



Ahimsa

now in our 34th year

Newsletter of the
Young Indian Vegetarians
Summer 2012
Issue No 55



Olympics 2012

**You do not have to
be meat eater to be
a champion!**

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अहिंसा



Dear Friends

Welcome to another issue of Ahimsa. Many of us in the vegetarian, vegan and animal rights movements sometimes despair at the violence animals continue to suffer at the hands of our human species. However we owe it to the animals never to stop fighting on their behalf. Patience and perseverance will bring us victories. And here is a morale-boosting story: Forty years of campaigning by Compassion in World Farming has come to fruition. From 1st January 2012 a Europe wide ban on barren battery cage came into force. Battery cages are where egg-laying hens are kept in rows of 3 to 6 tiers inside huge windowless sheds. Artificial lighting is kept on for around 17 hours a day to help increase egg production.

Unable to fulfill their basic behavioral needs such as wingflapping, dust bathing, scratching, pecking, perching and nest building, they resort to aggressive acts such as feather pecking and cannibalism. To prevent this happening hens have their beaks trimmed or de-beaked. This is extremely painful. Due to the demand for calcium required to produce eggs, hens suffer from brittle bones. Broken bones, infectious bronchitis, cage layer fatigue, leukosis and egg peritonitis are some of the other miseries faced by egg laying hens. Almost 35% of hens die in the cages due to bone fragility known as cage layer osteoporosis. Hens also suffer from Avian Coccidiosis. It is a parasite that develops inside cells lining the intestines and they cause bleeding and massive swelling of the gut. Hens are also infected with salmonella and campylobacter.

Now over 250 million hens will live their lives away from this inhumane system of egg production. We take this opportunity to salute the late Peter Roberts, the founder of Compassion in World Farming, who started a campaign in the late 1960s to have battery cages banned. Peter was a recipient of Mahaveer Award. Hearty congratulations to Chief Executive of CIWF, Philip Lymbery, Joyce D'Sylvia, the dedicated staff, the trustees and all the supporters. May god bless you all. This victory is a reminder to all of us fighting for justice and compassion to animals to never give up. We are fighting an epic battle to change the human/animal relation forever. In doing so we will rewrite human history and bring about a world in which human progress and civilization will be judged not by its might but by its compassion towards all living beings. Let us all dedicate ourselves to achieving our goal!

Nitin Mehta

The Young Indian Vegetarians

Nitin Mehta, 226 London Road, West Croydon, Surrey, England CR0 2TF

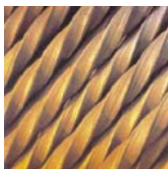
Tel: (044) 020 8681 8884 | **Fax:** (044) 020 8681 7143

email: animalahimsa@gmail.com | **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.



**Looking Back:
YIV members 18/04/1978!
still going strong**



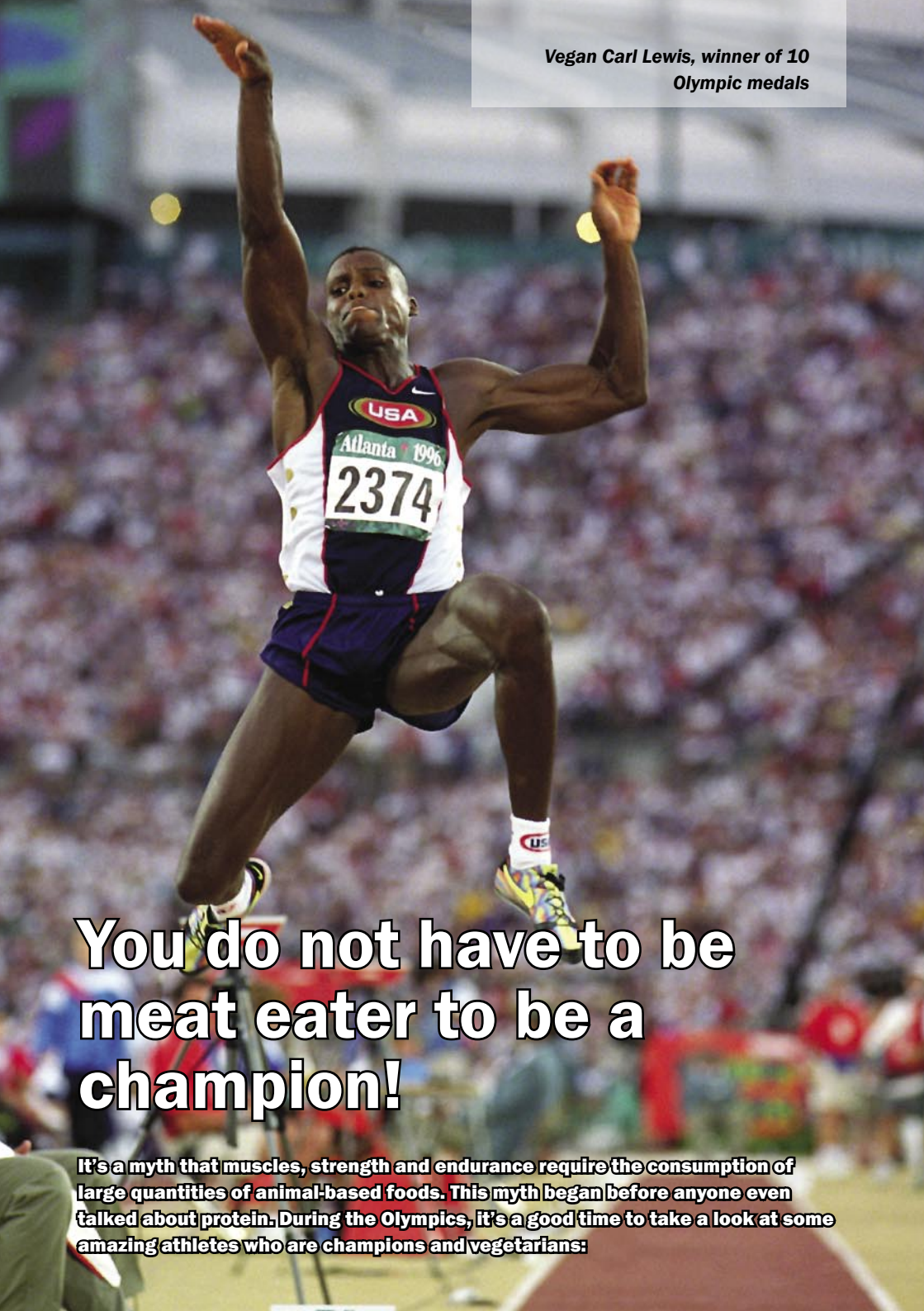
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for 33 Years of campaigning**

