



20%
Longer Life!



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Protein-rich Vegetarian diet

SOYA - A BOON
to vegetarians!

The Indian Vegetarian Congress Quarterly. Registered with the Registrar of Newspaper for India. Regd. No. R. N. 5647/60.



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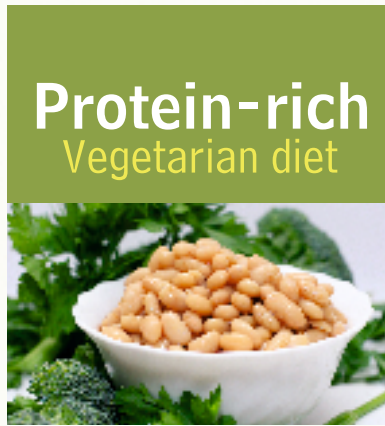
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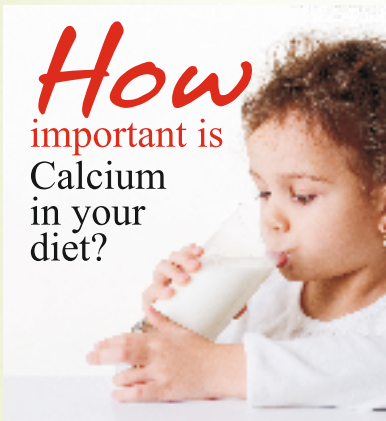
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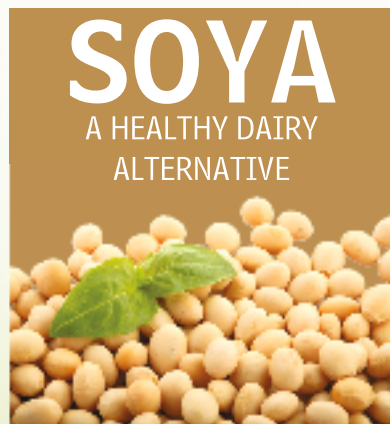
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Prayer

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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The Indian Vegetarian Congress

History

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

Senior stalwarts Mr T M P Mahadevan, Dr N Mahalingam and Mr Surendra Mehta gave further impetus to the movement in their capacities as President and Secretary General of the Veg Congress. H.E. Mr R Venkat raman, 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 organization, dedicated to spreading the message of vegetarianism across the country. Affiliated to the International Vegetarian Union (IVU) UK, it has hosted three World Vegetarian Congresses in India.

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

The primary objective of the 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 doctors' orders. Research has proven that vegetables are rich in all the necessary vitamins, minerals, proteins & fibrous content needed for human beings.



Mrs. Rukimini Devi Arundale
Founder of Indian Vegetarian Congress

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!

Objectives 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.



The Indian Vegetarian Congress

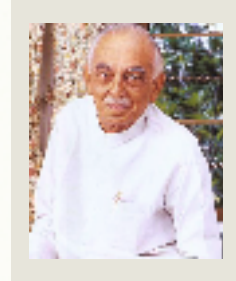
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From the
National Secretary's
Desk

This is an age of speed, Life style of humans is fast changing as race against time. Ready to eat packaged foods, fast foods and instant cooking food items are becoming the order of the day. Unlike in the past, family eating outs have become frequent. Markets are flooded with many branded items of food products. There are mandatory stipulations under Food safety Act requiring the branding of pure vegetarian items with a green dot and the non-vegetarian items with a red dot. Veg Congress has been publicizing these regulations for the benefit of consumers to choose pure vegetarian food. Further the Veg Congress has also written to Hotels and catering establishments of Railways and Airlines for the due compliance of the norms by ensuring GREEN DOT symbols are used on all displays of vegetarian items of Breakfast, Lunch, Dinner on Menu cards, Wall mounted displays etc., Veg Congress has also received affirmative responses from many of the Hotels. However instances are coming to our notice that food items are being marketed without the DOT branding. A few of our members who have had occasion to visit some of the Hotels have brought to our notice regarding the non compliance of the regulations. There have also been instances where the packages have been branded wrongly and at times where even though they have been branded with Green Dot the authenticity of their being 100% Vegetarian was doubtful. The Veg Congress is considering measures to check on the authenticity of the claims and institute corrective measures. It will go a long way in protecting the interest of Vegetarian customers in getting pure Vegetarian items if only our members would check on the branding of food packages at the time of shopping and on the compliance of the regulations by the Hotels and other Catering Establishments whenever they happen to visit them and bring the omissions to our notice for considering remedial measures. It will be appreciated that vigilance on the part of consumers will ensure strict compliance of the provisions conferring the intended benefits instead of remaining confined to the statute books.

We witness mushrooming of many varieties and brands of hydrogenated edible oils in the market. The adverse effects of hydrogenated fats on health are already

an ongoing debate. Utmost caution should be exercised by the discerning vegetarian consumers in choosing the right brand that are devoid of contents of animal origin. Whenever members come across any adulteration or wrong dot branding they may bring it to our notice for taking necessary further action.

Members may recall that we had strongly protested the increase of in the number of eggs provided to school children under the Midday Meal scheme. The Government have ordered the supply of nutritious vegetarian products in the place of egg to those from vegetarian background. It is our endeavor to prevail upon the Government to the discontinuance of supply of eggs altogether replacing it with vegetarian nutrients which are more healthy hazard free at the same time being most economical, eco friendly and will give boost to agriculture.



One of our Golden Jubilee Scheme is the Food for Hunger. The Veg congress envisions a hunger free society Apart from being healthy the Veg food is more eco friendly and economical. Studies reveal that a much larger number of persons can be fed by veg food with the same cost of non veg food for a few. Our members should come forward to support the veg congress in offering nutritious and delicious vegetarian food packets to orphanages old age homes and asylums of differently-abled people under this scheme.

Another important Golden Jubilee scheme of ours is the Green India envisaging planting thousands of saplings all over the country. Worldwide efforts are on in this direction to offset the eco hazards of Global Warming and climatic distortions. Today many NGOs and Local Bodies and Corporates are vigorously pursuing initiatives in this regard. I earnestly appeal to all members and our centres that we should encourage and step up our efforts in this direction.

