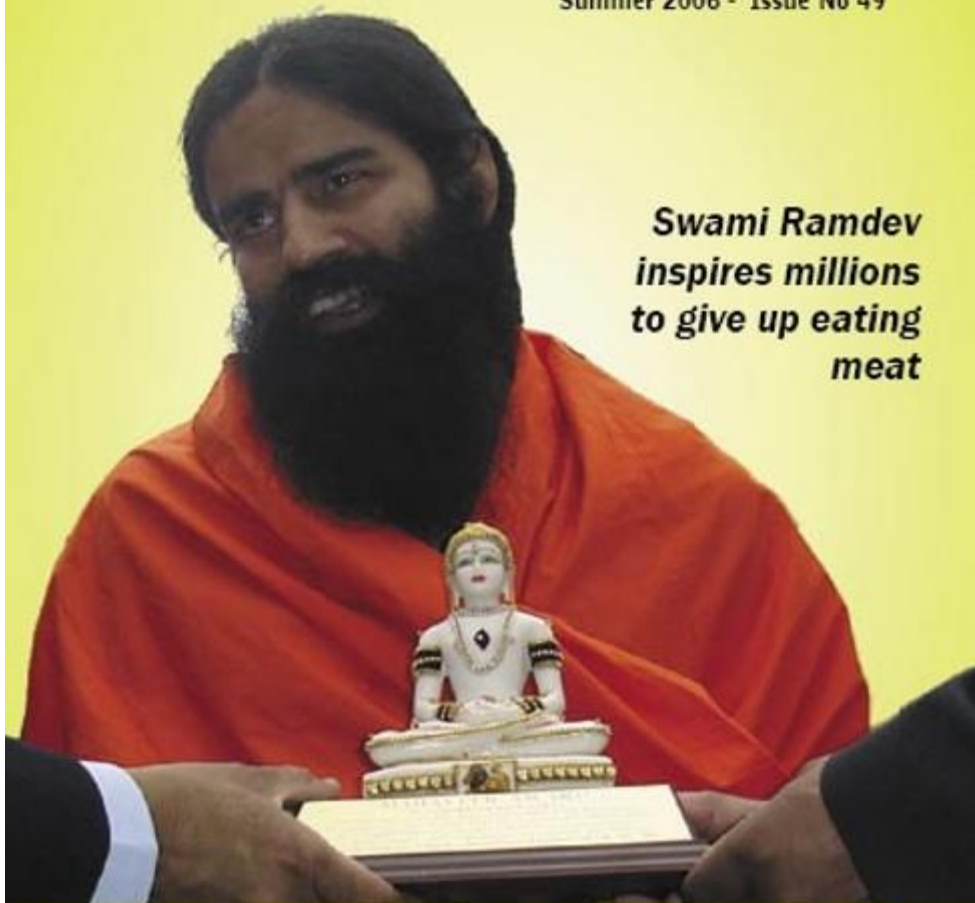




# Ahimsa

Newsletter of the Young Indian Vegetarians  
Summer 2006 - Issue No 49

**Swami Ramdev  
inspires millions  
to give up eating  
meat**



**Mahaveer Award 2006**

*Swami! you have revived the ancient wisdom of Mother India through Yoga and Vegetarianism. Because of you, the world will once again look to India for guidance. May you inspire millions of people all over the world to become vegetarian. May you always continue to promote the teachings and compassion of Lord Mahaveer.*

Presented at the House of Commons, London UK 13th July 2006

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## Dear Friends

Welcome to another issue of *Ahimsa*. As you can see on the front cover, we presented a Mahaveer Award to Swami Ramdev who has persuaded tens of thousands of people in India to give up meat eating. The event was held at the House of Commons on 13th July 2006. Mahaveer awards were also presented to two prominent vegetarians - Judge Mota Singh QC and Lord Swaraj Paul. The event got massive press coverage in India, thus helping us to fulfil our long held wish - to bring about a vegetarian revolution in India!

