

THE BALDOTA GROUP

Adding Value to Nature's Resources



Founded by Late Shri Abheraj H. Baldota in 1961, the Baldota Group is one of India's leading iron ore mining companies and holds the distinction of being the country's largest producer of wind power.

Under his visionary aegis, the Baldota Group transformed from a fledgling mining company to a full-fledged conglomerate, achieving leadership position in diversified businesses such as Iron Ore, Wind Power, Gases, Steel, Chemical and Diamond & Gold Mining. The Group has also demonstrated unflinching commitment to the community and has been recognized for its environment stewardship through various national awards.



IRON ORE MINING

Breaking New Grounds

MSPL Limited is the flagship company of the Baldota Group. It is one of the largest exporters of iron ore from the private sector. MSPL has significant exports to China and has won the CAPEXIL Export Award consequently for six years for its excellent export performance.

The group is also foraying into diamond and gold exploration in the states of Karnataka and Andhra Pradesh and are likely to enter exploration of base metals.



GASES

Medical & Industrial Lifeline

MSPL Gases undertakes the medical and industrial gases business of the Baldota Group. It manufactures gases like liquid and gaseous oxygen, nitrogen, and argon gas. Last year it commissioned its first BOO (Build, Own & Operate) oxygen plant at SAIL, Bhadravati.



The Baldota Group is riding on the crest of some eventful years. This year, it was honoured with the First Prize for Independent Power Producer under Wind Programme (2002-07) by the Ministry of New and Renewable Energy. In 2006 it was awarded the prestigious CFBP (Council for Fair Business Practices) Jannalal Bajaj Award for Fair Business Practices and the Export Excellence Award by the Federation for Karnataka Chambers of Commerce and Industry (FKCCI) for its outstanding export performance during the year. Back in 2005, the Group had also received the KREDL award for the highest investment and production in wind power.

WIND POWER

Empowering a Greener Future

The Baldota Group, through MSPL and its group companies diversified into Wind Power generation. Its wind farms across Karnataka, Maharashtra and Gujarat have a total group capacity of 191.6 MW, which is the largest installed wind power capacity in India. MSPL's Wind Energy Project has been registered as one of the largest renewable energy CDM projects in the world by UNFCCC.

STEEL

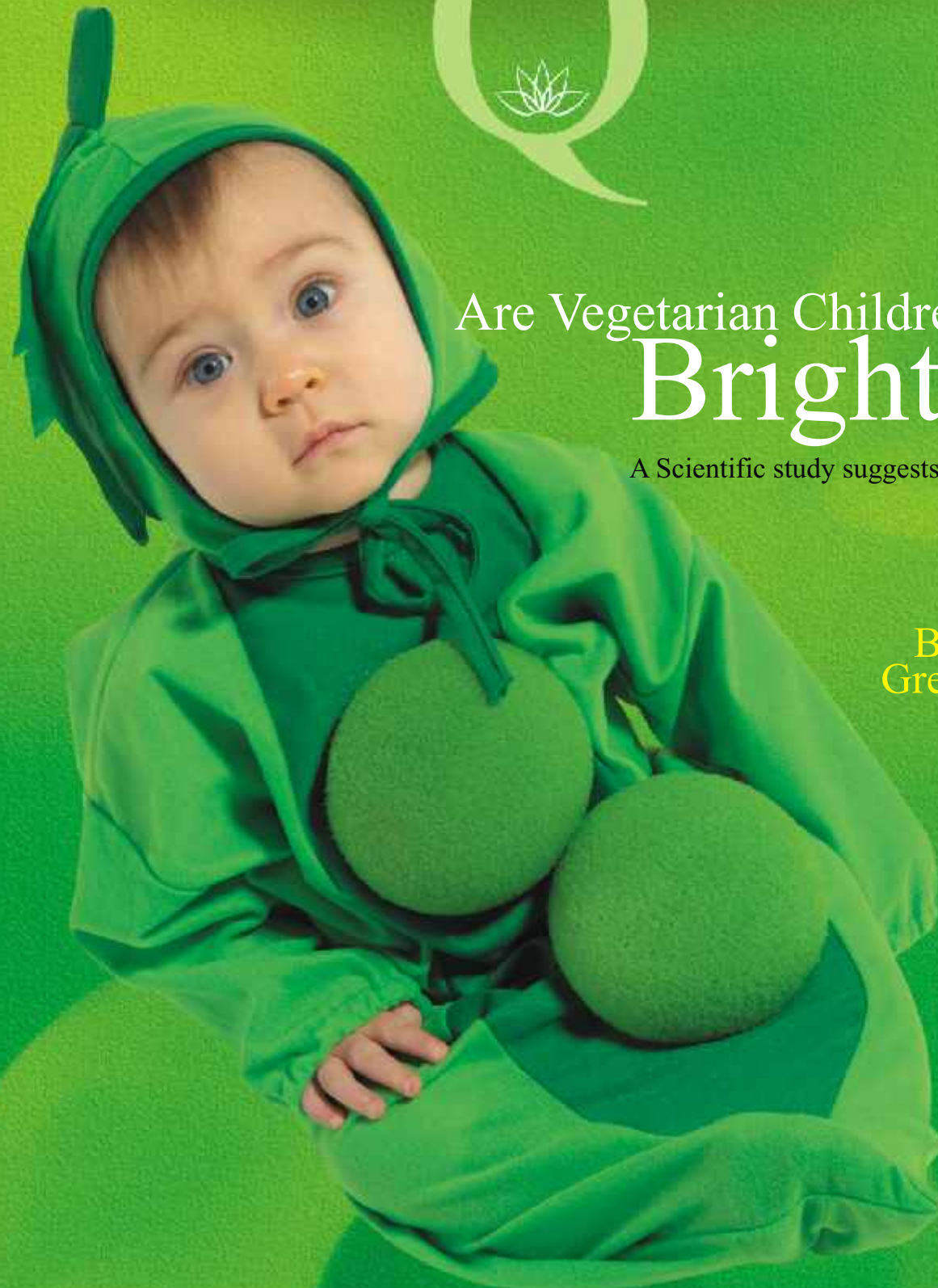
Proving its Mettle

The Baldota Group is setting up an advanced integrated steel plant in Karnataka - Aares Iron & Steel Limited. This project will initially set up a 2.5 MMT steel production capacity per annum and a 180 MW power plant to generate power by using waste heats from the process.



BALDOTA GROUP

Baldota Enclave, Abheraj Baldota Road, Hospet - 583203, Karnataka, India. Tel: +91 8394 232002, 232003
www.msplimited.com



Are Vegetarian Children Brighter?

A Scientific study suggests so. 15

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Does the British Government know the secret to contain Global Warming? 19



ALSO: How to win a Veg Argument!

The Indian Vegetarian Congress Golden Jubilee Celebrations on Aug 23rd at Mumbai.
Swami Ramdev to bless with his presence.



The Indian Vegetarian Congress

Triennial

Golden Jubilee

Celebrations

Phase II Mumbai



Saturday, 23rd August 2008
NCPA Auditorium, Nariman Point

**Param Pujya Swami
Ramdev Ji Maharaj Ji**
has graciously agreed to bless and preside over the function.

GOLDEN JUBILEE COMMITTEE

PATRON : Mr. Nandakumar A. Baldota
CHAIRMAN : Mr. Hemant M. Shah

Inside:



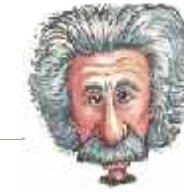
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Prayer

सत्त्वेषु मैत्री गुणिषु प्रमोदं
क्लिष्टेषु जीवेषु कृपा परत्वं ।
माध्यस्थ भावं विपरीत वृत्तौ
सदा ममात्मा विदधातु देव ।

*Satveshu Maitri Gunishu Pramodham
Klishteshu Jeeveshu Krupa Parathvam
Madhyastha Bhavam Viparitha Vruthow
Sada Mamatma Vidadhatu Deva*

*May my soul always find fulfilment
In friendship towards all beings,
In happiness, in the goodness of men,
In compassion towards all suffering creatures.
May my feelings be neutral towards those hostile.
This is my prayer*

The Veg Congress is a non-political, secular & non-profit organization dedicated to spreading the message of Vegetarianism. This Quarterly has a collection of articles, some of which were taken from the Internet for this sole purpose and in no way will the Veg Congress take credit for these articles. They have been included as they make interesting & informative reading. This Quarterly is for private circulation only.

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Exciting
Vegetarian
Recipes



The Indian Vegetarian Congress

HISTORY

The Indian Vegetarian Congress is a pioneer in the movement of vegetarianism in India & was established by Mrs. Rukmini Devi Arundale in 1959. From its inception, it has been a non-political, charitable society.

Senior stalwarts Mr T M P Mahadevan, Dr N Mahalingam and Mr Surendra Mehta gave further impetus to the movement in their capacities as President and Secretary General of the IVC. Mr R Venkatraman, former President of India is the Honorary Patron-in-Chief, & Mr Deepchand Bhai Gardi, Mr Surendra Mehta and Dr Mahalingam are Patrons of the society.

Besides being non-political, the IVC is also a secular and non-profit organization, dedicated to spreading the message of vegetarianism across the country. Affiliated to the IVU, UK, it has hosted three World Vegetarian Congresses in India.

The IVC has its headquarters in Chennai. It has about 2000 members across India and abroad. It conducts several programmes, and observes 'World Vegetarianism Day' during the first week of October each year, thereby enlightening the people on the significance & benefits of turning vegetarian, as it believes it is the only natural route to a healthy life. It also leads to harmony in society, and its environment, by nurturing an attitude of tolerance, kindness and respect to all living beings.

The primary objective of the IVC is to promote vegetarianism. In order to make its efforts successful, it is imperative that the benefits of becoming vegetarian are brought home to people. Going vegetarian is no longer a fad. Many are turning vegetarian on doctors' orders. Research has proved that vegetables are rich in all the necessary vitamins, minerals, proteins & fibrous content

needed for human beings.