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A full-page photograph of Carl Lewis in mid-air during a long jump. He is wearing a white USA singlet with "Atlanta 1996" and bib number "2374", and dark blue shorts. His arms are raised high, and his legs are spread wide in a powerful leap. The background is a blurred stadium filled with spectators.

**Vegan Carl Lewis, winner of 10
Olympic medals**

**You do not have to be
meat eater to be a
champion!**

It's a myth that muscles, strength and endurance require the consumption of large quantities of animal-based foods. This myth began before anyone even talked about protein. During the Olympics, it's a good time to take a look at some amazing athletes who are champions and vegetarians:

- 1 Charlene Wong is a champion figure skater who represented Canada in the 1988 Calgary Olympics. She began competing at the age of 6 and in 1980 was named in the Canadian Team and represented Canada in the Junior World Championships. She was highlighted in The Vegetarian Sports Nutrition Guide by Lisa Dorfman.
- 2 Paavo Nurmi, a Finnish runner, was a vegetarian since the age of 12. He is often considered the greatest track and field athlete of all time. A long-distance runner, he competed in the 1920, 1924 and 1928 Olympics, winning 12 Olympic medals.
- 3 Chris Campbell, wrestler, trained for the 1980 Olympics but did not compete as the American team boycotted the 1980 Moscow Olympics. At age 37, he began training again and secured a place on the US team, winning a bronze medal at the 1992 Olympics, becoming the oldest American to medal in Olympic wrestling. He says, "I take care of my body. I don't eat meat, and I do yoga every day. It makes a difference."
- 4 Carl Lewis, vegan athlete, won 10 Olympic medals, including 9 golds, in a career that spanned from 1979 to 1996, competing for the US. He said, "most athletes have the worst diet in the world, and they compete in spite of it."
- 5 Surya Bonaly, professional figure skater, represented France in the Olympics of 1992, 1994, and 1998. She is also now a US citizen. A vegetarian, she has appeared in PETA ads protesting Canada's baby seal hunt and English and French fur trade.
- 6 Debbie Lawrence, vegetarian racewalker, has been a three-time Olympian (1992, 1996, and 2000) and is the world record holder for the women's 5K racewalk event. She attributes her success to hard work and a vegetarian diet.
- 7 Murray Rose, a vegetarian since birth, has six Olympic medals. He was born in 1939 in Nairn, Scotland, but he moved to Australia with his family at an early age. He was an Olympic champion at the age of 17. He was known for his vegetarianism during his career, earning him the nickname, "The Seaweed Streak." He competed in the Olympics from 1956 through 1960, winning six medals.
- 8 Al Oerter, discus thrower, won four Olympic gold medals for the US - in 1956, 1960, 1964. He was also an abstract painter.
- 9 Edwin Moses, hurdler for the US, is a gold medalist who went eight years without losing the 400-meter hurdle. Over his career, he won two Olympic gold medals. After retirement from track, he completed in a 1990 World Cup bobsled race in Germany and won the two-man bronze medal with US Olympian Brian Shimer. Edwin Moses is a vegetarian.
- 10 Leroy Burrell, sprinter, twice set the world record for the 100 meter sprint. He won a gold medal for the US in 1992 in Barcelona. He is a vegetarian.

Article Source: <http://EzineArticles.com/1401638>

The sad statistics of 2012 Olympics and Paralympic Games

More than 100 tonnes of meat, 82 tonnes of seafood and 31 tonnes of poultry, 21 tonnes of cheese, 19 tonnes of eggs and 75,000 liters of milk will be consumed by around 23,900 contestants and team officials. There will also be 20,600 medical personnel, 4,800 Olympic and Paralympic officials and a workforce of 160,000 including 70,000 volunteers. A lot of animals will die for this extravaganza.

Did You Know?

- 1 That the total greenhouse emissions from the livestock sector amounts to 7.1 billion tones per year.
- 2 That if all 61 million people replace meat with plant protein one day a week, the CO2 reduction the UK can achieve is 13 million tones per year.
- 3 That one in five supermarket chickens carries a food poisoning bug.
- 4 That symptoms of Campylobacter the bug present in chickens are fever, nausea, stomach cramps and diahorrea.
- 5 That the estimated number of people getting infected from the supermarket chickens is 200,000.
- 6 That United States is the largest producer of meat chickens in the world. 8.84 billion broiler chickens are produced that is more then the world human population.
- 7 That the United States livestock sector also produces 91 billion eggs every year.
- 8 That 10 million turkeys are slaughtered each Christmas. 90% of them are in windowless sheds. Imagine the suffering of these birds which can fly in the wild if left alone.
- 9 That in 2010 around 9.5 million pigs were slaughtered in the UK. 70% of them spend their entire lives indoors.
- 10 That 14 million geese and ducks are killed in the UK every year. Goose fat is increasingly used to roast potatoes at Christmas.
- 11 That every day in the UK 2.3 million land animals are slaughtered to meet the meat demand.
- 12 That a vegetarian diet helps protect against the common bowel disease. Research carried out at Oxford University found that the typical high fibre vegetarian diet resulted in 30% reduction in the risk of developing bowel disease.