Swami Ramdev said in his address to the meeting that Yoga and Vegetarianism are an answer to so many problems faced by the human race and our planet. The event was compered by Kajal Bhatt and Janaki Mehta and a vote of thanks was delivered by Jyoti Mehta. Representatives of Hindu, Jain, Sikh and Buddhist organisations were present as well as former Speaker of Parliament Lord Weatherill.

I urge you all to promote vegetarianism at every opportunity: don't buy leather shoes or sofas or go to meat restaurants - give your business to vegetarian restaurants! Don't buy goods from companies that exploit animals and never buy shares in companies which abuse animals. As Gandhiji said: Let us be the change that we are seeking in the world. Special thanks to Kirit Mehta, Bobby Verma and Malcolm Wicks MP for making it all possible.



Judge Mota Singh QC, Mahaveer Award recipient addressing the meeting

**FOOTNOTE 37th World Vegetarian Congress.**

**To be held in Goa from 10th to 16th September 2006. This will be a great event.**

**Those interested in going should contact Pankaj Shah <[vegsocmumbai@hotmail.com](mailto:vegsocmumbai@hotmail.com)>**

## **THE FOLLOWING SUCCESSFUL EVENTS TOOK PLACE SINCE THE LAST NEWSLETTER**

- 1 On **20th August 2005** we kept a stall during the Janmastmi celebrations at the Hare Krishna temple in Watford. Jyoti Mehta, Kajal, Bakula and Shailesh Bhatt were on duty and they persuaded 9 people to give up meat eating.
- 2 On **September 18th** the annual, 'Interfaith Celebration of Animals' was organised by the Golders Green Unitarians. I spoke on behalf of the Jain faith.
- 3 On **4th October** we gave a talk and prepared some food for sick children at Guys Hospital in London.
- 4 On 14th November I gave a talk to the Rotarians of South Croydon. We are reaching out to many diverse groups!
- 5 On **5th December** I gave a talk to the Hindu students at the London School of Economics. I was pleasantly surprised to find that 90% of those who came were vegetarians! Hindus are coming back to vegetarianism!
- 6 On **18th December** we held our annual Christmas Lunch. For the first time the event was jointly held with the Wanza community of South London. Lord Weatherill, Councillor Maggie Mansel Mayor of Croydon, Minister for Energy Malcolm Wicks, Leader of the Council Tony Newman (a vegetarian) were among the guests.
- 7 On **4th February 2006**, I gave a talk to the students of Chandna Vidyapeeth in Croydon.
- 8 On **7th March** I was invited to give a talk to the Asian elderly group in Pinner. I urged grandparents to ensure that their grandchildren are vegetarians! Special thanks to Urmilaben Thakkar for inviting me.
- 9 On **10th March** I was invited to give a talk to the Chandna Vidyapeeth School in Kingsbury. I urged Jains to become proactive in promoting vegetarianism. Special thanks to Kishorebhai Shah for his hospitality.

- 10 On **16th March** we were invited by Churches Together of Sanderstead to talk about Ahimsa and Hinduism. Around 60 people attended and were fascinated to learn about the Hindu way of life.
- 11 On **1st April** we took part in a multi faith demonstration in Oxford against the animal laboratory being built there. Please God listen to our prayers, let compassion prevail!
- 12 On **4th April** we took part in a demonstration outside the Canadian tourist office in Trafalgar Square against the barbaric killing of tens of thousands of baby seals every year in Canada.
- 13 On **20th and 27th April** we were invited to give a talk to children at Devonshire Primary School in Sutton. We also prepared food for the children. They thoroughly enjoyed the food and understood the concept of vegetarianism.
- 14 On **23rd April** the Jain Association of UK organised the Mahaveer Jayanti. I urged Jains to support animal welfare.
- 15 On **22nd May** I was interviewed by Radio Club Asia as part of National Vegetarian Week.
- 16 On Tuesday **13th June** I was invited to give a talk at a conference organised by London Sustainability 21 at Hackney Town Hall. Meat consumption is one of the biggest causes of damage to the planet. All those who are worried about the planet should become vegetarian first!
- 17 On **1st July** a vegetarian event was organised by Barbra and Lindsay Jackson at the Godalming Quakers hall. I traveled by train with food for 20 people! The event was a great success even though most of UK was watching England play Portugal in the world football competition!

