



When pigs fly..

w**H**at every **1** should k**N**ow, to protect **1**self!





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Prayer

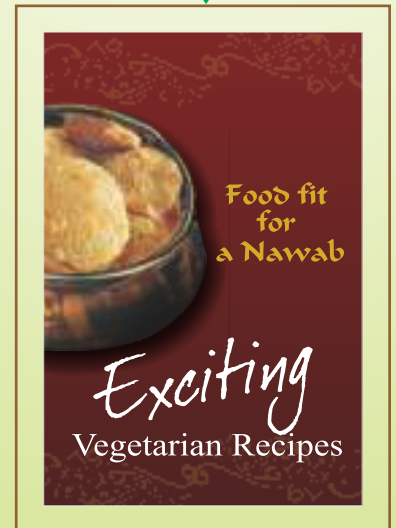
सत्त्वेषु मैत्री गुणिषु प्रमोदं
क्लिष्टेषु जीवेषु कृपा परत्वं ।
माध्यस्थ भावं विपरीत वृत्तौ
सदा ममात्मा विदधातु देव ।

*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 and non-profit organisation 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 and informative reading. This Quarterly is for private circulation only.

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Veg Congress

history

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

Senior stalwarts Dr. 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 Veg Congress. H. E. Mr. R. Venkataraman, former President of India was 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 Veg Congress is also a secular and non-profit organisation, 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 Veg Congress has its headquarters in Chennai. It has about 2000 members across India and abroad. It conducts several programmes and observes 'World Vegetarian Day' during the first week of October each year, thereby enlightening people on the significance and benefits of turning vegetarian, as it believes it is the only natural route to a healthy life. Vegetarianism 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 Veg Congress 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 their doctor's orders. Research has proved that vegetables are rich in all the necessary vitamins, minerals, proteins and fibrous content needed for human beings.



Mrs. Rukmini Devi Arundale

A significant scientific study conducted by the University of Southampton - 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!

Objectives of the Veg Congress

- Veg Congress will propagate and promote vegetarianism.
- Veg Congress will strive towards expanding the consciousness of the physical, mental, spiritual and ecological benefits of vegetarianism.
- Veg Congress will lobby governments, institutions and organisations for greater recognition of vegetarian issues in policy decisions.
- Veg Congress will safeguard the interests of vegetarian consumers.
- Veg Congress will exhort the virtues of agricultural farming and greening of urban areas. ■



Veg Congress

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Hon. Patron



Dr. N. Mahalingam
Hon. Patron



Shri. Surendra M. Mehta
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From The National Secretary's Desk

*M*y greetings to all. I thank all members of Veg Congress for reposing their faith in me by once again electing me as the National Secretary of this noble organisation. This year, we will conduct the final phase of our Golden Jubilee Celebrations. Our goal at this stage is to continue growing and include people from all walks of life. We are doing so by simplifying our membership and centre formation procedures. This will hopefully encourage even more people to join us and contribute to the cause of vegetarianism.



a positive outcome of this mission.

Making available pure vegetarian food and rendering it accessible to all are the prerequisites of promoting vegetarianism. The Union Government as well as many State Governments have moulded their food policies and schemes (supply of rice and wheat at a very nominal price, mid-day meal schemes for school children, etc.) to benefit everyone, even people below the poverty line. However, there is much more to be done in this direction.

The alarming rise in the occurrence of Swine Flu, after Bird Flu and Mad Cow Disease will certainly trigger a rethinking of food habits. Many people may switch over to a vegetarian diet due to a fear of such diseases. Many others may do so after reading about the culling of pigs and other creatures. All in all, we should learn from such circumstances and do our utmost to keep these flus from occurring again.

The Veg Congress has been spreading awareness about vegetarianism as a healthy mode of living. This belief is validated not only by several scientific studies but also by outbreaks of diseases related to the meat industry. Vegetarian food is devoid of health hazards and utilises minimal natural resources such as land and water in its production.

Rearing of livestock for the meat industry is also a major factor in creating ecological imbalance on Earth. Vegetarianism is the ultimate solution in ensuring a healthy life and a harmonious environment. We should all work hard to ensure

Apart from the Government, help should also be forthcoming from social organisations and private agencies. In this regard, Veg Congress launched the 'Food for Hunger' scheme during the first phase of the Triennial Golden Jubilee Celebrations in 2007. The great Tamil poet, Subramania Bharathiyar had once proclaimed that "Even if one individual were to starve, the existence of the world is futile." Echoing this sentiment, the vision of Veg Congress is to ensure a hunger free society that enjoys healthy vegetarian food.

We all have the power to make a difference to the threat against the harmonious existence of life on Earth. The 'Green India' project of Veg Congress is another initiative in this direction. This scheme envisages the planting of saplings to ensure a green cover to combat global warming, over the course of time.

Our goals may seem vast, but if we all make a concerted effort, we can achieve anything. ■

S. Vijaikumar Bafna
National Secretary



From The National President's Desk

I am thankful to all the members for providing me with yet another opportunity to share my views through this column. This year we will be celebrating the 'Grand Finale' of the Triennial Golden Jubilee Celebrations at New Delhi. This noble organisation founded in 1959 has risen to this eminence, thanks to the ardent and devout inputs of several great stalwarts. Let us be inspired by the spirit of service and strive towards furthering the growth of the organisation.

A news item that has been getting a lot of attention recently is the Swine Flu disease. Since it first came to light in April 2009, the disease has spread from Mexico to over a 100 countries around the world. This has caused the World Health Organization to increase the flu alert level to 6 on a scale of 1 to 6. In a bid to stop the spread of the disease, many steps have been taken such as screening passengers at international airports and closing down of schools in severely infected areas. Several countries have banned the import of pork and many others have even resorted to the culling of pigs.

Now it is Swine Flu, but a few years ago it was Bird Flu and Mad Cow Disease. Should we wait for epidemics to enlighten us? All this amply illustrates the advantages of vegetarian food. Not only is it economical, it also prevents cruelty to fellow creatures. With veg food there is also no threat of epidemics. It is time for all of us to think seriously about what we eat and how our food impacts not just our health, but also



that of the environment.

In our endeavour to spread awareness on vegetarianism, we should aim to establish hundreds of Veg Congress centres all over the country. At our last AGM we modified our bye laws to make the centre formation process easier.

As you are aware, Veg Congress is publicising the mandatory provision of 'Green Dot' branding in order to assist vegetarians in choosing pure vegetarian products. Star hotels, catering units of airlines and railways have also been advised to ensure compliance of this provision. A visit to our website **greendotter.com** will shed more light on this and will also enable you to express your wish on the need to get further items under the green dot branding category.

