



Vol. 48
Jan - Mar 2010
Rs. 20/-

Evolution? or De-evolution?

Are humans natural vegetarians or non-vegetarians?





FM 75845
ISO 9001-2008

DUGAR

INSULATION INDIA PRIVATE LIMITED

Vermiculite Mines Owner and Manufacturer of Vermiculite-based Thermal Insulation Products

Vermiculite is a natural, eco-friendly mineral with some unusual properties which have caused it to be popular in industrial manufacturing since the early 1900s. It is used in insulation, absorbent materials and soil mixes and is also good for acoustics, energy and water saving.

Dugar Vermiculite: Raw vermiculite

Dugarlite: Light weight exfoliated vermiculite for horticulture, agriculture and silviculture.

Dugar Insulset: Thermal & acoustic for roof insulation, floor filling, wall ceiling and fire proof plastering (especially for hotels, IT parks, auditoriums & buildings).

Dugar Insulate: Insulation bricks and shapes for refractories and special.

Mines and Works

Dugar Nagar, Palicherla, Gudur - 524 102, Andhra Pradesh.

Mysore - Karnataka.



Inside:



Vege-Labels

15



PREVENTING FOOD ADULTERATION

20



Heal the world

26

Evolution? or De-evolution?



12

What A Varie-Tea...

28



Just For Kids

31

Puzzles, cartoons, jokes, facts and much more

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.

24



1



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. M. 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 M. 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 proven 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, revealed that people with higher IQ levels had tended to become vegetarians. This can be testified by Albert Einstein, A. P. J. Abdul Kalam and Amitabh Bachchan among others. Furthermore, a 2006 UN report stated that the meat industry produces more greenhouse gasses than all the cars, trucks, planes and ships in the world combined!

Objects of the Veg Congress

- Raison d'être of Veg Congress is to 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

HON. PATRONS



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
National Vice-President



Shri. R. N. Lakhotia
National Vice-President



Shri. D. K. Jain
National Vice-President



Shri. Pradeep G. Rathod
National Vice-President



Shri. S. Vijaikumar Bafna
National Secretary



Shri. S. Srinivasan
National Joint Secretary



Shri. K. Subhashchand Ranka
National Treasurer



Shri. Uday L. Metha
National Joint Treasurer



From The National Secretary's Desk

Season's greetings and a Happy New Year to all. This is a momentous year for the Veg Congress. The past 50 years of hard work will culminate in the final phase of the Triennial Golden Jubilee celebrations to be held this year in New Delhi. We are grateful for the support and patronage of all members at this juncture. As with the previous two celebrations (in Chennai and Mumbai), we hope to make this event a great success.



'Living in harmony with nature' and 'preserving the harmony of nature' are the twin ideals that will ensure that life on Earth is sustained for a long time. It can be argued that man has not lived in harmony with nature all these years and is witnessing many changes due to it. In the natural world, any distortions as witnessed over a period of time have always undergone a process of correction. Over billions of years, countless species have become extinct because of a variety of reasons. In the recent past, human actions have also caused the endangerment and extinction of several species. Similarly, our efforts to harness the natural elements for our benefit have proved to have their own, often negative repercussions. The great intellectual of our time George Bernard Shaw, once stated that human beings are not the last word in God's creation. If man fails to deliver on his potential, another being more superior to man is sure to come along and make us obsolete. We must remember that the process of evolution is well defined, stressing the need to live in harmony with nature.

The plant kingdom is the largest sink of carbon on Earth. It absorbs carbon dioxide, transforms and returns as energy-giving food and life-affirming oxygen. If the integrity of forests and

environments are maintained, we can all live a happy and peaceful existence. Sadly, this is not the case. The rearing of livestock for human consumption has had a negative impact on the environment by way of deforestation, land degradation, water depletion and curtailment of biodiversity. Even machines invented by men for conquering nature have proven to be a great threat to our own existence, due to the emission of green house gasses. The phenomenon of global warming and the repercussions of climate change have caused great concern amongst the general population. This has also engaged the serious attention of environmental scientists.

Instead of searching for complicated and expensive solutions that might take decades to take effect, there is a simple and easy solution on the horizon. Vegetarianism seems to provide some answers to these problems. Production of vegetarian food does not affect the environment as much as the production of meat does. It is the ideal food from the point of view of human health and ecological considerations. Furthermore, vegetarianism is a green and sustainable way of living and the key to answering questions raised by global warming.

The advantage of being a vegetarian stems from its twin benefits - better personal health and prevention of environmental pollution. This view is also endorsed by Sri. Sri. Ravi Shankar, the founder of Art of Living Foundation. Let us spread the message of vegetarianism across India and the world. Let us expand our organisation and open more centres. If one billion Indians work together, there is nothing we cannot achieve. ■

S. Vijaikumar Bafna
National Secretary



From The National President's Desk

A hearty season's greetings and a Happy New Year to all. It is a proud moment for the Veg Congress. We are in the fiftieth year of this noble organisation and soon we will be celebrating the grand finale of our Triennial Golden Jubilee celebrations. Our endeavours over the past five decades have been to work effectively to reverse the trend towards and encourage vegetarianism.



It is a common observation that advancement of science often contradicts the merits of its own discoveries a few decades later. Many of the antibiotics and chemical combinations acclaimed as magical remedies have been discarded or banned by law as harmful. Perhaps test tube inventions are giving way to the findings of age-old experience. The emerging popularity of yoga, meditation and pranayama exercises in promotion of health and treating of certain chronic ailments also amply reveals the wisdom of our ancestors. Similarly, many wonderful herbal medicines of our ancient medical systems like ayurveda have been found to cure chronic diseases. Dr. Dean Ornish from Baylor College of Medicine in Houston has studied the effects of a vegetarian diet and yoga on coronary heart disease. He put volunteers on a programme of simple yoga exercises and a strict vegetarian diet. After a month most of the patients demonstrated substantial improvement in health.

Unlike plants, animals lack the capabilities of producing their food from air, sunlight and water. Early man must have been a vegetarian surviving on fruits, leaves and roots offered readymade by Mother Nature. With the discovery of fire, the process of cooking came into being and man

started eating cooked meat. With growth in population, innovations to harness nature for survival also developed greatly. Agricultural farming and livestock rearing increased as well. Soon hunting for survival turned into hunting for pleasure. Over time, chemical fertilisers and pesticides were used to boost crop production and meet demands for food. Soon, innovations in cooking lead to the creation of fast foods. With these developments going on in full swing, man started experiencing the ill effects of junk food, meat and chemically boosted crops on his health and so did the environment. These days, there has been a reversal of the fast food trend and more people are consuming natural foods such raw vegetables, fruit juices and organic farm products. These trends appear to be a precursor to vegetarianism as the ultimate choice for survival in the future.