## YIV IS GRATEFUL TO THE FOLLOWING ORGANISATIONS

1 **Jain Samaj Leicester** for their generous donation of £1000 to the Jain Animal Sanctuary. Our special thanks to President Kalpitbhai Doshi, Secretary Ushaben Mehta and past President Dr. Ramesh Mehta and all the committee members.

2 **Navnat Vanik Association** for the donation of £500 from their , 'Jiv Daya' fund to YIV. Our special thanks to President Subashbhai Bakhai, Rameshbhai Shah and all the committee members.

3 **Oshwal Association of UK** (North West Area) for the donation of £500 from their 'Jiv Daya' fund in support of the Jain Animal Sanctuary. Special thanks to Pankajbhai Shah and all the committee members.

4 **Oshwal Association of the UK** (West Area) for the donation of £30 from their ' Jiv Daya' fund to the Jain Animal Sanctuary. Special thanks to Jaysukhbhai Shah and all the committee members

5 **Surrey (Jain) Satsang Mandal** for the donation of £1400 to the Jain Animal Sanctuary. Special thanks to Manjulaben Shah and the entire congregation.

## WHAT IS INTEGRATED LIVESTOCK-FISH FARMING?

It is a 'technique' in which faeces of pigs, ducks and chickens are fed to fish in fish farms. According to the United Nations Food and Agriculture Organisation this would help in providing protein for the mushrooming populations in developing countries. This bringing together of fish farms and farm livestock may be the cause of Bird Flu and other influenza pandemics. Well there you are: the 21st Century human has progressed so much that he eats animal faeces!

## THE HAUNTING EYES OF FISH

Ever wondered at the way the eyes of slaughtered fish look?



When a fish is hauled out of the water, the internal pressure often ruptures their swim bladder, pops out their eyes and pushes their oesophagus and stomach through their mouth.



**JAIN ANIMAL  
SANCTUARY**

Sheila and Ray Barber  
continue to look after the  
animals at the sanctuary  
in Burwash, Sussex. We  
continue sending £700  
every month.

## **DID YOU KNOW?**

1 That greyhound racing is a cruel 'sport' in which dogs suffer from injured toes, torn muscles etc. Once their racing days are over, thousands are put to death. They may be shot, poisoned or drowned to avoid the veterinary cost of 'putting them to sleep'. Others are abandoned or shipped out to Spain for racing, hunting or coursing.

2 That 35 million pheasants, partridges and ducks are produced in cruel battery conditions in the UK. They are then shot by those who think it is great fun and a 'sport'.

3 That horse racing is a cruel sport. More than 370 animals die on UK tracks every year. Thousands of horses are discarded at the end of unsuccessful careers and many suffer long term injuries. The use of the whip to make the horse run faster should be banned immediately!

4 That thousands of sea birds die every year when they dive for the bait which is planted to catch tuna. The bait is planted with hooks and the birds swallow the bait with the hook and are pulled under water and drown.

5 That rich dietary sources of omega 3 fatty acids are mustard, flaxseed (linseed) and rapeseed oil, walnuts and leafy green vegetables.

6 That 20 million turkeys and 20 million ducks are reared and slaughtered in the UK every year. All these birds suffer the most inhumane conditions.

7 That it takes 3 kilos of grain to produce one kilo of eggs.

8 That it takes 180 litres of water for a battery hen to produce an egg - a gross waste when poor people have only 10 litres of water a day.

9 That 75% of land in the European Union is used to grow animal feed rather than food for human beings.

10 That current levels of greenhouse gases, carbon monoxide and methane, in the atmosphere are higher now than at any time in the last 650,000 years.