I appeal to all of you to join us in our efforts to propagating our noble mission. Our concerted efforts will certainly lead us to concrete accomplishments

S. Vijaikumar Bafna
National Secretary



From the

National President's Desk

It gives me immense joy to be sharing my thoughts with you all through these columns once again. The founding fathers of this noble organization had great aspirations of this organization to work effectively to reverse the trend leaning away from vegetarianism and provide information and facilities needed by vegetarians. Over the past five decades this organization had been enjoying the patronage of Presidents Prime Minister Chief Ministers eminent personalities from all walks of life, great Industrialists Scientists. The list of the illustrious personalities who steered the organization through these years of its growth is highly inspiring and motivates us to strive towards growth to greater heights

There is a growing concern world wide over the ever increasing threat to the environment and the harmonious life on globe in the future. Fortunately the gravity of the situation is now beginning to be realized on a far wider scale than before. Today's newspapers reflect public awareness of the dangers of depletion of essential resources and climatic distortions. More concern is being voiced on the availability of water for the future generations on earth as the Hindi slogan Jal tho nahi Kal Nahi i amply illustrates it. Conservation of water is one of the major concerns of the Governments and all out efforts are on to generate awareness on this. Vegetarianism assumes greater significance in this context. One will be startled to note from the statistics based on scientific studies world wide available in a UN Report in 2006 which reveals that 10515 litres of water is needed to produce ½ Kg of meat while the requirement for producing ½ KG of wheat is just 253 litres

Adding deforestation as a major cause for draughts there are world wide efforts to conserve forests and plant more trees. Cutting meat could be a concrete step in the direction of conservation of water. Planting more fruit bearing trees a campaign of our veg congress under its Golden Jubilee project Green India is a step in this direction. Fruits are after all the gift of mother nature for aiding propagation of the species which would be the twin benefit more food and more trees.



Today vegetarianism apart from being a healthy mode of life has also turned out to be an ecological necessity. The tide of opinion is turning in its favour. The veg congress deems it essential to organize a deep study on vegetarianism to cull out the many interesting details and aspects of its benefits to the humanity and in this direction we are making efforts to establish a research centre.

A vegetarian can legitimately be proud that he leads a healthy life also ensuring the harmonious life of future generations on the Globe. It should be our endeavor to carry the message far and wide. No efforts should be wanting to spread the message through all available media such as Radio Television. The Internet has emerged as the powerful media of vast reach far and wide globally. The Veg Congress is enlarging its WEB site. It should be the endeavor of every one of us to promote the growth of this noble organization to conform to the aspirations our founding fathers.

N. Tarachand Dugar

National President



Far-reaching International studies have conclusively proven that a Vegetarian diet improves one's health and reduces one's likelihood of developing chronic diseases like diabetes, heart disease, cancer, kidney failure, obesity and osteoporosis.

Extensive global studies by independent, highly reputed international health advisory boards have clearly established that a vegetarian diet is *significantly* healthier than one which includes meat and animal products. This is true across age groups, child to adult, and includes pregnant and lactating women.

Studies have found a direct statistical correlation between decreased meat intake and increased health benefits. The chances of developing chronic diseases including high blood pressure, diabetes, coronary heart disease, obesity, kidney failure, osteoporosis, cancer, Alzheimer's Disease and other disorders is markedly decreased among vegetarians and vegans by as much as forty percent. **Along** with this favourable news, chances for longevity might increase by some twenty percent. Because of these benefits, health insurance companies commonly offer discount rates to vegetarians and vegans.

The old misconception that a vegetarian diet lacked protein has long since been disproved.

As more information came to light about the benefits of being vegetarian, the public

misconception changed. It is now widely known that *vegetarians can get enough protein, and quite easily at that*. A balanced vegetarian diet is easy to get and does not require special effort. *(Turn to page -- (I am also doing a piece on a high=protein diet)*

However, in many third world countries where there is not much variety of food, there is concern about protein in the diet. The staple food here may be rice and this alone does not provide the necessary nutrition. In developed countries, however, where people eat a variety of foods on a daily basis, getting an excess of protein is likelier than a lack of it, even for vegetarians and vegans.

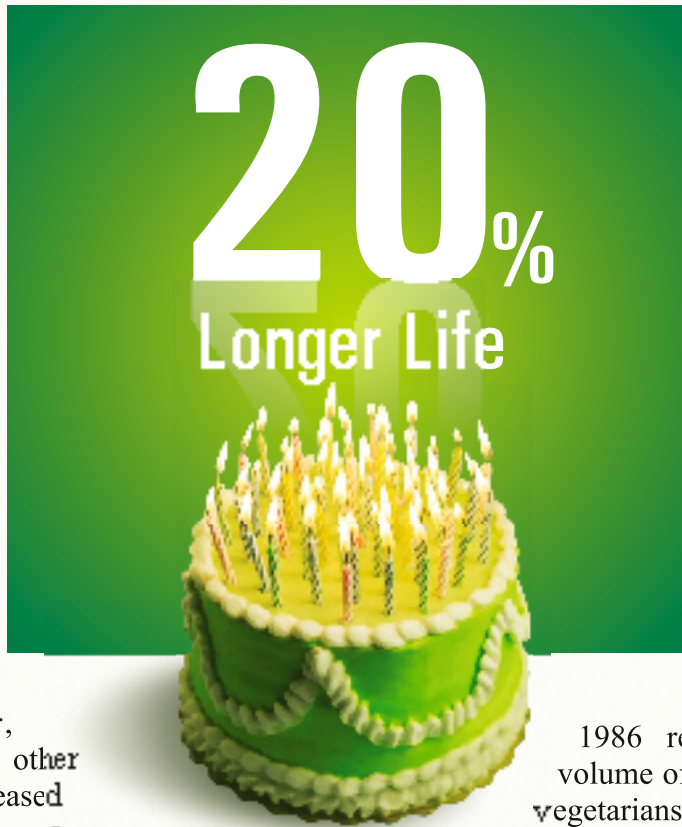
A vegetarian diet promotes good health

Let's see what the leading Medical Advisory Boards have to say.

The **British Medical Association (BMA)** was the first to bring out the benefits of a vegetarian diet in a

1986 report. Based on a large volume of research, it concluded that vegetarians not only tend to have lower **cholesterol**, but also significantly reduced instances of coronary heart disease, obesity, high blood pressure, certain types of cancers, gall stones and large intestine disorders.

Beginning in 1983, the **China study**, looked at 6,500 participants over the course of several years, documenting their dietary habits, lifestyles and health. This comprehensive study was a combined effort of the Chinese, United Kingdom and United States. The first results were made public in 1989, and were unequivocal. The less meat consumed, the





lower the risk of developing common chronic diseases as noted above. The study also debunked the Western myth of promoting meat as a necessary source of iron. Among the largely vegetarian-based diets of the Chinese, the average vegetarian had twice the iron intake of the average U.S. citizen.

The highly respected **World Health Organization (WHO)** offered their own findings on vegetarian and vegan diets in a 1991 report. WHO not only confirmed the results of the BMA and the China study, but also found that meat and dairy-rich diets promote other diseases as well, including osteoporosis or low bone density, and kidney failure. WHO went so far as to predict the cancer crisis the world now faces, based on the meat-rich dietary trends of Western nations. The report candidly faulted governments for public Dietary Guidelines that promote meat and dairy as necessary foods, urging more vegetarian-based policies where animal products are relegated to optional status.