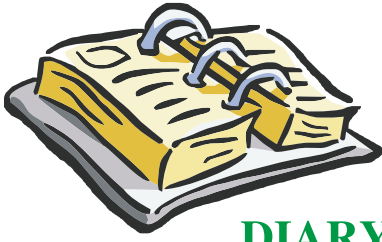
When man took to the wheels from heels, he thought he had outstripped the barriers of time and distance. However, scientists today are concerned over atmospheric pollution and the resultant hazards of global warming and climate changes that threaten life on Earth. Automobiles and factories have contributed greatly towards pollution. People everywhere are now deliberating ways and means to curb this pollution by emissions. With so many grave issues staring us in the face, it is easy to panic and feel that one person cannot help in any way. The truth is that every single person can make a big difference by simply cutting meat and non-vegetarian products from their diet. Let us work together to spread the message of vegetarianism across India and the world. ■

N. Tarachand Dugar
National President



Glimpses of the World Vegetarian Day Celebration held at Chennai - 2009





DIARY OF EVENTS

The Annual General Meeting

The 41st AGM of the Veg Congress was held on the 3rd of October at Naagar Hall in Chennai. Besides the routine matters of approving the audited accounts, important amendments to Bye Laws were made. These amendments regarding the eligibility criteria of the office bearers were passed. The members were informed about various improvements in the functioning of the Veg Congress. The members also placed on record their appreciation of the excellent inputs by the National President and his team in organising the Second Phase of the Golden Jubilee Celebrations held in Mumbai in August 2008.

Food for Hunger

Pursuing the Golden Jubilee scheme 'Food for Hunger', the Veg Congress sponsored the provision of vegetarian food on 1st September, 2009 to the residents of 'Udhavum Ullangal', Adambakkama, a home for children and at Maraimalai Nagar, a home for the elderly and the children.

World Vegetarian Day Celebrations 2009

World Vegetarian Day was celebrated with fervour and gaiety at AVM Rajeswari Kalyana Mandapam in Chennai on 6th October, 2009. Shri. P. Virendramal Jain, Managing Director, Arihant Group of Companies was the Chief Guest for the event and Shri. R. Ganeshan, Asst. General Manager of Canara Bank was the Guest of Honour. Many competitions were held for school and college students, after which prizes and certificates were given. The celebrations also honoured Shri. Kaliappan, a 105 year old staunch vegetarian, who continues to enjoy sound health even at this age. The Kodambakkam Centre of Veg Congress was honoured as the 'Best Centre of the Year'. Yet another noteworthy feature of the event was the release of the book titled 'The Value of Vegetarian Foods' authored by Dr. Dhanapall, Secretary of Puducherry Centre of Veg Congress. Our guests of honour and other dignitaries addressed the gathering on the merits of vegetarianism.

Creation of New Centres

Veg Congress has brought out a series of thought provoking advertisements in 6 elite club magazines, in Chennai city. These advertisements have had a

tremendous impact on the targeted audience. The Veg Congress has received hundreds of letters from people expressing interest in the magazine and more than 50 requests for opening Veg Congress centres. The Veg Congress also approved the opening of a new centre in the city of Meerut on the 22nd of December 2009, at the National Council Meeting.

World Vegetarian Day Celebrations of the Puducherry Centre

The World Vegetarian Day Celebrations of the Puducherry Centre were held on 10th October, 2009. Various competitions were held in which more than five hundred students from different schools participated with great enthusiasm. Attractive prizes were awarded to the winners and certificates were issued to the participants. Dr. Shanthi, Principal of Bharathidasan College for Women, Puducherry, presided over the celebrations and Dr. N. Gururajan, Director of Kanchi Munivar Centre for PG Studies, distributed the prizes. The dignitaries gave inspiring speeches on the merits of vegetarianism.

World Vegetarian Day Celebrations of the Kodambakkam Centre

The Veg Congress of Kodambakkam held the World Vegetarian Day Celebrations on 20th September 2009. To mark the occasion, many contests such as drawing, carnatic music and oratorical competitions were conducted. Around 600 students from 56 schools participated in the contests. Shri. K. R. Srinivasan, District President of Tamil Nadu Brahmins Association, presided over the celebrations. Dr. S. S. Rajakumar, Shri. S. Vijaikumar Bafna and a host of other dignitaries participated in the event and addressed the gathering. Dr. K. Gomathy, Shri. Balasubramaniam and Smt. Pushpa of the Kodambakkam centre were responsible for the success of the event.

Announcement: Leela Samson, celebrated dancer and director of Kalaksetra Foundation has written a biography on Smt. Rukmini Devi Arundale. The book titled 'Rukmini Devi: A Life', was released at Kalakshetra on the 23rd of January 2010. ■





Green Makeovers

Greening your life and reducing your impact on the environment takes a little research and planning. Did you know that the kitchen is the biggest waste-producing room in an average house? Here are seven simple ways to green your home.



4. Eat locally: Besides tasting fresher, locally grown food is more ecologically sustainable. It also benefits farmers and the local economy.

1. Reduce excessive packaging: Oats, rice, popcorn seeds, flour, pasta, lentils and even cereal can be purchased in bulk. Try to select the largest size that you can reasonably use or choose a brand that is packaged in cardboard or recyclable plastic and be sure to recycle it when you're through. If you're packing your lunch, use reusable containers instead of plastic bags.



5. Use greener cleaners: You can make your own cleaners with common household items like baking soda, vinegar, lemon juice, borax and washing soda. 'Green' cleaners are usually better for people who have chemical sensitivities. They are also good for the planet.

6. Drink filtered, not bottled: If you're buying bottled water, consider this fact: nearly three lakh, used plastic water bottles wind up in the garbage dump **every day!** Although you might recycle yours, keep in mind that it takes resources to manufacture, transport and recycle these bottles. A better option is to boil water at home or buy a water filter that attaches to your kitchen tap.



2. Compost: When you toss onion peels, carrot trimmings and apple cores in the compost, they will all become nutrient-rich dirt in a few months. If they wind up in the garbage dump, chances are they'll stick around a lot longer. Oxygen is necessary to keep the decomposing process moving, but these dump yards are designed to keep air and water out. In there, a carrot could stick around for over a decade!

3. Buy organic: Choosing organically grown food which isn't treated with chemical pesticides, herbicides or fertilisers, helps to reduce the pesticide burden on Earth. Organic foods look fresher and are usually richer in nutrients too.



7. Mind your appliances: Make sure you use your appliances correctly. Monitor the temperature in your fridge (if it freezes your milk, it's too cold), run your dishwasher or washing machine only if they are completely full (otherwise you'll waste water and energy) and try to multitask your cooking. For eg: if you are cooking rice in the cooker, throw in a few potatoes and you'll have lunch for tomorrow.



Here's to a greener home and a healthier planet! ■

DID YOU KNOW ?

- Onions, apples and potatoes all have the same taste. The differences in flavour are caused by their smell.
- Milk chocolate was invented by Daniel Peter, who sold the concept to his neighbour Henri Nestlé.
- The banana plant is a herb!!



Whazzz that!

- Lemons contain more sugar than strawberries.
- Fast Food isn't New! Even ancient Greeks enjoyed take-out food. The only thing that is new is mass production.



- The onion is named after a Latin word meaning large pearl.
- The word 'Salary' comes from 'Salt'! Salt, our oldest preservative, was extremely rare in the past.

So rare in fact, that it was often used as payment.

- Cream is lighter than milk.

- Instant coffee has been in existence since the middle of the 18th century.

- The dish chop suey does not come from China. It was created by Chinese immigrants in California.



- Within 2 hours of standing in daylight, milk loses two-thirds of its Vitamin B content.



- A portion of the water you drink has already been drunk by someone else, maybe several times over.

- Peanuts are used in the manufacture of dynamite. □

'Sugre Cane' do Anything

Sugarcane is a type of grass that grows up to 19 feet in height. Signifying prosperity, it is used extensively during many festivals.