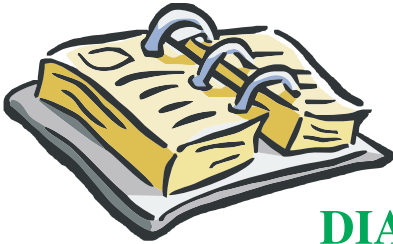
Many business houses in pursuit of their policies on corporate social responsibility may be inclined to associate with us to spread awareness on vegetarianism and its merits. These benefits range from promoting a healthy lifestyle to providing ecological harmony. We should motivate and welcome such companies to join us as our institutional members.

I wish that we all join hands to raise this organisation to greater heights of glory, conforming to the aspirations of our founding fathers. The metamorphosis of a caterpillar into its buzzing colourful imago is not by sudden flight but only through the preceding intense, intercellular activities! ■

N. Tarachand Dugar
National President



From L to R: Her Excellency The President of India, Smt. Pratibha Patil; Shri. N. Tarachand Dugar, National President of Veg Congress; Shri. R. N. Lakhotia, National Vice-President of Veg Congress; Shri. Vijay Darda, M.P. and Chairman of Lokmat Group of Newspapers; and Shri. G. S. Singhvi, Managing Director of Hindustan Fibres Ltd.



DIARY OF EVENTS

The Annual General Meeting

The 40th Annual General Meeting of the Veg Congress was held at Hotel Palmgrove in Chennai on 31st January 2009. It was a landmark meeting during which the National Council Members and Office Bearers for the current term were elected. Through the course of the meeting, significant amendments were made to the Articles of Association and Bye Laws. These are changes relating to the formation of centres, restructuring of membership fees and designation of office bearers, with a focus on the future growth of the organisation. Members also paid homage to the late Shri. R. Venkataraman, former President of India and a past Hon. Patron-in-Chief of Veg Congress. Other deceased members - Dr. M. M. Bhamgar, Dr. K. K. Birla, Shri. J. Dineshkumar Bhandari, Shri. Jaswant C. Shah, Shri. Natwarlal N. Shah and Shri. Peela Ramakrishnan were also fondly remembered.

Food for Hunger

In accordance with the Golden Jubilee Scheme **Food for Hunger**, the Veg Congress distributed food to two

branches of the NGO 'Udhavum Ullangal Illam'. The Adambakkam branch (home for orphans) received food on 24th March 2009, while the Maraimalai Nagar branch (home for senior citizens) received it on 28th April 2009.

National President calls on Nation's President

Our National President of Veg Congress Shri. N. Tarachand Dugar called on the President of India, Her Excellency Smt. Pratibha Patil on 9th March 2009. Shri. Dugar invited President Patil to be the chief guest for the forthcoming Golden Jubilee Celebrations in New Delhi. He also briefed her on the various activities of Veg Congress. He was accompanied by other members of the organisation - National Vice-President Shri. R. N. Lakhotia, National Secretary Shri. S. Vijaikumar Bafna, National Treasurer Shri. K. Subashchand Ranka, MP and Chairman of Lokmat group of Newspapers Shri. Vijay Darda and Managing Director of Hindustan Fibres Ltd. Shri. G. S. Sanghvi.

'Ezhuchi Naal' Celebration of TAMBRAAS

The 'Ezhuchi Naal' celebrations of The Tamil Nadu Brahmins Association, Chennai District were held on 18th November 2008. A thought provoking drama about the merits of vegetarianism was enacted. In this play, there were many dialogues between man and animals such as tiger, monkey, goat, hen, cow, fox and cuckoo. The performance of the child artistes in the disguise of animals was lively and very enjoyable. ■

VEG MYTHS BUSTED

Myth: All vegetarians are animal-rights activists, weirdos, etc.

Fact: Weirdos? Try telling that to A. P. J. Abdul Kalam, Shilpa Shetty, Amitabh Bachchan, Brad Pitt, Orlando Bloom or Shania Twain - just a few of the tens of millions of vegetarians worldwide. **Most of them are perfectly ordinary people who have decided to take the vegetarian route.** Research shows that most people adopt a veg diet for its health benefits.

The second most cited reason is compassion towards animals.



Myth: Vegetarians don't get enough protein, calcium, etc.

Fact: There was a time when nutritionists and dieticians said this, but not anymore. If you eat a balanced diet with a variety of fruits, vegetables, grains and legumes, getting enough protein is not an issue. Milk products and many vegetables - especially green, leafy veggies are full of calcium.

Myth: A vegetarian diet is all right for an adult but kids need meat to develop properly.

Fact: This comes from an assumption that protein from plants isn't as good as protein from meat. Actually protein is made from amino acids. Children need 10 essential amino acids to grow properly. **These amino acids are as readily available in plants as they are in meat.** Eg: dried beans, peas, nuts and seeds. When nuts or seeds are eaten with legumes or whole grains such as rice, all the amino acids can be obtained.

Myth: Vegetarians are weak and sickly.

Fact: Would you dare say that to the World Wrestling Entertainment star **Khali**?

Vegetarians come in all shapes and sizes and from every walk of life. In fact, some of **the world's leading sporting champions are vegetarian.** Eg: Martina Navratilova, Anil Kumble, etc.

People who follow a varied, well-balanced vegetarian diet are eating meals low in fat and high in fibre. Medical studies have shown that vegetarians are less likely to suffer from heart disease, cancer, diet-related diabetes, obesity and high blood pressure. **Going veggie will not necessarily change the person you are or how you live your life; just the food on your plate is different.** ■



Coconut, The 'Nut - ural' choice

In most parts of the world, the coconut tree is known as 'the tree of life' or 'the tree of thousand uses'.



Copra: This contains over 60% oil. It is used to make soaps, toothpastes, cooking fat, cosmetics and lubricants. It is also applied to soothe insect bites and sunburns.

Coconut cake: The solid material left behind after the oil is removed is usually mixed with grains like oats and wheat to produce livestock feed.

Fruit and Flower: The white flesh inside can be eaten. Coconut milk extracted from the flesh is used in cooking. Palm sugar is produced from the sap of the flower bud. The sap is also fermented into an alcoholic beverage called toddy. Fresh coconut water is a popular drink.

Coconut shell: It is used to make bowls, serving trays, ladles, souvenirs and jewellery items. It is a good source of fuel and also a musical instrument in China.

Fibre: The coconut husk is used to make compost, ropes, mats, brushes and packaging material.

Leaf: It is used to thatch roofs and to make hats, bags, baskets, fans, etc. The ribs of the leaves are used for spears, arrows, torches, barbecue skewers and broomsticks.

Trunk: It is used to make canoes, posts, rafters and fences.