11 That by 2020 71% of deaths from heart disease are expected to occur in developing countries. Excessive meat consumption will be one of the main causes of this epidemic.

12 That the NHS spends £2.77 billion every year on drugs like cholesterol-lowering Statins.

13 That the NHS spends £15.7 billion every year on treating heart disease and almost 70 million working days are lost due to the disease.

14 That an estimated 300,000 whales, dolphins, porpoises, sharks, endangered turtles and sea-birds die every year from being caught in fishing nets. 15 That a single dairy cow produces 120 pounds of wet manure per day which is equivalent to the waste produced by 20 to 40 people.

15 That a single dairy cow produces 120 pounds of wet manure per day which is equivalent to the waste produced by 20 to 40 people.

## **PROUD VEGETARIANS AND VEGANS**



Members of the Bristol University Vegetarian and Vegan Society (2005-6) at Café Maitreya – Awarded Best Restaurant 2004 and 2005 by The Vegetarian Society, UK.



## DONALD WATSON: 1910-2005



Donald Watson, founder of the Vegan Society, who coined the word 'Vegan', died at the age of 95. In 2004 we presented him with the Mahaveer Award. In a letter he wrote us Donald said that Lord Mahaveer had pride of place in his sitting room. The award was greatly admired and valued by him. It is a fitting epitaph that at the end of his life, which was full of compassion, Donald was united with Lord Mahaveer.

## FISH IS GOOD FOR YOU? AN ALMIGHTY MEDICAL MYTH IS SHATTERED!

A major new study in which scientists reviewed no fewer than 89 studies of omega 3 fats - a key constituent of fish oils - have come to a startling conclusion: there is no clear evidence that it protects against heart disease.



The research was conducted by staff at the school of medicine at the University of East Anglia. For at least 20 years the general public was encouraged to eat 'healthy oily fish'. Such has been the myth surrounding fish that oceans are being plundered to meet the demand. Huge trawlers are chasing dwindling stocks of fish. Large boats track fish, using sensors, then drag nets over large areas of sea

bed.

The biggest nets are as wide as the length of a rugby field and they are weighted down. They smash and crush everything in their path and indiscriminately swallow vast quantities of life. Some of the fish that are in

danger of being wiped out are: cod, haddock, tuna, monkfish, Atlantic halibut, prawns, salmon, sword fish, plaice, dover sole, brown crabs, lobster, red snapper, and sea brass.

Human beings must give up eating marine life—let the oceans heal! No more fish capsules either! Fish is not a healthy food. It has high mercury levels as well as other toxins. Mercury affects the kidneys and the central nervous system. It is also a possible cause of infertility in both men and women.

## SO WHAT ARE CHICKEN NUGGETS?



The scraps of meat and sinew adhering to the bones of slaughtered chickens are blasted with high pressure water. The resulting slurry is strained through a mesh. After that it is bound together with gums, flavoured sugar and artificial chemicals. It is then wrapped in bread crumbs, heated up and served as nuggets!

**YIV WORK RECOGNISED** Gujarat Samachar publications presented me with a, Sanskar Garima award on 28th January 2006. This award was in recognition of our work in promoting vegetarianism and Indian culture.

**FOOD STANDARDS AGENCY** The FSA organised a stakeholders' meeting in October 2004 to discuss the labeling of foods suitable for vegetarians and vegans. Despite very strong representations by Hindu and Jain groups that eggs should not be considered vegetarian, the FSA has included eggs as vegetarian! the FSA position is only a recommendation and is not legally binding. We will continue pressing the FSA to exclude eggs from the definition of vegetarian. Meanwhile vegetarians should look for, 'Vegan' labels to be absolutely sure that there are no animal products.

**DIWALI WITHOUT FIREWORKS!** Firecrackers terrify domestic animals such as cats and dogs and kill insects. They also cause immense noise and environmental pollution. Diwali should be celebrated without firecrackers!