Stem: Jaggery, sugar and even juice is extracted from this. It is also chewed as an after-meal digestive aid.

Molasses: This thick syrup is a by-product of the sugar extraction process. It can be used as a honey substitute, in making mortar along with cement and sand, as cattle feed, a soil additive, in treating anaemia and removing rust.

Fibre: Also called bagasse, this biodegradable fibre is used to make paper, jeans, footwear, furniture, household fittings, vehicular fittings, low cost building material, and disposable items such as plates, napkins, cups, toilet paper, etc.

Root: This is used to treat arthritis, boils, colds, cough, diarrhoea, hiccups, throat infections and general weakness.

Fuel: Sugarcane is used to make ethanol, which is being used as an alternative to fossil fuel in countries like Brazil and United States.

Leaves: The leaves are dried, powdered, packed tightly and used as charcoal.

More the demand for such sweet plants, the more the demand for its by-products, leading us to a greener planet. □



A Rainbow On My Plate

Majority of the people know that eating five servings of fruits and vegetables a day is important. However, did you know that by eating different coloured foods, you can get all-round health benefits? Think of yourself as Picasso or Ravi Varma and your plate as the canvas and mix those colours up. Each different coloured fruit and vegetable contains unique components that are essential to health.



They help in:

- Balancing our hormonal levels
- Boosting our white blood cells
- Keeping cholesterol levels and blood pressure healthy

Examples include dates, dried figs, bananas, pears, leeks, onions, garlic, ginger, cauliflower and potatoes.

Green fruits and vegetables: These are coloured by a pigment called 'chlorophyll'.

They help in:

- Maintaining healthy vision (Vitamin A)
- Maintaining strong bones and teeth (Calcium)
- Reducing the risk of birth defects (Vitamin B)

Examples include kiwi, green apples, green grapes, asparagus, spinach, avocados, ladies finger, peas, broccoli, green beans, green cabbage, cucumber, lettuce, green capsicum, peas, spring onions and zucchini.



Red fruits and vegetables:

These are coloured by a pigment called 'lycopene'.

They help to:

- Reduce arthritis

- Reduce the risk of cancer
- Lower BP
- Maintain urinary tract health

Examples include red apples, cherries, red grapes, strawberries, red watermelons, pomegranates, red capsicums, beetroots, tomatoes and radishes.



Yellow/ Orange fruits and vegetables: These are coloured by a pigment called 'cartenoid'.

They help in:

- Maintaining a healthy heart
- Maintaining healthy vision
- Strengthening the immune system (Vitamin C)
- Reducing the risk of birth defects (Vitamin B)

Examples include yellow apples, apricots, mangoes, oranges, lemons, sweet lime, papaya, pineapples, yellow watermelons, carrots, sweet potatoes, sweet corn, yellow capsicum and pumpkins.



Blue/ Purple fruits and vegetables: These are coloured by a pigment called 'anthcyanin'.

They help in:

- Healthy digestion
- Fighting inflammation
- Reducing the risk of stroke and heart disease

Examples include dried plums, raisins, currants, figs, purple grapes, brinjals and purple cabbage.



White/ Brown fruits and vegetables: These are coloured by a pigment called 'anthoxanthin'.

So don't settle for a dull and boring plate; add colour to your diet and your body will thank you! ■



Oh, the Iron(y) !



Oh, the irony of Iron! For the first part of your life, the concern is trying to get enough of this all-important nutrient. In later years, it's getting rid of the excess amounts that build up over time in your body. Iron consumption depends on several factors including age, gender and diet.

The basics

The nutrient's main function is to help blood deliver oxygen to every cell, tissue and muscle and to remove carbon dioxide from tissues. Without enough Iron, limited oxygen can lead to weakness, fatigue, concentration troubles and decreased immunity.

On the other hand, too much Iron - a massive 200 milligrams at a time or more can be deadly. Premature ageing, cancer, osteoporosis, arthritis, diabetes, liver damage, heart disease and brain disorders are just some of the diseases that can be accelerated by Iron overload in the body. That's why it's been greatly advised not to self-medicate with Iron supplements.

How much is enough?

According to the World Health Organization (WHO) Iron deficiency is the most common nutritional disorder affecting up to 80% of the world's population.

A lot of people are at risk for this deficiency. This is because only 10% of the iron in grains, beans and other plant foods is absorbed by the intestines. However, by taking some simple steps you can ensure that you get sufficient iron.

This is one reason why breakfast cereals are often enriched with extra Iron. Few studies claim that the added calcium from cow's milk decreases Iron absorption, but it's not conclusive. This could explain

why some children are at risk for Iron deficiency.

Here's what you could do:

- Combine Iron-rich foods with absorption-aiding Vitamin C-rich foods such as tomatoes, broccoli and strawberries.
- Avoid coffee and tea at mealtime, as both inhibit Iron absorption.
- Spinach is not a good source of Iron! It's higher in that nutrient than most veggies but it contains a large amount of Oxalate which binds to the Iron and hinders the absorption, making the final absorbable amount negligible.

Here is a list of foods and their Iron content (Dietary Iron in mg):

Grains:

Brown rice, 1 cup cooked	0.8
Whole wheat bread, 1 slice	0.9
Wheat germ, 2 tablespoons	1.1
Oatmeal, 1 cup cooked	1.6
Whole wheat pizza, 1 slice	1.9

Legumes and Seeds:

Sunflower seeds, 28 grams	1.4
Soya milk, 1 cup	1.4
Kidney beans, ½ cup	1.6
Chickpeas, ½ cup	1.6
Tofu, firm, ½ cup	1.8

Vegetables and Fruits:

Broccoli, ½ cup, boiled	0.7
Frozen Peas, ½ cup, boiled	1.3
Potato, 1, cooked with skin	4.0
Green, leafy vegetables, ½ cup	2.0
Watermelon, 6" by ½" slice	3.0
Dates, 6 nos.	1.5



Evolution? or De-evolution?

Are humans natural vegetarians or non-vegetarians?



There is an old saying that states, 'We are what we eat'. As of now, humans can be considered some of the most diverse eaters in the world - we eat just about anything. As babies, we enter the world with a liking for sweets and a dislike for bitterness. After four months, we develop an innate fondness for salt. But that's about it. Human tastes vary so greatly, that even people within the same family can have distinctly different culinary preferences. So what does our diet say about us? How did our tastes evolve? Are we natural vegetarians or non-vegetarians? Let's try to answer some of these questions in the hope that we understand ourselves better and appreciate the choices before us.

To begin with, let's define a 'natural vegetarian' and a 'natural non-vegetarian'. A natural vegetarian (called a herbivore) is a creature that gets its nutritional and energy requirements wholly from plant and plant-based foods. Eg: cattle, deer, horse, giraffes, goats, etc. Likewise, a creature that feeds predominantly on meat is considered a natural non-vegetarian (called a

carnivore). Eg: lions, tigers, hawks, eagles, crocodiles, sharks, pitcher plants, etc. There are some creatures that are capable of eating and fulfilling their dietary needs from both plant and animal based foods. They are called omnivores. Examples include dogs, bears, pigs, mice, crows, monkeys, etc. Human beings are omnivores as are some of our closest animal relatives like chimpanzees and bonobos.

