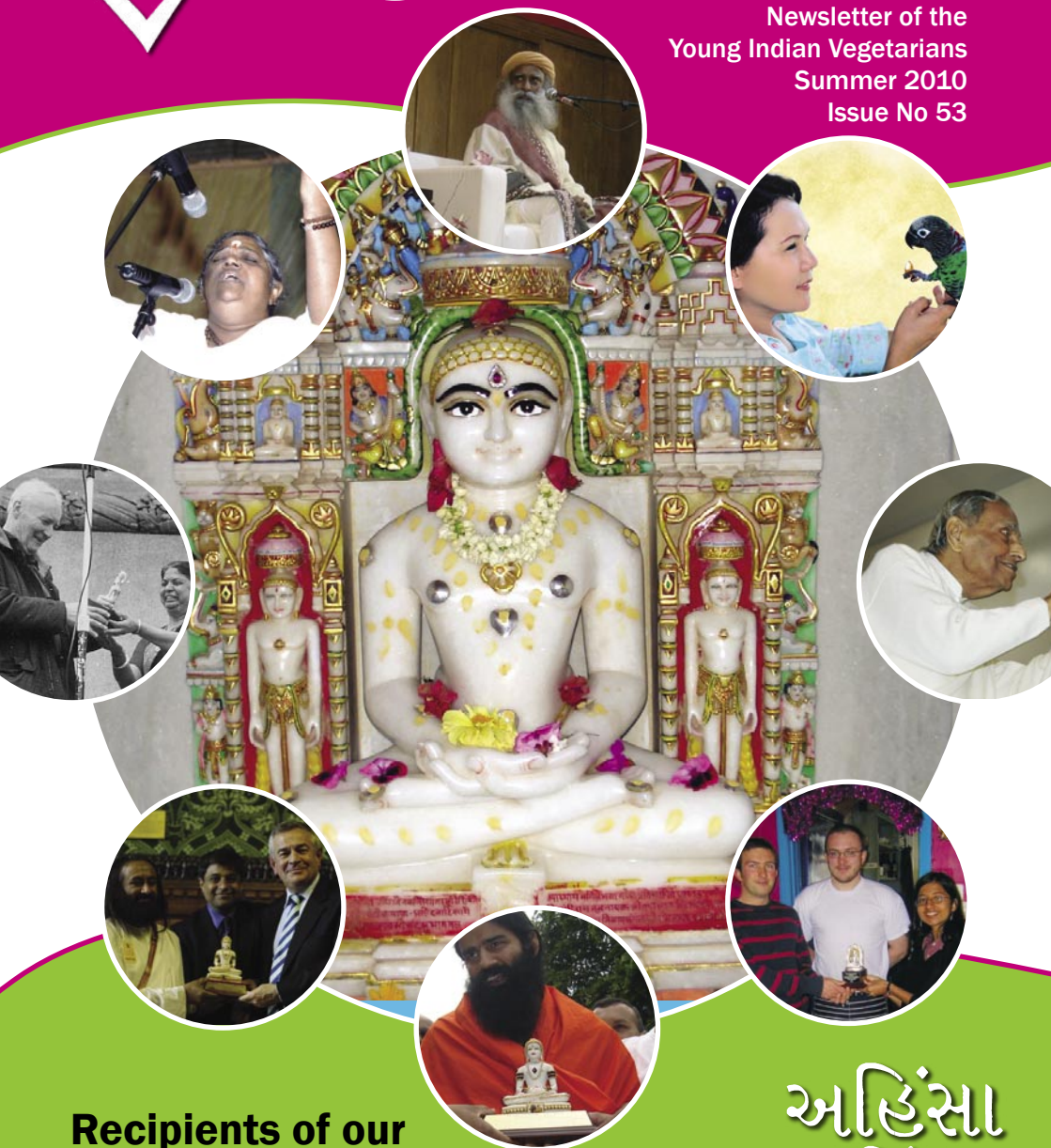




Ahimsa

Newsletter of the
Young Indian Vegetarians
Summer 2010
Issue No 53



**Recipients of our
Mahaveer Award...**

અહિંસા
अहिंसा



Dear Friends

Welcome to another issue of Ahimsa. We have been a campaigning organisation since 1978. We first started with organising vegetarian events in Croydon, we then did events in many boroughs of London. After that we took the campaign to many cities of UK and in 1990 we organised the first of our famous vegetarian rallies in Hyde Park. Over the years we have had huge media coverage. We have reached out to tens of thousands of people. We also formed the vegetarian societies of Kenya, Mauritius, Delhi, Lisbon and Punjab (India).

We have worked with all vegetarian, vegan and animal welfare organisations. The list of recipients of our prestigious Mahaveer Award mentioned in this newsletter demonstrates how we have reached out to all who share our goal of eliminating animal cruelty. Food is an integral part of our events and we have introduced the great British public to the delights of Indian vegetarian food. Our annual Christmas lunch continues to be very popular for the many varieties of vegetarian food we serve and the very positive role that food plays in forging friendship between communities. Together we want to build a compassionate and prosperous Britain in which animals will have fundamental rights.

For me personally, vegetarianism has become an integral part of my life's journey. It has taken me to places I would never have gone to and the journey that started in 1978 continues with even more vigour! We are at a stage now when the whole world is acknowledging the damage that meat consumption is doing to our planet, our health and our moral wellbeing. Let us all work harder to convince more and more people to give up meat. We must not keep our vegetarianism to ourselves. Ask your family members, friends and at every opportunity talk about the importance of giving up meat. I am looking forward to the day when millions of people in India will pledge never to eat meat. Ahimsa is the heritage of India and as long as it remains in the national conscience, Sanatan Dharma will prevail.

