



The Vegetarian solution to  
**Global  
Warming**



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



will History repeat itself ? 

*Shri. R. Venkataraman*

Hon'ble & Hon.Chief Patron, Veg Congress



“Of the several institutions with which I have been associated, the Veg Congress is very dear to me”.

Your support and guidance will be deeply missed.

You were a great source of strength and leadership to us.  
Your staunch belief in the vegetarian way of life strengthened the resolve of countless people to convert to vegetarianism.



The Indian Vegetarian Congress

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Website: [www.vegcongress.org](http://www.vegcongress.org)

# Inside:



*4 excuses busted*

15

*What's your carbon footprint?*



21



*Breaking fast the veggie way*

10

## Fossil Fuels: Our Lifeline?



28

*Should I go veg?*



29



*Just For Kids*

32

Puzzles, cartoons, jokes, facts & much more

## Prayer

सत्वेषु मैत्री गुणेषु 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



*Exciting*  
Vegetarian Recipes

## Veg Congress

### history

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

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

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

The Veg Congress has its headquarters in Chennai. It has about 2000 members across India and abroad. It conducts several programmes and observes 'World Vegetarian Day' during the first week of October each year, thereby enlightening the people on the significance and 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 doctor's orders.



*Mrs. Rukmini Devi Arundale*

Research has proved that vegetables are rich in all the necessary vitamins, minerals, proteins and fibrous content needed for human beings.

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

### Objectives of the Veg Congress

- The Veg Congress will endeavour to spread awareness among the younger generation in this regard.
- The Veg Congress will work towards planting saplings in schools, colleges and other institutions.
- The Veg Congress will work towards donating generously to the Food Bank.
- The Veg Congress will join hands with other organisations like SPCA, Blue Cross, AWB, Beauty without Cruelty and PETA for joint activities.
- The Veg Congress will spread awareness about the harmful effects of tree-felling and deforestation and its effect on global warming. They will grow saplings in areas under forest cover where tree-felling takes place regularly and illegally.
- The Veg Congress will convene annual get-togethers for its members to discuss past and future projects and advertise its projects through media whenever possible in order to generate public interest and participation. ■

## Veg Congress

### HON. PATRONS



**Shri. Deepchand S. Gardi**  
Hon. Patron



**Dr. N. Mahalingam**  
Hon. Patron



**Shri. Surendra M. Mehta**  
Hon. Patron

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**Shri. S. Srinivasan**  
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National Treasurer



**Shri. Uday L. Metha**  
National Joint Treasurer



*From  
The  
National Secretary's  
Desk*

*M*y greetings and best wishes to everyone. The Veg Congress is proudly marching towards its Golden Jubilee and our growth through the past five decades has been remarkable. We have derived the benefit of the inputs of many stalwarts. Even though our achievements are many, we have much more to accomplish. Promoting vegetarianism is and always will be an ongoing process, one which requires every ounce of our mental and physical faculty.



basic living quarters, decent quality food, clean water, sanitation, education and a respectable means to earn their living. This is but a dream for countless people who can only hope for a better future, if not for themselves then for their children and grandchildren. It is however a dream that can come true, if we put our minds to it and work together.

The Tamil epic 'Manimekalai' compares the act of appeasing hunger by serving food to the hungry, to that of giving life. It speaks of the 'Akshyapatra', a divine pot that always gets filled with food and is never empty. This pot was given to Manimekalai for serving food to the poor. Sharing food with the less fortunate is a virtue acclaimed by all religions and societies. Nothing can make a person as happy and content as eating food when he is hungry.

It has been the endeavour of the Veg Congress to promote a hunger free society. We launched the scheme 'Food for Hunger' during the 1<sup>st</sup> Phase of the Golden Jubilee Celebrations. According to this scheme, nutritious and tasty vegetarian food packets are made accessible to orphanages, old age homes and asylums. This is just the beginning. Making available healthy vegetarian food is also a means to the end of promoting vegetarianism. Furthermore, our Golden Jubilee projects such as 'Green India' and 'Food for Hunger' should be pursued vigorously.

Let us now rededicate ourselves to serving this country and our fellow Indians by doing whatever is in our power to do. Whether it is by planting a few saplings, feeding hungry children or by simply spreading the word, let us endeavour to end hunger and promote a peaceful and humane society. ■

**S. Vijaikumar Bafna**  
National Secretary



*From  
The  
National President's  
Desk*

*M*y Best Wishes to you all. We are entering the Golden Jubilee Year of the Veg Congress. The first and second phase of the Triennial Celebrations held at Chennai in 2007 and at Mumbai in 2008 witnessed tremendous eagerness from the vegetarian community. Enthused by it, we are now planning the grand finale of the celebrations at Delhi in 2009. I welcome the participation of one and all to make it a grand success.