The following are the names of some people who took a pledge to go vegetarian at the various events we held during the year.

Only first names are mentioned so as to keep their privacy.

Anish, Mihir, Nikisha, Sunny, Bhavika, Neeta, Madu, Amal, Ras, Kunar, Bhupathy, Megan, Arsh, Ayush, Arushi, Dylan, Yashpal, Ricky, Narendra, Renuka and Nidhi.



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YIV Celebrates the Diamond Jubilee on 2nd June

The celebration started at the Queen's Gardens, Croydon at precisely 3pm and right on cue the sun shone through! The event started with the Hare Krishna chanting party led by Nabinandan Dasa, (Nipan Malde)

This was followed by the Swaminarayan Balika Mandal prayer and song. The children from Oshwal Association Gujarati Classes sang beautiful devotional songs.



The Jagruti Ladies group then presented Gujarati Folk dance, (Garba) and stick dance (Dandya Raas). MP for Croydon Central Gavin Barwell joined the dancing party! The Brahma Kumaris had a stall and they gave a message of upholding spiritual values. A prayer was also read by bishop Norman Goddon of the New Testament Evangelical Church of Croydon.

The Mayor of Croydon, Eddie Aaron, and his wife Judith Aaron, both of whom are vegetarians, congratulated the Indian community for its positive contribution to Britain. The Mayor urged the community to keep alive its culture and languages.

The best part of the event was when everyone spontaneously started sharing their vegetarian picnic - people from many background shared food and made friends!

A special thank you to Smitaben Rawal, Kusumben Shah, Priti Shah and the ladies of Jagruti Group. Thanks also to Kamalbhai Rao and Gujarat Samachar for the publicity they gave to the event. Thanks to Les and Angie Kemp for providing the PA system without which we would have been lost!

The programme concluded with a pledge taken by many people present that they will remain vegetarian for the rest of their lives.



Diamond Jubilee 2012



Golden Jubilee 02/06/2002



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Y.I.V Supported the following organisations in the past year:

Animal Protection Agency (APA) (www.apa.org.uk), Hillside Animal Sanctuary (www.hillside.org.uk),
International Fund for Animal Welfare (IFAW) (www.ifaw.org), Mare and Foal Sanctuary, Newton
Abbot, TQ12 4SA, League Against Cruel Sports (www.league.org.uk), Animal Care in Egypt
(www.ace-egypt.org.uk), The Mayhew Animal Home (www.mayhewanimalhome.org), Compassion
in World Farming (www.ciwf.org). WSPA, wspa.org.uk, F.R.I.E.N.D. animal sanctuary East Peckham,
Tunbridge.TN12 5LJ. They are all doing wonderful work. Please support them.

They Eat Rabbits too



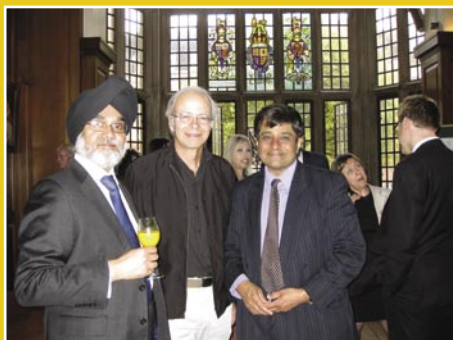
Around 325 million rabbits are farmed for their meat across the European Union. These animals, which so much enjoy the outdoors, are kept in cages so small they can hardly move. 32 million rabbits just die within the cages. Please help Compassion in World Farming in their campaign to end factory farming of all species. Email: supporters@ciwf.org

CCTV Cameras in all Slaughterhouses?

Secret filming by Animal Aid has discovered systemic cruelty and brutality inside Britain's slaughterhouses. Footage taken from an Essex slaughterhouse showed pigs being burnt with cigarettes and animals being punched in the face. Seriously injured pigs were forced to drag themselves to slaughter. Covert recordings from eight randomly chosen slaughterhouses across the country tell a similar devastating story and reveal serious breaches of animal welfare laws. Jean Lambert and Keith Taylor, Green Party members of European Parliament have demanded the installation of CCTV cameras in UK slaughterhouses. Please find time to congratulate them! Email: jeanlambert@greenmeps.org.uk, keithtaylor@greenmeps.org.uk.

Highly recommended book

Dr. Vernon Coleman a qualified doctor and author of over 100 books has published a book which is a real eye opener and must be read by all those concerned about vaccines. The book is called, **'Anyone Who Tells You Vaccines Are Safe and Effective Is Lying. Here's The Proof'**. The author does not advise anyone not to be vaccinated. His aim is to provide information which is not provided by the Government or the medical profession. www.vernoncoleman.com



Sir Rabinder Singh, Peter Singer and Nitin

The Association of Lawyers for Animal Welfare organised a charity dinner and talk by Peter Singer on 25th June 2012 at Gray's Inn Hall in London. Peter Singer is a philosopher and author of *'Animal Liberation'* which was described by the Guardian as *'probably the single most influential document in the history of recent movements concerned with animal welfare'*. He has also written or co-authored, *'In defense of Animals'*, *'The ethics of what we eat'*, *'Animal Philosophy'*, and *'The Great Ape Project: Equality Beyond Humanity'*. The event was chaired by Sir Rabinder Singh (The Hon. Mr. Justice Singh), a High Court Judge, who was previously a barrister at Matrix Chambers specialising in human rights cases.