Nitin Mehta

The Young Indian Vegetarians

Nitin Mehta, 226 London Road, West Croydon, Surrey, England CRO 2TF

Tel: (044) 020 8681 8884 | **Fax:** (044) 020 8681 7143

email: animalahimsa@yahoo.co.uk | **Website:** www.youngindianvegetarians.co.uk

Communicate! Please acknowledge receipt of this newsletter by emailing us. Do you have a story you think our readers might be interested in? We would like to hear from you. Please write to us or email us with anything which you feel may be of interest.



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Namaste & Welcome

Shayona Caterers (Previously known as Saya Caterers) is the number one choice for Authentic Indian Vegetarian Cuisine. Over the years, Shayona has developed a reputation for its innovative and outstanding food, unique and authentic themes and professionalism. Shayona has maintained the flexibility and level of personal service, which it prides itself on. The evocative aromas and flavours of their personalised hand manufactured cuisine, have entertained thousands of guests at venues all over the country.

Mouthwatering Menus

Shayona Caterers presents an extensive innovative menu, drawn from various regions of India, especially the western state of Gujarat. If you require a dish that is not listed on our menu, please do enquire and we will be happy to accommodate your requirements. We cater for clients with specific dietary requirements (abstaining from onions and garlic) and can adapt our recipes to your individual taste and preferences.

Contact Us

If you have any queries about our catering services or would like to book an appointment to discuss your requirements, please don't hesitate to contact us using any of the methods below

Our helpful staff will be delighted to answer all your queries and work with you to give your special event that perfect flavour!

Shayona Caterers (Previously known as Saya Caterers)

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Mount Pleasant

Alperton, Middx. HA0 1NR

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Fax: 0208 900 2058

Email: admin@shayonac.co.uk

Contact: Chandrakant Patel

DID YOU KNOW?

- 1 That GPs (doctors) in UK write out nearly one billion prescriptions a year compared with just fewer than 400 millions in the early 1990s.
- 2 That drug companies indulge in 'scare mongering' by creating new diseases or redefining old existing conditions. It seems pharmaceutical companies want every human being to be on some kind of drug!
- 3 That a study of 116 chimpanzees subjected to medical experiments has found 95% display distinctive patterns of behaviour shown by humans suffering from post-traumatic stress disorder. Ban the use of great apes and wild caught primates in medical research!
- 4 That 6 billion animals are killed in America every year - 95% of them for food.
- 5 That Linnaeus, who introduced Binomial Nomenclature (naming plants and animals according to their physical structure) wrote: 'Man's structure, external and internal compared with that of other animals shows that fruit and succulent vegetables constitute his natural food'.
- 6 That global demand for animal flesh is expected to more than double by the year 2050. Within this timescale the livestock population is expected to rise from 60 billion farm animals to a staggering 120 billion.
- 7 That 70% of the Amazon rainforest has been cleared to start cattle ranches. The destruction of the rainforests is a callous act which will come to haunt the human race in future.
- 8 That in 2008 16.5 million sheep, 9,500 goats and 6000 farmed deer were killed for meat in UK. 2.6 million cattle, 9.5 million pigs, 800 million broiler meat chickens, 15 million turkeys, and over 28 million laying hens were also slaughtered.
- 9 That all kind of berries, blueberry, blackberry, black raspberry, red raspberry, cranberry and strawberry can prevent dementia, cancer, heart disease, and bowel disease.
- 10 That AMD (age related macular degeneration) is a disease whereby the sharpness of our central vision deteriorates. Lutein / Zeaxanthin, the carotenoid antioxidants found in dark green leafy vegetables such as spinach and kale are both highly effective in slowing the progress of AMD. Zeaxanthin is also found in mangoes, papaya, oranges, peaches, green beans, broccoli, sweet potatoes, and honeydew melon.
- 11 That every year, those aged over 65, take one third of all pharmaceuticals that are prescribed by doctors, despite the fact that they represent just 13% of the total population. On average an elderly person is taking around six drugs at any given time. Polypharmacy - when more than one drug is prescribed at a time - may be responsible for many of the common problems seen among the elderly such as confusion, weakness, incontinence, depression and falls - all of which have been blamed on growing old.

The following people pledged to become vegetarian at the various events we held during the year:

Himanshu Patel (Nottingham), **Jagrit Shah** (Nottingham), **Rupanjana Dutta** (N1), **Dipesh Patel** (Manchester), **Jinesh Patel** (Manchester), **Eimear Blunnie** (Hampshire), **Vinita Choudhry** (Birmingham), **Pranav Bhanot** (South Woodford), **Prinal Nathwani** (Leicester), **Raj Chevli** (Bolton), **Lucy Megan** (Woolwich), **Rama Ometoo** (EC1), **Hari Nair** (Luton), **Pankaj Gupta**, **Ram Mehra** (Leytonstone), **Atul Gupta** (E6), **Kiran Shetty** (Hayes), **David Green and Ashleigh Healy** (Harrow), **Athiraj Patel** (Chesham, Bucks), **Kapil Mehta** (Hemel Hempstead), **Bhupi Gohel, Shivani Gohel, Rishi Gohel** (Hillingdon, Middx.), **Ravi Sethi** (Hatch End, Middx.), **Asha Narayan** (Barnet).

The Middle East Animal Welfare Conference (MENAW)



This was held at the Concorde Al Salam Hotel in Cairo from March 1st to 3rd 2010. MENAW is a network of all the animal welfare groups from across Egypt, Lebanon, Sudan, Jordan, Qatar, Kuwait, UAE, Iran, Palestine and others. Associated groups such as African Network of Animal Welfare, Middle East Veg Group, Compassion for Animal Farming, were also represented.