Root: It is used in making dyes.

More the demand for such 'Nut - ural' plants, more of its by-products will be produced, leading us to a greener planet. □



When you have Veggie Visitors...

What happens when you're having guests for dinner and they are vegetarian? Some advance planning and preparation is all that is required to ensure that your vegetarian guests enjoy the event as much as your other guests.

- 1 Ask your guests if they have any dietary restrictions when issuing an invitation to a meal. They'll greatly appreciate your effort.
- 2 Check the ingredients of the recipes you are planning on serving. When purchasing products, look out for hidden animal ingredients such as gelatin, dried egg, etc.
- 3 Don't guess. If you have a question about something, ask. Or better yet, consider having your vegetarian friend cook with you if they enjoy cooking. This way you can learn a lot about preparing veg food.
- 4 Do not assume that vegetarians will pick the vegetables out of a meat dish or eat veggie fare that has been cooked in the same oil as meat or fish. Prepare a separate meat-free dish for them without using the same utensils you cooked the non-vegetarian food in.
- 5 Make sure that the quantity and quality of food served to all the guests is similar. Don't expect a vegetarian guest to feel satisfied with an iceberg lettuce salad or pasta with basic tomato sauce, while everyone else has a four-course meal.



6 Search. It is easy to Google for vegetarian recipes or buy a vegetarian recipe book.

7 Order out. If you cannot cook separately for your vegetarian guests, order some food from a local restaurant.



8 Cook enough for your other guests also to try. It could be a great way to sample vegetarian food and your vegetarian guests won't feel singled out at the table.

9 Remember to pick up veg appetisers and dessert items also.



Things to remember

- Please do not be offended if your guest cannot eat what you **have** prepared because you **had** overlooked a certain ingredient. For many vegetarians, this is not a flexible subject and 'just a little' cheese/ chicken stock/ gelatin, etc. is not acceptable.
- Vegetable stock cubes are readily available in the supermarket. They are tasty and can be used as a base for soups and gravy dishes.
- Do not lie to your guests and claim that the dishes are vegetarian when they are not. This may very well be violating their ethical or religious beliefs. This is also a very big violation of trust and friendship. Some people may also have severe allergic reactions to the animal ingredients.
- Don't lecture your guests about their diet. They have most likely done research and have made choices that they feel are best for them.
- Don't make fun of the foods that your guest likes unless you know they will be comfortable with your jokes. ■



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The C factor

There's no doubt that calcium is essential. It is needed to keep your heart beating and your muscles functioning. However, the calcium in body fluids and muscles account for only about 1% of the total calcium in your body. The rest of it is stored in the bones and teeth, where it provides structural support and acts as a sort of 'savings account' from which it is repeatedly withdrawn and deposited.

Milk is not the only source of calcium. Here is a list of foods that contain calcium and the amount you'll find in a single serving:

Food	Serving Size	Calcium
Greens	1 cup, boiled	357 mg
Black-eyed peas	1 cup, boiled	211 mg
Firm tofu	1/2 cup	204 mg
Rajma	1 cup	154 mg
Chinese cabbage	1 cup, raw	74 mg
Oranges	1 cup	72 mg
Almonds	30 g	70 mg

You can also incorporate these tips to increase your calcium intake:

- Add steamed and minced greens to casseroles, soups and stews.
- Use milk instead of water in recipes such as chapathi dough, pancakes, mashed potatoes, puddings and oatmeal.
- Add calcium-rich lentils like black-eyed peas to soups, pasta sauces, salads and kathi rolls.



In addition to eating right, there are a few other guidelines anyone can follow to keep bones strong:

- **Reduce your sodium intake:** Increased sodium in the blood can cause your body to compensate by pulling out calcium from your bones. Cut back on your salt intake and your bones will stay strong.
- **Eat your veggies:** In addition to their calcium content, many vegetables and fruits are good sources of potassium. This mineral may help decrease calcium expulsion in people who have high sodium diets - particularly in postmenopausal women.
- **Don't overdo the protein:** If you are on a high protein diet, your blood becomes acidic causing your bones to release calcium to neutralise the acidity. This can weaken your bones. So be doubly sure you're getting the recommended amount of 1,000 mg calcium daily.
- **Exercise:** Weight bearing exercises like walking, step-aerobics, running and hiking puts stress on your bones, causing your body to respond by making them stronger.
- **Get ample amounts of Vitamin D:** Vitamin D helps improve calcium absorption. Sunlight and fortified foods such as milk, cereal, butter, orange juice and bread are some of the sources of Vitamin D. According to the Harvard School of Public Health, "for bone health, an adequate intake of Vitamin D is no less important than calcium." ■

Spot the difference?

Research has shown that eating a few meatless meals per week can **lower risk of heart disease** and may even prolong life. You can modify your favourite recipes into a vegetarian meal with a few simple changes. Here are a few tips to get you started:

- In casseroles, stews and soups, **substitute** cooked legumes (like beans and lentils) for meat. Try rajma beans in spaghetti sauce or stuffed cabbage rolls.
- In stir-fry dishes, use firm tofu, nuts and sesame seeds in place of meat, poultry or seafood. Firm tofu can even be cubed and grilled as kababs or scrambled for breakfast. Marinated tofu, sliced thin, makes a delicious filling for a sandwich.
- Prepare pizza toppings, soups, stews and other mixed dishes as you always do. However **skip the meat** and add more chopped vegetables. For a richer flavour, sprinkle some cheese on top.
- Eggs have many functions in a recipe. However, if you want to avoid them, **try using a mashed banana** while baking or use 2 tablespoons of cornflour for thickening gravies.

Why don't you try out these delicious and easy substitutions and see if your family can **spot the difference?** ■

MONEY, MONEY, MONEY

When you're on a tight budget, the thought of preparing tasty, healthy meals on a regular basis can seem daunting. However, if you cook smart, you can enjoy the first-class meals you deserve.

Some general tips to help you get started:

Limit your intake of foods that are high in saturated fats and junk food.

Plan your meals ahead of time and include healthy snacks in it.

Surf the internet for recipes.

Stock your fridge and cupboards with items that are quick and easy to cook (yet kind on your wallet). Beans and lentils make nutritious, hearty soups and can be a main course along with fresh vegetables or rice.

Condiments add flavour and interest to your dishes. Keep a selection of dried herbs, spices, curry powder and sauces in your cupboard.

A few more hints that can help you save a little money:

When cooking a big meal, make extra and freeze. Use later in the week for packed lunches or quick dinners.

Save your vegetable trimmings to make your own vegetable stock. Not only do you save money, but vegetable stock also makes a nutritious soup base.