Warming and the resultant climatic distortions which are a threat to the ecological equilibrium of the earth. Deforestation is one of the major causes for this hazard. The meat industry takes the greatest toll on forests by way of pasture lands for rearing animals as food for humans.

Studies have shown that one eighth of land would be sufficient to feed the humans directly with cereals and vegetables. Vegetarianism certainly promotes environmental harmony by promotion of greenery on earth. This has emerged as one of the vital remedies for the hazard of global warming and universal efforts are on to plant trees on a large scale and conserve forests. The "Green India Project" launched by the Veg Congress envisages the planting of one million saplings.

The Government of India has made it mandatory to brand pure vegetarian products with a green dot. The Veg Congress is publicising this widely to rouse consumer awareness. We are also persuading the concerned authorities to ensure supply of pure, green dotted, branded, vegetarian items on flights, trains, star hotels, etc. and even separate seating arrangements on flights. Parama Poojya Swamy Ramdevji Maharaj, who was the Chief Guest for the Triennial Golden Jubilee celebrations in 2008, has advocated the imposition of tax on items containing animal products in view of their adverse impact on the environment by means of global warming.

Join us in spreading the message of vegetarianism to all corners of India and the world. Please visit our sites [www.vegcongress.org](http://www.vegcongress.org) and [www.greendotter.com](http://www.greendotter.com) for more information. Your feedback and suggestions are always welcome. ■

The last five decades have witnessed a sea of change in the scenario of vegetarianism in the west. Vegetarian food was then a rare phenomenon and it may not be an exaggeration to say that it was even unheard of in remote areas. The experiences of Mahatma Gandhi and many other vegetarians in western countries is a pointer in this direction. On many occasions they had to contend with a loaf of bread and a glass of milk. Today varieties of popular vegetarian dishes are available in most towns. Popular Indian restaurants have opened their branches in cities like London, New York, Los Angeles, Singapore and Tokyo.

You will all be happy to know that a cookery book on vegetarian dishes authored by Mr. Jigyas Giri and Ms. Pratheepa Jain has bagged the Gourmet Award, a prestigious International Award.

It should be the endeavour of the Veg Congress to ensure that awareness on vegetarianism no longer remains a deliberation in elite chambers but emerges as a mass movement. Efforts need to be made to establish Veg Congress centres in all cities, towns and even at taluk levels to spread the awareness at the grass root level. I seek the co-operation of one and all in this endeavour. Today scientists are more concerned over Global

**N. Tarachand Dugar**  
National President



# Glimpses of the Triennial Golden Jubilee Celebrations



## Phase II - held at Mumbai

The Second Phase of the Triennial Golden Jubilee Celebrations was successfully held on 23<sup>rd</sup> August 2008 at the NCPA Auditorium, Mumbai. The Times of India, a leading newspaper in India, helped in organising the celebrations.

The sponsors of the event were Shri. Narendra Kumar Baldota of MSPL Ltd., Shri. Hemant Shah of Akruti City and the co-sponsors were Shri. Pradeep Rathod of Celloware and Shri. Kewal Chand Jain of Kiran Clothing Company.



The function was a grand affair. The NCPA Auditorium was packed to capacity. Parama Poojya Swamy Ramdevji was the Chief Guest.

To mark the grand occasion, 18 "Icon of Vegetarianism" awards and 15 "Torch Bearer" awards were conferred. Eminent personalities like Smt. Rajashree Birla (Aditya Birla Group), Dr. R. Velu (Hon. Union Minister of State for Railways), Shri. Pusp Jain (MP), Shri. Satyapal Singh (Commissioner of Police, Pune), Shri. Shashi Ruia



(Industrialist), Smt. Aditi Gowarikar (Model and Actress), Padmashree Tarla Dalal (Culinary Expert), Her Highness Smt. Govardhan Kumari and Shri. Kailash Agarwal of Udaipur were all present to accept their awards. Baba Ramdev, as he is fondly known, personally handed over the awards.

Dr. Chiranjee Lal Bagra and Dr. M. A. Hussain, Council Members of the Veg Congress, were also honoured on the occasion. Baba Ramdev delivered an excellent address to



the vast audience on the merits of vegetarianism as a mode of healthy life and its relevance in maintaining ecological balance on Earth.