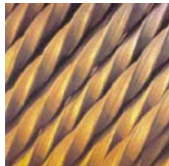
Invited to speak from the farm animal

perspective, Sandhya Prakash (left), founder of Meveg, spoke about the impact of livestock on the Environment. The session was well attended and brought to the fore “livestock” as one of the most significant contributors to the serious environmental problems we face today.

Sandhya is originally from India but she has lived in Dubai and Saudi Arabia for many years. Sandhya has already held a small congress at a trade fair in Dubai, and has been offered a similar opportunity in Egypt. In December 2010, Sandhya will be organising another vegetarian congress in Dubai.

Mrs. Asha Bawa

Mrs. Bawa is a long time supporter of YIV. She is based in Hounslow from where she actively promotes vegetarianism. She works alongside groups such as Diabetes Awareness and local hospitals. She sets a good example in how everyone can take an initiative and succeed. Contact: asha@veggie-bites.co.uk



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Congratulations & Best Wishes to
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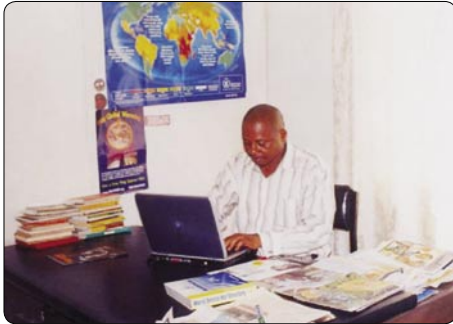
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Vegetarianism in Africa



The IVU Regional Co-ordinator for Africa is Emmanuel Eyoh, president of the Nigerian Vegetarian Society. NVS was founded in 1993 and has been a member of IVU since it began. In 2008 IVU launched a fundraising appeal to buy a computer for IVU-Africa. Thanks to generous donations from around the world IVU was able to help Emmanuel work from the small and simple NVS office instead of having to use a local cybercafe.

Emmanuel is actively involved in programs to feed local homeless people, with vegetarian food. In December 2007 Emmanuel organised the first ever vegetarian congress in Africa, in Lagos, Nigeria. It was attended by many people from neighbouring countries in the sub-region. In October 2009 the Vegetarian Society of Ghana hosted the 2nd West Africa Vegetarian Congress in Accra, again with funds from an IVU appeal.

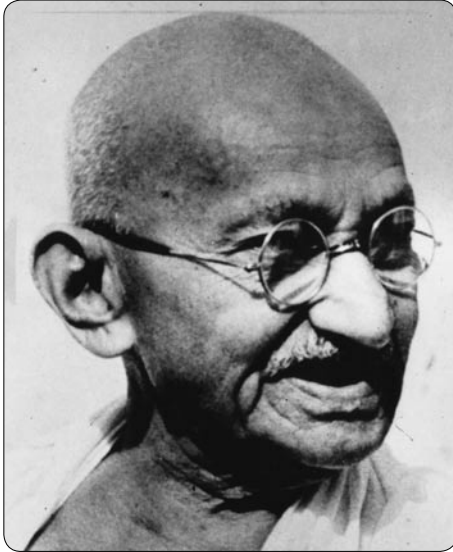
The next event will be the first East Africa Congress, to be held in Nairobi, Kenya in December 2010. The long term objective will be the first ever IVU World Vegetarian Congress in Africa.

Milk – Don't drink up

Milk is no longer considered the wonder food it was. Many nutritionists warn new parents off feeding their toddlers and children cow's milk. This is because milk is the source of most common allergies. Milk is also highly polluted food stuff as it is adulterated by many chemicals, including hormones. New breeds of cows such as Holsteins and Friesians also known as A1 cows produce a protein called Beta-Casomorphin-7 (B-CM7). This amino acid can lead to a host of autoimmune disorders including type 1 diabetes, where the body destroys its own insulin producing cells. In a book called, *'THE DEVIL IN THE MILK'* by Dr. Kevin Woodford, he claims that B-CM7 may even be a major factor behind the neurological impairment in babies and children that leads to autism and schizophrenia. So avoid milk from A1 cows. Better still avoid milk completely!



Mahatma Gandhi Recommended a Vegan Diet



Mahatma Gandhi avoided all animal products including milk. He said, 'It is my firm conviction that man need take no milk at all beyond the mother's milk that he takes as a baby'. Gandhiji even went further and said that human beings should eat nothing, 'but sun baked fruits and nuts'. He also wore shoes and sandals made from animals that had died a natural death. At present however we should avoid all leather goods as the meat and leather industries complement each other. Once after being ill Gandhiji reluctantly began taking goat's milk. Regarding experiments carried out on animals to find cures for human diseases Gandhiji said, 'I abhor vivisection with my whole soul. Vivisection is the blackest of all black crimes that a man is at present committing against God and his fair creation'. Once when a calf was suffering great pain at his Ashram he agreed for it to be put down. Gandhiji said he would apply the same principle for human beings. In the modern context it would seem Gandhiji would have supported Euthanasia in the most severe cases!

Meat Free Days

On 6th May 2010 the city of Ghent (Belgium), celebrated the first anniversary of the Thursday Veggie Day-campaign. EVA (Ethical Vegetarian Alternative) is the campaigning group that brought about this brilliant concept. Everyone from Time Magazine to Japans national TV have reported on this amazing phenomenon. Belgian cities of Hasselt, Mechelen as well as Sao Paulo, Bremen, San Francisco and Cape Town have followed Ghent's lead.