A significant scientific study conducted by the University of Southmpton, UK over 20 years, tracked 8179 students. It was revealed that the ones with the higher IQ levels among them, had tended to become vegetarians. It has been scientifically proven that vegetarian food raises energy levels. This can further be testified by Albert Einstein, A.P.J. Abdul Kalam and Amitabh Bachchan among many famous vegetarians!



Mrs. Rukmini Devi Arundale

Objectives of the IVC

- The IVC will endeavour to spread awareness among the younger generation in this regard.
- The IVC will work towards planting saplings in schools, colleges & other institutions.
- The IVC will work towards donating generously to the Food Bank.
- The IVC will join hands with other organizations like SPCA, Blue Cross, AWB, Beauty without Cruelty and PETA for joint activities.

The IVC will spread awareness about the harmful effects of tree-felling and deforestation, and its effect on global warming & grow saplings in areas under forest cover, where tree-felling takes place regularly and illegally.

The IVC will spread awareness of the benefits of soy beans and endeavour to distribute soy milk whenever possible.

The IVC will convene annual get-togethers for its members to discuss past and future projects & advertise its projects through media whenever possible in order to generate public interest and participation. ●



The Indian Vegetarian Congress

Hon. Patron-in-Chief



Shri R. Venkataraman
(Former President of India)



Shri Deepchand S. Gardi
Hon. Patron



Dr. N. Mahalingam,
Hon. Patron



Shri Surendra M. Mehta
Hon. Patron

OFFICE BEARERS



Shri. N. Tarachand Dugar
National President



Smt. Radha Burnier
Vice-President



Shri. R.N. Lakhota
Vice-President



Dr. Ashok Gupta
Vice-President



Shri. Shantilal Kavar
Vice-President



Shri. S. Vijai Kumar Bafna
General Secretary



Prof. P.M. Gopalakrishna
Joint Secretary



Shri. K Subhashchand Ranka
Treasurer



Shri. Prakash C. Sacheti
Joint Treasurer

From The President's Desk

Who is a Vegetarian?' or 'What is Vegetarianism?' are questions that often arise amidst lots of misconceptions. Certainly, the term 'Vegetarian' does not conceptually point to a person under a certain dietary regimen. As an old saying very aptly describes, a vegetarian is one whose eyes overflow with tears, unlike a non-vegetarian, whose mouth waters, at the sight of gruesome butchering of a goat. A vegetarian is guided by his heart and not by the palate alone. It will, therefore, be most appropriate only when stated that a 'Vegetarian will not eat meat' instead of 'should not eat meat'.

Man at the top of the evolutionary ladder is bestowed with the faculties of self-control, reasoning and emotions like compassion. Time has moulded him as a social creature, with noble qualities of protecting his fellow beings. Civilization of our land has evolved to such great heights, that thousands of years ago, a king was ready to offer his flesh to save the life of a bird. But if man starts living on flesh, notwithstanding his inherent social qualities of being a guardian of his fellow creature, it would be like cutting off the very branch of the tree one sits on.

Tamil saint-poet Thiruvalluvar had very aptly stated that preserving many precious (innocent) lives by a discerning dietary habit, is the virtue of the highest value ever conceived.

Vegetarianism is not actually derived from the English word vegetable, as may be popularly thought, but is an off-shoot of the Latin word "Vegetus", meaning "active and vigorous". British vegetarians, the first to use this term, intended it to describe a wholesome philosophy, and an ethical and compassionate attitude in life,



N. Tarachand Dugar
National President

rather than confining it to mean eating vegetables only.

Vegetarianism has been practiced for centuries, for diverse reasons, religious injunctions, practices and customs. By the turn of the 18th century, interest in vegetarianism for economic, ethical and nutritional reasons, began to develop. Dating from 1809, Vegetarian societies were being formed in the Western countries.

The philosophy of vegetarianism has evolved on the empathetic concept of compassion, the rational respect for the right to life of every living creature, and humanitarian desistance from inflicting violence on fellow creatures.

Vegetarianism fondly embraces the concept of harmonious coexistence of humans and fellow creatures. Man is not the natural predator of innocent, dumb animals. Ponder for a while. Could the recent gruesome mass killing of thousands of innocent fowls out of just fear during the break of avian flu, not have been averted, but for the avoidable habit of eating them?

We are, therefore, inspired to work with enthusiasm and surge ahead in our noble mission, through our many programs. Looking back, there is a sense of satisfaction at the ground we have already covered. But we need to expand the sphere of our activities, in the light of our charter, to propagate vegetarianism as a means of a harmonious and healthy life, engulfed by the spirit of kindness and love in consonance with the time-honored culture of our land. The youth are our future, and the key to a better foundation, to shaping the world of tomorrow which our forefathers had dreamed of. ■

From The Secretary's Desk

The first phase of the Triennial Golden Jubilee of The Indian Vegetarian Congress was celebrated in a grand manner in Chennai during the second week of January 2007. It was proposed that the next phase of the Celebrations would be in Mumbai in August, 2008 and the final phase in New Delhi in 2009. A detailed report of the mega event held in Chennai was published in the Annual Report and circulated to members. The 39th Annual General Meeting of The Indian Vegetarian Congress was held on 25th August 2007 at Hotel Palm Grove, Chennai-34.

The United Nations General Assembly has declared October 2, the birth anniversary of Mahatma Gandhi, as 'International Day of Non-Violence' in recognition of his role in promoting the message of peace around the world. The resolution stresses the need for nonviolence, tolerance, full respect for human rights and fundamental freedom for all, democracy, development, mutual understanding and respect for diversity as reinforcements for peace and growth of mankind. In this respect, several members of The Indian Vegetarian Congress strongly recommended that October 2nd, being Gandhiji's birth day, should be celebrated in a grand and fitting manner as 'International Non-Violence Day'.

The Indian Vegetarian Congress had made a fervent appeal to the Hon'ble Chief Minister of Tamil Nadu, Dr. Kalaingar M.Karunanidhi to provide vegetarian nutrients such as preparations of cereals, pulses, vegetables and fruits which are more economical in the place of eggs.

The IVC pointed out that it is a well established fact that pulses have longer life than eggs and it



S. Vijay Kumar Bafna
General Secretary.

would not be possible to ascertain the quality of the eggs by mere eyesight. Besides, being less nutritious than pulses and vegetables, eggs may also pose health problems to children. The IVC also mentioned that it has learnt from research analysts that eggs can be fresh only at lower temperature. India being a tropical country, the climate is not conducive enough to keep the eggs fresh always. Moreover, eggs start decaying after 12 hours. It is difficult to identify decaying eggs at early stages by visual examination alone.

The IVC has also mentioned that under normal process of anabolism, excess protein is transformed as fats, the excess of which gets converted as cholesterol in the case of non animal foods, whereas in the case of eggs, the excess protein is directly transformed as cholesterol. Thus eggs are prone to generate coronary problems. Moreover, the IVC pointed out that the cost involved in providing pulses, cereals, vegetables and fruits to the children will be much less in comparison to the expenses incurred in supplying three eggs a week and suggested that the amount spent on the supply of eggs may be utilized for any other welfare scheme for the children.

Now you will be happy to know that the Govt. of Tamil Nadu has issued an order to distribute bananas to non-egg eating children.

It is my earnest desire that members of the IVC should take part in the events organised by it in larger numbers. I also request the members to post us with their feed back on the activities of the IVC and also their suggestions for further improvement. Rest in next. ■

Glimpses of the
Triennial

Golden
Jubilee
Celebrations

Phase I, held at
Chennai

The Indian Vegetarian Congress started celebrating the Triennial Golden Jubilee Celebrations as a mega event commencing from the function at Chennai during the first week of January 2007 followed by Mumbai in 2008 and at Delhi in 2009.

First Phase – Chennai

The countdown to the First Phase began a fortnight ago at a 'Curtain Raiser' attended by the well known movie star **Madhavan**.



Plaza; **Shri. T. C. Kothari**, Krishna Sweets; **Shri. R. N. Lakhotia** (Advocate & Sr. Tax Consultant, New Delhi); **Dr. N. Mahalingam** (Chairman, Sakthi Group of Companies); **Shri. Surendra M. Mehta** (Former President of International Vegetarian Union); **Shri S. Sripal** (Former DGP, Tamil Nadu); **Shri Shanthilal M. Mehta** (Posthumous) and **Shri G. K. Shetty** (Posthumous).

His Excellency also launched the schemes "Green India" & "Food for Hunger", initiated by the IVC on the occasion of the Golden Jubilee Celebrations. The first two recipients of the sapling were **Shri. Kanthilal H. Sanghvi** (Secretary, Chandraprabhu Jain College for Women) &



12th January 2007

The first phase of the Triennial Golden Jubilee Celebrations of the IVC commenced with the inauguration ceremony in the morning, at Rani Meyyammai Hall. The venue bore a festive look and was buzzing with activity all around. The function began with a prayer followed by the welcome address by **Shri. N.Tarachand Dugar**, National President of IVC. **His Excellency Thiru Surjit Singh Barnala**, Governor of Tamilnadu inaugurated the celebrations at 10.00 a.m. This was followed by the presentation of the Torch Bearer awards, instituted to honour those who had made valuable contributions to promote vegetarianism. The recipients were **Dr. Acharya Sadana Shreeji**, Hotel Days Inn, Deccan

Shri. Shobha Kant Das (Managing Trustee, Prabha Devi Charitable Trust) and the first food packet was received by the Secretary of Harijan Hostel, Chennai.

Shri. S. Vijaikumar Bafna, General Secretary briefly



narrated the activities of the IVC. His Excellency, The Governor of Tamilnadu, **Smt. Maneka Gandhi**, **Dr. K. C. Chakrabarty**, Chairman & Managing Director, Indian Bank, addressed the gathering. **Shri. K Subhashchand Ranka**, Treasurer of IVC proposed the vote of thanks.

This was followed by the inauguration of the Mega Veg Food-Expo 2007 at Raja Muthiah Hall by **Dr. K. C. Chakrabarty**, Chairman & Managing Director of Indian Bank, in the august presence of His Excellency, The Governor of Tamilnadu. Then His Excellency & the other esteemed guests went around looking at the various exhibits.

