirit of rugged strength and playfulness.

**3:00 pm –**

### **Public Exhibition & Community Social**

## **PART IV: TIBETAN OPERA AND TRADITIONAL DRESS RAMP WALK**

**3:30 pm**

**Tibetan Traditional Dress Ramp Walk** presented by the Toronto Tibetan Community.

A vibrant showcase of traditional attire representing the three historic provinces of Tibet: U-Tsang, Kham, and Amdo, celebrating the diversity and richness of Tibetan cultural heritage.

**NgonPa Rig-nga (Hunter’s Dance)** performed by TCCC Volunteer Artists.

This ritual dance is performed before the start of Tibetan Opera. The dance is meant to purify the state in which the opera will be performed. The masked characters are called Ngonpas or hunters, and they represent the deity, Vajrapani. The girls, wearing five-panel crowns with large rosettes at the ears, represent Dakinis or celestial beings. At the end of the dance, everyone on stage tosses handfuls of tsampa, the grounded roasted barley, into the air to appease the Bodhisattvas and deities for the peace and prosperity of all sentient beings.

### **Vote of Thanks**

A representative of the Organizing Committee will offer formal expressions of gratitude to the volunteers, sponsors, guests, and supporters, whose contributions made the celebration possible, along with reflections on the day’s achievements in honoring the *Year of Compassion*.

**Prayers of Truth (Dentsig Monlam)** performed by former artists of the Tibetan Institute of Performing Arts.

A profound prayer composed by His Holiness the Dalai Lama, invoking the power of truth, compassion, and universal responsibility.

**Dedication Prayers:** Led by members of the Sangha, the closing prayers will dedicate the collective merit of the day to the long life of His Holiness the Dalai Lama and to peace and compassion throughout the world.

## **PART V: COMMUNITY GORSHEY (CIRCLE DANCE) CELEBRATION & CLOSING**

**4:15 pm**

### **Grand Gorshey**

The celebration transitions into the Public Square for traditional and modern circle dances. It involves everyone moving in a synchronized, circular formation to the rhythm of the song and music.

**6:00 pm**

### **Event Wrap up**

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A GRAND CELEBRATION HONOURING THE LIFE AND  
LEGACY OF HIS HOLINESS THE 14TH DALAI LAMA  
ON HIS 90TH BIRTH ANNIVERSARY, COMMEMORATED  
GLOBALLY AS THE  
YEAR OF COMPASSION

# THE EXHIBITION



DATE: SUNDAY, MAY 24, 2026

LOCATION: SANKOFA SQUARE, TORONTO

**PAVILION A: LIFE, LEGACY & CONTRIBUTION OF HIS HOLINESS THE 14<sup>TH</sup> DALAI LAMA**

**PAVILION B: THE FOUR PRINCIPAL COMMITMENT OF HIS HOLINESS THE 14<sup>TH</sup> DALAI LAMA**

**PAVILION C: TIBETAN CULTURE – FIELDS OF KNOWLEDGE & TRADITION**

The primary objective of this photo exhibition is to share the extraordinary life, legacy, and the four principal commitments of His Holiness the 14th Dalai Lama, and the comprehensive Tibetan culture and tradition, specifically the system of knowledge. The exhibition is curated into three thematic pavilions, drawing inspiration from the official website of His Holiness the Dalai Lama, the official archives of the Tibet Museum, and the official website of the 90<sup>th</sup> Birth Anniversary.

**PHOTO EXHIBITS:**

**Pavilion A. Life and Legacy of HH the 14<sup>th</sup> Dalai Lama**

- Exhibit A: Brief Biography
- Exhibit B: Early Life & Leadership Responsibilities
- Exhibit C: Meeting with the World Leaders
- Exhibit D: Awards and Honours
- Exhibit E: Books & Publications
- Exhibit F: Mind & Life Meetings
- Exhibit G: Kalachakra Initiations

**Pavilion B. The Four Principal Commitments of HH the 14<sup>th</sup> Dalai Lama**

- Exhibit A: First Commitment: Promoting Basic Human Values
- Exhibit B: Second Commitment: Promoting Religious Harmony
- Exhibit C: Third Commitment: Preserving Tibetan Cultural Heritage and Environment
- Exhibit D: Fourth Commitment: Reviving India's Ancient Wisdom Traditions