Buying in bulk is always cheaper; you can freeze perishable items (like milk) and store non-perishable ones (canned foods, dried beans, grains, etc.).

There's no magic formula to cooking on a budget. Like everything else worthwhile in life, it takes a little planning, creativity and work. But if you think of the rewards - better health and more money, you'll find that it's worth the effort. ■





When pigs fly...



You may have heard of the expression, 'when pigs fly'. It means something is impossible or highly unlikely to happen. "I'll start exercising when pigs fly"; "I'll start eating healthy when pigs fly". If you're one of those who make such statements, you'd better dust your jogging shoes as that day has arrived. **Swine Flu** is here!

There has been a lot of talk in the media about swine flu. This flu, also called A(H1N1), has so far infected thousands of people from more than 122* countries. The 'World Health Organization' (WHO) has called this disease an '**International public health emergency**' and given it the highest rating of 6 on its flu alert monitor.

So what is this disease and where did it come from? More importantly, how do we stop it? In order to answer these questions, we must first understand what flu is. Influenza, commonly referred to as flu is an infectious disease that has been around for centuries. Caused by viruses, it affects every warm-

blooded animal on the planet, with each species having its own form of the illness (bird flu in birds, equine flu in horses, etc.). Some viruses also regularly get exchanged between different species.

Throughout history, there have been many infectious diseases that have been passed onto humans from animals – SARS, bird flu, mad cow disease and now swine flu. This occurs because humans have a lot of germs in common with birds and animals. Viruses that affect them slowly mutate and affect us. This normally results from direct exposure to an infected animal. For example, swine flu has been around since the early 1900s, but has not infected many people in the past. The recent outbreak has changed that trend. Research has shown that the 2009 epidemic was caused when pigs got infected by human flu and bird flu. These flus combined together with the swine flu already present in the pigs to produce a new, mutated virus which has genes that can easily spread amongst humans. In simple terms, this means that the 2009 swine flu can spread from person to person. **You**

don't have to come into contact with an infected pig to get the disease.

The recent swine flu outbreak originated on a pig farm in Mexico. It spread quickly to the farm workers and from them to the local population. It has since infected more than 1,77,457* people worldwide and caused around 1,462* fatalities. The human symptoms of this flu are similar to that of seasonal flu - fever, cough, sore throat, headache, body pain, chills, fatigue, shortness of breath, dizziness, vomiting and general discomfort.

Over the course of our lives we are all exposed to several types of diseases. We normally develop immunity to these infections. However, if the infection is caused by a newly mutated virus, we are at risk as our bodies have not yet learnt to build any resistance.

There is a tendency to see flu outbreaks as an unstoppable event, a scourge visited on man, from above. However, there is nothing natural about this form of disease. Scientists have long believed that the mutation of viruses is directly linked to intensive meat and poultry farming. In these factories, thousands of animals are raised together in vast hangars and fed on a diet of hormones, antibiotics and grains. The goal is to produce maximum quantity of edible meat, as fast and as cheaply as possible. No

attention is paid to cruelty or hygiene. The stress of living in such degraded conditions makes mass-produced animals more vulnerable to infection. Their immunity and genetic variety have also been greatly weakened due to the concentration of very few 'high-yield' breeds. This is the perfect setting for viruses to evolve into something much more dangerous.

In the Indian context, over 1,000* people have been infected by swine flu, with over 20* fatalities. As both these numbers increase, there has



been conflicting advice from different quarters. "Don't go out in public"; "Don't touch your mouth"; "Go out, but wear a mask" and so forth.

To clear the confusion, here are some quick facts that are sure to put things into perspective. Global data suggests that only up to 6% of confirmed swine flu cases need hospitalisation, while only one third of those need ICU care. A recently published estimate states that only 0.0004% to 0.06% of those infected by the virus die. Also, most fatalities have occurred amongst people who suffer from low immunity or already have an underlying medical problem. Now compare that to the number of people who die everyday in India – 800[^] due to AIDS, 1,200[^] due to cancer and another 800[^] due to TB. Seasonal flus also cause somewhere between 60,000 to 1,00,000 deaths every year in our country. So swine flu doesn't seem so monstrous after all.

Even as most people heave a sigh of relief on seeing these statistics, it might not be enough to calm the fears of those whose near and dear are infected. For them, even a death toll of 20 is one too many. But were all those deaths really caused by swine flu? The answer to that is a resounding no. Many of the fatalities occurred in people who already had other serious medical problems like diabetes, asthma, heart disease, pneumonia, etc. A few other deaths were caused due to late diagnosis and treatment. Swine flu on its own has caused minimum loss of life. More importantly, majority of those who contracted the disease are making full recoveries.

As with other diseases, this disease mostly affects people with low immunity, especially when one comes in contact with the body fluids of an infected person. Low immunity has many causes – lack of nutritious food, inadequate sleep, stress, already present illness, etc. There are many ways to boost your immune system – eating well, drinking sufficient water, getting a good night's sleep, remaining physically active, avoiding alcohol (an immunity suppressant) and basically remaining cool under stressful conditions. Also, washing hands before eating, covering your mouth while sneezing or coughing and keeping your living environment clean can all go a long way. **Following these simple guidelines can reduce a person's chance of getting**

infected by 73%!

A lot of people think that wearing a mask will shield them from swine flu. The mainstream media has perpetuated this myth by broadcasting images of people wearing protective covering. Now everybody wants to 'buy' some protection for themselves by purchasing a mask. Everyone from neighbourhood stores to pharmacies and street vendors are making brisk business by selling cloth and paper 'masks'. So, do you need to wear one? Here are some facts, 'unmasked' to help you decide - the WHO has stated that you don't have to wear protective covering unless you are infected by the flu. If that is the case, then make sure you use only an **N95 respirator mask**.

Not yet convinced? Let's bust a few myths about masks. The purpose of a mask is not to prevent the wearer from getting someone's germs, but to prevent the wearer's germs from infecting others. This is why surgeons wear masks – to prevent their germs from infecting the patient. But why the sudden need to cover your face? Let's take the case of Pune – where the maximum numbers of swine flu fatalities* have occurred. In 2008, there were around 200 deaths in the city due to two wheeler accidents. Yet the number of two-wheeler riders wearing helmets is far lower than those wearing masks! What's more, pollution-related respiratory illnesses like asthma and bronchitis are a much more serious cause for concern than swine flu. But no one is wearing a mask to protect themselves against pollution!

In spite of taking all precautions, if you find yourself exhibiting flu-like symptoms, go to your doctor, follow his/ her advice and do not try to self-medicate. If you have tested positive for swine flu, it doesn't necessarily mean you have the disease. It just means that the virus has entered your system and your body is learning to deal with it in its own way. Depending on the severity of your symptoms, your doctor may put you on the anti-viral drug 'Tamiflu'. In such a case, ensure that you do not stop the dosage half way or the virus could mutate and continue to infect you.