The exhibition had around a hundred stalls put forth by reputed manufacturers of veg food products like Haldiram's, Krishna Sweets, Shree Mithai, Aachi Masala etc. There was an interesting display of 1200 varieties of sweets & savouries by M/s. Krishna Sweets. The Indian Bank & Rajasthan Patrika, ardent supporters of vegetarianism, had also put up their stalls.

Simultaneously, entries for the **Mega Cookery Contest** started pouring in. Enthusiastic women with their innovative varieties of attractively decorated dishes had been waiting since morning to submit their entries. As many as 350 contestants submitted over 436 dishes of sweets & savouries.

A **Seminar** attended by eminent scholars & specialists was also held at Rani Meyyammai Hall.

Notable personalities who made valuable presentations were **Mrs. S. Mallika Badrinath** (Culinary Expert);

Shri. R. N. Lakhotia (Advocate & Tax Consultant, New Delhi); **Dr. Bhuvaneshwari Shankar** (Chief Consultant Dietician, Head of Department of Diabetics – Apollo Hospital); **Dr. T.N. Sheshagopalan** (Eminent Musician); **Dr. Nandita Shah** (Homeopath & Eminent Speaker); **Dr. P.K. Baskar** (Emeritus Professor of Dentistry, Madras University, Chairman of Baskar Dental foundation); **Dr. S. Subramanian Swamy** (Eminent Scholar & President of Janata Party); **Dr. S. Balagopal** (Associate Professor of Surgery & Consultant Paediatrics Surgeon of Shri Ramachandra Medical college & Hospital); **Dr. V.V. Subramaniam** (Principal of Vivekananda College, Chennai); **Shri. R. Krishnaswamy** (Senior Advocate & President – Federation of City Sabhas, Chennai) & the Valedictory address



was delivered by **Shri. V.V. Sundaram** (President & Managing Director of Air Bee Wireless Pvt. Ltd., India). The speakers also answered questions from the audience. The seminar which was quite informative & interesting, concluded in the evening.

The exhibition at Raja Muthiah Hall continued till 9.00 P.M.

13th January 2007

The Exhibition was going on in full swing since 9.00 A.M in the morning at Raja Muthiah Hall. Being a holiday, on the eve of Pongal, there was a heavy rush towards the evening.

The prize distribution function for the mega veg food contest was held in the evening. It was a testing time for the judges to pick prize worthy entries from a varied display of dishes. As many as 15 prizes were awarded. Certificates & mementos were awarded to the participants.

Shri Gulab Kothari, Managing Director of Rajasthan Patrika





was the Chief Guest and gave away the prizes.

Towards the close of the exhibition at 9.00 P.M, lucky draws were held for the visitors and 7 prizes were awarded.

14th January 2007

A colourful function was organised at The Music Academy Hall in Chennai for the presentation of the IVC Icon of Vegetarianism award at 6.00 p.m. **Shri N. Tarachand Dugar**, National President of IVC, welcomed the gathering after the prayer. Dr. M. S. Anant, Director of IIT Madras who was the Chief Guest, gave away the IVC Icon of Vegetarianism awards, after a brief introduction of each awardee by **Shri. Daman Prakash Rathod**. The recipients were **Shri Gulab Kothari**, MD of Rajasthan Patrika; **Haldirams Food International Ltd.** represented by **Shri Shivkishanji Agarwal**; **Shrimati Maneka Gandhi**, former Union Minister; **Shri N. Murali**, MD of The Hindu; **Dr. Murali Manohar Joshi**, former Union Minister; **Shri K. Parasaran**, former Attorney General of India; **Dr. Smt. Y. G. Parthasarathy**, Dean & Director of PSBB Schools; **Smt Radha Burnier**, President of The Theosophical Society; **Rajah Sir Muthiah Chettiar** (posthumus); **Dr. M. S. Swaminathan**, Chairman of MSS Research Foundation; **Shri. N. Vaghul**, chairman of ICICI Bank Ltd. and **Shri. Venu Srinivasan**,



MD of Sundaram Clayton Ltd.

Besides **Dr. M. S. Anant**, **Dr. Murali Manohar Joshi** and **Shri S. Vijaikumar Bafna** addressed the gathering. All the recipients gave a brief speech acknowledging the awards.

THE IVC had also held an **Essay competition** for college students on 10 topics of vegetarianism. There were 266 entries from 56 colleges. The cash prizes for the 1st, 2nd, 3rd & 5 consolation prizes were sponsored by **M/s. N. T. Dugar Foundation** & given away by **Dr. M. S. Anant**. The rolling shield went to the **Quaid - E - Milleth college for women**, Chennai, whose student won the 1st prize.

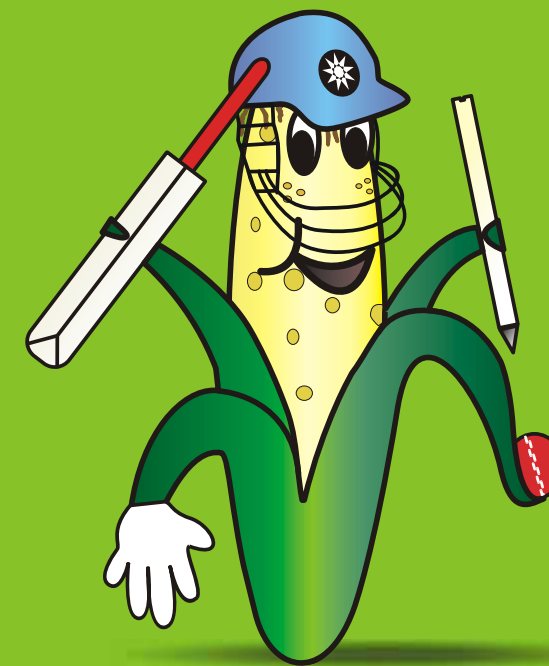
The function concluded with a vote of thanks by **Shri. Subhashchand Ranka**, Treasurer of IVC.

General

Colourful hoardings were put up in many prominent places in Chennai city. The IVC had also published a full page colour advertisement regarding the Golden Jubilee Celebrations on 12th January 2007, in Rajasthan Patrika (Hindi) & in The Hindu (English) which had a good impact. Advertisements were also published in other papers. The functions attracted English & vernacular media. Apart from sponsors, co-sponsors & supporters, spontaneous & overwhelming support for the cause came from **Hon. Shri. R. Venketaraman**, former President of India and **Shri. K. K. Birla** through Hindustan Welfare Trust.

CORN, AN 'A-MAIZING' PLANT

Corn is a versatile crop. Not only do we use it for food products like cornflakes, cornflour & corn oils but all its parts are used in some form or the other. Therefore there is no wastage.



Thank You

The IVC felicitated the sponsors, co-sponsors & the supporters, who were responsible & instrumental in making its Golden Jubilee Celebrations a grand success, at a glittering function on 18th June 2007, at Hotel Days Inn, Deccan Plaza, Chennai.

Dr. Jayantilal Jain, General Manager of Indian Bank ; **Jain Ratna Shri Surendra M. Mehta**, Patron member of the IVC and other distinguished guests were present.

Welcoming the guests **Shri .N. Tarachand Dugar**, National President of the IVC said that the generous contributions made by the sponsors, co-sponsors & supporters enlivened, encouraged & empowered them to make the 1st phase of the Triennial Golden Jubilee Celebrations a grand success. It was the duty of the IVC to express its gratitude to all those who were instrumental to the success of the grand show.

Shri. Dugar further went on say that vegetarianism is a natural way of life, with utmost compassion to all living creatures. The IVC celebrates World Vegetarian Day during the First week of October every year. **The United Nations General Assembly has declared 2nd October as the World Non-Violence Day.**

Shri. Tarachand Dugar wished Shri. Surendra M. Mehta a long, prosperous life and to continue guiding IVC in all its activities.

Shri. Surendra M. Mehta in his address said that, IVC has an uphill task & it should continue to spread vegetarianism. As Karuna Club is concentrating with school students in this regard, the IVC could approach the college students. He further said that organic farming is necessary for future growth.

Dr. Jayantilal Jain, General Manager of Indian Bank, wanted vegetarianism to be included as a subject in the school syllabus. Young people should be taught the nuances of vegetarianism at the school level. He further said that the consequences of having a vegetarian or a non-vegetarian life should be made known to all.

The **first phase** of the celebration was a grand success at **Chennai** & the **next phase** will be held at **Mumbai**, this year. The **last phase** will be held at **Delhi** in 2009. The IVC cordially invites all its members for the celebrations at Mumbai this year. □

Kernels: There are 800 kernels on each cob. 50 to 70 corn cobs are used to sweeten 400 cans of soft drink.

Stalk: The stalk is used for making paper, corn syrup & rayon (artificial silk).

Husk: The husk is used as a filling in mattresses, pillows, soft toys etc.

Fuel: Corn is also used to produce fuel alcohol which makes gasoline burn cleaner, therefore reducing air & water pollution.

Plastics: Now a days, biodegradable plastics are being produced. Corn, not petroleum, is the main ingredient in these clear, glossy containers that look just like ordinary plastic. This type of plastic takes just 45 days to bio-degrade in a landfill. Normal plastic can take thousands of years to decompose. Corn plastics require 20 to 50 percent less fossil fuel to create and are derived from a renewable resource.

More the demand for such 'a-maizing' vegetables, more the production of its other byproducts, leading us to a greener planet. □

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SHANTHI

H O M E S

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THE ART OF LIVING

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ADVT.

A few hours to
change the world

The Veg Congress is a non-sectarian, non-profit and secular organization founded by late **Smt. Rukmani Devi Arundale** who believed that nurturing such a cause is the social responsibility of every individual. Our mission is to espouse the importance of healthy eating habits and its practical correlation to clean vegetarian diet, the bountiful nature provides.

As we gear up to celebrate our Golden Jubilee, we urge you to join our family so that together we can start creating a better world. A world free of diseases like mad cow and bird flu, our future generations can proudly inherit from us. Young or old, rich or poor, working or home making, single or married, all it takes is your commitment in whatever capacity to **volunteer a few hours of your time** for this noble cause. Every individual effort will add value like drops that multiply to make the vast ocean.