Another organization to weigh in on the matter of vegetarian and vegan diets was the **Physicians Committee for Responsible Medicine (PCRM)**. This group consists of some 5,000 U.S. doctors, including the editor for *The American Journal of Cardiology*, William Roberts. The PCRM reviewed over 100 published studies from around the world. It confirmed that significantly lower disease rates are directly linked to vegetarian and vegan diets. In their detailed report, the PCRM urged the U.S. government to update dietary policies to reflect these findings. As far back as 1996, government policies addressed this for the first time, stating that a vegetarian diet is healthy, meets Recommended Daily Allowances, and does not lack protein.

Go vegetarian and live longer

About the same time as the previous studies were being conducted, **The Oxford study** was underway.

Gathering data over a period that spanned an excess of 13 years and involved over 11,000 people, it not only confirmed lower rates of heart disease, diabetes, cancer and other diseases among vegetarians, but also found a 20% decrease in premature mortality rates. Simply put, if you eat a vegetarian or vegan diet, you have a 20% better chance of living longer than if you eat meat, according to the study.



The positive findings of vegetarian and vegan diets are also echoed by the **American Dietetic Association (ADA)**, which ranks among the list of proponents. The ADA is one of the most highly respected advisory boards worldwide.

Criticisms have been levelled in some cases as to how data was interpreted, or the politics of those supporting it. However, until such criticisms are backed by redundant, solid, peer-reviewed research that causes organizations like the ADA, BMA, and WHO to reverse their positions, they cannot be taken seriously. For over two decades the body of worldwide medical evidence supporting vegetarian and vegan diets has been growing, is overwhelming, and to date, is indisputable.

Supported by the most highly respected health organizations in the world, the average citizen can take heart from the fact that a meat-free diet is not only healthier, but the benefits are not only statistically significant, but hugely beneficial.

Looking at all the evidence, the decision to adopt a vegetarian lifestyle is an easy one.

Take it today!

AN APPEAL TO MEMBERS

Veg Congress requested all our members to send filled in Member Information Form and we are yet to receive new data form from some of the Members. Hence, we request you to kindly fill the form and send it to us to enable us to honor you with a Memento and also to despatch a Table top calendar. Any further gift and our Veg Congress Journal will be sent only to those members whose response form is available with us. If you need the Form you can download it from our website www.vegcongress.org.

S.Vijaikumar Bafna - National Secretary



Protein-rich Vegetarian diet



Contrary to certain popular misconceptions, vegetarian diets give you plenty of proteins and what's better, they come without the dangers of cholesterol and saturated fat inherent in animal-based proteins.

Facts about a Vegetarian Protein diet:

The widespread practical experience of vegetarian diet, knowledge of traditional cultures, and hundreds of health/diet studies, postulate the following.

1. Excessive protein is as harmful as too little, and is linked with shorter life expectancy, increased cancer and heart disease risk, widespread obesity and diabetes, osteoporosis, kidney stress, and bad digestion

2. High protein-diets bring about temporary

weight-loss, at the cost of overall health, and people quickly regain weight once they return to a normal diet.

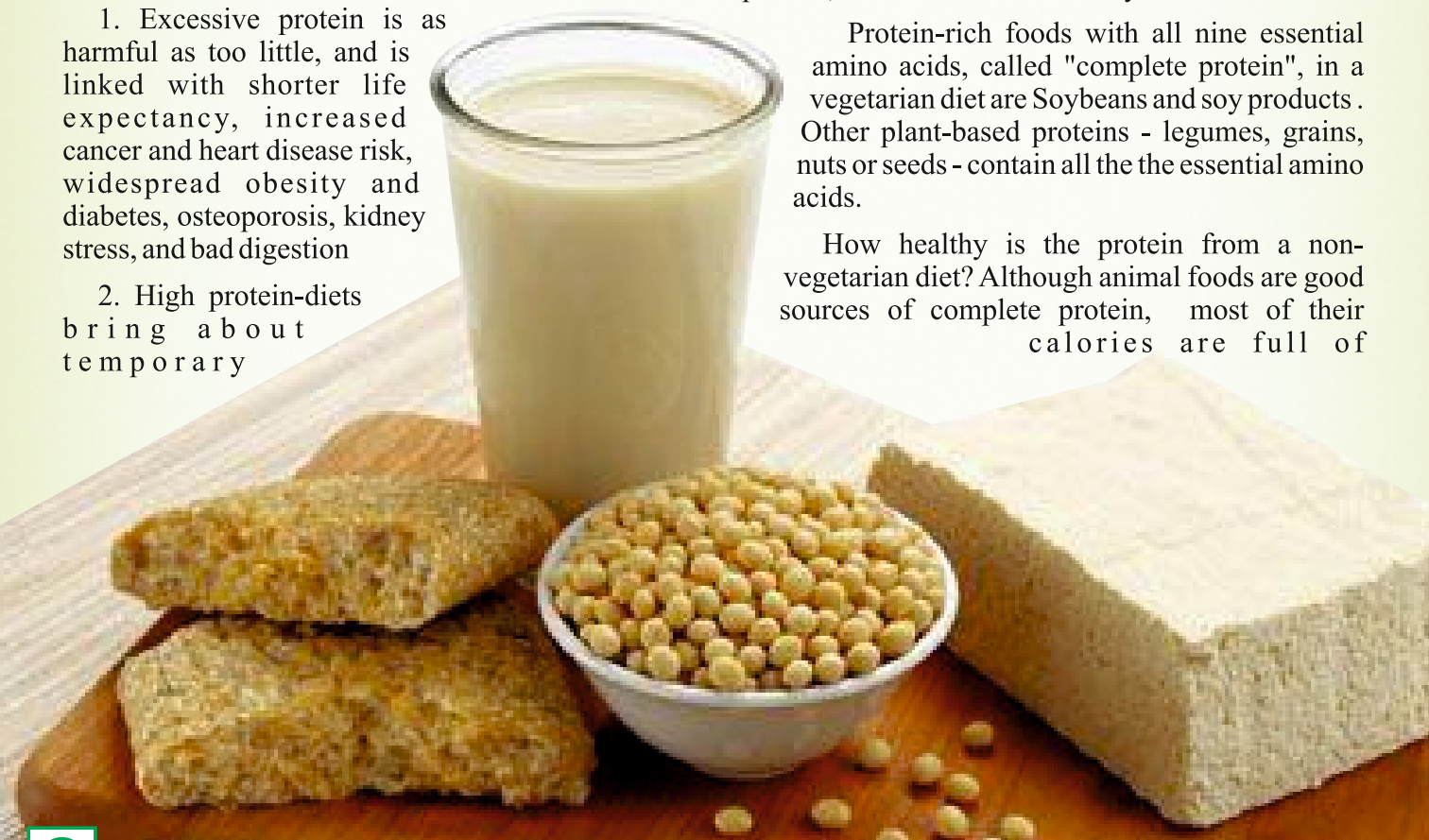
3. A varied vegetarian diet with a balance of protein, fats & carbohydrates, and adequate calorie intake provides more than enough protein.