On the other hand, don't panic if your doctor does not put you on the anti-viral drug. Many people have attempted to obtain the drug from unauthorised sources. This is even more dangerous. If taken without a doctor's supervision, it can cause severe reactions and side effects. In addition, over usage of the medicine will ensure that the virus becomes resistant to it. So it might not work for you if you catch the flu in the future. In fact, apart from the anti-viral drug 'Tamiflu', a new vaccine might be available as early as September of this year.

As of now the best thing you can do is to embrace life with wide open arms. You never know, a 'Jadoo ki jhappi' (magical hug) might be just the boost your immunity needs. ■

* As of August 13th, 2009

^ Source: NDTV news



J O K E

Q: What did the potato say when it answered the phone?
A: 'Aaloo!'

VEG TRAVELS

Any vegetarian who travels abroad knows that food is an issue. In fact travelling on business can really curtail your options since you may have limited time or you might be stuck at an airport hotel. Also, if you are travelling alone in a strange city, you might not feel comfortable heading out after dark to explore restaurants.

Eat ethnic

In larger cities, Indian restaurants are a safe bet for getting something vegetarian. Italian restaurants are omnipresent and always offer vegetarian options. You can try spaghetti with tomato sauce or even a vegetarian pizza.

For travellers who don't want to experiment, Chinese restaurants are among the few eateries that provide a good variety of vegetables and tofu.



Eating in

If you don't feel like going out in search of a veg restaurant, you can trade in your business suit for a bathrobe, turn on the television and order room service. Most hotels will be accommodating and let you pick and choose from their menu or make slight variations to their dishes.



Bring your own or shop around

While most people loathe dragging their groceries around on a trip, there is one item that is considered to be a boon while travelling - **Instant cups of soup or noodles**. With a small hot pot to heat water in your room, these soups can make a good stand-in meal when it's just impossible to find anything else.

You can also ask your hotel front desk where the closest grocery store is. You can pick up bread, cheese, fruits, dry fruits, etc. If you enjoy finishing off a meal with something sweet, buy eggless muffins or a bag of cookies.



On a flight

Almost all airlines offer vegetarian meals. If you forget to order your meal or if the airline makes a mistake and your food doesn't make it onto the flight, all may not be lost. If the flight isn't completely booked or if some passengers don't want their meal, there may be a few extra, regular meals onboard. Ask the flight attendant if he or she could remove the non-veg curry (which is packed separately) from two of the meals and give you two servings of rice, vegetables and salad. You might also be able to stave off starvation with a couple of airline peanut packets. They are rich in mono-saturated fats.



Business banquets



At catered events, you can fill up on bread rolls, cut vegetables like tomatoes, potato salads, plain boiled rice and eggless desserts. Most caterers can and will accommodate your vegetarian needs.

Here are some countries where vegetarian travellers should have an easier time finding veg restaurants (listed alphabetically):
Canada, Hong Kong, Malaysia, Singapore, Thailand, United Kingdom and United States.

Luckily, nowadays there are plenty of places where vegetarianism is common and even encouraged (especially in Buddhist countries). ■

Veggie Echo

Shri. S. Duraisamy, CEO of 'S. Duraisamy & Sons' - Madurai, a 69 year old golfer, wrote to us saying that he is enjoying good health, free from diseases ever since he switched over to a veg diet in 1964. He adds that he travels extensively all over the world and has had no problems in managing with local vegetarian food.

Thank you Shri. Duraisamy for sharing your experience. It will certainly inspire many to follow your path.

Please feel free to share your veggie experiences with us.



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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 close 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 close to the name or brand name of the food.



The Prevention of Food Adulteration Act, 1954 and Rules, 1955 have been replaced by The Food Safety Standard Act, 2006 which 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 indicated 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 Labelling 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 Veg Congress will submit your requests to the Government.

**If you feel products like
Toothpastes, 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.

Mad Cow Mooosings

As you may already know, there has been an increase in recent years in the number of diseases spreading from animals to humans. While swine and bird flu have received a lot of media attention, another equally dangerous illness is Mad Cow Disease (MCD). As the name suggests, it affects a



cow's brain and nervous system, causing the animal to act strangely – staggering, drooling, behaving confused and aggressive. This disease is fatal to both cattle and humans.

MCD originated in 1984 in British cattle farms. Cattle are herbivorous animals and their staple diet is grass. It was a common practice in European countries to grind **beef products that were not fit for human consumption and add it to the cattle feed**. This was thought to be a much cheaper alternative to expensive soya-based protein supplements. It worked very well until large numbers of cattle started acting 'mad' and dying.

Investigations into the disease revealed that the ingestion of beef had led to the mutation of a protein which was already present in the cattle. This mutation resulted in the formation of sponge-like holes in the cow's brain causing the brain cells and eventually the cows, to die.

A connection between MCD and humans was found in the 90s when several people died of a brain disorder. Autopsies on the victims revealed that their brains had proteins similar to the mutated proteins

found in MCD-infected cows. An enquiry uncovered that all the victims had lived in areas where MCD outbreaks had taken place. To stop the spread of the disease, massive amounts of beef were recalled and millions of cattle were culled. However, a lot of infected beef had already entered the human food chain.

The disease in humans is called **variant Creutzfeldt-Jakob Disease (vCJD)** and as of February 2009, it has killed more than 200 people. The initial symptoms of this disorder are insomnia, memory loss, coordination and sight difficulty, depression, confusion and behavioural changes. As it progresses, a person rapidly loses mental capacity and develops involuntary jerking movements. In the final stage of the disease, the patient lapses into a coma and eventually dies. There is no known cure.

Unlike swine and bird flu, MCD-infected meat cannot be made safe as it is a protein which cannot be destroyed through cooking procedures. In fact, it is also possible to contract the disease by eating farmed fish since they are also fed cattle matter. Since scientists have not yet reached a consensus on whether people get vCJD through consumption of infected brain/ nerve tissues specifically, it remains unclear if milk from infected cows is safe to drink. India has managed to remain unscathed because the cattle in our country are fed only hay or grass.

