



now in our 37th year

# Ahimsa

Newsletter of the Young Indian Vegetarians  
Summer 2015 | Issue 58



*20th Century's  
Greatest  
Personality  
and Vegetarian  
granted his  
rightful place  
in Parliament  
Square*

अहिंसा  
अहिंसा



## Dear Friends

Welcome to another issue of Ahimsa.

Hindu, Sikh, Jain and Buddhist scriptures refer to the world as Maya or illusion. This Maya starts from the idea that this is my body, this is my race and this is my country. Almost all of our lives are spent in trying to protect and enjoy our bodies and our senses. Having achieved that goal we want to extend that protection and pleasure to those who are dear to us. Our compassion and goodwill then extends to our fellow human beings especially in times of natural calamities. There are any number of individuals, societies and charities raising funds to help poor and deprived people all over the world. However, as a species, we are largely unmoved by the pain and suffering of the animal species with which we share this planet. Every day tens of millions of animals are killed in slaughterhouses, hunted, kept in zoos and circuses for human entertainment. They are exported to countries thousands of miles away in terrible conditions to be killed mercilessly on arrival.

Just to satisfy our taste buds, lobsters are boiled alive, calves are slaughtered and ducks and geese are force-fed. Tens of thousands of animals are tortured in experiments all over the world, either in an attempt to find cures for human diseases or for so-called scientific progress. In killing lions, elephants, rhinos and other exotic animals with powerful guns and having a picture taken, what glory does the hunter experience? It is an act of cowardice and yet the hunter thinks that he has performed some heroic act. Completely mesmerized by this Maya we think that we will enjoy life forever, not realizing that old age, disease and death await us all. Would it not be nice then to extend our compassion to all living beings that are at our mercy? Each one of us has to ask ourselves 'what acts of compassion do we perform in our lives'. How many people have we persuaded to give up eating meat? How many campaigns against animal abuse and animal cruelty do we take an active part in? Small acts of compassion such as feeding the birds, putting water out in the garden for them during summer months, not wearing leather, avoiding all dairy products and never going to restaurants that serve meat should become a part of our daily lives. On a national and global level we must introduce a charter of animal rights.

I bow down in respect to all those who have dedicated their lives to animals by running animal sanctuaries, exposing cruelty in slaughterhouses and in the so-called sports of hunting and racing. To those who go to foreign lands and campaign to protect donkeys, elephants, bears, cats and dogs from wanton cruelty; to those animal-rights activists who stop lorry-loads of cattle from going to illegal slaughterhouses in India; I bow down to them. Human beings crave peace and happiness and yet inflict so much cruelty on non-human animals. Our acts of violence rebound on us and we are engulfed by tragedies in the form of wars and natural disasters. Please take up some compassionate activity today and make a success of your life and those of our animal brothers.

Nitin Mehta

### **The Young Indian Vegetarians**

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**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.

## Mahatma Gandhi's Early Days in England



*Gandhi and Henry Salt (on the left) at the London Vegetarian Society's Social Meeting on November 20th, 1931. Gandhi was in London to negotiate India's independence.*

Like many great men and women in history, Gandhi's childhood was pretty ordinary. He was no child prodigy: it was circumstances that conspired to transform him into a seeker of truth and a campaigner for justice and rights. Gandhi's family decided to send him to London to study Law, which apparently would make it easier for him to get a job. However foreign travel was frowned upon in those days and Gandhi's mother would not permit him to go. She relented only after taking Gandhi to a Jain monk who made him make three vows: that he would never eat meat, indulge in any sexual relationships - Gandhi was already married and had a child - and not consume alcohol.

On 4 September 1888 Gandhi set sail for Southampton. On the steamer Gandhi was befriended by an elderly Englishman, who urged him to eat meat. Gandhi politely refused and survived on food he had brought from home. He had been

asked to collect certificates from people confirming that he was a vegetarian and he duly asked the elderly gentleman to write him one, which he gladly did. Gandhi had several letters of introduction to people in London, among whom were a Dr Mehta and Dadabhai Naoroji. Dadabhai Naoroji went on to become the first Indian MP, representing Finsbury Central for the Liberal Party in 1892. After docking at Southampton Gandhi arrived in London and stayed at the Victoria Hotel. Throughout the journey from Mumbai Gandhi had been accompanied by a Mr Majumdar and they were met by Dr Mehta at Victoria. Dr Mehta arranged for Gandhi to stay with a friend in Richmond, Surrey. About a month later Dr Mehta found him accommodation with an Anglo-Indian family living at 20 Barons Court, West Kensington. Gandhi's vegetarianism continued to cause a problem. He writes in his autobiography that although he was of small build he had a voracious appetite! He lived mainly on bread. The Anglo-Indian lady had two daughters, who would often press on him a few more slices of bread, little knowing that but for his shyness Gandhi could have finished the whole loaf!