4. Complete animal protein is not superior to complete protein from more than one plant source.

5. Protein from plant sources doesn't include excess calories from fat, toxic residues, or too much protein, which stresses the kidneys.

Protein-rich foods with all nine essential amino acids, called "complete protein", in a vegetarian diet are Soybeans and soy products. Other plant-based proteins - legumes, grains, nuts or seeds - contain all the the essential amino acids.

How healthy is the protein from a non-vegetarian diet? Although animal foods are good sources of complete protein, most of their calories are full of





cholesterol and contain saturated fat. Even lean meats clog arteries. Animal foods, high on the food chain, also contain high concentrations of herbicides, pesticides, drugs and hormones from industrial agriculture. They have little fiber, needed for digestive health. All of that, combined with heavy meat consumption, has a lot to do with the high rate of deaths from heart attacks, strokes and cancer in the western world, according to decades of health studies.

Recent research reiterates the fact that the protein from plants not only supplies all our protein needs, but also helps in lowering the amount of cholesterol, fat, and pesticide residues we consume. Plant-based proteins are superior not only because of what they don't include, but for positive nutritional factors like complex carbohydrates, minerals, vitamins, and fiber.

What's the daily protein requirement? Our daily protein requirement is about 56 grams of protein for a 70 kg man and 45 gms for an average-sized woman.

Vegetarian diets usually meet or exceed protein requirements, although they are often lower in total protein than non-vegetarian diets. This lower protein intake is considered beneficial, as high protein intake has been associated with osteoporosis and poor kidney function.

Good protein sources for vegetarians include nuts and seeds, legumes, including soy products (tofu, soy milk and soy isolate), whole grains, eggs and some dairy products (milk, cheese and yogurt). Remember that all plant foods, including vegetables, contain some protein, and everything you eat will contribute to your total protein intake, not to mention your total fat and carbohydrate intake, plus vitamins, minerals, etc.

Here is a partial listing of the main vegetarian protein sources:

1. **Nuts** - Almonds, brazil nuts, cashews hazelnuts, pine nuts, walnuts

2. **Seeds** - Sesame, pumpkin, sunflower, flax seeds

3. **Pulses** - Peas, beans, lentils, peanuts

4. **Grains and Cereals** - Amaranth, barley, corn, rye, oats, millet, quinoa, rice, spelt, wheat (in bread, flour, pasta and seitan or wheat gluten)

5. **Soy Products** - Tofu, tempeh, textured vegetable protein, soymilk

6. **Dairy Products** - Milk, cheese, yogurt, kefir from cows, sheep, goats, buffalos, etc.

Legumes supply large quantities of protein (12 - 15 grams/cup). There are hundreds of varieties of beans and lentils in the world, and thousands of ways to prepare them, in combination with grains, nuts, seeds, and dairy

Nuts and seeds also supply significant quantities of protein (like almonds or pumpkin seeds), and are





Protein-rich Vegetarian diet

an excellent source of good and healthy mono-unsaturated fats. Walnuts and flaxseeds and oil are good sources of vital Omega 3's, so often missing even in vegetarian diets



Grains like oats, wheat, and spelt are also very good sources of protein, which is enhanced and completed through combining with other foods

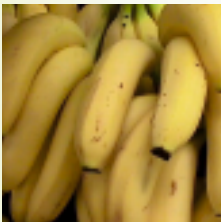


Soaking and sprouting legumes, nuts, and seeds will increase protein and vitamins - sprouting gives the best results when it has just barely begun.

Dairy products -- Milk, cheese, yogurt, kefir from cows, sheep, goats, buffalos, yaks, etc, depending on where you live



Vegetables like broccoli and potatoes supply significant amounts of protein. Even a banana supplies a gram of protein



From a protein point of view, it isn't necessary to have dairy and egg. Though they supply Vitamin B12, they are high in saturated fat and cholesterol.



There is a bewildering variety of delicious and healthy foods available in a vegetarian diet to keep you perfectly well-nourished and wondering how impoverished a non-vegetarian diet is in comparison.

A good route to beat the heat!

B E E T R O O T H A L W A

Ingredients:

- 1 kg Beetroot (peeled off, washed & finely grated)
- 2- ½ Cups sugar
- ½ litre milk boiled and cooled
- 2 to 3 Cups of water (sufficient to boil the beetroot)
- 8 Cashew nuts
- 2 Tbsp. Ghee

How to make Beetroot Halwa

Pour water in a shallow pan, add grated beetroot and cook the beetroot well until water gets evaporated.

Add sugar and half of the milk, stirring constatly until the mixture achieves a thick consistency.

To this add ghee and stir well.

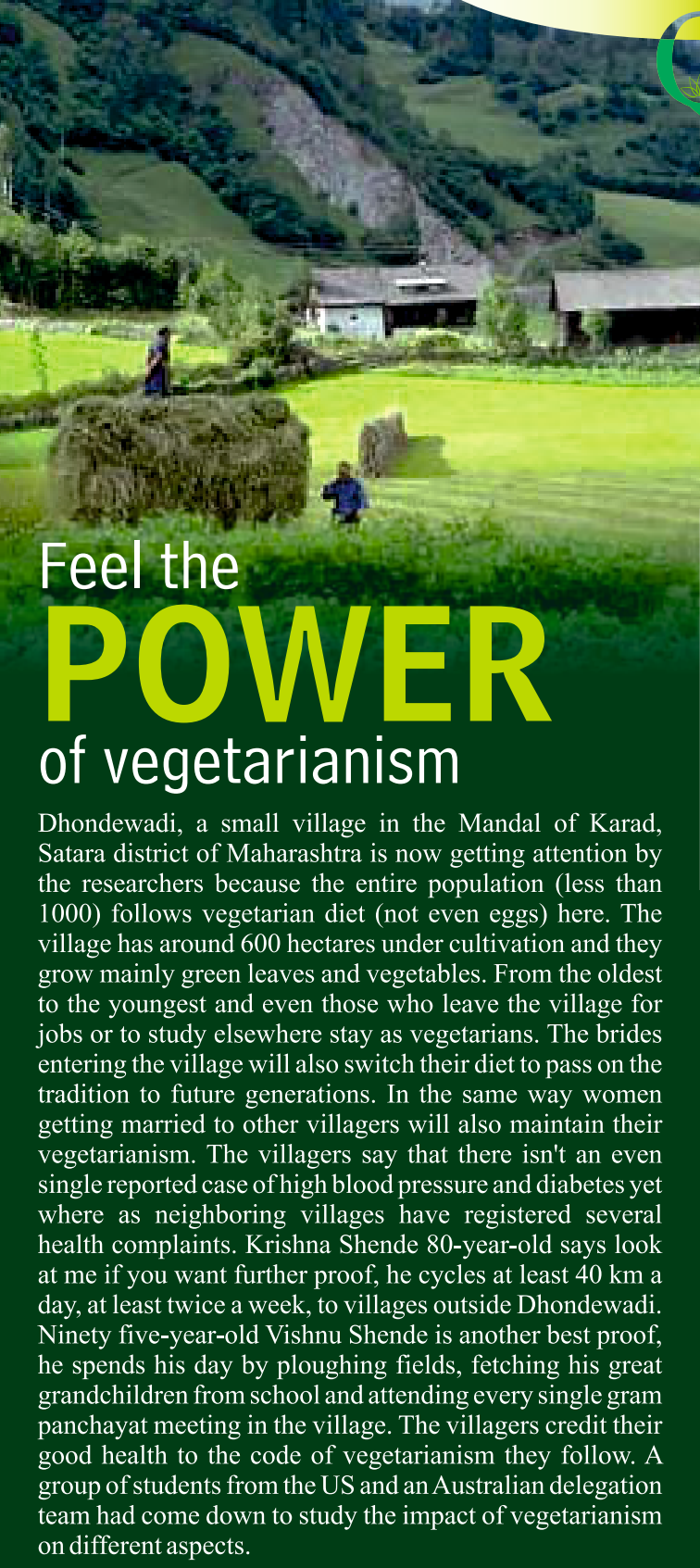
Add remaining milk and simmer again for just 1-2 minutes on low heat.