The Veg Congress is calling out for:

THINKERS & PLANNERS

This group will put their heads together and conceptualize the initiatives that the Veg Congress will take up in the future. They could interact at pre-determined periodicity at a place, or over chat, video-conference, telephone, e-mail or even good old snail mail.

WRITERS & SPEAKERS

These people have a way with words. They will help write letters to important people, appeal to Governments, reports to press, notices and promotional material. Those with the gift of the gab can volunteer to speak at a school or gathering in your area. The Veg Congress will supply you with all the information.

NETWORKERS & PRESENTERS

Extroverts who are socially well connected well fit the bill. They will be able to put in a word to the right person and make the files move a bit faster. Some of them through their brilliant presentation skills can even make the carnivores see logic.

ORGANIZERS & COORDINATORS

These are the action-packed people who will keep the above groups alive and kicking. They will chart out agendas, roll out projects, run errands, follow up on deadlines remind them and ensure that deadlines are adhered to. They 'just do it' and 'get it done'!

To start with you could send us your Bio-data and a photograph along with a short note on why and how you want to work for the Veg Congress.

- ✂ You could email it to contact@vegcongress.org
- ✂ You could courier or post it to: **Team IVC**, 12 (17) Damodaran St., Gopalapuram, Chennai - 600086
- ✂ You could submit it at the website www.vegcongress.org

Vegetarianism has the support of some of the best minds in the world. In the coming years, this movement is all set to change the way the world thinks on the subject.

The world needs you for the change. Are you ready?

A few of you who are in a position to take this up as a FULL TIME job at Chennai (for a slim and healthy salary!) are requested to send a detailed proposal to



The Indian Vegetarian Congress

PO Box. 515 Chennai 600008. Email: contact@vegcongress.org www.vegcongress.org

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**INDIA'S MOST
HARDWORKING
PLASTICS.**



THERMOWARE



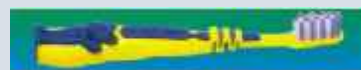
WRITING INSTRUMENTS



PLASTIC MOULDED FURNITURE



DOMESTOWARE



ORAL CARE PRODUCTS

AT CELLO, WE ARE ALWAYS THINKING OF WAYS TO MAKE PLASTIC WORK HARDER. TODAY, CELLO GROUP MAKES INDIA'S LARGEST RANGE OF VALUE-ADDED PLASTICS, WITH A GROUP TURNOVER OF OVER RS. 800 CRORES. FROM TOP-CLASS THERMOWARE AND DOMESTOWARE TO HIGH-UTILITY MOULDED FURNITURE. A BEST-SELLING RANGE OF CLEAR WRITING INSTRUMENTS. AND NOW, ORAL CARE PRODUCTS.



Thermoware . Domestoware . Moulded Furniture
Writing Instruments . Oral Care Products



M/s.Cello World
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<http://www.celloworld.net> E-mail:cello@celloworld.com

Are Vegetarian Children Brighter?

In a landmark scientific study conducted by the **Southampton University among 8179 children spanning 20 years**, it was found that the most intelligent of them turned vegetarians. Did they become vegetarians because of their higher IQs or did they have higher IQs because they were vegetarians?

Here is what the British Medical Journal published:

BMJ, doi: 10.1136/bmj.39030.675069.55, (Published 15 December 2006) **RESEARCH** - IQ in childhood and vegetarianism in adulthood: 1970 British cohort study

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Objective To examine the relation between IQ in childhood and vegetarianism in adulthood.

Design Prospective cohort study in which IQ was assessed by tests of mental ability at age 10 years and vegetarianism by self-report at age 30 years.

Setting Great Britain.

Participants 8170 men and women aged 30 years participating in the 1970 British cohort study, a national birth cohort.

Main outcome measures Self-reported vegetarianism and type of diet followed.

Results 366 (4.5%) participants said they were vegetarian, although 123 (33.6%) admitted eating fish or chicken.

Vegetarians were more likely to be female, to be of higher social class (both in childhood and currently), and to have attained higher academic or vocational qualifications, although these socioeconomic advantages were not reflected in their income.

Higher IQ at age 10 years was associated with an increased likelihood of being vegetarian at age 30 (odds ratio for one standard

deviation increase in childhood IQ score 1.38, 95% confidence interval 1.24 to 1.53). IQ remained a statistically

significant predictor of being vegetarian as an adult after adjustment for social class (both in childhood and currently), academic or vocational qualifications, and sex (1.20, 1.06 to 1.36). Exclusion of those who said they were vegetarian but ate fish or chicken had little effect on the strength of this association.

Conclusion Higher scores for IQ in childhood are associated with an increased likelihood of being a vegetarian as an adult. □



Studies have shown that vegetarian kids grow taller and have higher IQs than their classmates, and they are at a reduced risk for heart disease, obesity, diabetes, and other diseases in the long run.



Global Warming And Vegetarianism

What is Global Warming?

Global warming is the increase in the average temperature of Earth's atmosphere and oceans. It is one of mankind's gravest environmental challenges yet. The major cause of this is excess emission of methane and carbon dioxide (two of the "greenhouse gases") into the atmosphere. The consequences of these are rise in temperature & sea levels and extreme weather conditions.

Are Non-Vegetarians Aiding Global Warming?

Agriculture contributes to nearly a quarter of the world's greenhouse pollution, overwhelmingly from the meat industry. This is primarily in the form of methane emitted by the livestock. However, raising animals for their flesh, eggs, and milk is also one of the world's leading emitters of carbon dioxide. Deforestation and felling of trees to create pastures for grazing land is the secondary aspect. Other factors include transportation of livestock and feed, use of fuel on farms and fossil-fuel usage in manufacturing fertilizers.

A 2006 U.N. report listed the meat industry as one of the top two or three most significant contributors to serious environmental problems. The report found that **the meat industry produces more greenhouse gases than all the vehicles, planes, and ships in the world, combined.** It recommended that animal agriculture be "a major policy focus when dealing with problems of land degradation, climate change, air pollution, water shortage, water pollution and loss of bio-diversity."

The University of Chicago also reports that going vegan is 50% more effective than switching to a hybrid car in reducing greenhouse gas emissions.

Methane emission and global warming in terms of India

India has the world's highest cattle population and the highest methane emissions, which continue to grow in response to the demand for dairy and meat products. According to the Intergovernmental Panel on Climate Change (IPCC), the result of greenhouse gas emissions would mean an average temperature increase of 3°C by 2050, in Asia. This will adversely affect an agricultural country like India, as productivity will be hit by severe drought or flooding, soil degradation and pest infestation (bugs thrive in the heat).

The effects of climate change are already evident. However, it is not too late to revert the damage that has been done. The actions of each individual can make a difference to the environment. The first step to making a change is to spread awareness about global warming and its causes. Of course, reducing the consumption of animal products would be the best way to tackle the problem of global warming around the world. ■



those who eat meat.

- The breast milk of non-vegetarian women contains 10 times more pesticides than that of vegetarians.

- Vegetarian diets are associated with a lower incidence of diabetes, which is a major risk factor for CHD [Coronary Heart Disease]

Amazing facts!

- Harry Shoerats, Britain's longest-lived man, who lived until he was 111 years old, worked as a craftsman until he was 104 and cycled to work daily until he was 100, was a very active and healthy vegetarian.
- The National Cancer Research Institute found that women who do not eat meat are 4 times better protected against breast cancer than

Easy Tips To Introduce Vegetarianism To Your Child!

Visit a Market

Visit a farm if possible. If not, take a trip to a nearby farmer's market. Go during a slow time of the day so farmers can talk. Have a list of questions to ask the farmer while your kids listen. Let your child ask questions, too. Most farmers are 'child friendly' and more than willing to explain the farming process to your child.

Grow a Garden

Let your kids see the entire growing process of vegetables. Even a very small garden can supply many vegetables for your family. Expect your children's involvement in the gardening process from planting seeds, to composting, to harvesting the veggies. If you do not have a few square feet for a garden, grow some herbs and vegetables in containers.

Never Lie!

Children know a veggie burger is not a hamburger. Do not tell them it tastes or even looks the same. Do provide extra helpings of condiments to mask the taste for the first few months of your family's 'switch'.

Go Slow; be Subtle

Most parents know pressurizing children to do anything can send them rushing down the opposite path. Place a small portion of a new vegetarian dish on their plate at a meal and ask them to taste it. Try not to tell them what it is until they have tasted it.

Keep the servings small and let them ask for more helpings rather than heaping the plate with food.

Keep their food looking the same and they will be more likely to try new foods without thinking.

Examples:

- Use your blender to disguise any food for inclusion in a sauce.
- Add soya granules to your pasta.
- Serve tofu in a stir-fry or fruit smoothie.
- Mix greens in a salad or chop them quite fine for a stir-fry or pasta sauce.
- Add new veggies to a bean and vegetable taco.

- Condiments like soy sauce, salsa and mustard add customary taste to new foods.
- Use a favorite salad dressing or even salsa over cooked or raw vegetables.
- Use vegetables for dips such as hummus or salsa.
- Chunky peanut butter and honey, dissolved in hot water (never cook honey) with a touch of soy sauce, make a good sauce for new vegetables - kind of a sweet and salty Thai taste.

You Eat it, too

Don't try to persuade your child to eat something you won't eat. Eat with enthusiasm to let your children know you enjoy the new food. Talk about the new food while you are eating it.

Let your Children choose

Take your children to a health food store, farmer's market or vegetable section of the super market. Let them choose what they want to eat. Many foods have similar nutrients. Let your children choose their meals at first, even if it means cooking different meals for different children during the conversion.

Children also prefer different brands of products like veggie burgers, soy sausage, and other meat analogs. Indulge their special tastes for a few months, at least.

Evolve Healthy!