One day walking on the streets of London he came across Central Vegetarian Restaurant at 16 Saint Bride St, just off Farringdon St. Gandhi wrote in his autobiography that he was as overjoyed at the sight of the restaurant as a small child would be on receiving a new toy! Before entering he saw a book by Henry Salt entitled *Plea for Vegetarianism*. He bought it and proceeded to have his first hearty meal in London. After reading Henry Salt's book Gandhi was converted to the vegetarian cause for ever. He later became the secretary of the Bayswater branch of the Vegetarian Society, which gave him his first experience of addressing meetings.



Gandhi's vegetarianism brought him in touch with many like-minded people. He was introduced to the Theosophical Society and there he met Madame Blavatsky and Mrs Annie Besant. He also came into contact with George Bernard Shaw. These people were radicals and the leading lights of the time. Theosophical Society members encouraged Gandhi to join in reading the Bhagvad Gita, the holy book of Hindus, which sparked his interest in religion. (Years later when Gandhi attended the Round Table to negotiate India's independence he addressed a gathering of the London Vegetarian Society. It was on 20 November 1931 and the topic of his talk was The Moral Basis of Vegetarianism.) On 10 June 1891 Gandhi qualified as a barrister and registered himself in the High Court by paying two shillings and sixpence. Two days later he set sail for Mumbai, then known as Bombay.

Gandhi's vegetarianism played a huge role in what he became. His nascent ideas were formed by coming into contact with the leading intellectuals of the time, who also happened to be vegetarian. These people wanted a world order where there was justice and freedom for the oppressed, and animals also figured prominently in their idea of a better world. Had Gandhi's mother not insisted that he abstain from meat-eating, which was an unshakable article of his Hindu faith, Gandhi would not have become a Mahatma – a great soul. Let all mothers follow her example and bring up their children as vegetarians. Gandhi would also have been pleased to know that almost 90 years after he first set foot in England an Indian Vegetarian Society would be formed in London. It would organize huge campaigns and rallies and bring thousands of people to the vegetarian fold, helping vegetarianism become mainstream in the UK.

*PM if you admire  
Gandhi please do  
not reintroduce  
fox hunting!*

**With Prime Minister David Cameron at  
the unveiling of Mahatma Gandhi statue in  
Parliament Square on Sat. 14 March 2015.**



## Compassion in the city of Rajkot, Gujarat, India

During January a kite festival takes place in the Indian state of Gujarat. Tens of thousands of kites fly in the sky from the rooftops of whole cities. It is a joyful event but it also has a horrible impact on all kinds of bird, which become entangled in the strings of the kites. Many are injured and many more die. In the city of Rajkot a group of mainly young people known as Animal Helpline rescues the injured birds and heals their wounds. They also actively campaign to discourage people from kite flying. According to veteran animal-rights activist David Whiting the problem of birds being trapped in kite string could be avoided by making the string multi-coloured, which would warn the birds of imminent danger and thus they would avoid the kites. We hope to put this idea into practice by the time of the next kite festival. Among the other things they do is prepare special ant food and leave it outside ant holes! Every month approximately 3000 birds and various animals are treated by six mobile veterinary clinics. They also run mobile food vans to feed animals ranging from dogs to squirrels! They are the real angels! Mital Khetani is the chairman of this group. See [www.animalhelpline.in](http://www.animalhelpline.in).