Students of Oxford University's Jesus College have also declared Mondays as completely meat free. On 3rd December 2009 Sir Paul McCartney and Dr. Rajendra Pachuri addressed members of European Parliament on the subject of 'Global Warming and Food Policy: Less Meat = Less Heat'. The race is on to see which city in UK becomes the first to declare Mondays as a vegetarian day.



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Food For Life

Food For Life, the world's largest vegan food relief project working on the principles laid out by the founder of the Hare Krishna Society, Srila Prabhupada, distributed nearly 100,000 meals to the earthquake stricken people of Haiti. The food offered is called; 'Prasadam' and the dedicated volunteers of Food for Life believe that by serving delicious vegan prasadam people will automatically give up meat. Food for Life distributes free food in many cities of the world, including London.



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*Mon-Friday 10am - 8pm
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Plenty of parking space.

Worms in the Fish!

A great many fish carry parasites of various kinds, some of which are transmitted to humans. These parasites are as natural to their hosts as the water in which the fish swim. With fillets (fish meat without bones) however, when preparing the fish one should remove the worms! Freezing the fish to -31C for 15 hours or -23 C for seven days will kill parasites but this is not easy to achieve in a home freezer and it rather spoils the notion of fresh fish! You could cook the fish to a minimum of 60/140F to eradicate parasites. Or when eating fish, sushi or sashimi keep your eyes closed! So much for oily healthy fish! The medical establishment continues to recommend fish as a rich source of Omega 3 and Omega 6. The dangerous mercury in fish, the decimation of all aquatic life and the ecological disaster facing our rivers and oceans does not seem to matter. 300,000 whales, dolphins and porpoises are killed every year by fishing nets. Omega 6 is found in large amounts in oils derived from nuts, seeds and soya beans. Omega 3 is found in flaxseed and rapeseed oil and hemp seeds. Whether you eat land animals or sea animals it is all wrong!



Jain Animal Sanctuary

Sheila Barber continues to look after the animals at the sanctuary in Burwash, Sussex. We continue sending £700 each month. Sheila recently took in two goats from the neighbouring farmer, one is totally blind and one was desperately ill. With loving care and the help of the vet both the goats are living happily now.



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Rakesh Mehta cycles through Cambodia and proves that you do not have to compromise your veggie principles

You will have seen from the pages of this newsletter over the years that being vegetarian does not stop you from being adventurous. Last summer, fresh from my first foray into cycling, the London to Paris bike ride, I found that I was hooked. I wanted to find another challenge and that's when I stumbled upon PEPY, a Cambodia based non-governmental organisation (NGO) whose mission is to aid rural communities in improving their own standards of living, with a focus on increased access to quality education. PEPY fund their work by organising adventure travel trips in Cambodia. I joined them on the PEPY Ride V, their fifth annual 1000km bike ride that started at the stunning temples of Angkor and cycled across the country and finished at the beautiful coastal town of Kep. This was not just about the cycling though; there is a massive focus on education with visits to various NGOs to learn about development and to see first hand how they make a difference.

Being the only vegetarian in the group, I had some concerns about the food that would be on offer, especially as Cambodian cuisine is particularly fond of a fish sauce that they seem to put in everything! My fears were allayed when I heard that PEPY actually recommend that all participants stick to a vegetarian diet. In the remote parts of Cambodia a veg diet was far less likely to cause food poisoning! Safe in the knowledge that I would be able to get a decent meal everywhere on the trip, I cycled with confidence and any time I needed a hit

of energy, I would stop at a roadside café for some food and reload with some sugar cane juice or some coconut water... nature's answer to Lucozade! I certainly had no worries about food in the larger towns and cities such as Siem Reap where the highly rated restaurant 'Chamkar' served up strictly vegetarian Khmer cuisine while the excellent 'K'nyay' in Phnom Penh is beating the drum for vegan food in Cambodia.

Although I am a vegetarian rather than a vegan, I found that I stuck to an almost entirely vegan diet for the duration of the trip and by the end, the combination of nutritious food, cycling and sunshine contributed to me feeling healthier than ever before. I would definitely recommend the experience to all veggies and vegans out there.

Rakesh Mehta



Recipients of the prestigious Mahaveer Award over the years

Lord Mahaveer is the 24th teacher in the Jain tradition and was an apostle of Ahimsa (non violence). These awards have been presented to individuals and organisations who have shown exceptional compassion for our animal friends.

8th June 1986 in Croydon.

- Late Neville Hall of Croydon who was very active in the Vegetarian Society for many years.

5th July 1987 at Bharatiya Vidya Bhavan, London

- Late Peter Roberts founder of Compassion in Farming
- David Whiting. He exposed many illegal abuses of animals and continues to do so. He is the step son of Lord Dowding commander of the battle of Britain. Lady Dowding his mother was the founder of Beauty without Cruelty.

9th August 1987, Southampton

- Southampton Animal Aid at Southampton Hindu Temple.

1990 the first ever vegetarian rally in Hyde Park.

- Juliet Gelately who went on to form Viva! The highly effective animal rights and vegetarian organisation.

1991 Alexandra Palace

- Compassion in World Farming and Kerry Brown of World Wildlife Fund

1992 Hyde Park

- Professor Andrew Lindsey
- Late Maxwell Lea. Maxwell was a leading figure in the UK Vegetarian Society as well as the International Vegetarian Union.
- Robb Johnson famous musician and ardent campaigner for animal rights and vegetarianism.