The Institute of Jainology conferred their Ahimsa Award to me at an event held in the House of Commons on 12th October 2011. Here is the speech I gave on the occasion:

The directors of the Institute of Jainology and Distinguished Guests

It is my great pleasure to accept this Ahimsa Award. My special thanks to the Institute of Jainology for considering me worthy of this award. Amongst the previous recipients of this award are the Dalai Lama and Nelson Mandela. These individuals are giants of our times and they have changed the course of human history. I pay my humble respects to them. The concept of Ahimsa or non violence is a jewel which Jainism propagates. The greatest good a Jain can do is called 'Abhay Daan'. This means giving someone protection from the fear of death.

I was around 10 years old when along with my brother I threw a stone at a dog which was barking at us. As the stone hit the dog it made that painful noise and I knew that my action had hurt it. It was an incident which bugged me a lot and I resolved that I will protect all living beings which are at our mercy to the best of my ability. There was another incident that troubled me a lot. A group of older children had come across a tortoise and were hitting it with a hammer to try and break its shell. We humans can be so insensitive to other living beings.

Jains believe that this human form of life that we have got is priceless. It is rare to get a human birth. There are 6,400,000 forms of life and our next birth will depend on our deeds in this present life. It is therefore imperative that we do as much Ahimsa as possible now. Time is at a premium as there is no certainty of how

long we will live. There is a poem I would like to read:

You pass through this world but once, if there is any good you can do, or any kindness that you can show to any human being, dumb animals and birds, you may do it now and not defer it, for you will not pass this way again!

Let us ask ourselves how much Ahimsa we are practicing in our daily lives. So here is an example: Say you have a bumble bee in your room and it is trying to get out, you are in a hurry to get to work. Would you take a few minutes to open the door and windows and let it out? This small act of compassion will encourage you to look around and feel for millions of animals who suffer at the hands of human beings. Sometimes we have mice in our homes, how many of us think immediately of putting poison traps? Can we not treat them as guests and have them caught in a safe trap which would not harm them and then release them in a field!? How strong is our faith in Ahimsa? Mosquitoes are a big problem in some countries, it is in their nature to bite but it is not up to us to kill them. Yes protect yourself as much as you can but don't harm them! This is compassion in action.

When the first Europeans came to India in the 17th century they documented the amazing phenomena of a race of people who were vegetarian and amongst them were Jain's who were seen with their arm stretched out for blood sucking small insects to feed on! Many great thinkers and philosophers of the time brought the Indian ideal of Ahimsa back to Europe and many animal welfare as well as vegetarian movements started here. It was the English vegetarians who had been inspired by India, who by a strange coincidence inspired Mahatma Gandhi when he came to London in 1888. Gandhiji's first public speech was as a secretary of the Bayswater branch of

the Vegetarian Society. His early ideas were formed by coming in contact with people like Anne Besant, Madame Blavatsky and Henry Salt, all of whom were vegetarians and radical thinkers of the time. Here we have to give credit to Gandhiji's mother who insisted that he take a vow not to eat meat. The vow was given by a Jain monk. Here we can see Gandhiji's mother's priorities. Even though he was going to a totally different country there was no compromise on the principal of vegetarianism. These days parents say: "Since our son or daughter is going to university we have not insisted on them being vegetarian!" We should tell our children that whatever the circumstances don't eat meat. Nothing will happen to them. God will look after them.

65 billion animals are killed worldwide every year for meat. All marine life from fish, turtles to dolphins and whales has been decimated. Huge trawlers are sweeping the bed of the sea killing indiscriminately. Coral reefs and mangrove forests are disappearing. Animals are hunted; tens of thousands are exported to other countries in appalling conditions for meat. There are countries where dogs, horses and whales are killed for meat. From animals performing in circuses to donkeys and horses treated with utmost cruelty as beasts of burden we fail god's creatures that are at our mercy. The experiments that are carried out on animals in the name of science can bring tears to your eyes. Human beings crave for peace but inflict so much pain on animals.

As Jains we should be in the forefront in the battle to reduce animal suffering. How many of us support League against Cruel Sports, Compassion in World Farming, and hundreds of other organisations working day and night to reduce the suffering of animals? Hens are kept in small cages, pigs are confined in small

crates, millions of male chicks are suffocated as they are no use to the egg industry, male calves are killed or brought up for beef as they are no good to the dairy industry. It is due to this reason that more and more people are going Vegan. There are hundreds of animal sanctuaries in UK run by people who have given up everything, they are always struggling financially. Do we support them? Our Ahimsa is the Ahimsa of the brave, not of cowards. Before fox hunting was banned, brave people used to go and disrupt the hunt and many times they were badly beaten but they never gave up.

How many of us make a special effort to persuade people to give up meat eating? Do we impress upon our children and grand children that whatever happens even if you have to starve you should not eat meat? Do we ensure that we avoid all products in which animals have been abused? Do we avoid leather goods such as shoes & sofas? Do we buy shares in enterprises which exploit animals; do we insist on going only to vegetarian restaurants? Do you go and feed stray animals or birds? Let me tell you an interesting story. Ken Livingstone decided to get rid of pigeons from Trafalgar square and banned anyone from feeding them. There are volunteers who go and feed them even today. Just consider their compassion, are they not Jains?