## Compassion in London: feeding nourishing vegetarian food to the hungry

Hare Krishna devotees run a food-distribution scheme called Food for Life. It is perhaps the largest of its kind, with 1000 volunteers serving more than 40,000 free meals in 60 countries. The Hare Krishna temple in Soho, not far from Oxford Street, serves food to between 60 and 80 people four days a week at Lincolns Inn Fields, Holborn. Volunteers go to the temple straight from work and help load freshly made 'prasadam' food into a van. They then go to Lincolns Fields to serve the food to an eagerly waiting queue of people. FFL also serves free food in Kentish Town, Camden Town and Kings Cross. Many students who cannot afford the cost of living in London

come regularly to enjoy the lovingly prepared food. Over the years many people have become vegetarians simply by enjoying the many varieties of food on offer. Steve Jobs, the founder of Apple, regularly went for a Sunday feast at the Hare Krishna temple when he was a student at Reed College in Portland, Oregon. It was 1972 and he was struggling financially. Steve went on to become a billionaire but never forgot the compassion of the Hare Krishna devotees. Sri Sathya Sai Organization also distributes free food in London, Barnet, Luton, Coventry, Birmingham, Leicester, Liverpool and Newcastle. Shri Jalaram Temple in Greenford also distributes free vegetarian food every day.



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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)  
Unit 1, 372 Ealing Rd., Alperton, Wembley. Middx. HA0 1BH.*

*Phone: 0208 900 0314*

*Email: [admin@saya ltd.co.uk](mailto:admin@saya ltd.co.uk)*

*Contact: Chandrakant Patel*



# Did You Know?

- 1 That after being stunned and having their throats slit, chickens are immersed in tanks of scalding-hot water to loosen the feathers for plucking. Quite often they are still alive as they are dropped into the tanks.
- 2 That worldwide around 50 million mink and foxes are factory-farmed every year for their fur. These animals suffer to satisfy the vanity of human beings. The fur trade must be banned.
- 3 That as soon as the skin or fur is removed from the animal decay sets in. A cocktail of toxic substances is used to protect the raw fur skin, including solvents, acids, tannins, biocides, fungicides, dyes and bleaches. Workers in the industry are at risk of skin complaints, eye irritation and cancer. These substances end up in waterways and rivers, polluting them.
- 4 That 2.4 billion litres of water are consumed by farmed mink and foxes annually, equal to the needs of 3 million human beings.
- 5 That 2.7 million tonnes of faeces and urine are produced in fur factory farms, containing a high concentration of nitrogen and phosphorus. Excess levels of nitrogen and phosphorus are considered to be the most common form of water pollution in the US.
- 6 That more than 50% of dairy cows in the UK suffer from lameness owing to deformations caused by huge udders, poor housing and diseases such as laminitis. According to John Webster, Professor of Animal Husbandry at Bristol University, "To understand the pain of laminitis it helps to imagine crushing all your fingernails in the door then standing on your fingertips." Go vegan!
- 7 That in 2013 nearly 2 million animals were subjected to distressing and disturbing experiments in British universities. The University of Edinburgh topped the list, followed by Oxford University, University College London, Cambridge University, Kings College London and Imperial College London.
- 8 That according to Animal Aid the British Heart Foundation finances cruel experiments on animals involving dogs and pigs being deliberately given heart attacks and dogs having their hearts surgically stretched. Goats and sheep have also been subjected to horrific cruelty. BHF denies funding the experiments but admits to being "one of the many general funders of the laboratory where the research was carried out". Many people are unaware of how the money they donate and collect is spent. So when you next do the ice-bucket challenge make sure that you are not supporting wanton cruelty to animals.

## The following people decided to become vegetarian or vegan at the various events we held:

Emma (gave up fish to become fully vegetarian), Sunita and Anita (vegan), Rosa (vegan), Lisa (gave up eggs), Sophie, Miranda, Nelum, Evelline, Elena and Kulurzynu all became vegetarian.

## A special thanks to Patricia Tricker for proofreading this newsletter.

Patricia is a vegan activist and freelance translator working into English from French, German, Italian & Spanish, specializing in economics, finance, accountancy, company law & archaeology email: [translation@phonecoop.coop](mailto:translation@phonecoop.coop).

## *The following successful events took place since the last newsletter*

- 1 On 3 July 2014 I took part in a demonstration organized by Compassion in World Farming. We walked from Holborn to Parliament protesting against the live export of animals from Ramsgate and Dover. It was heartening to see a huge number of young people in the march.
- 2 On 27 and 28 September we had a stall at VegFest at Olympia in Kensington.
- 3 On 7 November I joined a demonstration outside the Japanese embassy. A very loud and clear message was sent to Japan that it should stop the cruel slaughter of dolphins.
- 4 On 14 December we had our 34th annual Christmas Lunch. The Mayor of Croydon, the leader of the Council and the Croydon North MP were among the guests. Around 130 people enjoyed a delicious vegan lunch.
- 5 On 26 March we held a stall at Brunel University and six people pledged to become vegetarian.