You must be thinking, "I've never eaten any meat, so how can I be an omnivore?" Anatomist and primatologist Dr. John Mc Ardle states that human anatomy proves that people are capable of eating vegetarian as well as non-vegetarian fare. For example, carnivores have sharp front teeth that help in grabbing and tearing meat, while herbivores have flat teeth to help them chew and grind plant matter. Humans, have sharp as well as flat teeth. Furthermore, carnivores tear off meat and then swallow it without chewing, relying on their high acidic stomach juices to do most of the digestive work. Herbivores on the other hand, have low



stomach acidity and need to chew their food extensively. Some herbivores regurgitate swallowed food in order to chew it again and have four different compartments in their stomachs that help in the digestion process. Humans need to chew, but our digestive systems too help us process the food. And the facts don't end there...

The fossil evidence also leans towards the omnivore theory. Researchers examined the chemical makeup of the teeth of a prehistoric human that lived three million years ago. Their findings affirmed that they ate a varied diet, including grassland plants and animals. This indicates that modern humans are adapted to eating both plant and meat based foods.

Now, to the question in focus - were we always omnivores or did we originate from herbivorous creatures? If so, how did our meat eating evolve? Archaeological evidence suggests that our earliest human ancestors ate nuts, berries and fruits. But as they say, 'necessity is the mother of invention'. Meat eating began as a way of survival. According to Professor Craig B. Stanford, an ecologist at the University of Southern California, competition for food from other species and changing climatic conditions were key elements in molding this behavior.

Research suggests that meat-eating by prehistoric humans probably began as scavenging - eating the meat that carnivores had left behind. Perhaps early man observed carnivores eating meat, and when they couldn't find any of the natural foods they were used to eating, such as vegetables, berries and nuts, they might have assumed that eating meat would at least sustain life. Then about 100,000 years ago, there was a period of ice age, when plant and vegetation became very scarce. This caused early man to depend mostly on animals for their food, enabling him to become a skilled hunter. Once the ice age was over, humans began growing crops and started domesticating animals for food and other purposes.

As of today, we can live either on a vegetarian or a non-vegetarian

diet. According to Arthur De Vany, an athlete and scientist, we were intended to live on non-vegetarian food. He created the 'Caveman Diet' which includes a lot of lean meats, fish, fruits, nuts and vegetables, but no grains, pulses or dairy. He believes that processed foods such as grains and beans are the cause of all our diseases. As De Vany points out, the fossil record reveals that our cave ancestors were not only slim, lean, fit and healthy as they lead an active lifestyle but that they did not generally suffer from many of the diseases that plague us today.

Nevertheless the circumstances are different today. Thousands of years ago when we were hunter-gatherers, we may have needed a bit of meat in our diets in times of scarcity but we don't need it now. With the current work trend leaning towards spending long hours in front of the computer, a vegan or vegetarian diet would go a long way in making us healthier. In fact top nutritional and anthropological scientists from the most reputable institutions state that we will be healthier today if we stick to our herbivorous roots. According to research conducted by Dr. Jeffery Gordon of Washington University, people who switched over to a veg-only diet, significantly reduced their risk of several serious ailments like heart disease, diabetes, cancers and improved their overall life expectancy rates. A balanced vegetarian diet is also linked to lower blood cholesterol levels, lower blood pressure and lesser risk of obesity. Furthermore, Dr. William Harris, an ER physician and author of 'The scientific basis of vegetarianism' states that arthritis, asthma and most allergies can lessen in severity when the patient switches over to a vegetarian diet. He also claims that the veg diet is most useful to remain agile and fit throughout ones life. As an 80 year old award-winning athlete who practices vegan, he should know!

Whatever you make of both these arguments, the fact remains that we are continuing to change because of our diets and lifestyles. As with all other creatures, humans are still evolving according to the changing environment and circumstances. Scientists at the





American Association for the Advancement of Science have stated that meat-eating has impacted the evolution of the human body. For instance, over countless generations, human jaws have become smaller and we have an improved ability to process cholesterol and fat. But equally, more people need dental procedures done these days since the teeth are too big for our downsized jaws. We are continuing to change because of the food we eat. Meaning, centuries from now, people could look quite different from how we look today.

Nonetheless, are we actually evolving or de-evolving? **De-evolution** or **backward evolution** is the idea that a species can generally change into more primitive forms by losing adaptations no longer necessary in a new environment. Take for example the tail bone which is the last remaining component of a functional tail in us humans. Over the centuries' human beings have found a lesser and lesser need for a tail and hence we have evolved without it. Similarly, the cavefish has lost its power of sight over several generations because sight is not needed in the dark conditions where it lives. Believers in de-evolution would cite this as a prime example of an ability that is lost, possibly forever. Those citing humanity's loss of overall fitness when compared to our ancestors don't take into account the increased mental capabilities, which have allowed for improvement in technology and medicines that help improve quality of life. Interestingly, vegetarianism is linked to a higher IQ as revealed in a study conducted by the University of Southampton.

The architecture of the human body offers no simple answers. With new facts being uncovered regularly,



we do not as yet have the complete picture of how our dietary evolution took place. We may also never fully understand how our food habits will impact the future generations. But as human beings, we have immense power to influence the course of nature, not only for ourselves but also for other creatures. And the key to life on Earth is coexistence. All throughout nature we see examples of different animals co-existing peacefully. For example meat eating chimpanzees and largely-vegetarian gorillas have lived side by side in the jungles of Uganda for centuries. It is in our hands to find a way to live in harmony with nature and all its creatures.

As human beings, we possess a great awareness of the consequences of our actions. And as arguably, the most powerful creatures on the planet, our actions affect not only our own lives and future, but also have an enormous impact on the environment and the lives of other creatures. Evolution has given us immense capacity for reasoning. We must therefore use that to ensure that all life on earth flourishes. If that involves giving up meat, we must do so. In the end, it has always been in our character to care for others, even before we were called humans. ■



J O K E

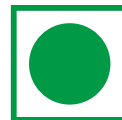
Q: What do you get if you divide the circumference of a pumpkin by its diameter?
A: Pumpkin pi



Vege-Labels

Every vegetarian will agree that having a clear symbol on food packets is very important. This is a convenient way to distinguish between *vegetarian* and *non-vegetarian* products. How else will you know if that packet of bread or that brand of chocolate has any animal product in it? However, with so many symbols around, it could get really confusing when you travel abroad. We'll take you through a brief tour of some of the labels out there in the world.

Green Dot: In **India**, it is compulsory for all food items to be marked with either a green or a red dot to indicate whether it is vegetarian or non-vegetarian. This marking is also present on items such as toothpastes, lipsticks, medicines, etc. In fact, the Veg Congress has been an active participant in getting many of these products labelled.



V Label: This symbol was designed by Italian artist Bruno Nascimben and presented for worldwide use at the European Vegetarian Union Congress in 1985. Also known as the green bud, this symbol is used throughout **Europe, North America and Australia**.



Seedling: This image of the letter V was designed to resemble a sprouting seedling by Mike Storm. The symbol was adopted by the Vegetarian Society and registered as an official trademark in 1969. The symbol is displayed on a diverse range of over 2000 products including food and drinks, catering supplies, household goods, cosmetics and toiletries in the **UK and other western countries**.



There are also other lesser used symbols, such as the 'tick' mark, the leaf, a simple V and the green carrot.