I am urging everyone to become proactive. Ask yourself what you will do for compassion from today. Every animal welfare activity should be getting Jain support. We have to have the generosity of mind. For 20 years we have been supporting an animal sanctuary in Burwash, Sussex. When we first went there it was on the verge of closing down. We urged the owners not to close. They said they would need at least

£700 every month. We said we would send them that amount even though we were not sure where the money would come from. In the 20 years since we have been supporting this Sanctuary we have never had any great difficulty in collecting that amount, in fact we even support many other sanctuaries. Ahimsa is the central pillar on which Jainism stands and as long as we practice Ahimsa, Jainism will thrive and prosper.

Someone has said, ' Kutch Baat He Ayse Ke Hasti Mit Ti Nahi Hamare' There is something about Indian civilisation unlike many other civilisations which have disappeared in the course of history. Though it is the oldest civilisation it remains vibrant and very much alive. The secret behind its survival is Ahimsa. God protects those who protect others. So let us resolve to bring about a world in which animals will have fundamental rights and all forms of animal abuse will cease. Let us change the human/animal relationship from abuse to compassion. Let us be the change that we want to bring.

I would like to take this opportunity to thank my wife Pratibha and my daughters Jyoti and Janaki and all the family members for their support.

Nitin Mehta MBE
House of Commons, 12th October 2011

From the press

The following article was published in the Global Herald on 18th November 2011.
"A plant based vegetarian and vegan diet is crucial for our survival"

Global Herald is an entirely online newspaper published from London

search: International Herald/ Nitin Mehta

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New Arrivals at the Jain Animal Sanctuary

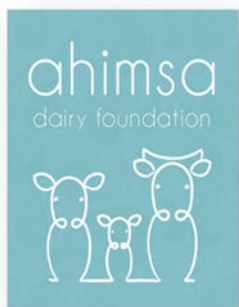
Sheila Barber continues to look after the animals at the sanctuary in Burwash, Sussex. We continue sending £700 each month. A few months ago we received the news that hundreds of hens were being sent for slaughter and a sanctuary was being sought for as many as possible. Sheila said she could take a dozen. The hens are now at the Sanctuary enjoying a free, safe and happy life! Sheila also took in 2 ponies rescued from a fire. They are settling down nicely.

The following successful events took place since the last newsletter

- 1 On 21st and 22nd August 2011 we kept a stall at the annual Janmastmi Festival held at the Hare Krishna temple Watford. 14 people took a pledge to give up meat eating and go vegetarian
- 2 On 30th August I gave a talk to the Jain Sangh East London. I urged the Jain community to be proactive in promoting vegetarianism and ahimsa.
- 3 On 16th October I spoke at an event organised by a charity called Narayan Seva Sanstha. The charity does tremendous work for the disabled in India. I said that we should also extend our compassion to animals and the charity should actively promote vegetarianism
- 4 On 13th November we kept a stall at a environmental day event held at the Oshwal Centre in Potters Bar. 4 people took a pledge to go vegetarian.
- 5 On 15th November we presented a Mahaveer Award to His Holiness Brahmrishi Shree Kumar Swami at an event organised in the House of Commons. I urged his holiness to promote vegetarianism all over India. Swami has millions of followers in India.
- 6 On 19th November we kept a stall at an event organized by National Hindu Students Forum in Kingsbury. Five people took a pledge to go vegetarian. A special thanks to Dhiraj and Punita Shah as well as Nishma Shah for all their help on the day. 5 people took a pledge to go vegetarian
- 7 On 11th December we had our 31st. annual Christmas lunch in Croydon. Around 130 people attended. The Mayor of Croydon Councillor Graham Bass as well as MP Malcolm Wicks and his wife Margret were also present.
- 8 On 12th December we met Phil Wynn, Director General, International Climate Change UK. Stephen Walsh from the Vegan Society and Kelly Slade from Animal Aid came to the meeting. We impressed upon Phil Wynn the importance of a vegetarian and vegan diet in the fight to control global warming.
- 9 On 14th January I gave a talk at an event organized by Bhram Samaj in Balham. They were celebrating the Hindu festival of Makarsankranti.
- 10 On 18th January 2012 I gave a talk to the Oxford University Hindu students. Around 24 students attended and amongst them two were not vegetarian. One of them pledged to go vegetarian. The talk inspired them to speak up for compassion towards animals and promote vegetarianism.
- 11 On 15th March I took part in a phone in programme presented by James O' Brian on LBC radio. The topic was vivisection. I told him animals are not humans and their metabolism is different and as such alternative methods of finding cures for human diseases should be pursued. Countless people have died and suffered due to the drugs that were tried on animals first. It was a fairly heated exchange!
- 12 On 13th May I gave a talk to the Kingston-upon-Thames Gujarati School in Surbiton, Surrey. Around 65 students and many parents were present. A special thank you to Rajubhai Pandya and all the committee members for the invitation to give the talk.

What is Ahimsa Milk?

by Sita Rama das



In her book, 'Secret Lives of Cows', organic farmer Rosamund Young says: "Today, many cows are kept in a system of 'zero-grazing', which means they never see a field, graze on grass or leave their area of confinement. The quality of the resultant milk is questionable; the quality of the life of the cow is at best unnatural and at worst unbearable."

What most people don't know is that the natural lifespan of a dairy cow is 17 -20yrs, the average lifespan of today's industry cow in the UK is only 5 years. Why? Because her milk yield drops and farmers consider it economically unviable to support her any longer, even though she has given her milk.

We all know that without giving birth to a calf, a cow will not give milk. What most people don't know is that following birth, calves are removed from their mothers within a few hours, and if they are lucky, within a few days before ending up on a plate.