## VEGETARIANS WHO EAT EGGS

Many Hindu and Jain vegetarians eat eggs. They especially do not mind eating cakes and doughnuts which have eggs, as well as mayonnaise



sandwiches! There is nothing wrong with eggs, they say. Well first of all why would anyone want to eat something that comes out of the rear end of an animal? Laying hens are kept in extremely cruel conditions - in cages which are stacked on top of each other. Hens get egg peritonitis -infection and inflammation in the abdominal cavity caused by eggs. When hens are unable to expel an egg it may cause infection leading to peritonitis, especially if the egg breaks

internally. Prolapses may also occur where part of the laying duct protrudes from the hen. Hens naturally peck at anything unusual and the result is that pecking from other birds turns the prolapse into a bloody and infected wound. To stop this mutilation, many hens are de-beaked in the most cruel way. Broken bones in hens due to lack of calcium are common. Once the hens stop giving eggs after two to three years they are slaughtered for chicken soups, pies and pasties. The male chicks are killed almost immediately because they are no use to the industry. They are either gassed or minced alive. For every female there is an unwanted male chick. In UK that means over 30 million every year: anyone for an omelette!

## LETTERS TO THE PRESS

In response to an article in **The Guardian** weekend magazine about Morgan Spurlock who ate nothing but McDonalds (the film Super Size Me) and the damage it did to his health, the following letter was published in

The Guardian on Saturday 14 January 2006. Apart from the health benefits of a plant-based vegetarian and vegan diet (Super Green Me, January 7), the ecological and environmental benefits are great, too. Some 55 billion animals are raised and killed for meat every year. Our planet is simply not big enough to sustain these numbers. The result is destruction of rainforests, spreading of deserts and massive methane gas emissions. The amount of grain fed to these animals could feed almost 4 billion people. To safeguard the planet for future generations, a return to a vegetarian and vegan diet is imperative.

Nitin Mehta, Croydon

**Water Wars** - According to an article in **The Independent**, water will be the cause of wars between nations; the following letter was published in response.

Sir: The report “Water wars” (28 February 2006) is as clear a warning as one can get that water will create violent conflict between nations. But one of the main causes of water waste is also not mentioned. It takes 1,000 litres of water to produce a kilo of potatoes and 42,500 litres to produce a kilo of beef. Animals are voracious consumers of water and almost 80 per cent of the world’s water resources are used in raising 55 billion animals for meat every year, spreading deserts and diverting grains that could feed almost four billion people. The destruction of rainforests in South America is the direct result of beef production. A return to a plant-based vegetarian and vegan diet is imperative for our survival and the survival of our planet.

Nitin Mehta, Croydon

## THE VEGETARIAN SOCIETY ANNUAL AWARDS

The Vegetarian Society held its annual awards on Thursday 27th October 2005 aboard the 'Cutty Sark' a 19th century ship moored at Greenwich. TV personality Wendy Turner-Webster and late MP Tony Banks were among the guests. The best vegetarian cafe awards went to the Maitreya in Bristol and the Rainbow in Cambridge. The Rainbow has also received a Mahaveer Award from us. I was privileged to be asked to give away the award for the best vegetarian and cruelty free body and skin care product. The award went to a company called Living Nature. Here is a wonderful example of the Indian community working together with English, Welsh, Scottish and Irish people for a common cause. We are all united in Ahimsa!



Wendy Turner-Webster (TV presenter: Pet Rescue, Absolutely Animals) looks on as Nitin presents the award

## DEWHURST DISAPPEARS!



Dewhurst, the largest chain of butchers in Britain, went bankrupt recently. A fall in meat consumption is one of the reasons for their demise!

**EXPORT OF VEAL CALVES RESUMES** Animal rights campaigners had succeeded in stopping the export of calves to Europe for some years. Sadly this trade has now resumed and animal rights activists are once again demonstrating at Dover where the calves are sent off. These male calves are a direct result of the dairy industry - the male calves are no use to the milk trade. They are either killed or exported.