## *We supported the following organizations in 2014:*

- 1 **Hillside Animal Sanctuary**  
[www.hillside.org.uk](http://www.hillside.org.uk)
- 2 **Animal Care in Egypt**  
[www.ace-egypt.org.uk](http://www.ace-egypt.org.uk)
- 3 **Wood Green Animal Charity**  
[www.woodgreen.org.uk](http://www.woodgreen.org.uk)
- 4 **Animal Protection Agency**  
[www.apa.org.uk](http://www.apa.org.uk)
- 5 **Nature Watch Foundation**  
[www.naturewatch.org](http://www.naturewatch.org).
- 6 **The Mare & Foal Sanctuary**  
[www.mareandfoal.org](http://www.mareandfoal.org)
- 7 **IFAW.**  
(International Fund for Animal Welfare)  
[www.ifaw.org](http://www.ifaw.org)
- 8 **Dogs' Trust**  
[www.dogstrust.org.uk](http://www.dogstrust.org.uk)
- 9 **Hillside Animal Sanctuary**  
[www.hillside.org.uk](http://www.hillside.org.uk)
- 10 **Riverside Animal Centre, Wallington**  
[www.riversideanimalcentre.org](http://www.riversideanimalcentre.org)

### **First Vegetarian City in the World**

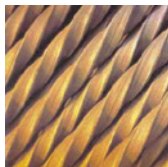
The city of Palitana in Gujarat, India, is the spiritual home of the Jain faith. Following a spirited campaign by Jain monks the government has banned animal slaughter in the city. The sale of meat and eggs has also been prohibited.





# *The Suffering of Lobsters*

These ten-legged animals are transported from Canada packed in ice with their claws bound, allegedly in a state of suspended animation. They are sold alive and killed by being boiled alive. Lobsters writhe in pain and even scream as they suffer. Marine animals such as lobsters, crabs and octopuses need to be given basic legal protection. Concern for the other species at our mercy is a goal that is laudable and will be good for our planet and the moral wellbeing of the human race.



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**Congratulations & Best Wishes to  
Young Indian Vegetarians  
for 37 Years of campaigning**

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## *Protest outside the Nepalese Embassy, on 11 October 2014*

L-R Nitin Mehta, Joanna Lumley & Anil Bhanot

During the Gadhimai event, which takes place every five years in Nepal, around 25,000 animals are killed to appease the Goddess. Compassion in World Farming organized a protest outside the embassy. The celebrity and passionate campaigner for animal rights Joanna Lumley addressed the rally, as did Anil Bhanot of the Hindu Council. More than 77,000 signatures urging the Nepalese Government to stop the slaughter were handed to the embassy representative. It was a heart-warming scene to see hundreds of animal-rights activists who found the time to turn up for compassion towards animals.

I addressed the rally and said, ***"Nepal is a beautiful country nestled in the foothills of the mighty Himalayas. The majority of Nepalese people are Hindus, a religion deeply rooted in the idea of Ahimsa – non-violence. Hindus are forbidden to harm even an ant and it is for this reason that most Hindus are vegetarian. The practice of killing animals to please Gods and Goddesses is a complete misrepresentation of Hinduism. Killing innocent animals results in bad Karma. Bad Karma affects individuals as well as countries. For the people of Nepal***

***to have peace, happiness and prosperity it is vital to stop killing animals in the name of religion. The tens of thousands of animals killed at the Gadhimai event will fill Nepal with an atmosphere of violence, negativity and the screams of poor animals. The beautiful country of Nepal does not need this negativity, which will hang over it like an unmovable cloud. By showing mercy to animals Nepal will reap good Karma and people from all over the world will have praise and goodwill for the country. So standing here today in front of the Nepalese embassy in London I urge the government of Nepal to stop the forthcoming killing of animals immediately. There are rare opportunities in life when an individual gets the opportunity to do something really noble that makes his or her time on this planet glorious. I urge the people of Nepal and the Prime Minister of Nepal to seize this opportunity and make history. I convey this message also as a patron of Quaker Concern for Animals, many of whose members are present here. I end with a quote from Mahatma Gandhi: The moral progress of a nation and its greatness should be judged by the way it treats its animals."***

# Protection for your family could be more affordable than you think...



Life Assurance provides peace of mind in the knowledge that if anything should happen to you, those you leave behind will be taken care of financially.