Today's intensive dairies work on the following principle: More milk = More profit
They control each factor associated with what's necessary to increase efficiency. And in the name of efficiency cows have become

victims of industry. They are no longer seen as sentient beings, they have become nothing more than milking machines or production units. They are unable to speak out for themselves.

Don't they deserve better for producing the miracle food we call milk?

Ahimsa Dairy Foundation

The Ahimsa Dairy Foundation is a not-for-profit company set up to provide entirely slaughter-free milk. Our campaign is rooted in having compassion for cows and bulls, to care for them from birth to their natural end. By not exploiting them, we offer a truly sustainable and ethical option to milk consumption.

Our inspiration comes from the Hare Krishna community farm in Hertfordshire demonstrating a unique experiment into what happens when dairy cows and their offspring are allowed to live productive lives instead of being exploited and sacrificed in the name of cheap milk.

Working in partnership with OMSCo (Organic Milk Suppliers Cooperative) and Commonwork Organic Dairy in Kent, we are



producing milk from a select herd of cows kept to Ahimsa standards described below. Commonwork is an environmental charity, and also works as study centre for schools and colleges. The thrust of its work is towards developing a just and sustainable world.

Ahimsa milk is being produced to the following minimal standards:

- No cows, calves or bulls will be slaughtered
- Cows can graze freely on open pasture
- Cows will be protected for life

Cows at Commonwork are looked after to Soil Association organic standards, this means they are not injected with hormones or steroids; they are on a diet of non-GM forage (mainly plant leaves, stems, legumes and grass) primarily grown on the farm; they graze in open fields during spring, summer and autumn. Winter housing is spacious and they have areas where they can walk around with access to food 24 hours a day. The health and welfare of the cows is foremost, they are treated with homeopathy and alternative treatments when possible, and antibiotics are used when no other approaches work.

This high welfare project began as a community supported agriculture (CSA) scheme. Milk is being delivered to members across London on subscription.

If you are interested or would like to find out more, visit www.ahimsamilk.org

Do's and Don'ts

- A Do persuade others to give up meat.
- B Do speak the word 'vegetarian' at every opportunity.
- C Go only to vegetarian restaurants.
- D Don't wear or buy leather goods, (sofas shoes etc).

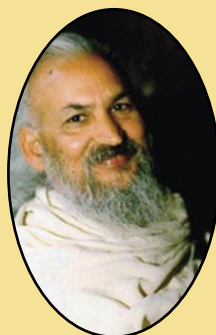


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YIV is grateful to the following organisations

- 1 Jain Sangh East London & Essex for the donation of £1001.00. Our thanks to Hansaben Bakhai and all the committee members for their generous support.
- 2 Navyug Jain Pragati Mandal for a donation of £151 and £101.00 respectively. A special thanks to Ramanbhai Shah, Prafulaben Shah and all the members.
- 3 Navnat Vanik Association of the UK for a donation of £300. Our thanks are due to president Bhupendrabhai Shah, Rameshbhai Shah, Jiv Daya co-coordinator Jayeshbhai Doshi and all the committee members.
- 4 Mahavir Foundation for a donation of £750.00. Our thanks to Vinodbhai Kapasi and all the trustees for their generous support.
- 5 Jain Samaj Europe for a donation of £1000.00. Special thanks to President Mrs. Usha Mehta, Treasurer Mahendra Shah and assistant treasurer Pankajabhai Shah.
- 6 Jain Samaj Manchester for a donation of £500. Thank you President Piyushbhai Mehta, treasurer Narendrabhai Vora and all the committee members.
- 7 Oshwal Association of UK , Croydon, Satsang Mandal for the donation of £500.00. Thank you for your continued support.

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 14,000 hits since we launched. According to the webstats, thats over 680 per month. Please visit the website and sign our pledges.

Animal Aid



Animal Aid is a dynamic organisation actively promoting compassion to animals and a vegetarian and vegan lifestyle. Here are some of their most recent achievements:

- Working under cover they installed cameras in a Essex slaughterhouse and exposed mindless cruelty meted out to pigs. Inspite of many obstacles Animal Aid managed to get two employees prosecuted under the Animal Welfare Act 2006.
- For many years Animal Aid has campaigned against the cruelty to horses in the annual Grand National event. This year the death of two horses and serious injuries suffered by three others meant that the event got unprecedented negative coverage. Animal Aid managed to get its message across to the people of this country that horse racing is a very cruel sport that ought to be banned.
- The Windermere Geese Management Group had planned to cull 200 Canada geese. Animal Aid managed to mobilise an effective campaign to have this decision reversed and succeeded in saving these birds.

Animal Aid continues to campaign against vivisection, the continued use of animals in circuses, greyhound racing and many other animal welfare causes.

Please join Animal Aid. Contact them at:
Animal Aid, The Old Chapel, Bradford Street
Tonbridge, Kent, TN91AW.
Email: info@animalaid.org.uk

Mineral Health - the facts

Vitamin D and Calcium: Calcium is the most abundant mineral in the body. It is involved in muscle contraction (including the heart), nerve function, enzyme activity and blood clotting. It is the key to bone strength and is stored in the skeleton as calcium phosphate. The bones act as a reservoir with calcium constantly being withdrawn and redeposited at controlled rates. Vitamin D is essential to the absorption of calcium and is especially important in childhood and adolescence when its influence on bone growth and density is most marked. Vitamin D is produced by the action of sunlight on our skin. For vegetarians and particularly vegans it is essential to get plenty of exposure to the sun. So make the most of the summer months! Vitamin D sources suitable for vegans are those margarines, breakfast cereals and soya milk which have all been fortified. Multi vitamin vegan tablets which are available in health food stores are also an easy way of getting Vitamin D.