He even advocated the imposition of a tax on goods containing animal products in view of their adverse impact on the environment by means of global warming.

## Post Main Function

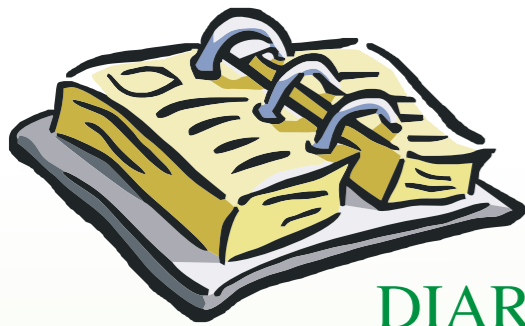
In the afternoon there was a dance performance by a troupe from Upasana Dance Academy, Mumbai which was quite enjoyable. Then followed the much-awaited prize distribution to the winners of the Mega Veg Cookery contest.



Earlier in the day a large number of contestants participated in five different categories of the cookery contest, such as Indian, Continental, International, etc. Apart from the usual first, second, third and consolation prizes for each of the five categories, one mega prize, 'Star of the Event', was also awarded. Gifts to the participants were presented by M/s. Cello and M/s. Sri Krishna Sweets. In the words of Dr. C. L. Bagra, a veteran member of the Veg Congress, "It was indeed a Mega Event in the history of Veg Congress".



The function was well covered by vernacular and english newspapers. The third phase of the Triennial Golden Jubilee celebrations will be held in New Delhi in 2009. ■



## DIARY OF EVENTS

### 1. World Vegetarian Day Celebrations 2008

The World Vegetarian Day Celebrations 2008 were held on 6<sup>th</sup> Oct at Rajeswari Kalyana Mandapam with fervour and gaiety as in the past. Shri. V. Balachandran, IPS, ADGP, inaugurated the celebrations. Dr. V. Gurumurthy, MD, Chairman, Epidemiology Department, Ramachandra Medical University delivered the keynote address. Shri. H. Chandrakumar Jain, Joint Managing Director, Vijayshanti Builders and Shri. B. A. Chandrasekar, Joint Managing Director, Vivek Ltd., were our Guests of Honour. Various competitions were held for children, college students and ladies. Prizes and certificates were awarded to all the winners and participants.

### 2. Food For Hunger Scheme

The International community honoured Mahatma Gandhi by christening his birthday as World Ahimsa Day. The Veg Congress distributed free vegetarian food to the residents of The Tamil Nadu Association for Rehabilitation of the handicapped on 2<sup>nd</sup> October 2008, to commemorate this day.

### 3. World Vegetarian Day Celebrations at the Kodambakkam Centre

The Veg Congress of Kodambakkam held the World Vegetarian Day Celebrations on 19<sup>th</sup> October 2008. Many contests were conducted such as fancy dress, drawing, Sanskrit verse recitation, Karnatic music, Thirukkural recitation and an oratorical contest on "The Importance of Vegetarianism". Around 650 students participated in the contests. Shri. N. Tarachand Dugar, National President of the Veg Congress inaugurated the celebrations by lighting a lamp. Dr. Gomathy Rao, President of Veg Congress of Kodambakkam, welcomed the gathering. Dr. Gomathy Rao and Smt. Pushpa were responsible for the tremendous success of the celebrations.

### 4. World Vegetarian Day Celebrations at the Veg Congress of Puducherry

World Vegetarian Day was celebrated along with Mother Theresa Post Graduate and Research Institute of Health Sciences on 6<sup>th</sup> October 2008 in Puducherry. To mark the occasion several competitions were held, after which the Dean of the Institute, Dr. Balu gave away the prizes. The President of the Veg Congress of Puducherry, Shri. R. Pichumani, presided over the function. Dr. V. Gopal, Principal of MTPG & RIHS welcomed the gathering, while Mr. R. Narasimmamoorti, Treasurer of VCP, proposed the Vote of Thanks.

### 5. Veg Congress of Erode - inaugurated on 1<sup>st</sup> November 2008

The Erode centre was formally inaugurated on 1<sup>st</sup> November 2008 with a gala function. Shri. "Vidiyal" S. Sekar, MLA, Kangeyam, was elected as the President and Shri. Pradeep Jain of Jethya group was elected Secretary. Shri. Tarachand Dugar presented the Charter to the centre. Shri S. Vijaikumar Bafna and Shri. Daman Prakash Rathod, council member of the Veg Congress, attended the celebrations and addressed the gathering.