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Contact Ajit Shah, Rupen Shah and Shital Gohil

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# Vegetarian London

One of the great honours I have as a vegetarian is being able to introduce vegetarians and non-vegetarians alike to some of the veggie foodie gems in London. The city's vegetarian scene is always in flux, with long-time establishments alongside newer cafés, pop-ups and street-food traders and the opening of a new restaurant, café, hipster raw-food place, pop-up or street-food stall becomes talk of the vegetarian community and news of the closure of a long-established favourite is a source of collective mourning. My top tip is to join a Facebook group called Vegetarian London to stay abreast of all the latest London veggie foodie news. Supporting the city's vegetarian establishments means your hard-earned money goes to small businesses in line with your principles and sends out a strong message to all eateries that the demand for tasty vegetarian and vegan food cannot be ignored. I urge you all to take your non-vegetarian friends to some of London's vegetarian bests - if your friends are anything like mine they will thank you for ever for the introduction.

One could write pages and pages of restaurant recommendations but in the interests of space I share my top seven below:

**1) Mildred's (Soho)** - This is my absolute favourite in London, with a seasonally changing menu. It is always jam-packed with a mixed clientele. The veggie burgers put interesting combinations of vegetables and herbs centre stage to create, in my opinion, the best veggie burgers in town. The desserts are also an absolute must. It's the ideal place to convert self-proclaimed carnivores.

**2) Carnevale (Barbican)** - a hidden vegetarian gem with a very cute, intimate conservatory area. Plenty of space for a calm lunch or dinner packed with Mediterranean flavours and effortlessly healthy.



**3) Itadaki Zen (King's Cross)** - This vegan Japanese restaurant takes the Zen in its name very seriously. The chefs prepare the food in Zen fashion, so come here to experience a more serene form of London dining. The tempura is the best I have ever had and I could easily eat a meal of that alone!

**4) The Gallery Café (Bethnal Green)** - a bright and cheerful café with an excellent veggie/vegan brunch menu on Sundays. The cheese on their vegan pizzas even melts.

**5) Soho's Secret Tea Room (Soho)** - Not many people know about this vintage vegetarian tea room above The Coach and Horses, London's first vegetarian pub. The staff are even dressed in period attire. I recommend going on Sunday for the veggie or vegan roast, complete with Yorkshire puddings. It's rare to eat proper British vegan food so here is your opportunity.

**6) Mr Falafel (Shepherd's Bush)** - if you're like me you may be fed up of falafel as your go-to vegetarian option when there's nothing else. However Mr Falafel is something special: he has set the bar so high that every other falafel I eat is a bit of a disappointment. My favourite is the makdoos (pickled baby aubergine with walnuts and chilli) falafel.

**7) Markets (all over)** - I love nothing more than market food and with an exploding street-food scene the markets of London are delivering great veggie food, often more inventive than restaurants. I particularly love the vegan Ethiopian stalls in Brick Lane Market, Horn OK Please serving up authentic Indian street food in Borough Market and the great options to be found in Greenwich, Brixton, Whitecross, Camden and Southbank markets.

*Jyoti Mehta*

# Apple Tree Centre, Hindu Temple, Crawley, Sussex



*The Mahaveer award was presented by Nalinbhai Kothari, the spiritual Guru of Raj Saubagh Ashram*

Along with the Jain community the temple organized a huge festival on 16 May 2015 to commemorate the installation of Lord Mahaveer, the 24th teacher in Jainism, at the temple. Lord Mahaveer was an apostle of Ahimsa.

To mark the occasion we presented a Mahaveer Award to Marion and Mark Eton, who have dedicated their lives to animals. The inscription on the award reads:

## **Mahaveer Award**

**Presented to Founders of F.R.I.E.N.D. Animal Rescue Sanctuary. You have dedicated your lives to the care of animals for 18 years. We salute your compassion, which is as deep as the ocean.**

## **YIV Website**

**([www.youngindianvegetarians.co.uk](http://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 28,000 hits since we launched. Please visit the website and sign our pledges.

Even though Marion is very ill she is absolutely dedicated to animals. The sanctuary looks after around 150 animals and is very short of funds. If anyone would like to make a donation please contact me.

We were so pleased to recognize real heroes for whom the care of animals is their life.