Iron: Lack of iron is one of the most common concerns people have in connection with vegetarian diet and health. Iron however is present in a wide variety of vegetarian foods. Iron is required by the body mainly for the production of haemoglobin, the substance that carries oxygen in the blood and the maintenance of the muscle protein myoglobin. Vegetarian sources of iron include pulses like chickpeas, lentils, and kidney beans. Fortified breakfast cereals and bread, green leafy vegetables like kale, spinach, cabbage and broccoli are all good sources of Iron. Almonds, cashew nuts, dried fruits like apricots, dates and raisins are amongst other good sources of iron. Vitamin C plays a key role in iron absorption. Vitamin

C is found in citrus fruits, blackcurrants, kiwifruit, passion fruit, guava, bitter gourd, cabbage, cauliflower, broccoli, spinach, parsley, tomatoes and sweet peppers.

Protein: Protein is an important part of our diet. A balanced diet should include a daily intake of around .75 mg of protein for every kilo of your body weight. Protein is fundamental to cell renewal and growth. Muscle accounts for around half of the protein in the body. The protein collagen makes a major part of the skeleton, connective tissues, the nails and hair are all forms of protein. The body makes protein by combining substances called amino acids. Nuts, peas and beans (including peanuts) are very high in protein content. Pulses like chickpeas, lentils, kidney beans as well as soya milk, corn or maize and tofu are all protein rich. Some every foods that are normally regarded as carbohydrates, such as rice and othe grains, pasta, breakfast cereals and bread contain significant amounts of protein. Meals that combine beans and rice, dahl and rice or hummus and bread will provide a biologically, complete protein intake. The thousands of years old Indian vegetarian diet of chapatti, sabji, dahl and rice is perfect!

Information: The Vegetarian Society of the UK

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From the Press

The following article on YIV activities was published in the Chitralkha Magazine. This magazine is one of the most widely read publications in the Gujarat State of India and amongst Gujaratis all over the world..

આપણી આજકાલ

લંડનમાં પ્રિન્સ ચાર્લ્સને અમારી શાકાહાર પ્રચારની ઝુંબેશની વાતની ખબર પડી. એ પ્રભાવિત થયા. મને એમને મળવાનો મોકો મળ્યો તો મેં એમને શાકાહાર ઝુંબેશની વિગતે વાત કરી તો ત્યારથી પ્રિન્સ ચાર્લ્સે અઢવાડિયામાં બે દિવસ ભોજનમાંથી માંસાહારની બાદબાકી કરી નાખી છે...

આ શબ્દો છે મુજ જાનનગરના વતની એવા લંડનના નિવાસી નીતિન મહેતાના...

માંસાહાર માટે પ્રાણીઓની કલ્યાણ અટકાવવા અહિંસા પરમો ધર્મી વાત ભલે ભારતમાં ઝાઝી સફળ ન રહી, પણ વિદેશની ધરતી પર નીતિન મહેતા નામના ગુજરાતીએ ઘણી સાર્થક કરી બતાવી છે. આ ગુજરાતીએ ૩૦ વર્ષ પહેલાં લંડનમાં યંગ ઇન્ડિયન વૈજિટેરિયન નામની સંસ્થા શરૂ કરી હતી. એના પરિણામ સ્વરૂપે આજે અસંખ્ય લોકો શાકાહારી બની ગયા છે અથવા તો એ અમુક દિવસો માંસાહાર નહીં આણે એવી પ્રતિજ્ઞા લીધી છે.

લંડનમાં મોટર પાર્કિંગનો બિઝનેસ કરતા સતાવન વર્ષી નીતિનભાઈ ધોરૂ સમય પહેલાં સજકોટ આવ્યા ત્યારે લિવલેન્ડ સાથે એમણે પોતાની આ પ્રવૃત્તિ વિશે વિગતવાર વાત કરી.

એ કહે છે કે અમારી ઝુંબેશને ઘણી સફળતા મળી છે. શરૂઆતમાં એવા હાથે આ કામ કરતો, પણ આજે મારી સાથે સાતસોથી વધુ લોકો છે. અંરે, એમાંથી અઢત્સોથી વધારે તો વિદેશી છે. એટલું જ નહીં, અમારી પ્રવૃત્તિનો પડઢો બેલિજમ, સાઉથ આફ્રિકા, અમેરિકા જેવા દેશનાં નગરોમાંય પડ્યો છે, જેમાં એવો ઠરાવ પસાર કરવામાં આવ્યો છે કે અઢવાડિયાના નક્કી કરેલા એક દિવસે જાહેરમાં કોઈએ માંસ વેચવાનું નહીં કે ખાવાનું નહીં! આ ઠરાવને સારોએવો પ્રતિસાદ મળ્યો છે.

નીતિનભાઈ એમની પ્રવૃત્તિની વાત કરતાં ઉમેરે છે કે અમે દર વર્ષે નાતાલના દિવસે સવાસો જેટલા અંગ્રેજ સેલિબ્રિટીને ભોજન માટે બોલાવીએ છીએ અને એમને અહવા અહવા ગુજરાતી વાનગીઓનું ભોજન કરાવીએ, જેના કારણે એમને ગુજરાતી ભોજન દઢે વળે. એ ઉપરાંત, સમયોત્તરે શાળા, કોલેજ, હોસ્પિટલ, વગેરે સ્થળોએ સેમિનાર, રૂપ ડિસ્ક્રાશન, વક્તાઓ સમીપે છીએ, જેમાં વક્તા તરીકે ભારતથી બાબા સમદેહર, શ્રી શ્રી સ્વચિંતકર, મેનકા ગાંધી જેવી સેલિબ્રિટીઓને બોલાવીએ છીએ. શાળા અને કોલેજમાં તો અમે ગુજરાતી ભોજન બનાવી લોકોને જમાવીએ છીએ તથા હોસ્પિટલમાં આરોગ્યને ધ્યાને લઈ કંદમૂળ વગરનું (જૈન ફૂડ) ભોજન પણ ઘણી વખત દરેકને આપીએ છીએ. એ ઉપરાંત, અમે ગુજરાતી ભોજન,

સૌથી મોટો ધર્મ છે... અહિંસા!