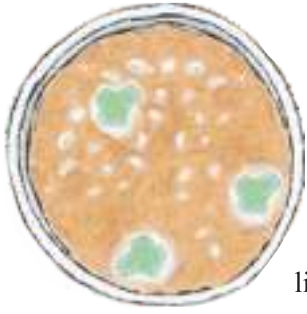
The 1980's outbreak of MCD was contained and since then cattle farmers from affected countries have gone to great lengths to assure the public that beef is safe to eat. Nevertheless, they continue to feed animal matter to their livestock. There is no cure for this disease, but there is one preventive method – **'Stop Eating Beef'**. ■



Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into an oak! Bury a sheep, and nothing happens but decay. - G. Bernard Shaw



ANTI-BIO - 'TRICK'



Every year, your family probably faces its share of colds, sore throats and viruses. When you go to the doctor for these illnesses, do you automatically expect a prescription for antibiotics? Your doctor could be doing you and your family a favour by not reaching for this drug.

Let's look a little deeper into this topic. '**Antibiotic**' is a Greek word that literally means 'against life'.

A brief history: The search for antibiotics began in the late 1800s. Scientists began to devote time to find so-called 'magic bullets' that would destroy microorganisms, without causing harm to the person taking the drug. During the later half of the 19th century, **Louis Pasteur** noted the aggressive effect of other bacteria on the 'anthrax organism' and pointed out that this action might be put to beneficial use. In 1928, by a stroke of luck, **Alexander Fleming** discovered **Penicillin**.

The mass production of antibiotics began during World War II. Initially, they were derived from natural sources. Most of them were produced by fermenting several thousand gallons of microbes in tanks, under favourable conditions. Then the antibiotic was removed from the fermented broth through filtration, precipitation and other separation methods. Nowadays with advances in molecular biology, antibiotics are also laboratory synthesised and produced by chemically modifying natural substances.

Overuse of antibiotics: We have about five hundred different species of beneficial bacteria in our small and large intestines. These bacteria do the lion's share of digesting toxins that the liver dumps from the blood. When we take antibiotics we destroy all of the beneficial bacteria from our intestines. By doing so, we actually become malnourished. This happens no matter how nutritious our food is or how many Vitamins we take.

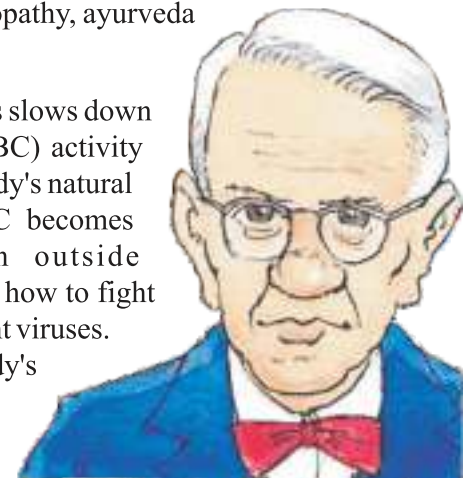
Too much antibiotics also cause the bacteria to become **more resistant**. This resistance is an outcome of evolution. Any population of organisms, bacteria included, naturally includes variants with unusual traits - in this case, the ability to withstand an antibiotic's attack. These rebel bacteria then multiply conferring their resistance onto a later generation. Moreover,

bacteria of one species can readily exchange genetic material with bacteria of another species. Thus, they transmit antibiotic resistance among potentially harmful species.

In fact, the antibiotic craze has not even spared the animals. To improve meat safety, the government has for years allowed farmers to feed antibiotics to cattle and poultry. This practice however, is coming under increasing criticism from some consumer groups and public-health organisations. Over reliance on antibiotics they say, may be contributing to a larger public-health problem. We don't know what kind of mutations can be created. Does this mean that there is no hope for humans to recover from impending diseases? Not at all. We have to remember that our bodies were designed to take care of themselves. In the early 1920s, Alexander Fleming reported that a product in human tears could dilute bacterial cells. Fleming's finding was the first example of an antibacterial agent found in humans.

Doctors are hesitant to try or prescribe natural alternatives, due to a lack of training and fear of reproach from their fellow doctors. Only 50% of them include some form of natural medicine in their practice, choosing from homeopathy, ayurveda or acupuncture.

Overuse of antibiotics slows down white blood cell (WBC) activity which triggers our body's natural responses. Our WBC becomes overdependent on outside resources and forgets how to fight against the new mutant viruses. This lowers the body's immunity. A classic





example is the Swine Flu virus.

Studies in northern Europe have shown that the rate of recovery from an ear infection is the same in children who take antibiotics versus children who have not. In fact, children who took antibiotics had a three-fold increase in a second ear infection within six weeks. Even Penicillin which is so widely used, causes allergic reactions in lots of people.

Cultivating these organisms and then killing them for human use is not only an ineffective way to remain healthy but also contributes to fiddling with the balances in nature. If something goes wrong, there can be severe repercussions. ■

Tips

- Never use antibiotics that have been lying around your home.
- Never take antibiotics that were prescribed for another family member.
- Saving antibiotics 'for next time' is a bad idea. Any remaining medication should be thrown as soon as you have taken the full course.
- Biggest of all, **trust your body** to take care of itself.

EVERY DROP COUNTS

- The overall amount of water on our planet has remained the same for two billion years.
- The water that comes in your tap could contain molecules that Neanderthals drank...
- In a 100-year period, a water molecule spends 98 years in the ocean, 20 months as ice, about 2 weeks in rivers and less than a week in the atmosphere.
- Most of the Earth's surface water is permanently frozen or salty.
- If the entire world's water were fit into a 4 litre jug, the fresh water available for us to use is only about one tablespoon.
- Over 90% of the world's supply of fresh water is located in Antarctica.
- The total amount of water in the body of an average adult is 37 litres.
- A small drip from a tap can waste as much as 75 litres of water a day.
- A person can live about a month without food, but only a week without water.
- Water regulates the temperature of the human body.



- People who have fever are advised to drink a lot of water.
- Water leaves the stomach five minutes after consumption. It moves into the small intestine.
- Americans use five times the amount of water that Europeans use.
- Two thirds of the water used in a home is in the bathroom.
- In a five-minute shower we use 200 litres (equivalent to 10 buckets) of water.
- Most of the world's people must walk at least 3 hours to get clean drinking water. ■



Cartoon - niche



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 realise its value.



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The Indian Vegetarian Congress

PO Box, 515, Chennai - 600008, Ph +9144 28112828

E-Mail: contact@vegcongress.org

Web: www.vegcongress.org

Here is a Golden Opportunity to make a difference to the lives of the people who live around your area.

Start your Veg Congress Centre and enrol them. There are many activities that all of you 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.org and get to know the various activities of the Veg Congress, rules and regulations governing the centres, etc.

In its Golden Jubilee Year, the Veg Congress is planning to start several centres across the nation.

Don't miss this opportunity!