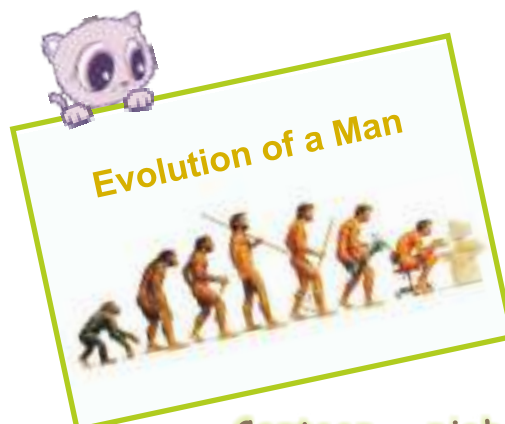
While it is good that people recognise the need for proper identification and packaging of vegetarian products, so many different symbols complicate matters. There is great potential for an easily recognised and standardised international symbol. Call up your local vegetarian clubs and discuss this with them. And veg artists everywhere, start sketching. 🍋

Veggie Echo

Purnima L. Toolsidass from Kolkata wrote to us with her thoughts on how farm and milk cattle can be cared for long after they stop productive work. She believes that India should utilise the potential of cow dung as a source of fuel and organic manure. This will be of great help to poor farmers and will also ensure that old cattle are not sold for their meat.

Thank you Purnima for sharing your thoughts with us. This is sure to inspire many to take up your suggestions.

Please feel free to share your veggie experiences with us.



Cartoon - niche



Join our mission by opening a Veg Congress Centre in your area. For more details visit

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

Greendotter

The 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.



The evolution of our diet

It's said that necessity is the mother of invention and prehistoric humans ate anything they could to survive. Let's take a walk through history and see what our early human ancestors may have eaten and how we evolved into what we are today.

Ardipithecus Ramidus:

They were some of our earliest ancestors and lived approximately 5.6 to 4.4 million years ago in the Central and North Eastern regions of the African continent. Research on their fossils state they were very hairy and walked on all fours like gorillas. They lived in small groups in trees and ate roots, nuts, berries and fruits. Over the centuries, as the competition for food with other species increased, **they learnt to gather and eat food that had fallen on the ground.**

Australopithecines:

They lived throughout Eastern, Northern and Southern Africa around 4.2 to 3.9 million years ago. They lived on the ground in tall grasslands. They were the first human ancestors to stand and walk on two limbs, but they still had a stoop. This allowed their hands to be free for gathering food from trees and also allowed them to look over tall grasses for possible food sources or predators. They mainly ate fruits and tough, root vegetables. Research suggests that they started eating meat due to severe scarcity of food. They did not hunt and instead ate raw meat that was left by predators. Over centuries, they developed teeth that were also suited for this.

Homo Habilis:

They lived throughout Africa around 2.4 to 1.8 million years ago. They also ate meat, but did not hunt for it, instead stealing prey that had been killed by larger predators. They were the first to make use of simple stone tools to break open shells of nuts, cut off meat and also for self defence.

Homo Erectus:

They lived between 1.4 million and 300,000 years ago, throughout Africa, East Asia and Europe. They lived in small communities and used complicated

tools. They were primarily hunters and hunted in coordinated groups. They learnt to make use of fire and started eating cooked meat, probably after discovering that it tasted better.

Homo Sapien Neanderthalis:

They lived in Europe and West Asia around 250,000 years ago during a period of ice age. They were powerfully built and well suited to living in cold climates. Due to the icy conditions and scarcity of plant food, they ate mostly meat and were very skilled hunters. They used a variety of tools made out of stone, wood, bone, antlers, etc.

Homo Sapiens Sapiens:

We evolved into our current physical form around 150,000 years ago. We are today, capable of eating both plant and animal based foods. Initially, human civilisation was clustered around rivers, but over the centuries, modern man went on to populate most continents in the world. When major climatic changes took place after the last ice age (10,000 years ago), much of the Earth became prone to long, dry seasons. These conditions favoured seasonal plants. This led to the development of farming and agriculture, which allowed people to start forming cities. The first plants to be grown were figs and acorns, followed by barley and wheat. Human civilisation has evolved greatly since then. Today we are capable of mass producing our food and actively involved in animal farming and agriculture.

As you can see, our evolution to this point has taken centuries. And we're not done yet. We are evolving as we speak. So what do you think the history books will say about us thousands of years from now? How do you think humans will look then? Your guess is as good as ours. ■



Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages. - Thomas Edison, scientist



Healthy Bites

Starting from this issue we will showcase a new column where we will focus on making vegetarian food healthier.

PREVENTING FOOD ADULTERATION

Food is essential for life. It should be pure, nutritious and free from any type of adulteration.

Food adulteration means intentionally degrading the quality of food available for sale either by mixing/ substituting inferior substances or by removing some valuable ingredient. This is nothing new and has been practiced over the years, from the Greek and Roman wine makers who added colour to their wines to 13th century bakers in England who cheapened their wares with alum. In 1860, the first food law was passed in public interest.

Despite improvement in production, processing and packaging, toxic substances seem to be entering our food chain. For example Indian spices or 'masalas' are a prime target. In this article we will give you tips on how to test food for adulteration and what steps you can take if you find it to be impure.

How to Test for Food Adulteration

Food Article	Adulterant	Simple Method for Detecting the Adulterant
Milk	Water	Put a drop of milk on a polished vertical surface. If pure, it will either stop or flow slowly leaving a white trail. Milk adulterated with water will flow fast without leaving a mark.
	Urea (a type of fertiliser)	Take 5 ml of milk in a test tube and add 2 drops of bromothymol blue solution. Development of blue colour after 10 minutes indicates presence of urea.
Mustard Seeds	Argemone Seeds (a type of flowering plant seed)	On pressing, mustard seeds are yellow inside while argemone seeds are white.
Ice Cream powder	Washing Powder	Squeeze some lemon juice on it; if it bubbles then it is mixed with washing powder
Sugar	Chalk	Dissolve sugar in a glass of water. Chalk will settle down at the bottom.
Honey	Water	A cotton wick dipped in pure honey burns when lit with a match stick. In case the adulterated honey does burn, it will not produce a crackling sound.
Coffee	Chicory (root of the chicory plant)	Gently sprinkle the coffee powder on the surface of water in a glass. The coffee floats over the water but chicory begins to sink down within few seconds.
Saffron	Coloured dried tendrils of maize cob	Pure saffron will not break easily and when dissolved in water it will continue to give its colour as long as it lasts.
Common Salt	White powdered stone or Chalk	Stir a spoonful of salt in water. Chalk will make the solution white and other insoluble impurities will settle down.