વિદેશમાં માંસાહારીઓને શાકાહારી બનાવવા પ્રયત્નશીલ છે આ ગુજરાતીઓ...



દર વર્ષે નાતાલમાં વિદેશી મહેમાનોને શાકાહારી ડિનર!

વાનગીની રેસીપી બુક પ્રકાશિત કરી છે, જે અમે નહીં નહી, નહીં નુકસાન ધોરણે લોકોને આપીએ છીએ. સમયોત્તરે ગુજરાતી ફૂડ કેસ્ટિવલનું આયોજન પણ કરીએ છીએ. આ કાર્યમાં સહકાર આપતી વ્યક્તિઓને સંસ્થા દ્વારા મહાવીર એવોર્ડ પણ આપવામાં આવે છે...

મજાની વાત તો એ છે કે લંડનમાં એકાદ ઝગમગ વધુ ગૌરાળા છે. એમાં પણ શારીરિક, આર્થિક રીતે મદદરૂપ થતા નીતિનભાઈ કહે છે કે અમેરિકામાં દર વર્ષે ૬૦ લાખ પ્રાણીને મારી નાખવામાં આવે છે. એમાંથી પંચાણું ટકા પ્રાણીઓનો ખાવામાં ઉપયોગ કરવામાં આવે છે.

અંરે, ૨૦૦૮માં યુકેમાં દેક ક્રોડ થેટ, નવ હજાર પાંચસો બેઝી, છ હજાર પાંચસો હરફા, આશરે દેકેક ક્રોડ ટર્કી (પક્ષી)ને મારી નાખીને એનો ભોજન તરીકે ઉપયોગ થયો હતો!

હવે તો તમીઓ અને વિશાનીઓ પણ સ્વીકારે છે કે માંસાહારથી આરોગ્યને નુકસાન પહોંચે છે. માંસાહાર માટે પ્રાણીઓની કત્તેઅમથી લ્હાબલ વોર્મિંગ જેવી પણ સમસ્યા વધતી જાય છે.

શાકાહાર પ્રવૃત્તિની શરૂઆત નીતિનભાઈ અને એમની સંસ્થાના મોટા ભાગના સભ્યોએ ખુદ પોતાના ધરતી કરી છે. એ કહે છે કે અમે ચામડાંમાંથી બનેલી એકેય વસ્તુ નથી પહેરતા, મધનો ઉપયોગ સુદાં નથી કરતા અને દૂધ કે એમાંથી બનાવેલી વાનગી પણ ખાતા નથી. દૂધને પણ માંસાહાર જ ગણીએ છીએ.

નીતિનભાઈના જણાવ્યા મુજબ લંડનમાં સૌપ્રથમ શાકાહારી રેસ્ટોરં હાલ વગોદરા સ્થાપી થયેલા સાહિત્યકાર રમેશભાઈ પટેલે શરૂ કરી હતી. ૧૯૯૦માં શરૂ કરેલી રેસ્ટોરં રમેશભાઈએ ચાલીસ વર્ષ ચલાવી અને ભારત પરત ફરતી વખતે ૨૦૦૦ની સાલમાં તેથી દીધી હતી.

વિદેશી ધરતી પર શાકાહારની આવી પ્રવૃત્તિ માટે ૧૯૮૮માં બ્રિટિશ સરકારે નીતિનભાઈને મેમ્બર્સ ઓફ બ્રિટિશ એમ્પાયર એવોર્ડથી નવાજ્યા હતા. જો કે નીતિનભાઈ કહે છે કે ઘરઆંગણે (ભારતમાં) પણ એટલું માંસ ખવાય છે એની વિરુદ્ધ પણ એ ઝુંબેશ શરૂ કરવા તૈયાર છે. એ કહે છે કે કોઈ પણ સંસ્થા કે વ્યક્તિને મારી જ્યાં જરૂર પડે ત્યાં હું આવીશ, પણ એક વાર આવી ઝુંબેશ તો શરૂ થવી જ જોઈએ...

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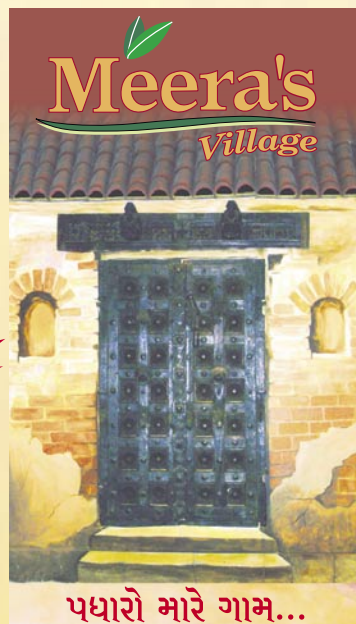
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Nitin receiving Ahimsa Award with his wife Pratibha and daughters Jyoti and Janaki. The award is being given by Lady Ann Dholakia

Picture Gallery



Oxford University Hindu Students hosted a talk on Vegetarianism on 18th January 2012.



His Holiness Brahmishi Shree Kumar Swami receiving the Mahaveer Award from Jaysukhbhai Mehta. House of Commons, 15th November 2011.



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