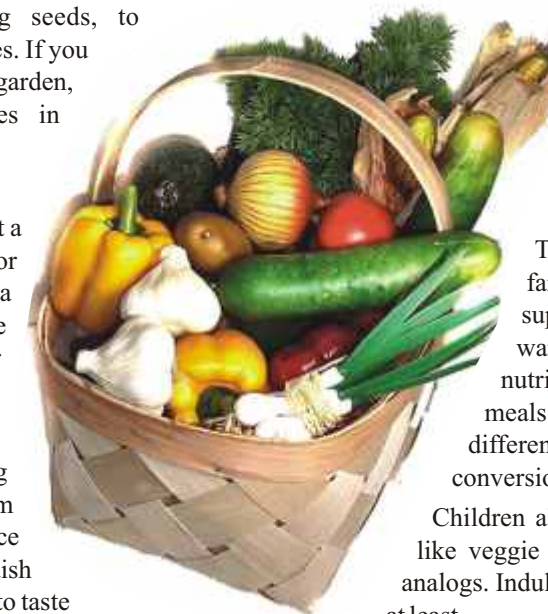
Your first step would be to go 'all vegetarian'. Your final goal can be a diet of whole, unprocessed and fresh foods. Keep potato chips, canned fruits, white rice, chocolate almond milk, and cookies in your child's diet from time-to-time. Slowly evolve to whole grains, fresh fruits, new vegetables, legumes, and unprocessed foods.

Remain Positive!

Remember...you are working against old habits, some peer pressure and the personalities of your children. Don't expect this conversion to happen quickly. Keep trying. The lifelong health of your child is the prize here! ■

Excerpts taken from:

www.dfwnetmall.com/veg/convertkidsvegetarians



ADVT.



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A leaked e-mail message has led to speculation that the British government plans to promote vegetarianism as part of a broader strategy to fight climate change.

In a message sent earlier this year to a vegetarian lobbying group, the **Environment Agency -- a statutory body set up under a 1995 law -- said it was considering ways to deal with global warming, one of which was to encourage people to eat less meat.**

The agency said that it was unlikely that most people would swear off meat entirely and that the issue would have to be introduced "gently" for fear of alienating the public.

The official who authored the e-mail message also wrote that the potential benefits to the climate of a vegan diet could be "very significant". A vegan diet is one that shuns all meat, poultry, eggs and dairy products.

"Future Environment Agency communications are unlikely to ever suggest adopting a fully vegan lifestyle, but certainly encouraging people to examine their consumption of animal protein could be a key message," the official wrote.

The e-mail was sent to the British chapter of a group called Vegetarians International Voice for Animals (Viva), in response to its queries about promoting vegetarianism. Viva then released the message to the media.

In recent years, vegetarian groups around the world have increasingly turned to the issue of climate change to promote their cause, warning that raising livestock produces large amounts of carbon dioxide (CO2) and methane - "greenhouse gases" blamed for global warming.

Cattle are also reported to have contributed to large

scale land degradation, pollution of water, and acid rain through the ammonia they generate.

A report released by the U.N. Food and Agriculture Organization last November charged that, **raising livestock produced more "greenhouse gases" globally than the international transportation system!**

A spokesman for the Department for the Environment, Food and Rural Affairs (DEFRA) - said that the government was not encouraging people to give up meat altogether.

"The government is not telling people to give up meat. It isn't the role of the government to enforce a dietary or lifestyle change on any individual. People need to make the decisions that are right for their own lifestyle", he told Cybercast News Service.

The spokesman did say, however, that DEFRA was encouraging people to adopt diets that have a lower environmental impact.

This could involve eating food, that hasn't been transported long distances by air or truck and reducing the amount of "animal protein" a person eats.

Viva spokesman Justin Kerswell said that quitting meat was something each individual person could do to fight climatic change.

British Vegetarian Society spokeswoman Su Taylor said that anyone adopting a strictly vegan diet would help the environment tremendously, but that an ordinary vegetarian diet would help as well.

"Nobody's talking about this," she said. "If people are going to make choices about how they can help the environment, they need to have all the options on the table."

British Government discovers remedy for Global Warming!



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Eminent Scientists & Inventors on Vegetarianism

In order to help preserve our planet's natural resources, many of the world's greatest thinkers and scientists throughout history have observed a vegetarian diet and affirmed its necessity from the standpoints of both morality and logic.

For example, **Sir Isacc Newton**, "the father of physics," and **Leonardo Da Vinci**, a part-time physicist who made major discoveries in hydraulics, optics and mechanics were both vegetarians. In fact, Da Vinci was so fervent about vegetarianism that he would buy caged chickens and set them free. In addition, **Srinivasa Ramanujan** (1887-1920), considered the greatest mathematician of the last 1000 years, was also vegetarian.

Another ardent vegetarian, the great inventor, physicist and engineer **Nikola Tesla** (1856-1943) who helped devise the AC (alternating current) electrical system used to power modern civilization, lived on sumptuous, custom-ordered meals at New York's Waldorf-Astoria Hotel. Regarding the physical and moral benefits of vegetarianism, Tesla wrote:

On general principles the raising of cattle as a means of providing food is objectionable. It is certainly preferable to raise vegetables, and I think, therefore, that vegetarianism is a commendable departure from the established barbarian habit. That we can subsist on plant food and perform our work even to advantage is not a theory but a well-demonstrated fact. Many races living almost exclusively on vegetables are of superior physique and strength. There is no doubt that

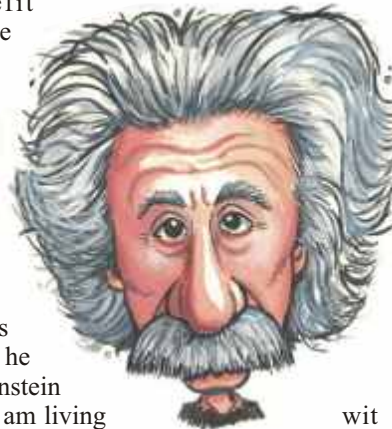


some plant food, such as oatmeal, is more economical than meat, and superior to it in regard to both mechanical and mental performance. Such food, moreover, taxes our digestive organs decidedly less, and in making us more contented and sociable, produces an amount of good difficult to estimate. In view of these facts every effort should be made to stop the wanton, cruel slaughter of animals, which must be destructive to our morals.

The forward-looking Tesla also theorized that one day humanity would learn to sustain itself directly by making use of the universal energy field. In addition, **Thomas Edison** (1847-1931), the greatest inventor in history and also a vegetarian wrote "[Vegetarianism has a] powerful influence upon the mind and its action, as well as upon the health and vigor of the body. Until we stop harming all other living beings, we are still savages."

Another eminent vegetarian was **Albert Einstein** (1879-1955), widely regarded as the greatest scientist of the 20th century and a lifelong promoter of peace, who said,

"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet." On a similar note he stated, "Our task must be to [widen] our circle of compassion to embrace all living creatures and the whole of nature in its beauty." And on the day he became a vegetarian, Einstein wrote in his diary, "So I am living without fats, without meat, without fish, but am feeling quite well this way. It always seems to me that man was not born to be a carnivore."



Since Einstein presented his groundbreaking theory of relativity a hundred years ago, the world has not seen an equal to his genius; however, one contemporary physicist, Edward Witten, is viewed by many as his successor and is also known as the world's foremost string theorist* and mathematician. Besides his scientific prowess, Witten is similar to Einstein in that he is a vegetarian and works on the same physics problems in the same Princeton University building as Einstein did.

Witten's most famous protégé is **Brian Greene**, who has refuted Einstein's theory that space can stretch but not tear. By the age of nine Greene could multiply thirty-digit numbers in his head, and of course, he is also a vegetarian. Below are excerpts from an exclusive interview on science, morality and vegetarianism that Mr. Greene conducted for The Supreme Master Ching Hai News.

Q: Why do you think so many of the greatest geniuses have been vegetarian?

B: From my limited experience, vegetarians typically are people who are willing to challenge the usual, accepted order of things. Moreover, they're often people willing to sacrifice their own pleasures in pursuit of what they believe is right. These same qualities are often what's needed to make great breakthroughs in the arts and sciences.

Q: Why do you think other scientists are still not vegetarian?

B: I would ask, more generally, why the vast majority of people are not vegetarian. I think the answer is that most people don't question the practice of eating meat since they always have. Many of these people care about animals and the environment, some deeply. But for some reason—force of habit, cultural norms, resistance to change—there is a fundamental disconnect whereby these feelings don't translate into changes of behavior.

Q: What inspired you to become a vegetarian?

B: Quite literally, it was a dish—spare ribs—that my mother cooked when I was nine years old. The ribs made the connection between the meat and the animal from which it came direct; I was horrified and declared I'd never eat meat again. And I never have. Going vegan happened later. I visited an animal rescue farm in upstate New York and learned much about the dairy industry which was so disturbing that I could not continue to support it. Within days I gave up all dairy.

Nowadays, even non-vegetarian scientists also understand the physical bases for vegetarianism and how it can contribute to the Earth's environmental well-being. For example, UK physicist Alan Calverd recently made headlines with the following statement about global warming and the vegetarian lifestyle: "Adopting a vegetarian diet would do more for the environment than burning less oil and gas."

From the examples above we can see that eminent scientists throughout history have affirmed the advantages of a vegetarian diet from the standpoint of morality and compassion and also from the perspective that it is necessary to ensure the welfare of our planet. So, merely by changing our eating habits we can bring infinite benefits to humankind.

Note: String theory is a model of fundamental physics whose building blocks are one-dimensional extended objects (strings) rather than the zero-dimensional points (particles) that are the basis of the Standard Model of particle physics. It is the leading candidate for a "theory of everything" stating that the universe is ultimately composed of vibrations.



By the Florida News Group, USA (Originally in English)

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POWER FOODS for health!

The following ten foods are ones you should try and incorporate in your diet whenever possible. Each one has specific ingredients which are excellent for your overall health.

Of course you should still eat as wide a variety of foods as possible for optimum health.

Prunes

These are excellent for your general health as they are full of roughage which helps maintain healthy bowel regularity. One portion a day, combined with a vigorous walk will ensure no more constipation.