The sanctuary is in East Peckham, Tonbridge, Kent.

## **Looking Back Ahimsa Newsletter 2005**



*Young and proud veggies and vegans.  
Back row: Kajal, Jyoti, Rakhee, Tarjani  
Front row: Neelam, Sonal*

# *A Royal Marine in Afghanistan and his compassion*



Kilo Company of 42 Commandos Royal Marines arrived in the war-torn town of Now Zad in Helmand Province in November 2006. Sergeant 'Pen' Farthing came across an organized dog fight and stopped it. One of the dogs became his friend and companion and was given the name Nowzad.

The story of the rescue of Nowzad and other dogs was published in a book called *One Dog at a Time*, which became a best seller and the funds raised helped in setting up Nowzad Charity. The aim of the charity is to improve the welfare of the animals of Afghanistan, including neutering thousands of stray dogs, vaccinating them against rabies and then releasing them. This is an effective and humane method of reducing the dog population and human exposure to rabies. So far Nowzad has helped more than 650 soldiers from USA, UK, Canada, Italy, South Africa, Australia, Netherlands and Germany serving in Afghanistan to be

reunited with the dogs or cats they rescued.

The cost of bringing each animal to these countries is as much as £450. Nowzad operates the only official animal shelter in Afghanistan, just outside Kabul. A scheme to take care of rescued horses and donkeys is also being set up by the charity.

One man's compassion has helped hundreds of animals. We salute Sergeant Pen Farthing. Please visit the website ([www.nowzad.com](http://www.nowzad.com)) and give your support.



**Help a survey to compare  
the performance of Vegan,  
Vegetarian and Omnivorous  
Runners:**  
[www.nurmi-study.com/en](http://www.nurmi-study.com/en)







## Meat and Malnourishment: strangle but true

The received wisdom is that the epidemic of chronic diseases is due to people living longer. However according to two experts it is because we are malnourished and not getting the nutrients we need to stay well. Around 60 years ago the Western diet changed from being mainly plant-based to being predominantly meat based. According to Prof. T. Colin Campbell, nutritional biochemist at Cornell University, meat is a poor source of fat and protein compared with plant-based foods such as spinach, peas, beans and tomatoes. It is this nutritional deficiency that has fuelled the epidemic of chronic diseases such as cancer, heart disease and diabetes. According to Dr Paul Clayton, former chairman of the Forum for Food and Health at the Royal Society of Medicine, plant-based nutritionally rich foods may not only prevent chronic diseases but even reverse them.

## Animal Interfaith Alliance UK

Animal Interfaith Alliance is a very inspiring group set up in 2014 to bring faiths together for the care and welfare of animals. Based on the teachings of the founders of world faiths and spiritual beliefs, AIA's mission is to lead the world in the humane treatment of animals. Led by managing director Barbara Gardner, AIA produced an election manifesto for animals and has published two issues of the magazine Animal Spirit. AIA has also launched the Dr Schweitzer Universal Kinship Fund for Humane Research. The money raised will go to the Dr Hadwen Trust for its humane research into cancer and diabetes. The

chairman of AIA is Satish Kumar and patrons of the society are Nitin Mehta MBE, Anant Shah, Muhammad Safa, Ajit Singh MBE, Charanjit Singh and Dr Richard Ryder. Ketan Varia, a long-time supporter of YIV, is one of the directors.. Please visit the website ([www.animal-interfaith-alliance.com](http://www.animal-interfaith-alliance.com)) and join the Alliance.

## Shambhu's Caterers Wins

Long-time YIV supporters and founders of Jain Vegans, Mahersh and Nishma won the following awards

- 1 Viva! 20th Anniversary Award, for Best Vegan Caterer (September 2014).
- 2) A Green Apple Award for Environmental Best Practice (November 2014).

Visit Shambhu's website:  
[www.shambhus.co.uk](http://www.shambhus.co.uk)





## Say No to Wool

We have all grown up with the idea that woollen clothes are good and warm. Woollen jumpers and woollen jackets are sought after in winter months. However there is immense cruelty involved in sheep-shearing, which is done at great speed, often leading to the flesh being cut. Once shorn the sheep are left in the open even if the weather is inclement for the time of year. Do not buy woollen clothes!

