

**Webinar**  
**on**  
**SUSTAINABILITY & VEDAS**  
**(EASY LIFESTYLE CHANGES INSPIRED BY VEDIC ROOTS OF**  
**NATURE WORSHIP)**

**Expert Speaker (Name/ Designation)** – Arpita Kalanuria, Managing Director, AmplePac & Speaker on Sustainability & Circular Economy

**Webinar Date:** 17<sup>th</sup> August, 2020

**Duration:** 15.00 hrs to 16.00 hrs (One hour)

**About Webinar : -**

Indian civilisation is now proven to be the oldest living civilisation in the world, with unparalleled contributions in mathematics, sciences, astronomy, agriculture, cosmology, medicine, metallurgy, and countless more disciplines. In India it is a traditional practice to worship animals, forests, oceans, rivers & mountains as they are considered sacred, Vedas describe the connected, conscious & co-existing nature of humans & all living beings on the planet. We will look at a few concepts in Sustainability that are widely talked about today, but historically, find their roots in Vedic Scriptures, for eg., understanding of ecosystems, vegetarianism, forest protection, wildlife protection, rainwater harvesting, building with natural materials, circular economy, never mix waste with water systems, natural personal & home care, sustainable packaging, zero waste, composting, organic farming, & countless more. This webinar will help in understanding and adopting easy ways to live sustainably in today's times.

## **Webinar Coverage:-**

- Understanding of Sustainability & Vedic Connection
- Popular Sustainability Terms & their Roots in Indian Tradition
- Details on Easy Adopt Lifestyle Changes
- Resources for Waste Free Living

## **Speaker Profile :-**



Ms. Arpita Kalanuria is the Founder and Managing Director of Amplearth Packaging & Systems Pvt Ltd. She practices & promotes Zero Waste Lifestyles and consults on implementing Sustainable Solutions for Startups and Institutions. Arpita is developing various plans for Public Sector Enterprises to adopt waste free solutions, and aims at building plastic free cities and economies in the near future.

## **Register to learn (Key Learnings):**

- Natural Foods & Nutrition
- Personal & Home Care Product Adaptations
- Sustainable Clothing, Fabrics, & Waste Free Shopping Recommendations
- Home/Office Composting & Other Waste Free Options