Please write directly to the National President enclosing the following:

- A detailed Bio Data
- Recent photograph
- A note on :
 - various achievements, awards, etc. in your life
 - 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 Veg Congress National Council meeting, our decision will be communicated to you. We hope to welcome you into the Veg Congress family soon.

The National President

The Indian Vegetarian Congress

PO Box 515 Chennai 600008

Email: prez@vegcongress.com



**Become the
founder of a
Veg Congress
Centre
in your area.**

Food fit for a Nawab

Awadh, the ancient name for present day Lucknow was where the 1857 Sepoy Mutiny first started. This cuisine has been greatly influenced by the Mughal cooking techniques. The bawarchis of Awadh gave birth to the dum style (the art of cooking over a slow fire) of cooking.

It is a common misunderstanding that Awadh cuisine consists of only non-vegetarian dishes. The top cooks of Lucknowi nawabs had specially crafted many pure vegetarian dishes to satisfy their master's palate. To get the authentic flavour of these unique dishes, use pure ghee. It can also be substituted with any cooking oil.

NIMONA

Ingredients

2 cups Shelled Green Peas
1 ¼ cups Vadis
½ cup Onion, (fried and ground to paste)
1 pinch Hing (Asafoetida)
2 Bay leaves
½ cup Coriander leaves
3 tbsp Tomato puree
3 tbsp Mustard oil or any other cooking oil
2 tsp Dhania powder
½ tsp Red Chilli powder
½ tsp Turmeric powder
1 tbsp Ghee
Salt to taste

Masala paste

1" Ginger
6 Garlic cloves
1 tsp Jeera seeds
5 Lavang
5 Green Elaichi
1" Cinnamon

Method

Divide the peas into two batches. Finely grind one half and coarsely grind the other. Heat ghee to fry hing and the ground peas. Fry until the moisture evaporates and keep aside. In a separate pan sauté bay leaves, all the masala powders, onion paste and tomato puree for 5 min in the mustard oil. Add the

crushed peas mixture, 2 ½ cups water and the masala paste. Add salt. Cover and cook on a slow flame until oil separates. Fry the vadis until crisp and add just before serving. Garnish with finely chopped coriander leaves. Serve hot with rice or chapattis.

DAL KACHORI

Ingredients

For dough

3 ¼ cups Flour, sifted
1/3 cup Rawa
2 ½ tbsp Ghee or Mustard oil
1 tbsp Salt
Cold water, to knead

For filling

1 ½ cups Urad dal
1 tsp Saunf, powdered
1 pinch Hing
1 tbsp Garam masala powder
1 tbsp Red Chilli powder
1 tsp Jeera powder
2 ½ tbsp Ghee or Oil
Salt to taste

For frying

1 ½ cup Ghee or Oil

Method

Soak urad dal overnight and grind to a coarse paste. Sauté hing, garam masala, chilli, jeera and saunf powders in ghee. Add urad dal paste and cook till oil separates. Add salt and keep aside to cool. Prepare a hard dough with flour



and rawa using cold water. Cover with a damp cloth and keep aside for 30 minutes. Make walnut sized balls from the dough. Flatten the dough on the palms and stuff a little filling. Seal and roll to 5-7 cm in diameter. Deep fry in ghee until golden brown. Serve hot with raita or mango pickle.

SULTANIDAL

Ingredients

2 cups Arhar dal (Toor dal)
2 ½ cups Milk
½ cup Cream (Malai)
1 cup Curd
8 Garlic cloves, chopped
1 tbsp Jeera
1 tsp Kesar, dissolved in 1 tbsp hot milk

¼ tsp Red Chilli powder
2 tsp Ghee
2 Green Chillies, chopped
1 Betel leaf or Banana leaf
1 piece Heated Charcoal
10 Green Elaichi, powdered
6 Lavang, powdered
A few Mint leaves, chopped
Salt to taste

Method

Wash and soak the dal for 10 minutes. In a saucepan boil the dal with salt, chilli powder and approximately 4-5 cups of water. (The quantity of water should be such that there is no surplus left after the dal is done). Cover and cook on a slow flame until done. Mash the dal to a smooth consistency. Place a betel leaf on the dal and put a small piece of burning charcoal on it. Pour one teaspoon ghee onto the coal and cover immediately. Keep for 10 minutes. Remove the betel leaf and coal. Add cream, milk, curd, kesar, lavang and elaichi. Cover and simmer on a very slow flame for 5 minutes. For the seasoning, heat some ghee and fry the jeera seeds with garlic. As it turns pink, pour over the dal and cover immediately. Garnish with green chillies and mint leaves. Serve hot.

MOONG KA HALWA

Ingredients

2 cups Moong dal (without husk, soaked overnight)
2 cups Sugar

1 cup Khoya
1 cup Ghee
1 tsp Elaichi powder
½ cup Mixed almond and pistachio slices

Method

Drain the dal and grind to a coarse paste. Heat ghee in a pan. Add the dal paste and fry, stirring frequently on a low flame until the mixture is light brown in colour and aromatic. Add khoya and cook for some time. Now add the sugar and stir until it is mostly but not fully absorbed by the dal mixture. Add elaichi powder. Mix well and garnish with nuts.

LAUKI KOFTA

Ingredients

1 Kg Lauki (Bottle Gourd)
¼ cup Besan
2 Onions, finely chopped
6 Garlic cloves - paste
1" Ginger - paste
2 medium Tomatoes, pureed
2 tbsp Coriander powder
1 tsp Cumin powder
½ tsp Turmeric powder
¼ tsp Amchur
¼ tsp Garam masala powder
Ghee/ Oil for Frying
Red Chilli powder to taste
Salt to taste

Method

Peel and grate the bottle gourd. Mix ½ tsp salt and keep aside for 10 minutes. Squeeze to remove excess water. Add besan, chilli powder, amchur and mix. Divide it into ten equal portions. Wet your palm and shape into a ball. Deep-fry till golden brown. Heat 2-3 tbsp oil in a pan and add chopped onions and saute until golden brown. Add ginger-garlic paste and stir-fry for a few seconds. Add turmeric powder, coriander powder, chilli powder, cumin powder, garam masala powder, tomato puree and salt. Add water and cook till oil separates. Add the koftas and cook for another 2-3 minutes. Garnish with chopped coriander. ■

Michael

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**“Like a comet blazing 'cross the evening sky,
Like a rainbow fading in the twinkling of an eye,
Gone too soon”**

The King of Pop moonwalks into eternity leaving a lasting influence on countless people through his music and dance. His passion for protecting our planet was reflected in songs such as 'Earth Song', 'Heal the world', 'Man in the mirror', etc. As a continuation of this, he turned vegetarian and inspired many to follow his path. Michael Jackson will be missed by millions of fans the world over.