1993 Alexandra Palace

- Late Tony Banks MP and ardent animal rights campaigner.
Hillary Nimmo

1994 Southall Vegetarian Festival

- Dave and Helen who took on the mighty McDonalds and inspired countless people to fight against all odds! Their epic battle with McDonalds is the longest legal battle in British history!
- Spike Milligan

1995 Hyde Park

- Jill Phipps (posthumously). Jill died in a tragic accident while fighting the desperate fight to stop the export of calf's to Europe from Coventry.
- Late Vicky Moore who was severely wounded while trying to stop a bull fighting event in Spain.
- Rossie Catford.
- Michael Mansfield QC. Michael speaks out for animals and is a proud vegetarian.
- Carla Lane famous TV personality dedicated totally to animals.

1996 Hyde Park

- Georgina Kennedy, Molga Salvalaggio and late Michael Sutcliffe who was a veteran campaigner for animal rights and active member of Animal Aid and Viva!

1999 Hyde Park

- Joan Court who has inspired a whole generation of people to fight for animal rights.
- Francisco Martin a leading figure in the International Vegetarian Movement.
- Heather James, the Vegetarian Society of UK, the Vegan Society of UK, Animal Aid, Viva, the Fox Project, PETA, Compassion in World Farming.

2001 Trafalgar Square

- Late Lord Weatherill former speaker of parliament.
- Tony Benn (veteran politician)

- Pat Mear, Croydon Vegan Activist
- Jane Cuthbert
- Eileen Clarke
- Kaylie Day and Carol Webb for their love and care of animals at their sanctuary

June 2002, Croydon

- Steve Christmas
- Kishorebhai Shah (Jivdaya) based in Antwerpe, Belgium
- Parsuram Prabhu for feeding tens of thousands of people in many parts of the world as part of Food for Life project.
- Sue Dickens
- Dan Sidley

2003 Croydon

- Lord Parsvanath Award presented to Maneka Gandhi animal rights activist and MP in India

Cambridge 2003

- Lord Parsvanath Award presented to Arjuna Wholefoods, Cambridge
- Rainbow Cafe, Cambridge
- Lynn Sawyer
- Beryl Spence

2004 Hyderabad, India

- Dharmaj K. Ranka

2004

- Late Arthur Ling who was first to market Vegan (Soya) milk
- Late Donald Watson founder of the Vegan Society

2005

- One Stop Thali, Restaurant & Cafe, Bristol

2006 Houses of Parliament

- Swami Ramdev famous Yoga guru and anti meat campaigner
- Sir Mota Singh QC

2007 Houses of Parliament

- Sri Sri Ravi Shankar famous Yoga guru with a huge following
- Lord Swaraj Paul

2007

- Sri Jaggi Maharaj famous guru with a huge following

2007 Croydon

- Darren Collis of the Sea Shepherd which confronts the Japanese fishing vessels hunting for whales in the Atlantic Ocean

2008 Harrow

- Dada Vaswani famous guru promoting vegetarianism everywhere

2008 Chelsea

- Supreme Master Ching Hai. Supreme Master Ching Hai and her followers promote vegetarianism all over the world and they have 24 hour TV channel promoting vegetarianism and compassion to animals

2008 Alexandra Palace

- Mata Amritanandmayi (Amma). Amma is famous for hugging devotees and preaching compassion and love towards all. She has hugged over 35 million people.

2009 Manchester

- Leslie Tarleton who runs two animal sanctuaries.

2010 Nottingham

- Pat Smith of the Veggies of Nottingham for promoting vegan food all over the country.

Do you have what it takes to get one of our awards? Have you dedicated your life to the welfare of animals? Do you tell your friends about the benefits of a meat free diet? Or do you know anyone who does?

then LET US KNOW

...and you could join our illustrious list of winners!





The world's largest gathering and it is all vegetarian!

Nitin Mehta: Come to Kumbh Mela to see the miracle that is modern India
(first published in the Independent 15.04.10)

Beginning from 14th January 2010 the world's greatest religious gathering has been taking place at Haridwar in the state of Uttarakhand, India. Kumbha is a Sanskrit word for a round pot with no handles, Mela means "a gathering", or a fair. The observance of Kumbh Mela dates back many centuries. It is said that once upon a time the Gods had lost their strength, and to regain it, they thought of churning the Kshera Sagara (primordial ocean of milk) for amrit (the nectar of immortality). This required them to make a temporary agreement with their arch enemies, the demons or Asuras to work together with a promise of sharing the nectar equally thereafter. But when the Kumbha containing the amrita appeared, a fight ensued. For 12 days and 12 nights (equivalent to 12 human years) the gods and demons fought in the sky for the pot of amrita. It is believed that during the battle,

Lord Vishnu flew away with the Kumbha of elixir, and that is when drops of amrita fell at four places on Earth: Prayag, Haridwar, Ujjain and Nashik, and that is where the Kumbh Mela is observed every 12 years. On 14 January (Makar Sankranti) the Kumbh Mela began with all the pomp and glory for which it is so well known. Millions of people led by the holy men took a dip in the holy river. Hindus believe all paths to God are valid. Conflict between different denominations within Hinduism is unknown. It is due to this ingrained belief in diversity that democracy thrives in India. Violence in the name of religion will only stop when all the religions acknowledge that all paths to God are valid. It is a miracle that India pulls off such a massive show, with all its logistical nightmares, so brilliantly. In January 2007 around 70 million pilgrims gathered at Prayag for the Ardh Kumbh Mela, by far the world's largest religious festival. It is estimated around 50 million people attended this year. It is the world's most massive act of faith. Meat fish and eggs are strictly prohibited at the event.