Pumpkin seeds

These are full of zinc which is especially beneficial for men's health. They also contain magnesium and phosphorus which are good for your bones as well as iron and B vitamins which are some of the most difficult vitamins for vegetarians to get in their diet.

Sunflower seeds

Another seed full of B vitamins which help to release energy from our food, and vitamin E which helps protect cell membranes.

Brazil nuts

One of the few foods which are rich in selenium which helps ensure a healthy system and thyroid function. They also contain phosphorus and magnesium for healthy bones.

Cashews

These contain the monounsaturated fatty acids which are actually good for your heart as well as vitamins and minerals which help your bones and joints.

Walnuts

These are rich in unsaturated fats which have been proven to help keep cholesterol levels at a healthy level, and melatonin which helps regulate sleep patterns.

Apricots

Not only are these high in fibre to help maintain a healthy bowel, they are also rich in Vitamin A which protect your eyes' health. As an extra bonus, they are also a great source of iron which is especially important for women.

Linseed (flaxseed)

To help metabolise fat and aid digestion, linsed is full of Omega 3 and 6 and lecithin.

Almonds

Delicious and cholesterol free, they are also packed with protein, fibre, E and B vitamins, magnesium and calcium.

Figs

Another fruit full of fibre to aid digestion and bowel regularity. They also contain lots of natural sugars which can curb sugar cravings between meals. Also a good source of calcium and iron.

Turn a New Leaf!

Become a Veg Congress Member.

The vegetarian way of life is the most natural, harmonious, healthy and economic option available to each one of us. By becoming a member you will be helping to take this message to millions of people who can realize this value.



Just sms **VEG** to
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The Indian Vegetarian Congress

PO Box. 515 Chennai 600008 Ph+9144 28112828
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Here is Golden Opportunity to make a difference to the lives of people who live around your area.

Start your Veg Congress Center and enroll them. There are many activities that you all can do that will bring immense satisfaction and credit. Activities can include helping schools start small Veg Garden patches, helping villagers grow vegetables and impressing upon the youngsters that a vegetarian diet is a better one on every count. Please visit www.vegcongress.com and get to know the various activities of the veg Congress, rules and regulations governing the centers etc.

In its Golden Jubilee Year, The Vegetarian Congress is planning to start several centers across the nation.
Don't miss this opportunity!

Please write directly to the President enclosing the following.

- A detailed Bio Data of yours
- Recent photograph
- A note on :
 - various achievements, awards etc in your life
 - on your family members
 - present occupation and status.
 - number of hours per week you are willing to commit to this cause.
 - two references.

After your proposal is considered in the next IVC central committee meeting our decision will be communicated to you. We hope to be able to welcome you to the IVC family soon.

The President
The Indian Vegetarian Congress
PO Box 515 Chennai 600008
Email: pres@vegcongress.com



Become the
founder of a
Veg Congress
Center
in your area.

Exciting & Mouth watering Veg Dishes



The Meat Loaf

Ingredients :

- 1 cup cooked brown rice
- 1 cup wheat germ
- 1 cup instant oats or oat bran (uncooked)
- 1/2 cup walnuts, chopped fine
- 1 cup mushrooms, chopped fine
- 1 medium onion, chopped fine
- 1/2 bell pepper, chopped fine
- 1 medium carrot, shredded fine

- 1 teaspoon dried thyme, marjoram or sage
- 2 tablespoons fresh parsley finely minced
- 2 tablespoons soy sauce
- 2 tablespoons prepared mustard ketchup

DIRECTIONS:

Combine all ingredients and mix for 2 minutes with a wooden spoon. Pack in to a 4 x 8 loaf pan sprayed with Pam and bake at 350 degrees for 1 hour or until lightly browned. You may wish to top the loaf with ketchup after about 40 minutes, then continue baking the final 20 minutes. Let stand 10 minutes before slicing.

NOTE: The vegetables should be chopped as finely as possible. If you have a food processor this would be a great time to use it. Put each vegetable and the nuts in one at a time, pulse until finely ground. Then dump in to a big bowl with all other ingredients for final mixing.

This recipe freezes well too! Just wrap in foil and then in a freezer bag. To reheat either slice and warm in the microwave or reheat covered in a 350 oven for 20-30 minutes.

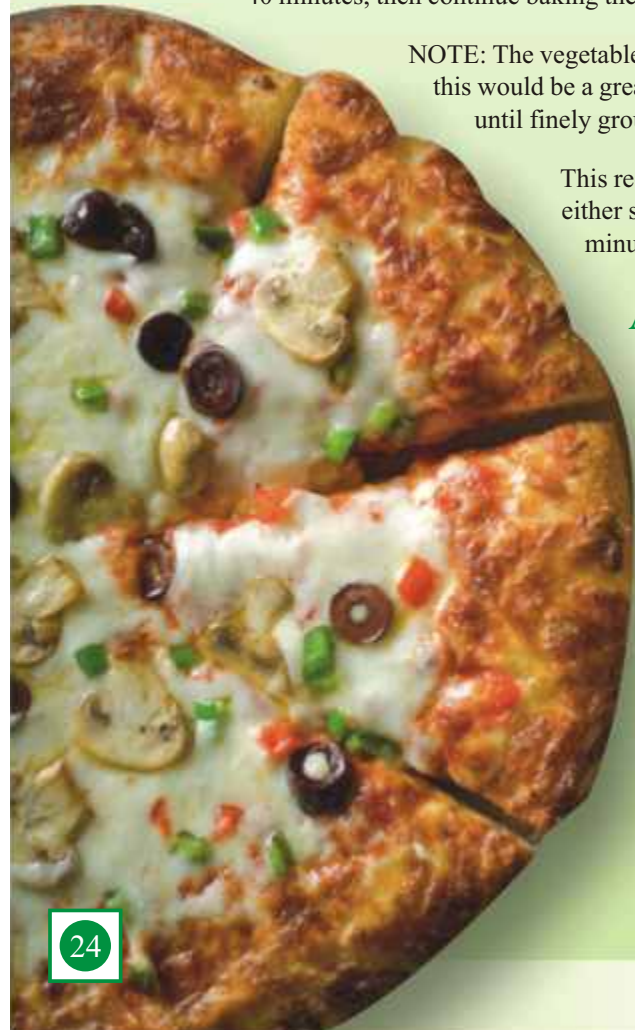
Apple Pizza

- 1 pizza crust
- 4 medium apples -- peeled and sliced
- 1/3 cup brown sugar
- 1 teaspoon cinnamon

DIRECTIONS:

Prepare pizza crust as per recipe. Pat dough into a pizza pan or a baking sheet. Crimp edges as for a pizza. Spread apples over dough and sprinkle brown sugar and cinnamon over apples. Bake at 425 degrees for 30 minutes.

Per serving: 239 Calories; 3g Fat (10% calories from fat); 5g Protein; 49g Carbohydrate; 0mg Cholesterol; 416mg Sodium Food Exchanges: 2 Starch/Bread; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates



Mushroom paté

Mushroom paté is a delicious alternative to regular sandwich fillings such as egg mayonnaise. It's creamy and moist and just yummy!

Ingredients

- 1 small onion, finely chopped
- 2 Tablespoons butter
- 1/2 pound fresh mushrooms, finely chopped
- 1-1/2 Tablespoons lemon juice
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- dash pepper
- 2 Tablespoons mayonnaise



Method

Sauté onions in butter until soft. Add mushrooms and stir. Add lemon juice, Worcestershire sauce, salt, and pepper. Cook, stirring, until liquids evaporate, about 10 or 15 minutes. (Be sure mixture does not brown) Cool, then add mayonnaise to moisten.



Unique Corn Dogs

Ingredients for the kabab roll

- 500g kaale chane (brown channa)
- 60g channa dal
- 4 onions (chopped)
- 12 cloves garlic
- 2 piece ginger (finely chopped)
- 4 red chillies (deseeded)
- 6 green chillies (chopped)
- 4 bay leaves
- 8 cardamom pods
- A pinch of soda-bi-carb
- 2 piece cinnamon
- 10 cloves
- 1 tsp cumin powder

- 12 bread slices
- 2 tbsp oil
- Oil for frying
- Salt to taste

For the outer coating

- 1 cup yellow corn meal
- 1-cup flour
- 2 tsp dry mustard powder
- 1 tsp salt
- 2 tbsp sugar
- 2 tsp baking powder
- 1-cup milk
- 2 tbsp butter
- Skewers

Method for kabab roll

Soak kaale chane for 6 hours and channa dal for 2 hours. Pressure cook the soaked channa, channa dal, garlic, ginger, cloves, cardamom, cinnamon, cumin powder, bay leaves, soda bi carb and salt together for 10 minutes with a little water.

Let the mixture cool down and mash well. Soak the bread in water & squeeze out the excess. Now add this to mixture. Add chopped onions. Mix well. Shape the mixture in to small kabab rolls and keep a side. Then, in a separate bowl combine the cornmeal, flour, sugar, mustard, baking powder and salt. Whisk in milk & butter. Pour this mixture into a glass. Put the kabab rolls on the skewers and dip them into the cornmeal batter to coat evenly. Deep fry in hot oil until golden brown. Serve hot with a sauce of your choice.

Tip: Instead of kala channa, you can also use potatoes or Kabuli channa.





Vegetarian Shepherd's Pie

Ingredients

For the dough

3 cups maida
2 tsp baking powder
Salt to taste
½ tsp black pepper
½ cup chilled butter
Cold milk as required

For the filling

20 small potatoes
6 medium onions, sliced
6 medium capsicum, sliced
6 medium tomatoes, sliced
2 tsp butter
2 tsp oil
Black pepper and red chilli powder to taste.

For the cheese sauce

2 tsp butter 2 tsp maida
2 cups milk
1½ cups grated cheese
Salt and pepper powder to taste.



Method

For the dough

Sift maida with baking powder and salt. Then mix in the black pepper and chilled butter. Rub the butter well into the maida until it starts to resemble breadcrumbs. Add enough cold milk to form a semi-soft dough. Roll out to 10" in diameter.