## Sugar 'foreign' to human body found to be link between meat and cancer risk.

It is an established fact that people who consume large amounts of meat are at greater risk of developing certain cancers. Researchers have pinpointed a sugar known as Neu5Gc, which is present in pork, beef and lamb. Neu5Gc is naturally present in most mammals but NOT in humans, which means that when humans eat red meat a response to the foreign sugar is triggered, producing antibodies, which spark inflammation. A team of scientists from the University of California believe that this inflammation in turn leads to cancer. This proves that a natural diet for human beings is a vegetarian diet. *(Info courtesy of the Vegetarian Society of the UK)*



## BE VEGAN - MAKE PEACE

### **Chain of Vegan Restaurants: Edgware**

236 Station Road, Middlesex HA8 7AU

### **Archway**

669 Holloway Road, London N19 5SE

### **Brighton - North Laines**

48 Gardner Street, Brighton BN1 1UN

### **Brighton - The Level**

The Level, St. Peter's Place, Brighton

### **Norwich**

28 Cattle Market St., Norwich NR1 3DY

[www.lovinghut.co.uk](http://www.lovinghut.co.uk)

## Always avoid Trans Fats

The type of fat you consume can alter how your brain functions for better or worse. Saturated fats can cause brain cells to lose their efficiency and trans fats are the worst kind of dietary fat for brain and for general health. In one study trans fats increased the risk of cognitive disorders such as Alzheimer's, dementia and mild cognitive impairment. If a food item has ingredients with words such as 'shortening', 'partially hydrogenated vegetable oil' or 'hydrogenated vegetable oil', then it contains trans fats and should be avoided.

*"But for the sake of some little mouthful of flesh, we deprive a soul of the sun and light and of that proportion of life and time it had been born into the world to enjoy."*

*Plutarch*

## A Campaign Tour of India

On 31 December 2014 I attended a youth convention in Sokhda, near Vadodra, Gujarat, organized by the Yogi Divine Society under the guidance of Hari Prasad Swami. Around 100,000 young people from all parts of the world took part. All were vegetarian! On 4 January I visited an animal sanctuary run by Meenaben Amin in the city of Vadodra called Pashu Seva Kedra, meaning Centre to serve Animals. Meenaben's dedication to animals is absolute. She is fearless and can handle wild dogs, monkeys and even poisonous snakes. I made a donation of 25,000 rupees.

On the same evening Rameshbhai Patel, who has retired and settled in Vadodra, organized a talk at his home. Rameshbhai started the first Indian Coffee House in London in the 50s. He then started Mandir, the famous vegetarian restaurant just off Tottenham Court Rd.

On 20 January 2015 an Amdavad-based group called the Jivraksha Alert Maitri Forum held a conference on Vegetarianism and prohibition of beef and other meat from India. The name translates into English as Friends' Forum for Protection of Life. I was the guest speaker along with Kamal Mehta, retired Gujarat high-court judge. London-based Pravinbhai Amin and his wife were present as well as Anubhai and Taraben Shah. All of them are YIV supporters. Events such as these raise the spirits and inspire people to work tirelessly for the welfare of animals.

The campaign tour was widely covered in the local English and Gujarati newspapers. A special thanks to my hosts, Nitinbhai and Jyotsnaben Varia.

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*KV is grateful to the following organizations:*

- 1 **Jain Samaj Manchester** for the kind donation of £201 from their Jiv-Daya fund. My special thanks to Piyushbhai Mehta and all the committee members.
- 2 **Navnat Vanik Association of the United Kingdom** for a donation of £300 from their Jiv-Daya fund. A special thanks to Chairman Dhirendrabhai Galani, Rameshbhai Shah and all the committee members.
- 3 **Jain Association of the United Kingdom** for a donation of £400. Thank you Dr RK Jain and all the committee members.
- 4 **Mahavir Trust** for a donation of £200. Thank you Pravinbhai and Jaysukhbhai Mehta for your continued support.
- 5 **Saakar Trust, Leicester**, for a donation of £50.
- 6 **Mahavir Foundation** for a donation of 500. Thank you Chairman Vinodbhai Kapashi and all the committee members.
- 7 **Jain Samaj Europe** for a donation of £1000 from your Jiv-Daya fund. Thank you Chairman Ushaben Mehta, Dr Rameshbhai Mehta and all the committee members.

## 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).

## Kenya Vegetarian Club

Readers will remember that we started the Vegetarian Society of Kenya in the 1980's. A new organization called Kenya Vegetarian Club has been launched.