Take off heat and garnish with fried cashew nuts

Allow it to cool in your fridge for a while.

Your delicious Vegetable Dessert is now ready to eat.





Feel the POWER of vegetarianism

Dhondewadi, a small village in the Mandal of Karad, Satara district of Maharashtra is now getting attention by the researchers because the entire population (less than 1000) follows vegetarian diet (not even eggs) here. The village has around 600 hectares under cultivation and they grow mainly green leaves and vegetables. From the oldest to the youngest and even those who leave the village for jobs or to study elsewhere stay as vegetarians. The brides entering the village will also switch their diet to pass on the tradition to future generations. In the same way women getting married to other villagers will also maintain their vegetarianism. The villagers say that there isn't an even single reported case of high blood pressure and diabetes yet where as neighboring villages have registered several health complaints. Krishna Shende 80-year-old says look at me if you want further proof, he cycles at least 40 km a day, at least twice a week, to villages outside Dhondewadi. Ninety five-year-old Vishnu Shende is another best proof, he spends his day by ploughing fields, fetching his great grandchildren from school and attending every single gram panchayat meeting in the village. The villagers credit their good health to the code of vegetarianism they follow. A group of students from the US and an Australian delegation team had come down to study the impact of vegetarianism on different aspects.



Q: What's the strongest vegetable?

A: A muscle sprout



Q: Why did the grape stop in the middle of the road?
A: Because he ran out of juice.

Two Irish potatoes were sitting on a chopping board.
"I'm about to change my nationality"
one said to the other
"How?" the other potato asked
"By becoming French fries!"



Q: Why did the Tomato go out with a prune?

A: Because he couldn't find a date!



Q: How do you fix a broken tomato?

A: Tomato paste

Knock, Knock
Who's there? Lettuce
Lettuce who?
Lettuce in and you'll find out.



Q: What happened to the jay-walking lemon?
A: He became lemon squash!

Q: Why did the guy get fired from the orange juice factory?
A: He couldn't concentrate






The Indian Veg

For a **FREE** copy of VEG CONGRESS MAGAZINE

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



know meat !

Did you know that the live stock 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)



Vegitarian Congress

For more information, send a request by email to contact@vegcongress.org

For more information, visit vegcongress.org or contact us at Ph.No: **98413 31943 / 93830 09900** or E-mail: contact@vegcongress.org



How important is Calcium in your diet?



There is plenty of Calcium mineral available in the human body. Almost all of the total calcium—about 99% is in our bones and teeth where it performs a structural role. The calcium present in body tissues and fluids account for the remaining 1% which is imperative for muscle contraction, cell metabolism and nerve impulse transmission.

What does Calcium do?

The chief role of calcium is structural. The skeleton of a young adult male contains about 1.2 kg of calcium. Calcium constantly moves between the skeleton and blood and other parts of the body. This is minutely controlled by hormones. Metabolites of Vitamin D are important in this, enabling calcium to be re-absorbed by bones.



Sources of Calcium (single servings)

Good Sources		Fair Sources		Poor sources
Tofu (60g or 2oz)	304mg	Brown bread (2 slices)	70mg	Spaghetti, boiled (100g or 3½oz) 7 mg
Cheddar cheese (slice, 40g)	288mg	Brazil nuts (9 nuts, 30g)	54mg	Brown rice (190g or 8oz) 7 mg
Cow's milk (0.3 pint)	234mg	Dried apricots (8 apricots)	46mg	--
Spinach, boiled (130g or 5oz)	208mg	French beans, boiled (100g)	41mg	--
Dried figs (4 figs)	168mg	Paneer (45g or 1½oz)	33mg	--
Soya cheese (slice, 40g)	180mg	Sesame seeds (15g or ½oz)	20mg	--
Chick peas, boiled (200g or 8oz)	92 mg	-	-	--
Baked beans (200g or 8 oz)	90 mg	-	-	--
Broccoli, boiled (95g or 3½oz)	72 mg	-	-	--

Calcium also plays a part in cell biology. Calcium can adhere to a wide range of proteins changing their biological activity. This is essential in nerve impulse transmission and muscle contraction. Calcium is also necessary for blood clotting.

Dietary calcium requires Vitamin D for absorption, and so calcium deficiency may cause rickets in children. In adults, calcium deficiency may result in **osteomalacia** (softening of bones).

This could also occur due repeated pregnancy with lengthy breast feeding.

Osteoporosis can result owing to calcium deficiency. This involves loss of calcium from the bones and reduced bone density. This causes bones to be brittle and liable to fracture. Bone loss occurs with age in all individuals. This usually occurs after 35-40 years and results in the shrinking of the skeleton. Bone loss is greatest in women after menopause. This is due to reduced levels of the hormone, oestrogen. Postmenopausal women are particularly at risk of getting osteoporosis.