Filling

Sprinkle some salt on the onions, tomatoes and capsicum. Keep aside for 15 minutes & squeeze out the water. Boil potatoes in salted water till done. Mash & keep aside. Heat oil and butter in a pan. Add the drained vegetables (except the potatoes) & stir fry adding pepper powder, red chilli powder and salt to taste. Remove from heat and keep aside.



Cheese sauce

Heat butter. Fry the maida lightly. Add milk, stirring constantly until thick. Remove from heat and add the grated cheese, salt & pepper powder.

Assembling

Take a 9" pie dish. Place the rolled out dough in it and trim off the edges. Fill with the vegetable mixture. Scoop spoonfuls of mashed potato onto the vegetable filling and gradually cover the whole pie. With the back of the spoon, flatten out the potato. Cover with cheese sauce. Sprinkle grated cheese on top and bake in a pre-heated oven for 25-30 minutes at 180C. Serve hot. ■



Types of vegetarians

Lacto-ovo vegetarian

A lacto-ovo vegetarian (or ovo-lacto vegetarian) is a vegetarian who also eats eggs and dairy products with its derivatives such as yoghurt, cream, cheese etc. This is the most common form of vegetarianism in the Western world.

Vegan

Vegans are vegetarians who don't eat any dairy products. Their diet consists of fruit, vegetables, grains, nuts and pulses.

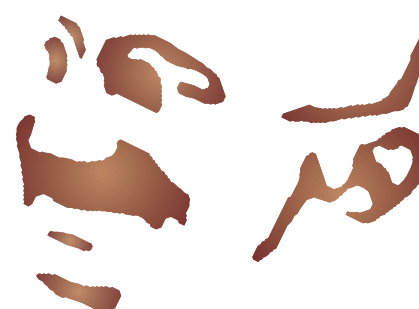
Fruitarian

Fruitarian eat only the fruit of a plant. This not only includes the usual everyday fruits such as apples, oranges etc. but also items which are fruits of a plant in their own right such as seeds, nuts, peas, tomatoes, beans and so on. They do not eat root

vegetables or any plant where the whole plant has to be killed in order to eat it, such as potatoes, parsnips and garlic.

It is a difficult diet to get sufficient protein and Vitamin B12 for the body's needs and can cause medical problems. Fruitarianism can also suffer from hyperglycaemia or diabetes due to the high sugar content of fruits. ■

Mahatma Gandhi is one of the most famous fruitarian.



Are Vegetarians Healthier Than Non-Vegetarians?

Evidence suggests that vegetarians may be subjected to lower cholesterol levels, a reduced risk of heart disease and thus are healthier than non-vegetarians. Due to this, vegetarians have extended life spans. However, it's not simply a case of omitting meat from the diet. Any beneficial effect is also likely due to a healthier lifestyle adopted by vegetarians which include, not smoking and exercising more. Nutritionally appropriate foods should compensate for the essential nutrients present in animal products. Researchers claim that a vegetarian meal is also likely to be higher in fibre.

United Nations declares 2nd October as International Day of Non Violence

in recognition of his role in promoting the message of peace around the world. The resolution to respect the apostle of humanity and peace, has been moved in the UN General Assembly by India and co-sponsored by more than two-third of its members. The resolution reaffirms the universal relevance of non-violence, the gospel taught by Gandhi through out his life and followed by many leaders world over to win the heart of the enemy. Almost all major players of the world like U.S. Russia, China, Britain, France, Germany and countries from subcontinent like Bangladesh, Nepal, Sri Lanka, Afghanistan and Bhutan are among those co-sponsoring it. Great leaders such as Martin Luther King and Nelson Mandela achieved immortal success following the Gandhian method of truth an nonviolence where everything was perceived impossible by many. **The Indian Vegetarian Congress strongly feels that the Gandhiji's birth day as 'International Nonviolence Day' should be celebrated in a grand and fitting manner.** ■

Busting the Myths!

"Vegetarians are weaker than non-vegetarians"... this is a common misconception in the minds of many. Vegetarians infact, are as strong as non-vegetarians {if not stronger}, provided they follow a healthy and balanced diet.

Just ask Olympian Carl Lewis, who turned vegetarian in 1990 due to it's innumerable health benefits...

He says, "I've found that a person does not need protein from meat to be a successful athlete. In fact, my best year of track competition was the first year I ate a vegetarian diet. Moreover, by continuing to eat a vegetarian diet, my weight is under control and I like the way I look."



Even cricket superstar Anil Kumble lives on a strict vegetarian diet. Despite being 38 years old, he has still managed to maintain his physical fitness and is now the



captain of the Indian test cricket team.

He says, "Vegetarianism saves animal lives and can't be beat for maintaining a muscular body and building endurance. Vegetarian

food contains all the vitamins and proteins you need to be at your best and is free of all the fat, cholesterol and toxins found in meat."

Another common myth is that there are certain nutrients that one can only gain from eating meat. Certain key nutrients that are found in meat besides protein are minerals like iron, zinc and Vitamin B12. Vegetarian foods rich in iron and protein include lentils, beans, tofu, legumes and breakfast cereals; while zinc can be derived from legumes, nuts, seeds and tofu. The primary sources of Vitamin B12 are dairy and soya products.

Why Vegetarianism?

There are various reasons to why the world is heading towards vegetarianism these days. Some of these could be religious beliefs, economic reasons and animal rights. Vegetarian food is also considered cleaner as animal products contain many harmful bacteria. Besides being healthier, vegetarianism is a more humane way of living. Avoiding animal products is one of the best ways to ensure the welfare of animals. Vegetarian food also has less of a harmful impact on the environment as compared to animal products, which exhaust the Earth's natural resources.

Therefore it's never too late to embrace a vegetarian lifestyle. ■



In spite of the increasing need for a shift towards vegetarianism to counteract the present epidemic of diseases and the many environmental threats caused by the production and consumption of animal products, progress has been relatively slow. It is time to consider new strategies to promote vegetarianism more effectively.

The ten ideas suggested below are designed to start a dialogue that will lead to positive changes. It is my hope that this article will elicit additional suggestions and effective initiatives.

1 Set a Goal and a Time Table Towards a Vegetarian Conscious World

We should not be satisfied with the relatively slow progress currently being made toward vegetarianism, especially in the face of all the recent disturbing reports of environmental catastrophes ahead. One possibility is to declare a goal, such as "A Vegetarian-conscious world by 2010." This could inspire our efforts by providing something to work towards. Note the term "vegetarian conscious." We can't hope that every person will be a vegetarian by 2010, or any other time, and we should not argue that each person must be a vegetarian. However, we can work with a heightened sense of urgency, to see that everyone is at least aware of the many reasons for becoming a vegetarian, with the hope that many will act based on this knowledge.

2 Make People Aware That a Shift Towards Vegetarianism is Beneficial for People as Well as Animals

Many people resist vegetarian arguments, asserting that they can't be concerned about animals when people face so many problems. We should stress that a shift to vegetarianism would be very beneficial to people as well as animals. The arguments we should use are:

- Animal-based diets increase risk factors for many life-threatening diseases,

including heart diseases, several types of cancer and stroke.

- Animal-based agriculture contributes significantly to many environmental threats.
- The feeding of 70 percent of the grain produced in the United States (and almost 40 percent of the grain produced worldwide) to farmed animals, contributes to an estimated 20 million of the world's people dying annually from hunger and its effects.

3 Argue that a Shift Towards Vegetarianism is a Societal Imperative Today

Humanity is arguably threatened as perhaps never before from global warming, water shortage, rapid species extinction, destruction of tropical rain forests and other valuable habitats and many other problems. We should make people aware that all of these threats and many more are significantly worsened by the following: we are raising 50 billion farmed animals for slaughter annually, worldwide; almost 40 percent of the world's grain is used to fatten farmed animals; it takes 14 times as much water, ten times as much energy and over 20 times as much land for an animal-based diet than it does for a vegan diet; animal-based agriculture contributes significantly to emissions of carbon dioxide, methane, other greenhouse gases and much more. We should also stress that diseases caused by the consumption of animal products result in soaring medical expenditures which are contributing to record budget deficits and the perceived need to cut basic social services.

4 Argue that a Shift Towards Vegetarianism is a Religious Imperative Today

Most people profess to be religious today and many claim to base their lives on moral values related to their religions. We should respectfully discuss with such people how animal-based diets and agriculture contradict basic religious mandates to preserve our health, treat animals compassionately, preserve the environment, conserve natural resources, help hungry people and pursue peace. We should stress such biblical teachings as "God's mercies are over all of his creatures" (Psalms 145:9), "the righteous person considers the lives of his or her animals" (Proverbs 12:10), that

continued on page 32

Famous Vegetarians



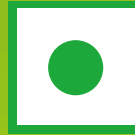
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|---------------------|---------------------|---------------------|---------------------|
| A.P.J. Abdul Kalam | John Lennon | Sir C. V. Raman | Emily Dickinson |
| Henry Ford | Rabindranath Tagore | Christie Brinkley | Michael Jackson |
| Paul McCartney | Bob Dylan | Lousia May Alcott | Ted Danson |
| Albert Einstein | K D Lang | Sir Issac Newton | Franz Kafka |
| Immanuel Kant | Ralph Waldo Emerson | Clara Barton | Moby |
| Paul Newman | Brad Pitt | Mahatma Gandhi | Terrence Stamp |
| Alex Baldwin | Kate Winslet | Socrates | George Bernard Shaw |
| James Cromwell | Reese Witherspoon | Dennis Weaver | Mr. Rogers |
| Peter Gabriel | Bridgette Bardot | Mark Twain | Thomas Edison |
| Alicia Silverstone | Killer Kowalski | Spike Milligan | George Harrison |
| Jerry Seinfeld | Richard Gere | Dr. Benjamin Spock | Natalie Merchant |
| Pierce Brosnan | Bryan Adams | Martina Navratilova | Upton Sinclair |
| Amitabh Bachchan | Kim Basinger | Srinivasa Ramanujan | George Orwell |
| Jiddhu Krishnamurti | Rousseau | Dr. John Harvey | Orlando Bloom |
| Plato | Charles Darwin | Kellogg | Viswanathan Anand |
| Barry Gibb | Leo Tolstoy | Stevan Seagal | Greg Chappell |
| Joanna Lumley | Rue McClanahan | Drew Barrymore | P. B. Shelley |
| Plutarch | Charlotte Bronte | Mary Shelly | Voltaire |
| Belinda Carlisle | Leonardo Da Vinci | Susan B. Anthony | H.G. Wells |
| John Cleese | Shania Twain | Dustin Hoffman | Paav |
| Pythagoras | Chelsea Clinton | Mary Tyler Moore | Woody Harrelson |
| Benjamin Franklin | Lindsay Wagner | Sylvester Graham | Henry David Thoreau |
| | | | Pamela Anderson |

By no means a comprehensive list of some famous vegetarians...