**Pavilion C. Tibetan Culture – Fields of Knowledge & Traditions**

- Exhibit A: Buddhist Philosophy & Science & Logic
- Exhibit B: Tibetan Traditional Medicine & Astrology
- Exhibit C: Language, Grammar and Literature
- Exhibit D: Arts and Crafts
- Exhibit E: Performing Arts
- Exhibit F: Map & Flag of Tibet
- Exhibit G: Tibetan Traditional Dresses & Culinary

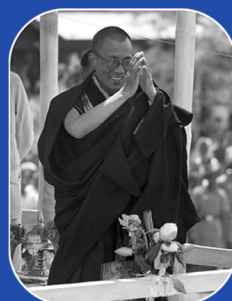
**PAVILION A: LIFE, LEGACY AND CONTRIBUTIONS OF HIS HOLINESS THE DALAI LAMA**

This opening section of the exhibition invites visitors on a journey through the extraordinary life of Tenzin Gyatso, His Holiness the 14th Dalai Lama of Tibet. From his humble beginnings in a small farming village to becoming a global icon of peace and a beacon of hope for the Tibetan people, these exhibits document a legacy defined by compassion, non-violence, and a relentless pursuit of human happiness.

**Exhibit A: Brief Biography**

*1 Rollup Banner*

An introductory overview of His Holiness as a "simple Buddhist monk." This banner introduces his recognition as the 14th Dalai Lama at age two, leadership responsibilities, profound deeds, and, most importantly, summarizes his primary commitments: the promotion of human values, religious harmony, the preservation of Tibetan culture, the protection of the environment, and the revival of ancient Indian wisdom traditions.



## Exhibit B: Early Life & Responsibility

### 7 Rollup Banners

A deep dive into the formative years of Lhamo Dhondup. These banners trace his discovery in Taktser, Amdo; his rigorous monastic education in the Nalanda tradition; and his early assumption of full political power at age 15 during a period of national crisis. This segment concludes with the 1959 escape into exile and the establishment of a vibrant Tibetan community in India.

## Exhibit C: Meeting with World Leaders

### 12 Rollup Banners

Chronicling over six decades of global statesmanship, this exhibit highlights His Holiness's meetings with presidents, prime ministers, and religious leaders. From his historic dialogues with Mao Zedong to modern-day meetings with icons like Nelson Mandela and various Popes, these banners illustrate his efforts to advocate for Tibet and universal human rights on the world stage.

## Exhibit D: Awards and Honours

### 6 Rollup Banners

A celebration of global recognition bestowed upon His Holiness for his message of peace. This exhibit highlights the 1989 Nobel Peace Prize, the U.S. Congressional Gold Medal, and the honorary Canadian citizenship (granted in 2006). It showcases how his four principal commitments and the "Middle Way" approach have earned him over 150 international accolades and honorary doctorates.

## Exhibit E: Publications

### 2 Rollup Banners

His Holiness is a prolific author of over 110 books. These banners categorize his literary contributions into spiritual teachings, secular ethics, and autobiographical accounts, including bestsellers like *The Art of Happiness* and *Ethics for the New Millennium*.

## Exhibit F: Mind & Life Meetings

### 1 Rollup Banner

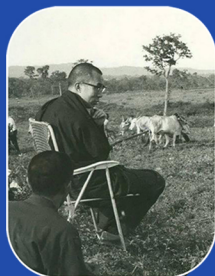
This banner explores the unique intersection of ancient contemplative wisdom and modern science. It documents the founding of the Mind & Life Institute in 1987, showcasing the 30-year dialogue between His Holiness and world-renowned scientists to investigate the nature of the mind, emotions, and reality.

## Exhibit G: Kalachakra Initiation

### 1 Rollup Banner

#### The Kalachakra Initiation

Focusing on one of the most sacred rituals in Vajrayana Buddhism, this display honors the "Wheel of Time" initiation. It celebrates His Holiness the 14th Dalai Lama's unparalleled legacy of bestowing this profound empowerment **34 times globally**. Gathering hundreds of thousands of people at a time, His Holiness has beautifully transformed a complex, esoteric practice into a vibrant, universal catalyst for world peace and personal transformation.