The Following Successful Events Took Place Since The Last Newsletter

- 1 On 21st May 2009 the Vegetarian Society organised, 'Food Testing Competition' at Tibits a vegetarian restaurant in Heddon St. off Regent St, London. I was invited to be a judge for the best Soya Sausage!
- 2 On 12th August 2009 I was interviewed by BBC Asian Network regarding the use of animals in circuses. No animals should be used in circuses and do not ever go to circuses which use animals!
- 3 On 16th August 2009 we kept a stall at the annual Janmastmi festival held at the Hare Krishna temple in Watford. 9 people took a pledge to go vegetarian.
- 4 On 26th September 2009 I kept a stall at the Croydon Food Festival on behalf of Croydon Vegans.
- 5 On 29th September 2009 I gave a talk at the Nescot College in Ewell. Six students agreed to consider going vegetarian after the talk.
- 6 On 1st October 2009 I gave a talk at St. Peters Church, Crawley. The talk was organised by Crawley interfaith group.
- 7 On 4th October we kept a stall at the mega Diwali event in Trafalgar Square. 9 people took a pledge to go vegetarian
- 8 On 27th October 2009 I was interviewed on BBC Asian Network about the impact of meat consumption on the environment.
- 9 On 1st November 2009 I gave a talk on, 'Spiritualism and Vegetarianism at the Croydon Vegan Festival.
- 10 On 2nd November 2009 Vanessa Clarke and I were invited to speak on the benefits of a vegetarian and vegan diet at the Jain Vishwa Bharati Centre in Cricklewood. A group of ten people from Italy as well as Shri G.L.Gandhi from India were present at the event. Samani Prasana Pragya and Samani Rohit Pragya had conducted a week long Yoga and Meditation seminar.
- 11 On 7th November I spoke at the Diwali function organised by the Gujjar Hindu Union, Crawley. I said vegetarianism is our precious heritage which must be kept alive in the younger generation now and for generations to come.
- 12 On 12th November 2009 Jyoti Mehta gave a talk on vegetarianism at the official launch of Interfaith Week at the Queen Elizabeth Conference Centre. Representatives of all major faiths as well as cabinet members were present.
- 13 On 21st November 2009 we kept a stall at the National Hindu Students Forum convention held at City University. 8 people pledged to give up meat eating and go vegetarian.
- 14 On 6th December 2009 we held our annual Christmas lunch. Around 120 people attended. The deputy mayor of Croydon as well as MP for Croydon North Malcolm Wicks were amongst the guests present.
- 15 On 8th December CNN India interviewed me regarding the Copenhagen summit on climate change and the damage caused to the planet by meat consumption. I said India should not abandon its vegetarian heritage at any cost.
- 16 On 14th December Alistair from PETA and I took part in a debate on the merits of vegetarianism at University College London. The event was organised by the UCL debating society. We won the debate with an overwhelming majority!
- 17 On 1st January 2010 Sunrise Radio presented a, 'thought of the day 'prepared by us. Thousands of listeners were urged to practice Ahimsa and give up meat eating!

- 18 On 26th January I gave a talk at the Imperial College. The event was organised by the college vegetarian society.
- 19 On 30th January I gave a talk at an event organised by Horsham Interfaith group. The event was held at Horsham Methodist church hall.
- 20 On 27th February I travelled to Nottingham. I gave a talk at the Nottingham Hindu Temple. The event was part of 'Chintan' series of talks that is regularly organised there. Around 150 people were present and 3 people pledged to go vegetarian. A Mahaveer Award was presented to Pat Smith of the Veggies of Nottingham for his services to the vegetarian cause over many years. A special thanks to Kamleshbhai Lakhani and family for their kind hospitality.
- 21 On 28th March Vanessa Clarke and I travelled to Birmingham. The Jain centre was celebrating Lord Mahaveer's birth anniversary. Some members of Birmingham Vegetarian and Vegans group were also present. I asked everyone to practice Ahimsa in their daily lives. Feed the pigeons, oppose blood sports, join animal rights groups, persuade people to give up meat - there is so much to do for Jains! Days are passing away and this human form of life will have gone without any gain. Wake up and act to save your Ahimsa heritage!
- 22 On 10th June I gave a talk at the Swaminarayan Hindu School, Neasden. The talk was a part of the schools morning assembly.

From The Press

The following letter was published on 27th Feb. 2010 in the Saturday Guardian Magazine

Jonathan Safran Foer's battle between meat eating and going vegetarian is one faced by millions of people. It is also a moral issue with which some of the greatest thinkers in history have grappled. We crave peace, yet deny it to the living beings we share this planet with. We have forgotten that compassion is the distinguishing mark of a civilisation, and all our otherwise great achievements are clouded by the suffering of billions of animals. The environmental and health issues related with meat eating are a clear indicator that the human race has to revert to a plant-based diet if it is to leave this planet in a good enough shape for future generations. *Nitin Mehta, Croydon*



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 Hospital Victory

Following ongoing negotiations with Northwick Park Hospital, Harrow and Central Middlesex Hospital, Park Royal for almost a year, they have introduced an 'Asian Vegetarian Menu'. The menu is defined as free of meat, fish and eggs. A Jain vegetarian menu has also been introduced with no root vegetables. A system has also been put in place to alert all the staff concerned about the special diet of Hindu and Jain patients. A vegan diet is also on the menu! Our sincere thanks to councillor Mark Versallion and the hospital management for bringing about this progressive change. A special thanks also to Dhiraj and Punita Shah, Jyoti Shah and Naginbhai Avlani for taking part in the lengthy negotiations. Other hospitals can now follow Northwick Park's example but it will need local Hindus and Jains to make it happen!