Tea	Coloured leaves	When tea leaves are rubbed on white paper, artificial colour will be visible.
	Used tea leaves	When tea leaves are sprinkled on wet filter paper, pink or red spots will appear.
	Iron fillings	When you move a magnet through the tea, iron will stick to it.
Turmeric Powder	Metanil Yellow (a chemical dye)	Add a few drops of Hydrochloric acid to the turmeric. It will instantly turn violet. Then dilute it with water, if the violet colour persists, it indicates the presence of metanil yellow.
Toor dal, moong dal, channa dal	Metanil Yellow	Extract the colour by washing the dal in luke warm water. Add a few drops of Hydrochloric acid. A pink colour indicates presence of metanil yellow.
Green vegetables like chilli	Malachite green (a chemical dye)	Take a small part of the sample and place it over a moistened white blotting paper. The impression of the colour on paper indicates the presence of malachite green.
Pure Ghee or Butter	Vanaspathi	Take one teaspoonful of melted ghee or butter with equal quantity of Concentrated Hydrochloric acid in a test tube and add to it a pinch of cane sugar. Shake well for 1 minute and let it stand for 5 minutes. Appearance of crimson colour in the lower layer shows the presence of vanaspathi.
Black Pepper	Papaya Seeds	Float the sample in alcohol. The mature black pepper berries sink while papaya seeds and light black pepper float.
Hing	Soap Stone (a type of rock) or earthy matter	Mix some hing with water and shake. Allow to settle. Soap stone or earthy matter will settle down at the bottom.
Red Chilli Powder	Rodamine Culture (a chemical dye)	Take 2 gm of chilli powder in a test tube, add 5 ml of acetone. Immediate appearance of red colour indicates presence of Rodamine.
	Brick Powder	When put in water, brick powder settles fast while chilli powder settles slowly.

What You Can Do

Buy branded or ISI-marked products. Even if these items cost a little extra, it is worth paying the extra amount for the sake of safety. If you doubt the quality of any branded item, you can at least approach the concerned company. Always remember to preserve your grocery bills so that the company can take necessary steps regarding the complaint.

Food adulteration is a growing problem and we all need to remain vigilant to tackle it and safeguard our health. If any person manufactures, stores, sells, imports or distributes any food article which is adulterated or misbranded, he can be punished with imprisonment and fine. If you find any food that has been adulterated, you can file a complaint with 'Prevention of Food Adulteration Department' in your city/ town/ district. You can also report it to the newspapers and help create awareness. ■



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.



Just sms **VEG** to
+91 9841331943
+91 9383009900



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.org



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



Food from Paradise

Kashmiri Cuisine is a rich and flavoursome melting pot that has been impacted by various food has a diverse vegetarian fare that has been influenced by the Kashmiri Pandits and B

Nadier Palak

A lotus root and spinach stew

Ingredients:

250 g Lotus roots, sliced into ¼” thick rounds
1 kg Spinach leaves, shredded
1 tsp Jeera seeds
3 Lavang (Cloves)
A pinch of Hing (Asafoetida)
1 tsp Red chilli powder
1 tsp Turmeric powder
½ tsp Ginger powder
½ tsp Saunf powder (Fennel powder)
½ cup Curd, beaten
½ tsp Garam masala powder
Mustard oil, for frying
3 Green chillies, slit and deseeded
A few sprigs of Coriander, chopped

Method:

Deep fry the lotus roots, turning each slice frequently. Set aside. Take a few teaspoons of the same oil in a separate vessel and fry jeera, lavang, hing, turmeric powder and red chilli powder. Now add the shredded spinach along with a tablespoon of water and stir on a high flame until the spinach wilts. Add the fried lotus root pieces, beaten curd, salt, ginger powder, saunf powder and continue stirring until all the water evaporates. When the oil begins to separate, add a cup of water and stir. Cook uncovered for 10 minutes. Add the



garam masala powder. Mix well and garnish with slit green chillies and coriander leaves. Serve hot with rice.

Razmah Goagji

A rajma and turnip stew

Ingredients:

2 kg Turnips, chopped
250 g Rajma (Kidney beans)
2 tbsp Mustard oil
1 tsp Red chilli powder
2 Lavang (Cloves)
½ tsp Jeera seeds
A pinch of Hing (Asafoetida)
1 tsp Salt
2 tsp Vari Masala powder

For the Vari Masala:

10 Red chillies, broken
5 Elaichi (Cardamom seeds)
1 tbsp Dhania seeds
4 Lavang (Cloves)
1 tsp Dalchini (Cinnamon powder)
1” piece of Ginger, grated
A pinch of Hing (Asafoetida)

Method:

Soak the rajma overnight in water. For the vari masala, dry roast all the ingredients for 5 minutes and then grind into a coarse powder. This can be stored in an airtight container for months. Heat the





us cultures such as Punjabi, Afghan, Persian and Mughlai. It is famous for its Wazwan - a 36 course traditional feast served mostly at weddings. Kashmiri Buddhists. By no means plain, this cuisine makes use of unusual ingredients and combinations, making it an exciting option for foodies everywhere.

oil in a small pressure cooker and fry the lavang, jeera and hing for a minute. Add the washed and drained rajma, 1 litre water and pressure cook with whistle for 15 minutes. Remove cooker from the heat and let it cool. Add the turnip pieces, chilli powder and salt. Mix well and pressure cook (with whistle) again for 10 to 15 minutes. Finally, add the vari masala powder, stir and serve hot with rice or chapattis.

Roth

Fried sweet bread dessert

Ingredients:

- 500 g Atta (Wheat flour)
- 125 g Sugar
- 75 g Ghee
- ½ tsp Elaichi (Cardamom seeds)
- ½ cup Milk - optional
- Oil/ Ghee, for frying
- ½ tsp Khuskhus seeds (Poppy seeds)

Method:

Mix the atta with sugar, elaichi and ghee. Add enough water and milk (if using) and knead well to form a semi-stiff dough. Cover the dough with a wet cloth and set aside for ½ an hour. Separate it into lemon sized balls. Roll out each ball into ½” thick rounds and deep fry in hot oil or ghee until each side is golden brown. Sprinkle khuskhus seeds on one side of the Roth, when it's still hot. Can be served either hot or cold.



Tip: Instead of deep frying, the Roth can also be roasted on a tawa like a chapatti.

Shufta

A side dish made with dry fruits and paneer

Ingredients:

- 125 g Paneer, diced into ½” cubes
- 250 g Sugar
- 25 g Almonds, blanched
- 25 g Raisins or Currants
- 50 g Dry Apricots, deseeded and chopped
- 50 g Dry Dates, deseeded and chopped
- 25 g Desiccated Coconut, grated
- 50 g Ghee
- ½ tsp Elaichi (Cardamom powder)
- ½ tsp Dalchini (Cinnamon powder)
- ½ tsp Ginger powder
- ½ tsp Pepper powder
- ½ tsp Salt
- Oil/ Ghee, for frying

Method:

Soak all the dry fruits in hot water for an hour. Drain and set aside. Deep fry the paneer cubes till golden brown and keep aside. In a separate vessel, boil 2 cups of water. Add to this all the dry fruits, coconut, sugar and paneer. Let this mixture simmer on a low flame for 10 minutes until the syrup is of a thick consistency. Now add the salt and spices. Mix well. Serve hot with chapattis. ■





Heal the world

Recycling is in the air. From politicians to teachers, everyone is talking about recycling these days. Is it just a fad or something that will benefit us in the long run? Let's begin by understanding what recycling is?

Recycling is the process of collecting materials that are often considered garbage and remanufacturing it into new products which can be resold and used again. Recycling can also include reusing products for different purposes in your own home instead of throwing them away. Organic garbage items like food can break down and decompose in a matter of weeks, leaving no trace of it in the environment, but man-made products like glass, plastic bags and aluminum cans may take months or years to break down.

What are the benefits of recycling?

- Conserves natural resources such as wood, water and minerals.
- Saves energy because generally more energy is used to manufacture brand new products.
- Produces less greenhouse gases because industries burn fewer fossil fuels.
- Recycling programmes cost less than waste disposal programmes.
- Prevents the destruction of natural habitats thereby helping animals.
- Decreases soil erosion associated with mining and logging.