## PAVILION B. THE FOUR PRINCIPAL COMMITMENTS OF HIS HOLINESS THE DALAI LAMA

While His Holiness is often recognized as the face of Tibet, his vision extends to the welfare of all seven billion human beings. This section of the exhibition explores his four lifelong commitments—personal missions that transcend politics and religion to address the foundational needs of our modern world.

### Exhibit A: First Commitment – Promoting Basic Human Values

*2 Rollup Banners*

As a fellow human being, His Holiness's first commitment is the promotion of human values such as warm-heartedness, compassion, forgiveness, tolerance, and self-discipline. These banners illustrate his belief that because all humans seek happiness and wish to avoid suffering, cultivating a "warm heart" is not a religious luxury but a biological necessity for individual and global peace.

### Exhibit B: Second Commitment – Promoting Religious Harmony

*3 Rollup Banners*

Despite philosophical differences, His Holiness maintains that all major world religions carry the same potential to create good human beings. This exhibit documents his tireless work in fostering interfaith dialogue and mutual respect. The banners highlight his pilgrimages to sacred sites of different faiths and his message that "harmony among different religious traditions is essential for world peace."

### Exhibit C: Third Commitment – Preserving Tibetan Cultural Heritage and Environment

*3 Rollup Banners*

As a Tibetan, His Holiness carries a special responsibility to his people. These banners focus on his efforts to preserve the unique Tibetan identity—specifically its language, Buddhist culture, and the fragile ecology of the Tibetan Plateau (the "Third Pole"). This exhibit emphasizes that Tibetan culture is a "culture of peace and non-violence" that has a valuable contribution to make to the entire world.

### Exhibit D: Fourth Commitment – Reviving India's Ancient Wisdom Traditions

*2 Rollup Banners*

His Holiness's most recent commitment focuses on the revival of ancient Indian knowledge, particularly the Nalanda tradition's understanding of the mind and emotions. These banners explore his efforts to reintroduce this "inner science" into modern education, arguing that ancient wisdom combined with modern science can help humanity tackle the "hygiene of emotions" and achieve mental peace.

## PAVILION C. TIBETAN CULTURE – FIELDS OF KNOWLEDGE & TRADITIONS

This section explores the profound intellectual and spiritual architecture of Tibet. Based on the "Five Major and Five Minor Sciences" of the Nalanda tradition, Tibetan culture is a comprehensive system of knowledge designed to refine the human mind and benefit the community.

**The Major & Minor Sciences:** *Focusing on the Core Pillars of Tibetan Intellect & Cultural tradition*

### Exhibit A: Buddhist Philosophy, Science & Logic

A presentation of the crown jewel of Tibetan knowledge and intellectual tradition, this exhibit explores the profound sciences of Buddhist philosophy, psychology, contemplative practice, and logic that have been preserved and cultivated in Tibet for



centuries. Tibetan Inner Science examines the nature of the mind, consciousness, emotions, ethics, and human potential, with a central focus on cultivating wisdom, compassion, inner peace, and the path toward enlightenment.

The exhibit will introduce key fields of classical Tibetan Buddhist study, including:

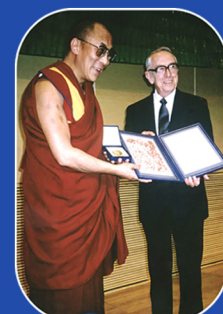
1. **Pramāṇavārttika (Tselma)** – the science of logic, valid cognition, reasoning, and epistemology
2. **Abhidharma** – the study of mind, mental phenomena, cosmology, and psychology
3. **Prajñāpāramitā** – the philosophy of transcendent wisdom and compassion
4. **Madhyamaka** – the Middle Way philosophy and the profound teaching of dependent origination and emptiness
5. **Vinaya** – the ethical and monastic discipline that forms the foundation of spiritual practice

The rigorous Tibetan tradition of monastic debate, a unique educational method, sharpens students' critical thinking, analytical reasoning, and philosophical understanding. Through disciplined inquiry and logical examination, debate serves as a means to dispel ignorance, challenge misconceptions, and cultivate a deeper and more valid understanding of reality.

By combining contemplative wisdom with rational inquiry, Buddhist Philosophy, Science & Logic offers timeless insights into emotional well-being, ethical living, mental resilience, and the cultivation of compassion in everyday life.