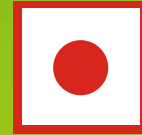
Greendotter

Indian Government has made the following symbols mandatory:

Every package of Vegetarian Food shall bear the following symbol in green colour on the principal display panel, just close in proximity to the name or brand name of the food.



Every package of Non-Vegetarian Food shall bear the following symbol in red colour on the principal display panel, just close in proximity to the name or brand name of the food.



The Prevention of Food Adulteration Act, 1954 and Rules, 1955, replaced by Food Safety Standard Act 2006 stipulates:

Any package of food has to carry a label containing the following details: A declaration to this effect shall be made by a symbol and a colour code, so stipulated for this purpose, to indicate that the product is vegetarian. The symbol shall consist of a green dot in a square with a green outline, proportions of which are indicate in clause (17) of sub-rule (ZZZ) of rule 42. "Provided further that whenever any article of food contains whole or part of any animal, including birds, fresh water/marine animals or eggs as an ingredient, declaration to this effect shall be made by a symbol and colour code, so stipulated for this purpose, to indicate that the product is non-vegetarian. See rule 32, part VII, Packaging and Labeling of Foods."

You have the right to know

As a consumer, you have a legal right to be informed about any product you buy in the market. Specifically, the contents, the ingredients, the packing and processing, among other things. The Government has made it mandatory that all food products be marked with a Green or Red dot to indicate their vegetarian or non-vegetarian contents. In spite of this, many food items come without the indication or worse still, are wrongly indicated.

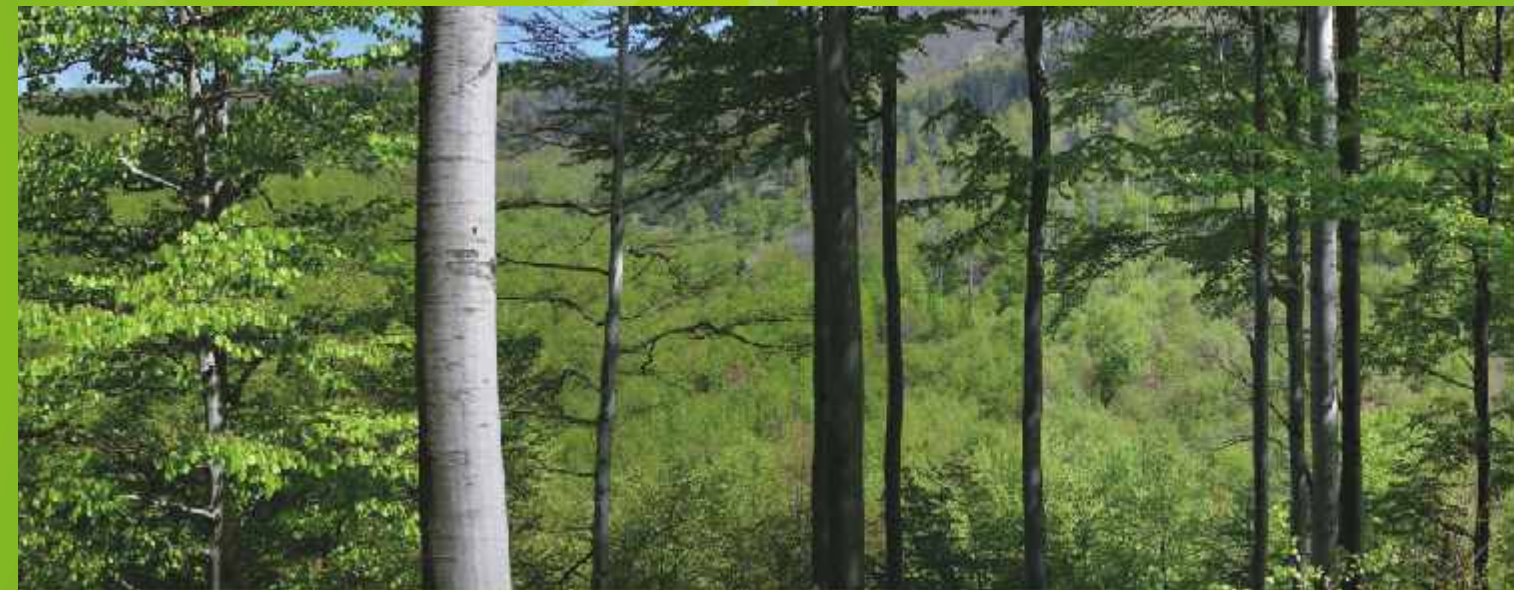
But how about items other than food? Don't you have the right to know of its contents? .If you feel that the following products need to be marked with a Dot, vote now and IVC will submit your requests to the Government.

**If you feel products like
Toothpaste, Medicines, Breads, Soft drinks,
Lipsticks, Talcum Powders, Shampoos, Hair Gels, Soaps etc.,
need to be marked
with a Green or Red Dot,
let us know and we will help get it dotted.**

You can visit www.greendotter.com for more details.

Green India

Vegetation is nature's gift to sustain life on earth. Over the years, this natural resource has been destroyed by man's greed. Having joint hands with other NGOs, the Veg Congress has launched the "GREEN INDIA" campaign for restoring vegetation in India. Through this campaign, the Veg Congress is planting 1000s of saplings all over the country. The Veg Congress desires the support of philanthropic vegetarians to pursue this cause.



Food For Hunger

It is the endeavor of the Vegetarian Congress to promote a hunger-free society. Through this scheme, the Vegetarian Congress enables the Haves to render help and support to the Have-nots in an easy and fruitful way. According to the scheme, nutritious and delicious vegetarian food packets and full meals is offered to orphanages, old-age homes and asylums of differently-abled people.



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10 ways to Create a Vegetarian World...

animals as well as people are to be permitted to rest on the Sabbath day (part of the Ten Commandments) and similar teachings from other holy books and teachers.

5 Relate Vegetarianism to Current News Items

Vegetarianism touches on almost all phases of life – health, nutrition, animals, the environment, energy, water and other resources, economics, politics, family life and many more. We should make people aware of these connections. When there are news reports on global warming and its effects, we should point out that animal-based diets contribute significantly to emissions of carbon dioxide, methane and other greenhouse gases. When there are articles on taxes, budget deficits and other economic issues, we should indicate that health costs are soaring in efforts to cure the many diseases that have been conclusively connected to animal-centered diets. When there are articles about water shortages and droughts, we should help make people aware that animal-based agriculture requires far more water and other resources than plant-based agriculture. Many additional examples can be given.

6 Start a Letter Writing Campaign

As a follow-up to the discussion in point #5, there should be a major campaign to get letters to editors on connections between various issues and vegetarianism. If only a small percentage of the people concerned about vegetarianism and related issues, wrote a letter just once a month, it could have a major impact. A web site should be set up that gives talking points daily, for letters based on current issues as well as sample letters.

As a related approach, since many people listen daily to radio shows, there should also be a concerted effort to get people to call such shows with vegetarian messages. While radio talk show hosts are generally very well informed on a wide variety of issues, I have found that many have major misconceptions on health, nutrition and other vegetarian-related issues.

7 Make a Shift to Vegetarianism a Priority for the Animal Rights Movement

The vast majority of cases of animal abuse occur on factory farms. Yet many, perhaps most animal right activists are working on other issues, such as circuses, rodeos, fur, pets and animal experimentation. These are all important issues and it is essential to end all cases of animal abuse. But, animal-based diets and agriculture threaten most individuals' personal health and the well being of humanity. If most animal right advocates worked on promoting vegetarianism and

veganism, even for a limited time, in addition to their other animal rights efforts, it could have a very powerful impact.

8 Challenge the Medical Establishment

Every person is concerned about his or her health and the health of their loved ones. There is very strong evidence that incidents of heart disease, various types of cancer, strokes and other chronic degenerative diseases can be sharply reduced by a shift to vegetarian and vegan diets along with other positive lifestyle changes. Yet, the medical establishment including most nutritionists, are ignoring this information and are not making the general public aware that many diseases can be prevented and sometimes reversed through dietary changes. It might even be called medical malpractice. I recently visited a cousin in a rehabilitation center and was surprised to read the daily menus, which had animal products for every meal. It is essential that we challenge medical practitioners and respectfully urge them to help educate people about healthy diets.

9 Form Alliances With Other Groups

Since vegetarianism has connections with many societal issues, we should try to build strong alliances with many other groups that are working for positive changes. For example, we should seek alliances with environmental groups and inform them that the raising of 50 billion animals for slaughter annually, primarily on "factory farms," contributes to many environmental threats. We should seek alliances with groups concerned about hunger, poverty, water and energy shortages, global warming and other related issues. Also inform them about how the production of animal products, contributes to many environmental threats and wastes resources.

10 Challenge the Media, Politicians, Educators and Other Members of the Establishment

As indicated above humanity is threatened as perhaps never before and a switch towards vegetarianism is a societal imperative and there are vegetarian connections to many current issues. We should try to meet with influential members of society and urge them to take a stand on vegetarianism, or at least to put these issues on their agendas. We should urge educators to see that children learn about proper nutrition and are provided with tasty, nutritious options at every meal. We should exhort reporters and editors to make people aware of the many negative effects of animal-based diets and the many benefits of vegetarian and vegan diets.



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