A few tips that you can follow at home:

- Do not use disposable plastic/ styrofoam cups/ plates at a party. Try to use reusable steel utensils. Use cloth napkins or handkerchiefs instead of paper tissues.
- Sell old shampoo, conditioner and deodorant bottles to the raddiwalla (neighbourhood junk collector). Instead of buying new bottles every time, just use refill packs.
- Install a showerhead and toilet that conserve water.
- Old newspapers and magazines can be used to line shelves and cover books. Try to avoid buying coloured writing paper. White paper is more easily recycled without a complex chemical process.
- Use scrap paper to write notes or take messages.
- If you are typing a letter or any other document on your computer, be sure you finish your proof reading and do your spell-check on the screen BEFORE YOU PRINT the document. Use a smaller font and wider margins so you can fit more content on the page and you won't have to print as many pages. Print on two sides so you use half as much paper. Don't make more copies than you need!
- Send an email or an e-card whenever you can, as opposed to writing a letter. You will save money on stamps and your message will get there a lot faster!
- Drive your car at or below the speed limit to conserve fuel and avoid speeding up and slowing down or sudden starts and stops (these use up more fuel).
- Park your car in the shade during the hot summer months, so you don't have to crank up the air conditioner to get the car cool when you get into it.
- Bring a cloth bag to do your grocery shopping, instead of taking paper or plastic bags home. Or just reuse old plastic covers.
- Buy fresh items that do not require packaging. Instead of buying canned corn or frozen peas buy them fresh. It is healthier and has more vitamins too!
- Recently, a famous cell phone company asked people to donate their old phones so that they could use the phone's internal components to make benches for parks and bus stands. In fact even the Veg Congress magazine covers are biodegradable. Such is the potential for creativity when it comes to recycling. ■



changing 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

Members of the National Council

Shri. K. P. Anantha Krishna	Shri. M. Mahaveer
Dr. P. K. Baskar	Shri. Mohan Jain
Dr. Chiranjee Lal Bagra, Kolkata	Shri. A.V. K. Moosad, Thiruvananthapuram
Shri. P. M. Chordia	Shri. Nemichand Jain, Mumbai
Shri. V. H. Dalmia, New Delhi	Shri. H. C. Parekh, Mumbai
Shri. Daman Prakash Rathod	Shri. Prakash C. Sacheti
Dr. P. R. Dhanpall, Puducherry	Shri. K. E. Raghunathan
Shri. Dhaval J. Chandan	Shri. N. Rajesh Bokadia, Mumbai
Shri. C. M. Dhoot, Jodhpur	Shri. S. S. R. Rajkumar
Prof. P. M. Gopalakrishna	Smt. R. Shanthi Sarvothaman
Shri. L. Gothamchand Lodha	Shri. S. Shanthilal Jain
Shri. K. S. Hemant Kumar	Shri. G. N. Sridharan
Shri. Hemant Shah, Mumbai	Smt. Srilakshmi Mohan Rao
Dr. M. A. Hussain	Dr. M. S. Srinivasan
Shri. Laxminarain Modi, New Delhi	Shri. R. Vaidyanathan
Dr. K. Malathi	

Institutional Nominees

Animal Welfare Board	Shri. Doulat Jain
Blue Cross of India	Dr. S. Chinni Krishnan
Bhagwan Mahaveer Ahimsa Prachar Sangh	Shri. K. C. Sethia
Jainology Research Foundation	Shri. Krishnachand Chordia
Karuna International	Shri. Dulichand Jain
People for Ethical Treatment of Animals	Shri. Hiren Kara
Tamil Nadu Brahmins Association	Shri. K. R. Srinivasan



The Indian Vegetarian Congress



What A Varie-Tea...

You think of Tea and the popular 'Wah Taj' advertisements come to mind. What is it about this drink that brings about a sense of warmth, comfort and freshness? Drunk hot with milk and sugar or cold with a twist of lime, this is the perfect way to start your day or unwind in the evenings. Let's find out something more about this beloved brew.

It was way back in 2737 BC that the second emperor of China, Shen Nung, discovered tea when tea leaves fell into his cup of hot water. But it was only in 725 AD that the Mandarin Chinese gave tea its own character and call it **ch'a**, while the Fujian province called it '**Tay**'. When ch'a went beyond the Chinese border it was called CHAY in Turkish, CHA in Persia, which later evolved into CHAI in Arabic and Russian. Almost 800 years later, Europeans were exposed to this beverage when a Venetian author wrote about Asians and their Tay drinking habits. The drink quickly became popular in Europe and was called 'TEA' by the British, 'THE' by the French, and 'TEE' by the Germans. As tea consumption increased, that of alcohol declined. Tea parties become quite trendy among women across the social classes.



Many believe that Tea was introduced to India when the British came here. But you will be surprised to know the consumption of tea was clearly documented in the Ramayana (750-500 BC) when Hanuman was sent to the Himalayas to bring the Sanjeevani tea plant for medicinal use. The tribes of North-East India have also been consuming tea since the 12th century. However, commercial production of tea began only with the arrival of the British East India Company, at which point large portions of land were converted into plantations for mass tea production.

Customs

Tea drinking is a social activity in many parts of the world. Given below is a brief account of the tea drinking culture in different countries.



Chinese social life still centres around the tea house, where the traditional '*gongfu*' tea ceremony is performed using a set of delicate tea bowls and an intricate method of making the tea. After a person's cup is filled, that person may knock their bent index and middle fingers on the table to express gratitude. This custom is said to have originated when Emperor Qian Long would travel in disguise through the empire. Servants were told not to reveal their master's identity. One day in a restaurant, the emperor, after pouring himself a cup of tea, filled a servant's cup as well. The servant was so honoured that he wanted to kneel and express his thanks. But he couldn't do it as that would reveal the



emperor's identity so he bent his fingers on the table to express his gratitude and respect to the emperor.

The **Japanese tea ceremony**, also called the '**Way of Tea**', is a cultural activity involving the ceremonial preparation and presentation of '*matcha*' or powdered green tea. Many of the movements and components of the tea ceremony evolved from the wearing of kimono. For example, certain movements are designed with long kimono sleeves in mind; certain actions are intended to move the sleeves out of the way or to prevent them from becoming dirty in the process of making or serving the tea.

In **Mongolia**, tea is crushed and brewed with water and yak buttermilk. The liquor is then strained and mixed with milk, salt, butter and roasted grain.

In **Tibet**, tea is crushed and soaked in water overnight and the infusion is then churned with salt, goat's milk and yak butter to produce a thick buttery drink. Both Mongolian and Tibetan teas are drunk from a bowl rather than a cup.



The **Russians** brew their black tea in a special urn called '*samovar*'. When tea is served, a cup is half filled with the strong tea, watered down with hot water and drunk with sugar or jam.

In **Turkey**, a strong black brew is prepared and strained into tulip-shaped glasses and served with traditional snacks. In the eastern part of the country, a cube of sugar is placed under the tongue before the tea is sipped from the glass.

Moroccans also have a special tea drinking ceremony where incense is lit and all present watch as the host prepares the brew. Green tea is prepared with fresh mint and sugar and then poured into glasses from a height so

that the liquid becomes frothy.