### Exhibit B: Tibetan Traditional Medicine & Astrology

- An introduction to *Sowa Rigpa*, one of the world's oldest and most profound healing traditions, and *Kar-Tsee*, the Tibetan sciences of astrology and astronomy, which have guided Tibetan spiritual, medical, and cultural life for centuries. Rooted in a holistic understanding of the interconnectedness of body, mind, environment, and the cosmos, these ancient sciences emphasize balance, prevention, compassion, and harmony with nature.
- The exhibit will introduce the foundational principles of Tibetan medicine through the **Four Medical Tantras (Gyüshi)**, the classical texts that form the basis of Tibetan medical knowledge and practice. These teachings explore how the balance of bodily energies, diet, behaviour, seasonal influences, and the natural environment contribute to physical, mental, and spiritual well-being.
- The exhibit will feature: **The Four Medical Tantras**
  1. **Root Tantra** – foundational principles of physiology, pathology, and the nature of health and illness
  2. **Explanatory Tantra** – detailed understanding of the body, disease processes, ethics, lifestyle, and diet, and medical theory
  3. **Oral Instruction Tantra** – methods of diagnosis, practical therapies, and clinical applications
  4. **Subsequent Tantra** – advanced methods of treatment, pharmacology, healing techniques, and therapeutic practices
- **The Four Therapeutic Principles**
  1. **The Patient** – understanding physiology, pathology, and individual constitution
  2. **Remedies** – medicinal substances, herbal formulations, diet, and nutrition
  3. **Methods of Treatment** – diagnostic techniques and therapeutic approaches, including lifestyle and behavioural guidance
  4. **The Physician** – the knowledge, ethics, compassion, and responsibilities of the medical practitioner
- 5. The exhibit will also highlight the Tibetan traditions of astrology, which are closely linked with medicine, spirituality, calendrical science, and daily life. These sciences are traditionally used to determine auspicious dates, understand elemental and cosmic influences, and support harmony between human life and the natural universe.



### Exhibit C: Language, Grammar and Literature

Commemorating the origins of the Tibetan script in the 7th century, this exhibit underscores the critical importance of the Tibetan language as the definitive medium for preserving the most complete translations of the Buddhist canon. Additionally, the installation features a curated display of traditional calligraphy, illustrating the diversity and evolution of written Tibetan fonts.

### Exhibit D: Arts and Crafts

This exhibit offers a comprehensive journey through the rich visual heritage of Tibet. It highlights the extraordinary skill and spiritual devotion embedded in traditional Tibetan crafts. Featured displays include the exact mathematical proportions of Thangka painting, the impermanent beauty of sacred sand mandalas, the detailed craftsmanship of deity statue-making, and the unique structural elements of Tibetan architecture. Together, these masterpieces reflect a living culture preserved across generations.

### Exhibit E: Tibetan Performing Arts

Highlighting the rich and vibrant tradition of Tibetan performing arts, including *Lhamo* (Tibetan Opera) and sacred *Cham* dances, which bring spiritual teachings, historical narratives, and moral values to life through expressive movement, elaborate costumes, music, and symbolic masks. Deeply rooted in Tibetan Buddhist culture, these traditional art forms serve not only as entertainment but also as powerful mediums for spiritual reflection, cultural preservation, and community connection.

The celebration will also feature Tibetan traditional and contemporary music and dance, which remain an integral part of everyday Tibetan life and cultural expression. Through graceful movements, poetic lyrics, and melodious performances, these artistic traditions convey timeless values of loving-kindness, compassion, harmony, resilience, and warm-heartedness, reflecting the enduring spirit and identity of the Tibetan people.

### Exhibit F: Map and Flag of Tibet: Symbols of an Enduring Heritage

This exhibit features the historical map of Tibet, tracing the ancestral boundaries of U-Tsang, Kham, and Amdo. Accompanying the map is the Tibetan National Flag, an emblem deeply rooted in Buddhist principles and national pride. From the brilliant sun representing freedom to the snow lions symbolizing courage and harmony, this display honors the enduring spirit, sovereignty, and identity of the Tibetan people.