Animal Asia

This organisation does wonderful work in China, Vietnam and other Asian countries. Bear farming in China and Vietnam is widespread. Bears are kept in cages and bile is extracted from them. Bile is considered a, 'magical' ingredient for everything from haemorrhoids to hangovers. As a result of Animal Asia's campaigns leaders of 18 of mainland China's 31 provinces became bear farm free. At Animal Asia's bear sanctuary in China two completely blind bears had their sights restored after cataract surgery! UK ophthalmologists Dr. Claudia Hartley and Dr. David Donaldson carried out the surgery. Animal Asia is also fighting hard to end the brutal dog and meat trade in China, Korea, Cambodia, Laos and Thailand. They are also working to end the practice of feeding live animals to tigers and other large predators. May God give Jill Robinson the director and all the supporters of Animal Asia more and more success. Please visit: www.animalasia.org and support them.

Leather shoe ban for schools in India.

Following a campaign by India's leading animal rights campaigner, Maneka Gandhi, who is also a recipient of our Mahaveer Award, children in Indian schools will now have to wear non leather canvas shoes! There is a strong connection between animals killed for meat and their skins used for leather goods. So if you are wearing leather shoes, leather belts or keeping leather purses GO for non leather alternatives!

UN Report Recommends A Shift Away From Meat

A global shift towards a vegan diet is vital to save the world from hunger, fuel poverty and the worst impacts of climate change, says a recent UN report.

As the global population surges towards a predicted 9.1 billion people by 2050, western tastes for diets rich in meat and dairy products are unsustainable, says the report from United Nations Environment Programme's (UNEP) international panel of sustainable resource management. It says: "Impacts from agriculture are expected to increase substantially due to population growth increasing consumption of animal products". Unlike fossil fuels, it is difficult to look for alternatives: people have to eat. A substantial reduction of impacts would only be possible with a substantial worldwide diet change, away from meat and dairy products.



Biofuel and Grains diverted to feed animals = mass starvation

According to United Nations 100 million people from the world's poorest face starvation. 25,000 people a day die from hunger related diseases. The amount of grains fed to animals could feed 4 billion people. As if this was not enough almost 27 million hectares of land was used to produce crops for producing fuel in 2007. In 2008 food prices soared pushing almost 100 million people below the poverty line and almost 30 million people into hunger. Biofuel was responsible for at least 30% of food price rises. Biofuel is supposed to help fight climate change but in fact bio fuels cause more green house emissions than fossil fuels. Heavy use of fertilisers on the crops releases huge amounts of nitrous oxide, a gas 300 times more powerful than carbon dioxide. The demand for new land for biofuel is causing thousands of hectares of forests to be torn down causing a huge release of carbon into the atmosphere. The human population is set to grow to 9 billion people by 2050 and unless meat consumption which is one of the main causes of green house gas emissions is not replaced with planet friendly plant based diet a catastrophe awaits the human race.

Y.I.V is grateful to the following organisations

- 1 **Oshwal Association of UK** for their generous donation of £501 to the Jain Animal Sanctuary. A special thanks to all the committee members.
- 2 **Navnat Vanik Association** for the donation of £300 from their 'Jiv Daya' fund. Our special thanks to president Bhupendrabhai Shah, Rameshbhai Shah and Jayeshbhai Doshi.
- 3 **Jain Samaj Manchester** for the donation of £1000 from their 'Jiv Daya' fund. Special thanks to president Piyushbhai Mehta, treasurer Chandrakantbhai Makim and all the committee members.
- 4 **Jain Samaj Leicester** for a donation of £1000. Our thanks to president Pankajbhai Shah, Dr. Rameshbhai Mehta and all the committee members for your support over many years.
- 5 **Mahaveer Trust** for the donation of £250. Special thanks to Jaysukhbhai Mehta and all the trustees.
- 6 **Oshwal Association of UK South, Satsang Mandal** for the donation of £1625. Special thanks to Nemubhai and all the members.



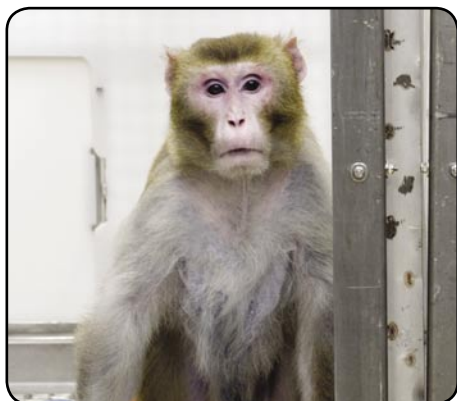
Jo Rollino, the strongest man who ever lived dies aged 104

Jo lived in Brooklyn. He was a body builder, boxer and astonished people with his many incredible feats. The secret of his longevity he said were regular swims in the ocean, breakfast of oatmeal and **never ever meat**, cigarettes and alcohol! He died not a natural death but was knocked down by a truck.

Victory for Elephants in India

In November 2009 India's Central Zoo authority issued an order that all Elephants should be removed from zoos and sent to national parks, sanctuaries or reserves with immediate effect. The ban has been extended to circuses also. Well done India! Don't ever go to circuses where animals are made to perform!

Animal Defenders International



ADI is a brilliant campaigning group fighting to abolish vivisection. Around 10, 000 monkeys die in European laboratories. As part of their ' Save the Primates ' campaign and with the help of Swedish animal rights group Djurrattsalliansen as well as Israel's , Behind Closed Doors group they rescued 3 monkeys from Israel laboratories. From their grim lives in Israeli lab the monkeys have been brought to Lakeview a wonderful animal sanctuary in Ascot, Berkshire. These monkeys will now live happily until they die a natural death. ADI will finance their upkeep throughout their lives. ADI can do much more with your support - act NOW! Animal Defenders, tel: 020 7630 3340. www.ad-international.org.



Vegetarian
SOCIETY

The Vegetarian Society is the oldest vegetarian organisation in the world. Join other vegetarians across the UK to help us promote the vegetarian message!