In the **UK**, many people start the day with a cup of tea in bed, more tea at breakfast, lunch and dinner. Afternoon tea at 4 or 5 pm is still a very important event when pots of tea are served with neat little sandwiches and pastries.



In **Sri Lanka**, lunchtime tea with 'hoppers' is a tradition. Hoppers are a type of pancake made with rice flour, coconut milk, sugar, salt and yeast. It is cooked in a special pan to give it a bowl-like shape.

India is the largest consumer of Tea in the world. The afternoon tea, a concept inherited from the British, is generally served with biscuits, samosas and other snacks. Roadside tea stalls are very popular, brewing tea with ginger, pepper, cinnamon, cardamom and cloves. Kashmir pink tea prepared with spices, nuts and salt instead of sugar, is a popular drink.



The main advantage of tea lies in the fact that it is a completely natural product without any artificial flavourings, colours or preservatives. Even though it is a very healthy drink, caution must be observed because too much of a good thing makes it harmful. ■

Types Of Tea

There are several different types of tea - all produced from the same plant. It depends on when the leaves are plucked and how much they are processed.

White tea: This is the least processed of all teas and therefore tastes most like fresh leaves or grass - with a light, sweet flavour. It is pale yellow in colour.

Green tea: This is similar to white tea but the leaves are plucked when mature and processed a little more. The flavour of green tea can be described as fresh, light, green or grassy. It is light green in colour.

Black Tea: This is the most common and most processed of teas. This is also the strongest in flavour and contains the most caffeine. The flavour has been described as sweet, bitter, earthy, malty, peppery, smoky, spicy, etc. It is deep brown or black in colour.

Oolong Tea: This tea is processed more than green tea but less than black tea. It is reddish in colour and has a flowery, creamy flavour.

Flavoured tea: Tea leaves are mixed with essential oils, spices, flower petals or other ingredients such as mint, orange peel, etc. to produce flavoured or blended tea.



PINEAPPLE - THE TROPICAL HEALING FOOD

For a natural and tasty way to improve your health and boost your body's healing capacity, add fresh pineapple to your diet. This delightful tropical fruit is high in the enzyme bromelain and the antioxidant Vitamin C, both of which play a major role in the body's healing process.

Bromelain is a natural anti-inflammatory that encourages healing, promotes well-being and has many other health benefits like treating bruises, sprains and strains by reducing swelling, tenderness and pain. Bromelain, has been discovered to be effective in reducing the risk of blood clots in the body, thus reducing to a great extent the risk of heart attack or stroke.



Additionally, it can also relieve indigestion. Research reveals that pineapple also contains ferulic acid, that helps in preventing the formation of substances that can cause cancer. The enzyme contained in fresh pineapple helps break down the amino acid bonds in proteins, which promotes good digestion. Meanwhile Vitamin C as we all know, protects the body from free radical damage and boosts the immune system. It also helps in metabolising fats and cholesterol, absorbing iron, and increasing the body's ability to fight invading bacteria that contribute to gum disease.

The Perfect Pineapple

Always choose the fresh fruit over canned or dried pineapple because it has the most healing properties. Most of the bromelain in canned pineapple is destroyed due to the heat used in the canning process.

When choosing a fresh pineapple, do not judge ripeness

solely based upon colour. There are several varieties in the market that range from green to golden yellow. The most important factor in determining ripeness is smell. Ripe pineapples give off a sweet, fresh tropical smell. Once home, keep the pineapple at room temperature until ready to use. This will preserve its sweet and tangy flavour.

Pineapples can be added to salads and entrees for an exotic flavour, or made into tasty tropical drinks and smoothies.

Here are some unusual facts about Pineapples:

- 🍍 A pineapple is actually a berry, native to Brazil and Paraguay.
- 🍍 Initially called 'anana', a Caribbean word for 'excellent fruit', the name 'pineapple' came from European explorers who thought the fruit looked like a pinecone with flesh like an apple.
- 🍍 Hawaii is one of the top pineapple producers in the world, producing one third of the world's pineapple crop and 60 percent of the world's canned pineapple.
- 🍍 Most fruits develop in 3 to 4 months, but it takes about 18 months to 2 years for a pineapple to grow to its full size, after which it weighs 9 kgs.
- 🍍 If you want to speed up the ripening of a pineapple, you can do it by standing it upside down (on its leafy end).
- 🍍 When you cut a pineapple at home, you normally chuck the skin, core and ends in the bin. However, these bits are used to make vinegar and animal feed.
- 🍍 Pineapple juice mixed with sand is often used in tropical countries to clean boat decks and knife blades. ■



Using our colour guide, colour this picture with wax crayons or poster paints. For example, use yellow colour in all the places that says Y and blue colour for all the places that says B. You can also learn to combine 2 colours to create a new one. For example, mix yellow and blue in all the places that it says Y+B. This will create a completely different shade! Follow this simple guide and create a whole rainbow of different colours.

Y = B = R = W = BL =



Farmer Fruitnberry's fruit farm













Farmer Fruitnberry has a beautiful fruit farm where he grows green apples, oranges, bananas, strawberries, grapes and watermelons. He loves fruits, but his 6 children - Littlelychee, Mellowmango, Merrycherry, Glumplum, Rarepear and Prettypeachy - don't eat any. One day his kids tell him that if he makes a fruit salad with all the fruits, they will eat it. Farmer Fruitnberry happily agrees. Why don't you help him plan his farm and make a great fruit salad for his kids?

Firstly, farmer Fruitnberry divides his farm into 6 rectangular plots - 1 for each of his children. He then divides each plot into 6 square patches - 1 for each fruit.





































You also have to make sure that every plot has one of each fruit, so that each child gets their share. Farmer



Fruitnberry uses a special soil which helps his fruits grow big and sweet. He always lays out the soil in vertical and horizontal lines, but he can only grow 1 of each fruit in a straight line. So, please help him plant the fruits in such a way, that no fruit is repeated horizontally or vertically. We have planted a few fruits to help you get started. Once you decide what can be grown where, glue the fruit sticker to the patch. And your fruit farm is ready!

Solution

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

The Indian Vegetarian Congress
PO Box 515,
Chennai - 600 008
Or Email: contact@vegcongress.org





fall in love with the finest vegetarian cuisine in chennai.

i n f l u e n c e

56 spread lunch buffet | a-la-carte dinner | 91, ph road, near hotel dasaprakash, egmore | 4297 4455 | 97909 24321

Imagine buying gold at Rs.1000/-
when the prices are Rs.2000/-.

January 2010



July 2012



How?

Join KFJ's Gold Rush and you can buy Gold at the
lowest price in 30 months.

Invest under the scheme for	Monthly investment	KFJ GOLD RUSH benefit
3 to 30 Months	Rs.1000 Upwards (Introducing Rs.300 and Rs.500 scheme also)	Buy Gold at the lowest price in 3 to 30 months

Our Showrooms:

Luz Corner, Mylapore,
Chennai - 4 Tel: 24985454

AC - 3, 2nd Avenue, Anna Nagar,
Chennai - 40 Tel: 26265916

Prince Towers, Purusaiwalkam,
Chennai - 10 Tel: 26650500

Mail us at kfjgoldrush@gmail.com for an enrollment form

Our offices will be open in your town soon.



Rush! Today will be the last day to worry about Gold Prices.
Invest Rs.3000 and enroll today.