### Exhibit G: Tibetan Traditional Dresses

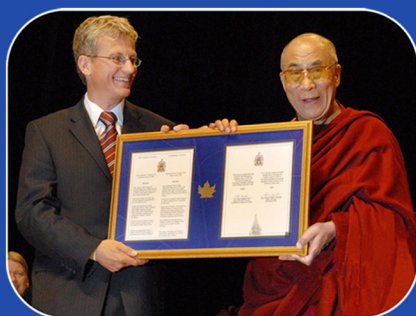
The Traditional Tibetan Dresses Ramp walk showcases the rich, vibrant tapestry of Tibetan identity as expressed through our traditional attire. Far more than mere clothing, Tibetan dress is a profound reflection of a high-altitude homeland, a resilient nomadic spirit, and the distinct regional heritages of **U-Tsang, Kham, and Amdo**. Through a stunning display of textiles, ornaments, and designs, this collection honors the unique geographic and cultural landscapes that shape the enduring spirit of the Tibetan people.

### Exhibit H: Tibetan Culinary: Nourishment of Body and Spirit on the High Plateau

Tibetan food culture is a remarkable testament to human resilience, adaptability, and ingenuity in one of the world's most demanding environments. Rooted in the unique climate and geography of the Himalayan plateau, Tibetan cuisine reflects a deep connection between sustenance, community, and spiritual life.

Traditional staple foods such as *tsampa* (roasted barley flour), butter tea, *thukpa* (noodle soup), *droma dresil* (ceremonial sweet rice), *Baktsa Markhu* (buttered sweet pasta), and *momos* (dumplings) have nourished generations of Tibetans for centuries. Alongside these cherished traditional dishes, modern Tibetan cuisine today also embraces a variety of contemporary staples and adaptations, blending traditional flavours with influences from neighbouring regions and global culinary culture.

More than nourishment alone, Tibetan food culture embodies hospitality, warmth, and communal harmony. Meals are often shared as expressions of generosity, kinship, and compassion, reflecting the core Tibetan values of interdependence, gratitude, and care for others.



## CANADIAN TIBETAN ASSOCIATION OF ONTARIO (CTAO)

The Canadian Tibetan Association of Ontario (CTAO) is an umbrella organization for all Canadian Tibetans and the Tibetan diaspora residing in Ontario. It was established on December 3, 1979, and registered on March 5, 1980, to preserve Tibetan identity and promote its unique culture and religion within the Canadian multicultural society through public celebrations of Tibetan cultural and religious events. Moreover, under the guidance of His Holiness the 14th Dalai Lama, the organization endeavours to work for the well-being of all sentient beings and promote harmony through dialogue and respect for persons from all backgrounds, religions, and cultures.

In the early 1970s, the Government of Canada granted resettlement to approximately 240 Tibetans, with around 50 settling in Ontario. The next major influx of Tibetan refugees arrived in the early 2000s, followed by another group of approximately 1,000 Tibetans who migrated to Canada under the Government of Canada's Tibetan Resettlement Project in the early 2010s, with about 450 settling in Ontario. Today, the majority of the Tibetan Canadian community and the broader Tibetan diaspora in Ontario reside in Toronto's Etobicoke and Parkdale neighbourhoods. Tibetan migration to Canada continues to this day, and the current Canadian Tibetan population in Canada is estimated to be around 10,000.

## TIBETAN CANADIAN CULTURAL CENTRE (TCCC)

The foundation of the Tibetan Canadian Cultural Centre (TCCC) was laid during the auspicious 2004 Kalachakra Teaching for World Peace in Toronto, where His Holiness the 14th Dalai Lama bestowed his blessings and granted the Centre its Tibetan name *Gangjong Choedenling*. Officially incorporated as a registered, non-profit charitable organization in December 2006, the TCCC opened its permanent facility at 40 Titan Road in Etobicoke on October 17, 2007, a historic day celebrating the conferment of the US Congressional Gold Medal to His Holiness the 14th Dalai Lama.

Today, the Tibetan Canadian Cultural Centre serves as a vital community hub dedicated to preserving and promoting Tibet's rich cultural and spiritual heritage. It offers programs, events, services, resources, and facilities that foster greater understanding and appreciation of Tibetan culture and traditions among Canadians of all backgrounds. The Centre also seeks to strengthen harmony, friendship, and mutual respect between Tibetan Canadians and the broader Canadian community within our diverse society, while supporting the Tibetan people's ongoing efforts to preserve and promote their unique cultural identity and traditions.

## Organizing Committees