### 6. Golden Jubilee Celebrations (second phase) of the Veg Congress held on 23<sup>rd</sup> August 2008

The Second Phase of the Triennial Golden Jubilee Celebrations was successfully held at the NCPA Auditorium in Mumbai. Parama Poojya Swamy Ramdevji Maharaj was the Chief Guest, who delivered an excellent address to a vast audience on the merits of vegetarianism as a mode of healthy life and its relevance in maintaining ecological balance on earth. To mark the grand occasion, eighteen 'Icon of Vegetarianism' awards and fifteen 'Torch Bearer' awards were conferred. A Mega cookery contest was also held.

### 7. Air Passengers Association Seminar

The Veg Congress participated in the seminar organised by the Air Passengers Association at Hotel Taj Connemara. We reiterated our proposal for the provision of separate rows of seats on flights for vegetarians, to facilitate the serving of vegetarian food without confusion. Our proposal for ensuring supply of pure vegetarian food items with green dot branding has been taken up by them. ■



CHOCOLATE IS THE NUMBER ONE INDULGENCE FOR MOST PEOPLE, WHETHER IT IS A MUG OF HOT CHOCOLATE OR CHOCOLATE BARS. BUT GUILT OFTEN FOLLOWS THIS INDULGENCE. AFTER ALL, CHOCOLATE IS BAD FOR US - FULL OF CAFFEINE AND SATURATED FAT. OR IS IT?

Chocolate is the number one indulgence for most people, whether it is a mug of hot chocolate or chocolate bars. But guilt often follows this indulgence. After all, chocolate is bad for us - full of caffeine and saturated fat. Or is it?

#### Myth: Chocolate is loaded with saturated fat.

Fact: Stearic acid, the main saturated fat found in chocolate, is unique. Research has shown that it does not raise cholesterol levels like other fats do. In fact, occasionally eating a small bar of dark chocolate can increase the body's good cholesterol levels.

#### Myth: Chocolate lacks nutritional value.

Fact: Chocolate is a good source of magnesium, copper, iron and zinc. It also contains polyphenol (an antioxidant) which can decrease the risk of coronary disease. A daily serving of dark chocolate which contains more antioxidants than normal chocolate, can also help lower blood pressure.

#### Myth: Chocolate is high in caffeine.

Fact: While eating chocolate may perk you up, it is not very high in caffeine. A bar of chocolate weighing 40 grams contains only 6 mg of caffeine - the same amount as a cup of decaffeinated coffee.

#### Myth: Chocolate causes cavities.

Fact: Cavities are formed when bacteria in the mouth metabolise sugar and starch found in any type of food. The protein, calcium and phosphate content of chocolate actually protects tooth enamel. Only proper oral hygiene will help in preventing cavities, not avoiding chocolate.

#### Myth: Chocolate causes weight gain.

Fact: Any food can be a part of your diet if consumed in moderation. Enjoying an occasional piece of chocolate may reduce the risk of severe bingeing, which can occur when you feel deprived of your favourite foods.

Chocolate can be a part of any healthy diet if eaten in moderation. Unlike other sweets, dark chocolate neither spoils your teeth nor does it contain any animal products like eggs. This makes it a perfectly healthy, veggie sweet. So for all you vegetarians out there with a sweet tooth, Dark Chocolate is the way to go! ■



## BANANA, A 'P(H)EEL GOOD' PLANT

The banana plant is one of the most widely used plants. There are over 500 varieties grown around the world. The fruit of the banana plant is known to be one of the oldest fruits found on this planet.



**Fruit:** It is eaten to aid digestion and increase alertness. Research has also shown that it helps in reducing anxiety, giving energy, calming stomach cramps and preventing some forms of cancer.

**Plantain and flower:** A raw banana is called a plantain. It is used to make chips and side dishes. The banana flower, often considered a delicacy, is used in cooking.

**Peel:** Massaging the inside of a banana peel to grazed areas, helps to reduce the pain and promotes healing. It also reduces the irritation caused by mosquito bites. It is used to whiten dull, stained teeth. Burying the peels under the soil also makes great compost.

**Leaf:** It is often used in place of a plate, especially in South India. The eco friendly leaf is also used to parcel food instead of plastic covers and wrap food during steam cooking for extra flavour.