**Please visit their website:**

**[www.kenyavegclub.com](http://www.kenyavegclub.com)**

The Indian and African people have come together to promote Ahimsa.



Vaishali Shah founder of KVC. KVC had a stall at the International Yoga Day event in Nairobi. 5000 people attended.



## from the PRESS

*Independent on 31 October 2014*

### **We could live with 9bn vegetarians**

The world population is indeed growing inexorably (report, 28 October). Would the planet be able to sustain a population of 9 billion by 2050? Yes it could, as the planet is sustaining more than 65 billion animals raised for meat consumption every year. There are at any time three times more chickens on the planet than human beings. A move away from a predominantly meat-based diet to a plant-based vegetarian and vegan diet is imperative if we are to avoid mass starvation.

*Nitin Mehta, Croydon*

*Guardian on Wednesday 3 June 2015*

### **in response to Alok Jha's article on the waste of water**

Water is indeed a precious resource which we need to preserve and protect for human survival. Entire civilizations have disappeared due to water shortage. There have been predictions that countries will go to war for a share of water resources. However, it is not increased water consumption among human beings that is a problem. The biggest waste of water comes from the billions of animals raised for meat. Almost 40% of the world's fresh water resources are used up in raising almost 85 billion animals every year. Add to that the amount of water used up to grow crops to feed the animals. Over-grazing spreads deserts which reduces rainfall and the massive clearing of rainforests in South America for cattle ranching is already impacting countries with reduced rainfall, an example being the US state of California. Our

planet simply does not have the resources to support 6.5 billion human beings (which will grow to 9.5 billion by 2050) as well as those animals. A plant-based vegetarian and vegan diet is of vital importance for future generations.

*Nitin Mehta*

### **LBC Radio stumped!**

LBC Radio presenter James O'Brian was discussing the causes of global warming and climate change. I rang in to say that the biggest cause of global warming was the methane gas released by billions of farm animals. He asked me if I was vegetarian and I said I was. He then said that I was part of the problem, alluding to the hoary old tale that because vegetarians eat beans they are more flatulent! I reasoned with him that billions of animals raised for meat are the cause of deserts spreading, rainforest disappearing and our rivers and oceans being polluted. He would have none of it and kept repeating that I was the problem. He was having fun! What I said next stumped him. I said it is better than being a constipated meat eater! He put the phone down!

Another presenter, Ian Dale, was discussing the merits or otherwise of hunting. I rang in to say that the only problem with hunting is that it is an unequal contest. There is no glory in hunting an animal with guns or dogs. Let the hunter take on an elephant or a lion or even a deer with his or her hands and we will see who comes worse off. Ian agreed and said that he was convinced that hunting is wrong.

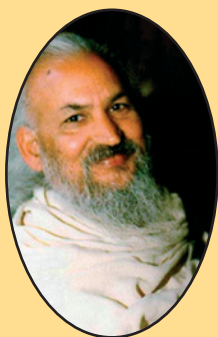
## Shantaben Mehta



On 27 April 2015 I lost my mother, Shantaben Mehta, after a short illness. She was 87. She instilled in me the value of compassion towards all God's creation.

## Sheila Barber

Sheila and her husband Ray used to run a dairy farm in Burwash Sussex. The fact that once the cows stopped giving milk they were sent for slaughter troubled them immensely. From 1967 they stopped the dairy business and started looking after the cows as well as horses, donkeys, sheep and many other animals they took in. Sheila did not have a single day off over 40 years and worked for the animals almost 12 hours a day. By 1990 Sheila ran out of all the money and even sold off family heirlooms. It was at this point that we came to know of her through late Israel Berz and Rita Bloomberg. A few of us visited Sheila and Ray at their farm and promised to financially support them. 24 years on we continue to do so. At the moment the animals are being looked after by family friend and neighbour Roy Poyes. A very well-known animal sanctuary is in the process of taking over, securing the future of the animals.



## H.H. Acharya Sushil Kumar Ji Maharaj June 15th 1926 - April 22nd 1994

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## Picture Gallery

*Meenaben Patel of Pashu Seva Kendra Animal  
Sanctuary, receiving a cheque for 25,000 Rs.  
Also pictured is Ashwinbhai Fofaria, a volunteer  
at the centre.*



*At Brunel University with Kenyan Vegetarian students  
Akshar Patel and Nirav Nagda.*





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