We are an educational charity promoting understanding and respect for vegetarians but we need your support to help us with our essential work, to make it easier for people across the UK to follow a vegetarian lifestyle.

Visit www.vegsoc.org/members or call **0161 925 2000** to find out more about our charitable work and to find out about the great benefits of joining the Vegetarian Society!

Join today and receive 25% off your annual membership by simply quoting 'YIV10' online or over the phone.

YIV Website (www.youngindianvegetarians.co.uk)

A big thank you to our webmaster Vaid Bharath for his continued good work on the site. We have had over 11,000 hits since we launched. Please visit the website and sign the following pledges:

- 1 Your organisation will never allow meat to be served at any of its events.
- 2 You will never serve meat, fish and eggs at any event your family celebrates. Weddings, birthday parties or any other occasion you will never serve any of the above.
- 3 You will bring up your children (for those who are planning to have some!) as strict vegetarians.

Birthday of Lord Mahaveer raises 11k for the RSPCA

Last year, as a guest of Jain Samaj, Manchester, I had urged them to become proactive in promoting Ahimsa. They made it happen. Over 400 members of the Jain community in Manchester celebrated the birthday of Lord Mahaveer and marked the occasion by raising money for RSPCA. The event took place at the Jain Community Centre, Longsight. Puja Samani Prasana Pragya and Samani Rohit Pragya from Jain Vishwa Bharati, London, held a four day seminar to enrich life through the practice of Ahimsa (non-violence).

A cheque for £11,768, collected by the Jain community, was presented to Susie Hughes from RSPCA by the Lord Mayor of Manchester, Councillor Alison Firth. Said Susie: "This was the largest amount RSPCA have ever received in the U.K. It is a most wonderful achievement from a community that should stand as an outstanding example to us all". President of Jain Samaj, Piyush Mehta and vice presidents Kiran Mehta presented awards to Ruchir Shah and Ashok Mehta for raising the maximum funds for the charity and thanked the members of their community for their help.

Many animal welfare groups and animal sanctuaries need financial support desperately and it is now time for other Jain centres in the country to follow Manchester's example.



Swine Flu: the pandemic that never was...



Millions of people were expected to die in this pandemic and governments of many countries were pressurised into buying the Tamiflu and other flu vaccines. The pandemic never arrived leaving UK and other countries with huge stock piles of vaccines not needed. Last April GlaxoSmithKline told its happy shareholders that it had made £698 million from the sales of its Pandemrix swine flu shots boosting its first quarter revenues by 17%. Dr. Wolfgang Wodarg, chairman of the Health Committee of the Parliamentary Assembly of the Council of Europe (PACE), has described the swine-flu pandemic as 'one of the greatest medical scandals of the century'. So who benefits from health scare stories?

- 1 Drug companies,
- 2 Health agencies in getting rid of old supplies and being seen as 'well prepared'.
- 3 The media who know that health scare stories will sell papers.
- 4 Swine Flu however was a reminder to humans that mistreatment of animals can bring about diseases.

With Compliments & Best Wishes



Unit 2, Sperrin Business Centre, Stonefield Way, South Ruislip, Middlesex HAF 0GA. tel: 020 8841 1199



Mahaveer Award being presented to Pat Smith. From Left: Dharamveer Dhanda, Pundrick Prabhu, Nitin Mehta, Pat Smith, Kamlesh Lakhani. Nottingham Hindu Temple 27 February 2010

Picture Gallery



Jain Centre Birmingham,
28 March 2010



Tree Planting Ceremony in memory of Kiritbhai.
Heathfield Ecology Centre, Croydon 30 May 2010

Vegetarian students
at Imperial College
London
26 Jan 2010



Manchester
Jain Temple
- simply
beautiful



For almost 4 years we have been lobbying the NHS equalities unit regarding the Vitamin K administered to new born babies. For vegetarians, vegans, Hindus, Jains and many others the fact that bovine bile (extracted from cows) is an ingredient of the vitamin K is of great concern. We now have an alternative and parents can ask for it for their new born babies.



Vitamin K Innovation for Newborns

A new drug has been licensed which could revolutionise the administering of Vitamin K to newborns. Neokay is the only licensed Vitamin K oral preparation in the UK available in an easy to use gel capsule, providing parents with a new, pain free alternative to Vitamin K injections.

Neokay means parents can choose not to have their baby injected, and instead opt for them to have the Vitamin given orally using the squeezable capsules. Andrew Brodrick has been developing Neokay for 20 years, "Many parents don't like the thought of injecting their babies within hours of them being born, and Neokay gives them an alternative to the traditional injection that is safe, effective and easy to use." Neokay is a prescription medicine comprising Vitamin K in coconut oil contained in a soft, gel capsule. The preparation is easily administered by snipping off the end of the capsule and squeezing the contents into the baby's mouth. Breast fed babies will need to receive the capsule contents once a week for the first 3 months (12 weeks). Bottle fed babies are likely to only require a single 1mg capsule immediately after birth, as formula milk contains additional Vitamin K. Neokay also has the added benefit of delivering the Vitamin K in a vegetarian friendly medium (although the gel capsule covering is of animal origin the drops are plant based). For more information about the options available to them when considering giving Vitamin K to their baby, parents-to-be can ask their midwife or GP.

Contacts:

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A little bit of marketing

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World Vegetarian Congress 2010-Indonesia

The World Vegetarian Congress will be held in Jakarta from 1-6 October, with an excursion to Bali from 7-9 Oct 2010. The Indonesian Vegetarian Society has been a member of the International Vegetarian Union since 1998. It is estimated that there are 80,000 members in IVS's 51 branches across the country. This makes it by far the biggest vege society in the world!



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