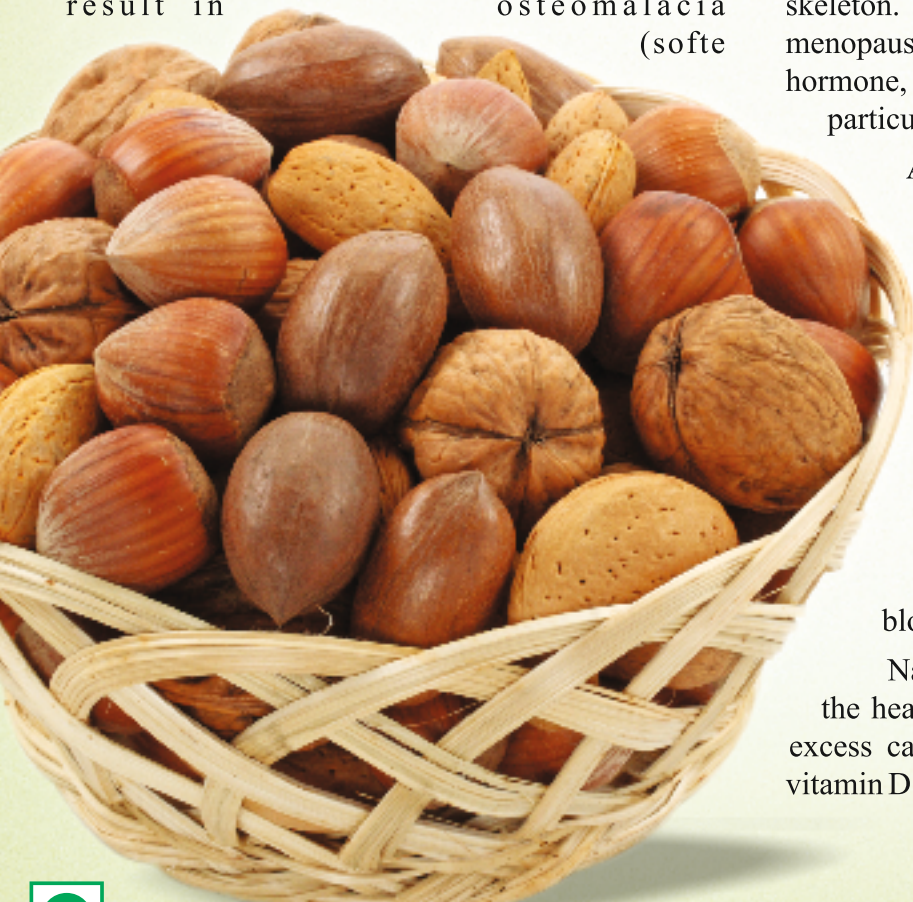
Are Vegetarians at an advantage?

Some research has indicated vegetarian women are at less risk of osteoporosis than omnivorous women. This could be due to animal protein enhancing calcium loss from bones.

The risk of osteoporosis may be altered by factors other than diet. Being underweight, lack of exercise, smoking and alcohol can all increase the risk.

A low level of calcium in the tissues and blood can cause muscle cramps and spasms.

Nausea, vomiting and calcium deposition in the heart and kidneys are undesirable effects of excess calcium in the blood. Excessive doses of vitamin D can be fatal in infants.





Reference Nutrient Intake of Calcium, mg/day

Age	RNI	Age	RNI
0 to 12 months	525mg	11 to 18 years, male	1000mg
1 to 3 years	350mg	11 to 18 years, female	800mg
4 to 6 years	450 mg	19+ years	700mg
7 to 10 years	550mg	Breast feeding women	1250mg

Vegetarian Dietary Sources Of Calcium

Calcium is present in a wide variety of foods. Leafy green vegetables, dairy products, nuts and seeds (almonds, walnuts, pistachio nuts, Brazilian nuts, sesame seeds), tofu, and dried fruit (dates, blackberries, black currants are all good sources of calcium for vegetarians. Flour is usually fortified with calcium carbonate and so cereals can also be a good source. Meat is not at all a source of calcium.

Calcium balance can be affected by a range of other factors. Vitamin D is essential for absorption of calcium from the intestine. This is because calcium is carried into the body by a special protein that needs vitamin D for its amalgamation.

A number of substances can affect the absorption of calcium. Phytic acid, found in whole cereals, bran, and raw vegetables is one of these. Uronic acid, a part of dietary fibre, and oxalic acid, found in certain vegetables and fruits can also bind calcium. However, diets high in these acids do not have affect calcium absorption significantly. Saturated fats can also reduce calcium absorption.

Calcium is lost in excreta, urine and sweat. The amount of calcium lost is nearly equal to dietary calcium in adults. Calcium loss is lowered if dietary calcium is low. The body adapts to both high and low calcium intakes. Reduced intake results in increased efficiency of absorption. Infants and children retain calcium for new bone development.

Daily Required Intake

The old have now been replaced by the term Reference Nutrient Intake (RNI) is the term in vogue now. Recommended Daily Amounts (RDAs) is no longer used. The RNI is the amount of nutrient which is sufficient for at least 97% of the population.

During pregnancy, calcium absorption from the intestine goes up and no additional calcium is normally needed. As lactating women can lose up to 300 mg a calcium/day in breast milk, they would need an extra 550 mg of calcium daily.

Calcium absorption reduces with age so it is important for the elderly to have adequate calcium in their food.

Give us this day our daily calcium

Example: Daily Menu to gain the RNI of 700mg for an adult

Breakfast		Lunch		Evening meal	
Museli	114mg	2 slices of brown bred toast	140mg	Tofu (60g) with Panneer	376 mg
Soya milk, unfortified	15mg	Baked beans (200g or 80z)	90mg	Brown rice, boiled	7mg

Total Calcium intake - 742mg



SOYA

A HEALTHY DAIRY ALTERNATIVE



Finding alternatives to compensate for the nutritious loss when you become a vegetarian is no more a Herculean task. Soya is one of the best alternatives sources of added calcium and protein for vegans. Its origin dates back to the BC when it was regarded as even a sacred crop by the Asians, who were said to be the first to cultivate them. Soya helps prevent chronic diseases and it is a very rich alternative for dairy products. In addition to this it also has high vitamin, protein, minerals and fibers. They are a popular dairy substitute for many dairy products like milk, cheese, yogurt and ice cream. They can reduce considerable amount of cholesterol levels. They contain healthy fatty acids such as eicosapentaenoic acid (EPA or also icosapentaenoic acid) and docosahexaenoic acid (DHA) that are found in fish. It contains high levels of phytic acid which are antioxidants. It also helps reduce the risks of cancer, minimizes diabetes and reduces inflammation.

Dairy Products from Soya:

The dairy products from Soya include: • Soy Milk • Soy Yogurt • Tofu

Soy Milk:

Soy milk is rich in proteins and vitamin B. It has considerable calcium content though it is not a rich source of calcium. Soy milk naturally has a beany

taste but it is now flavoured and sold. Soy milk can even be made at home with the basic needed ingredients or with a soy milk machine.