The Indian Vegetarian Congress



egnsdo the world

The Veg Congress is a non-sectarian, non-profit and secular organisation founded by the 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 a clean vegetarian diet, the bountiful nature provides.

Membership fee details to join the Veg Congress

Life Member:	Rs. 10,000/-
Patron Member:	Rs. 50,000/-
Institutional Member: (For 25 Years)	Rs.1,00,000/-

Advertisement Tariff

You can send in your advertisement along with the cheque to, 'The Veg Congress Secretariat.'

Size of advertisement	18 cm x 24 cm
4 th wrapper (Last Cover)	Rs. 20,000/- per insertion
2 nd and 3 rd wrapper (Inside Cover)	Rs. 15,000/- per insertion
Inside page	Rs. 10,000/- per insertion

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The Indian Vegetarian Congress

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

VEGETABLE TIMELINE

Over the ages there has been a lot of change in India's food habits, customs, cuisines and cooking styles.



Researchers say that the earliest Indians, **The Harappans**, were mostly agriculturists living on the banks of river Indus. Their diet comprised mainly of wheat, barley, vegetables and lentils. Some of the wheat was made into stews, soups and breads.

The Aryans, who came to the Indian subcontinent thousands of years before the birth of Christ, started the concept of cattle rearing. These animals were regarded as sacred creatures and domesticated only for milk. One of the most important contributions of the Aryans was sugar. Sugarcane juice was a popular beverage. In addition, an intoxicating drink called 'Soma' was drunk by the priests and worshippers during religious rituals. It was even used to cure various diseases. It was during this period that spices such as turmeric, cardamom, black pepper and mustard were introduced. A balanced diet consisted of fruits, vegetables, grains, dairy products and honey.

During the 6th century BC, religions like Buddhism and Jainism evolved. **Buddha** and **Mahavir** were successful in teaching people a way of life in which all living beings were considered sacred.

In the 5th century BC when the **Persians** invaded India, they introduced kababs, phirni and halwa.

Alexander's invasion in the 3rd century BC brought about a **Greek** influence. Different kinds of soups, drinks, desserts and sweets were introduced. Vegetables like brinjals were grown.

The same era saw one of the greatest influences on Indian cuisine. The powerful and well liked **Emperor Ashoka** popularised the vegetarian cuisine. He was also the first statesman in recorded history to have an environmental department in his administration. This department etched environmental laws on stone walls and had an ecological enforcement programme.

Towards the end of the 9th century AD, when the **Chola** dynasty had developed extensive trade with **Southeast Asia**, ginger was brought into the country.






The 11th century AD saw many other influences. The **Turkish** brought about preparations made of cheese. **Mongolians** came to India with their tandoor style of cooking and also introduced dishes made out of milk products. **Arabs** brought in different kinds of dry fruits, coffee beans and flat breads.

Then in the 16th century AD came the **Mughals**, who were great patrons of cuisine. Lavish dishes were prepared during the rule of Jahangir and Shah Jahan, with the most notable dish being the biryani. The **Nizams of Hyderabad** also developed and mastered their own style of cooking this dish.

During the same time, the **Portuguese** introduced a dish called 'Indian Vindaloo'. **Trade with Europe** brought in tomatoes, potatoes, chillies and capsicum.

The **British** influence on our cuisine has been another major one. The tradition of evening tea and snacks was introduced by them. Tea was prepared with an assortment of spices such as ginger, nutmeg, cinnamon and cloves. Tomato and cucumber sandwiches became very popular. They also brought about an essential change in the Indian kitchen. The dining table replaced the kitchen floor as the place to eat and porcelain replaced the banana leaf as the utensil to eat in. The concept of knives and forks was also introduced.

The **Chinese** influence from across the border has popularised many dishes like Chowmein, Chopsuey and Momo. The more recent influences from **the west** have brought in pizzas, burgers and french fries.

Many people believe that foreign invasions had left our country poorer. On the contrary it is because of these influences, Indian food has become richer and diverse. Today when one thinks of vegetarian food, '**Indian food**' is what comes to mind first. 



JOKES



Q: Why was the strawberry late for work again?
A: It got into a jam!



Q: How do you turn soup into gold?
A: Put 14 carrots in it!

know meat !

Did you know that the Livestock industry pollutes more than all the cars, SUVs, trucks, planes and ships in the world combined? **The single most effective thing you can do to help reduce Global Warming is to say an emphatic NO to all kinds of meat.**

(Ref. United Nations Report. - H. Steinfeld et al., Livestock's Long Shadow: Environmental Issues and Options, Livestock, Environment and Development - 2006)



The Indian Vegetarian Congress

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How Carrots got their colour

A long time ago, all the carrots were brown with thick rough skins. They liked to hide underground so much, that people did not know they existed. One day the carrot princess saw a potato crying up above a tree (for then the potatoes were big, red and grew on trees). She went up to him and asked, "Mr. Potato, why are you crying?" "People come to me thinking I am an apple but go back disappointed when they find I am not sweet. No one likes me," cried Mr. Potato. The Princess told Mr. Potato about a fairy she knew. "Don't worry Mr. Potato," she said, "The fairy will definitely be able to do something." Both of them went deep underground, past the burbling brook and past Mr. Mole's home. They were just about to rest when they saw the fairy sitting on an orange toad stool. They went up to her and shared their problem. While the fairy was thinking of a solution, the princess came up with her own solution. "Why don't you give him a skin like mine?" she exclaimed. "Anyway people just throw him out but with a skin like mine, he can at least hide from them." The fairy said, "but... I don't have anything to make his skin like that." The princess replied, "Then you can use my skin." "But if you give away yours, then you won't have any," said the fairy. "That's ok. He needs it more than I do," said the princess. This act of generosity impressed the fairy so much that she decided to award the princess. With one big twirl of her wand she gave Mr. Potato the princess's skin and with another big twirl she took the Beta Carotene from the toad stool and gave it to the princess. This not only made the princess orange in colour but also made her skin smooth and soft. After this, all potatoes and carrots started living together underground. People started noticing carrots, not just during the day but even at night, for the fairy had given the princess Vitamin A from a nearby turnip. This made people see her even in the dark. When people started visiting the carrots more often, they started to notice the potatoes as well. People started liking the potatoes in their new form and before long they became very popular! This is how the carrots and potatoes came to be as they are today. ■

Activities:

1) Find in this picture:

- 2 Potatoes
- 2 Carrots
- 2 Toad stools
- 2 Fairies

2) Make a list of all the dishes you know that have carrots and potatoes in them.



Just For Kids



We look forward to your queries, suggestions and feedback.
Please send them to:

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Chennai- 600 008
Or Email: contact@vegcongress.org



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