**GO VEGAN! BOVINE BILE** All new born babies are given vitamin K. One of the ingredients of vitamin K is bovine bile. The NHS has withdrawn a vegetarian alternative. Despite writing to the NHS and to Patricia Hewitt, the Minister for Health, we have had no success. This means that all babies will be given bovine bile - a grave situation for Hindus, Jains, vegetarians and vegans. We need a good lawyer to take on the NHS. It is a human rights issue! Any takers?

**TONY BANKS** The animals lost a great friend in Tony Banks who passed away earlier this year. Tony Banks was instrumental in pushing through the hunting ban and also challenged Mayor Ken Livingston's policy of annihilating pigeons in Trafalgar Square. Tony Banks will always be remembered by the animal rights movement.

**HIGH MEAT INTAKE BY PREGNANT WOMEN NOT ADVISABLE** Researchers at the universities of Edinburgh and Southampton found that the more meat the mother eats, the higher the levels of stress hormone cortisol in the child. Cortisol increases blood pressure and blood sugar levels and suppresses the immune system.

**HORMONES IN BEEF LINKED TO CANCER** According to John Verrall of the Veterinary Products Committee, beef from cattle that are injected with growth hormones could cause breast and other cancers. It can bring forward puberty in girls and increase the risk of genital abnormalities in boys. The EU currently bans the use of growth or sex hormones to fatten cattle but there are fears that the ban is not being implemented.



**YIV SUPPORTS ANIMAL SANCTUARY IN VADODRA, INDIA.** Meenaben Amin has dedicated her life to caring for animals. She looks after sick and lame animals and takes in unwanted pets. To see her nursing sick cows or monkeys is an amazing sight. We sent £1,450 to enable her to build an operation theatre with all modern facilities to operate on sick and injured animals. She is supported by a dedicated group of trustees led by Ashwinbhai Fofaria. Special thanks to Dr. Niruben Mehta, Nipulbhai Dadia, Nitin Mehta (Northwood) and Anubhai Shah for their generous donation for this project.

## **TWO VEGETARIANS IN RUSSIA 26 YEARS APART - HAS ANYTHING CHANGED?**

In 1980 I visited Russia and the following shortened version of my experiences appeared in *The Vegetarian* magazine March/April issue 1980 - Nitin Mehta

'You will have to put up with a very monotonous diet' I was warned when I applied to visit USSR with 25 other university students in 1980. In Moscow we stayed in a student hostel and I had to make very clear: no meat, fish or eggs. My fellow students began to take a special interest in what I had on my plate, partly out of sympathy for me and partly out of curiosity. For breakfast I used to have bread and buns and cheese mixed with curd and sugar sprinkled over it. It was called 'Tvorog'. Being a vegan now this would be a no-no today! For lunch I used to get cooked vegetables and sometimes cheese pancakes with rice. I narrowly missed eating some meat pieces once from what was supposed to be a vegetable soup. For dinner I used to get almost the same varieties but there were often extras like potato chips or potato curry! 'Smetana' or soured cream was another thing I had which would not be kosher for me today! When we visited the city of Vilnius, which is now the capital of the state of Lithuania, I was told that there were some vegetarian clubs in the city. During my stay the Russian people celebrated the 150th anniversary of Leo Tolstoy who of course was a vegetarian. To sum up, I had quite an enjoyable holiday in Russia as far as food and health were concerned - and a lot of my fellow students wanted to be served the food that I had because many of them had become sick eating meat!

## **A VEGETARIAN RUSSIAN ADVENTURE - 2006 by JANAKI MEHTA**

With an eye to entering the legal profession and with a passion for world history I decided to choose History as one of my A level subjects. My course included a unit on Stalinist Russia, and a unit on a hundred years of Russian history from 1855 to 1956. So when my school organised a trip to Russia in April 2006, I jumped at the chance to go! I was told by our tour company that I was likely to have some problems as far as food was concerned. Nonetheless I was not going to let this prevent me from seeing a country which I had studied in such detail and longed to see. I took my *Vegan Passport* and some crisps and chocolates from home, determined not to eat any meat, fish or eggs. I knew this was going to be a challenge but I was not prepared to compromise my vegetarian diet for travel.