Soy milk contains only vegetable proteins. Vegetable protein is said to cause less loss of calcium and does not risk the occurrence of osteoporosis as animal protein. It does not contain lactose. 75% of the population of the world cannot tolerate lactose. Soy milk contains prebiotic such as stachyose and raffinose that boost immunity and reduce the toxic contents of the body. Soy milk also helps reduce cholesterol levels. Soy milk contains a lot of isoflavones.

Isoflavones has the following benefits: • It helps reduce cholesterol levels • Eases menopause symptoms • Prevents osteoporosis • It reduces breast and prostate cancer.

It is also a good antioxidant that protects the DNA from

oxidations

Soy Yogurt:

It is made by fermenting milk using friendly bacteria. It has a slightly beany soy taste. The bacteria used in soy yogurt promote healthy colon and help prevent colon cancer. They do not contain



cholesterol and have less quantity of fat compared to yogurt made from cow's milk. It helps to control type 2 diabetics and high blood pressure. It can be easily made at home using proper tools and measurements.

Tofu:

Tofu is known to have amazing nutritional benefits and is also versatile in its contribution to making delicious recipes. It has a bland taste but easily absorbs the flavours that are added with them in the making of a dish. It is a superior alternative to paneer made from cow's milk which is rich in fat and cholesterol levels. It contains vitamin B and isoflavones and if calcium sulphate is added to it, it becomes a rich source of calcium too. It is also rich in iron. It comes in different types mainly based on its texture like silken tofu, firm tofu, fresh tofu, dried tofu, processed and flavoured tofu.

General Health Benefits of Soya:

Soya helps in the enhancement of bone health. Isoflavones help in preventing osteoporosis that make up for the comparatively less calcium content in Soya than in dairy products. Isoflavone genistein helps to hinder the breakdown of bones and thus contribute to the improvement of bone health. It

helps reduce calcium loss from bones that are abundant when animal dairy products are consumed. Soyas are rich dietary sources of isoflavones.

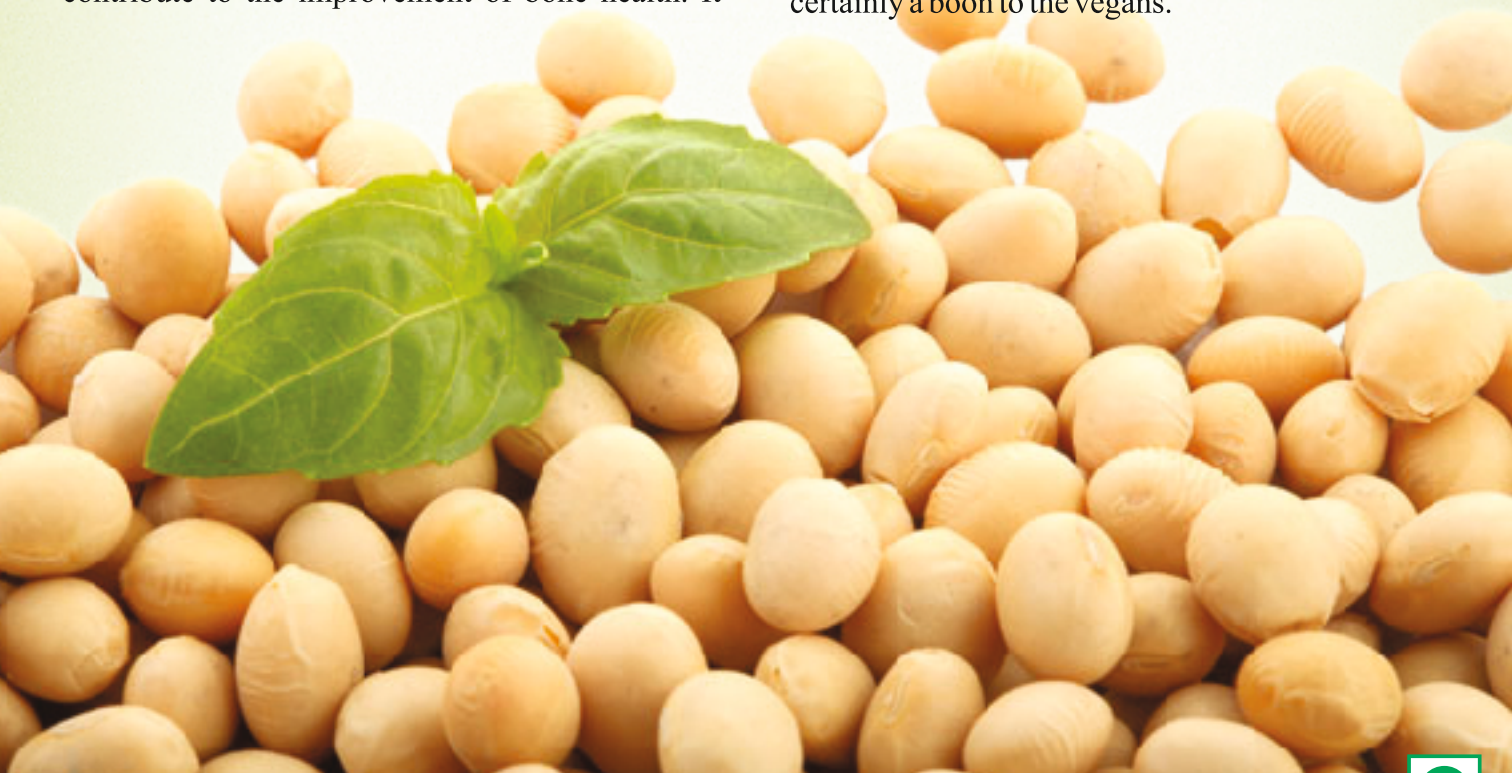
Soya helps prevent certain cancers mainly hormone related ones such as breast and colon cancers.

Soya reduces menopausal symptoms such as hot flashes and night sweats.

Soya reduces the risk of heart diseases. It helps prevent cardiovascular problems. It reduces overall body cholesterol that is the main reasons for most of the heart diseases to occur. It also increases the flexibility of blood vessels.

Soya is very nutritive. Most of the soy products are rich in protein. Soya is particularly important sources of proteins for vegans. It prevents the oxidation of LDL cholesterol and is a rich source of magnesium that helps in the proper functioning of bones, arteries and heart.

Needless to say, Soya is a very healthy and superior dairy alternative. It satisfies the ideological, medical and the health reasons for which it is chosen as a dairy alternative. It is certainly a boon to the vegans.





Why am I an ethical Vegetarian?

Well, the answer is an easy one. The fact that I was born and raised as a vegetarian has something to do with it. But why do I choose to remain one? It is because I am an adherent of Mahatma Gandhi's philosophy of Ahimsa.