Having taken some pasta from home for the first night on my trip, I started my holiday thinking that everything was just fine. I did explore the grand buffet at our hotel that evening, which to my delight offered mashed potatoes and some fresh salad. But besides that everything seemed to have some form of meat or fish. My evening meals

consisted mainly of bread, fresh fruit and mashed potatoes. The mashed potatoes were very popular, so on occasion it was bread, salad and fruit. Lunch was also troublesome. We stopped at a Russian mall but the pizza and pasta all had cheese which I suspected as being non-vegetarian. Further there were language barriers and I found it difficult to ask staff at food chains for details about vegetarian cheese. I stuck to some junk food from home and had some fruit and sorbet or ice cream to keep me going.

When we arrived in St. Petersburg we were having sit-down meals rather than buffets. My hotel was instructed about my vegetarian diet and they were very careful and made me vegetables in tomato sauce and rice followed by cabbage pie and mashed potatoes on the second night. Of course I ate plenty of bread. Breakfast was also largely meat based with different slices of meat every day, so it was difficult. One lunchtime the school party went on to McDonalds but the vegetarians asked for something more friendly to their diets so we went on to explore a Russian bistro, my tour manager translated my exact needs and I had my first hot lunch in Russia of saffron rice and salad. It was a great relief.

In all I did have difficulties finding a fulfilling meal while in Russia at times, but it was by no means impossible to be a vegetarian and spend time in Russia. Actually by looking carefully and even more importantly asking and explaining when possible about your diet, you could find vegetarian food. I was on a school tour which limited my ability to visit other restaurants, in particular pure vegetarian cafes. With some research, finding vegetarian food in Russia, though difficult, is not impossible. Therefore a trip to Russia does not mean one has to be lax in one's vegetarian diet. I spent a week there and my proudest experience was not eating any meat, fish or eggs in a country where meat is a big part of the local diet.



## YIV WEBSITE IS A HIT!

Vaid Bharath has been associated with YIV from the beginning. He kindly offered to set up our website and on 12th September 2005 the site was launched. It has had over 2,500 hits since then and put us on the world stage! The British Library, a founder member of the UK Web Archiving Consortium, has selected our website for a pilot project to keep our publication in perpetuity. Basically the consortium will take the necessary preservation action to keep our site accessible over a long period of time. Thanks are due to Vaid for a professional job worthy of the British Library! Please visit the site: [www.youngindianvegetarians.co.uk](http://www.youngindianvegetarians.co.uk).

## TWO MORE REASONS TO GO VEGAN!

1. According to research carried out at the University of Toronto, Canada, a Vegan diet reduces the cholesterol that clogs up arteries by 29% compared to the standard anti-cholesterol drug Lovastatin which drops levels by 30.9%. Almonds, soya, high-fibre cereals such as oats and barley and fresh fruit and vegetables can help prevent heart disease without medication. Every year 50,000 people die of cardiac disease linked to cholesterol.
2. 2 Up to 500, 000 newborn male calves - the unwanted by product of milk production - are shot every year in the UK.



**H.H. Acharya Sushil Kumar Ji Maharaj** June 15th 1926 - April 22nd 1994 **Guruji Sushil Kumar Maharaj's Instructions** Promote tree planting throughout India Promote vegetarianism and save the animal wealth of India from going to slaughterhouses Organise, unite & fight for ahimsa

**YIV INTERNATIONAL**

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Travelling abroad?

*Ask for animal-free food in 56 languages!*  
Get the new pocket-sized "passport" from  
the Vegan Society for only £3.99 plus p&p  
Call 084545 88244 (local rate)