That is to say I am totally opposed to killing and cruelty to any living entity. Breeding animals, feeding them, fattening them and then killing them just to satisfy one's sensual pleasures- of the tongue and stomach- fills me with abhorrence. It is not as though there are not enough things to eat. Nature has in its bounty given us an abundance of fruits, vegetables, edible shoots and leaves. There is such immense variety, taste and nutrition in vegetarian food that it is totally unnecessary to slay animals to satisfy one's culinary pleasures. While it is the moral side of it that makes me an ethical vegetarian, I also enjoy other benefits. I get all the nutrition and sustenance I need from vegetarian food. In fact, health sciences are slowly but surely proving the advantages of vegetarianism and the disadvantages of meat consumption. Going vegetarian is now recommended for good health and fitness. Weight-watchers and health and beauty-conscious people are increasingly adopting vegetarian diets.

It is now an established fact that vegetarianism is enormously good for the planet in terms of reducing the carbon footprint, conservation of valuable resources like energy, water, land and food. While going vegetarian for reasons of health and beauty, preservation of the world's scarce resources are sound ones, I still believe that the prime motivation for being a vegetarian should be because one should not kill animals to eat them. And that should be the main basis for one being vegetarian. Labels such as Halal and Kosher are just eyewash as everybody knows that producing such meat also involves pain to the animal-make no mistake about it. In my view, people who eat animals are as cruel and insensitive as those who go hunting and shooting- and have no moral right to criticise the latter. I, of course, don't object to killing an animal in self-defence if necessary- when it attacks you.

The established fact that meat cannot provide any nutrition that vegetarian food cannot provide, makes the killing of animals for food wholly unnecessary. One should bear in mind that all living things experience pain and the animal knows the suffering it goes through when it is slaughtered. As humans endowed with the faculty of intellect, we should know it better still!

Guess what, looking at it in another way, I am an Animal Rights Activist too!

By Murali



World Vegetarian Day Celebrations

6th October 2010

The crowning event of the World Vegetarian Week observed by the Veg congress 1st to 7th October is the World Vegetarian Day Celebrations held on 6th October 2010 at the AVM Rajeswari Kalyana Mandapam Radhakrishnan Salai Chennai-4. The

venue bore a festive look since morning buzzing with intense activities. There was a colorful display of standees depicting the impact of Live Stock industry on the Global Environment. Shri Jayantilal Challani President Madras Jewellers and Diamond Merchants Association inaugurated the celebrations a day long event of competitions on drawing, painting, creativity, poster designing, quiz for students from KG to Plus II level and the cookery competitions for women. A large number of students enthusiastically participated in the competitions exhibiting admirable levels of knowledge and skills. The cookery competition as before attracted the enthusiastic participation of hundreds of housewives presenting delicious dishes of excellence and innovation posing quite a job for the judges. Sri Ganesan AGM Canara Bank also joined the celebrations and enthused the participants. The Valedictory function commenced in the afternoon with the welcome address by Shri N.Tarachand Dugar Veg Congress National President. Shri Suresh M. Khatri Director, Mohanlal Jewellers was the Chief Guest and Shri Shanthilal Jain M/s Jain Metal Rolling Mills Chennai was the Guest of Honour. Shri S.Vijaikumar Bafna presented a report on the activities of the Veg Congress. The Chief Guest and the guest of honour addressed the gathering and distributed prizes to the Winners and certificates to the participants. Smt Shanthi Sarvothaman proposed vote of thanks. The function came to a close on a high note of joy and elation. Dr R.R Dhanapall co chairperson World Vegetarian Day





Celebration Committee and their team and Takewing Communications did a good job in making the function a grand success.

World Vegetarian Day Celebrations of Veg Congress Centre of Puducherry.

The Veg Congress Centre of Puducherry celebrated the World Vegetarian Day with fervor and gaiety. Various competitions were held in which hundreds of students participated with great enthusiasm. The valedictory function and the prize distribution were held on 13th October 2010 at the Kanchi Mamunivar Centre for PG Studies Lawspet Puducherry. Prof R.R Dhanapall Chairman Indian Institute of Public Administration (IIPA) presided over the function. Dr O.P. Shyma Director Kanchi mamunivar Centre inaugurated the functions Shri K.P Muralidharan Chief Manager Vijaya Bank Puducherry delivered the special address and distributed the prizes.



World Vegetarian Day Celebrations of Veg Congress Centre of Kodambakkam.

The Veg congress Centre of Kodambakkam held their World Vegetarian Day Celebrations on the 26th September 2010 at the Rama Rao Kalamandapam Karnataka Sang Habibullah Road Chennai 17. Various competitions on drawing music recitation fancy dress for the school children were held. Around 1000 students from 60 schools participated. It was a grand show of skill and talents. Shri N.Tarachand Dugar National President Indian Vegetarian Congress inaugurated the celebrations. Dr R.Srinath Director JV Hospital Kodambakkam lighted the kuttuvilakku along with the dignitaries present. Shri S.Vijaikumar Bafna National Secretary, The Indian Vegetarian Congress Shri Manian and a host of other dignitaries participated in the function and addressed the very large gathering





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
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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.org



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



Change the WORLD

The Veg Congress is a non-sectarian, non-profit and secular organisation founded by late Smt. Rukmani Devi Arundale who believed that nurturing such a cause is the social responsibility of every individual. Our mission is to espouse the importance of healthy eating habits and its practical correlation to a clean vegetarian diet, the bountiful nature provides. We solicit your patronage and participation in our endeavors to promote our noble mission globally by enrolling yourself as a member or by releasing your advertisement through our quarterly journal or by opening a Veg Congress centre in your locality.

Opening a Veg Congress Centre

10 persons in a locality can join and form a centre making a payment of an affiliation fee ₹ 1,000/-.

National Head Quarters Membership

Life Member: ₹ 10,000/- Patron Member: ₹ 50,000/- Institutional Member: ₹ 1,00,000/- (For 25 years)

Advertisement Tariff:

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

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

More details can be had from the Veg Congress National Head Quarters

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- Dr.R.R.Dhanapall** - Co-ordinator, Research Work
- Dr.M.S.Srinivasan** - Co-ordinator, National Veg Congress Centres
- Dr.M.A.Hussain** - Co-ordinator, International Veg Congress Centres

Members of the National Council:

- | | | | |
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Shri Doulat Jain

Blue Cross of India:
Dr. S.Chinni Krishnan

Bhagwan Mahaveer Ahimsa Prachar Sangh
Shri K.C.Sethia

Karuna International
Shri Dulichand Jain

Kalakshetra Foundation
Smt. Leela Samson

Jainology Research Foundation
Shri Krishnachand Chordia

People for Ethical Treatment of Animals
Shri Hiren Kara

Tamil Nadu Brahmins Association
Shri K.R.Srinivasan

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The Indian Vegetarian Congress

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