**Fibre:** Banana fibre is used in making baskets, carpets, clothes, stationary items, partition walls, false ceilings and paper.

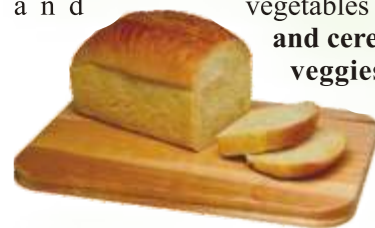
More the demand for such 'P(h)eel good' plants, more of its by-products will be produced, leading us to a greener planet. □

# Breaking fast the veggie way

We've all heard our mothers telling us to eat breakfast, as it is the most important meal of the day. With fast-paced lives and hectic schedules, eating a healthy vegetarian breakfast is at the bottom of everybody's priority list. Studies show that breakfast does a world of good for your body and mind.

## Here's how...

By the time you get up in the morning, 10 to 12 hours have passed since your last meal and your body is in fasting mode. Eating soon after waking up will literally break the fast and fire up your metabolism for the day. Even if you're not always hungry in the mornings, you should eat something nutritious anyway. A morning meal also gives you a head start on getting the five to ten servings of fruits and vegetables you need each day. **Fruits and cereal, a glass of juice, diced veggies in upma all count towards your daily nutritional requirement.** If you find it hard to stay alert in the morning, eating breakfast may help boost your energy levels (and mood) by raising your blood sugar levels and increasing your ability to concentrate.



breakfast may help boost your energy levels (and mood) by raising your blood sugar levels and increasing your ability to concentrate.

Need more convincing? Here are a few reasons why breakfast is so important:

- A study by the National Weight Control Registry found that **over-weight people who ate breakfast regularly were not only able to lose weight but also maintain their weight loss.** On the other hand, people who skipped breakfast increased their risk of obesity. Another study found that people who skipped breakfast made up for it by eating more throughout the day, thereby gaining weight.
- Eating breakfast **improves memory and learning ability.** Research has shown that students who eat breakfast have better memory and recalling power than students who skip breakfast.
- Breakfast boosts mood and performance. A Harvard study showed that **children who ate breakfast received 40% higher grades** than kids



who didn't. Kids who skipped breakfast were twice as likely to be depressed, four times more prone to anxiety and 30% more likely to be hyperactive. When children who rarely ate in the morning began eating breakfast regularly, their grades increased significantly and their levels of depression and anxiety decreased.

- Breakfast also **improves the health of the heart.** Blood tends to become "sticky" overnight making it more prone to clots in the morning, thereby increasing the risk of heart attacks and strokes. According to researchers, eating breakfast "unsticks" your blood and reduces the risk of heart disease and stroke.



Not many people have the time to cook an elaborate meal each morning, neither does breakfast mean eggs.

## Here are some quick and nutritious vegetarian breakfast ideas:

- Toasted bread topped with leftover vegetables
- Cereal with fruits
- Upma with pre-cut vegetables
- Idlis or dosas made from ready-made batter

If you're not used to eating breakfast it might take a while to get used to it. However, you will soon notice a marked improvement in your mood, energy levels and alertness, making you much more productive and healthy. ■

# Secrets Of living past 90!

The secret of longevity is out! It has nothing to do with the ever-elusive fountain of youth or an elixir of immortality. While that information is still unavailable as far as we know, this secret is finally out in the open. That's right; you can live longer by simply eating the right foods. These foods called "super foods", have the ability to not only strengthen the immune system but to also fight disease, lower body fat and cholesterol. These super foods contain substances which work together to promote a longer life. These foods work best when they're incorporated into a well-balanced diet. So go ahead, munch on that apple and live a long and healthy life.



**Tomatoes** are invaluable because they contain Lycopene, a nutrient which helps stimulate the immune system. Some studies have shown that it might prevent the progression of certain degenerative diseases and protect against prostate cancer. You can eat tomatoes in salads and sandwiches or cooked in sauces.



**Carrots** contain a compound called falcarinol which protects the body from cancer. Carrots are rich in beta-carotene (a compound) which the body converts to vitamin A, a crucial nutrient for maintaining proper eyesight. It also reduces the risk of stroke. So it is a good idea to eat a few carrot sticks every now and then.

**Spinach** is a super food, rich in vitamins A & C, folic acid and magnesium. All of these work together to help reduce the likelihood of cancer and even help decrease the risk of heart disease. So take a leaf out of Popeye's book and stay "strong to the finish".

**Nuts** scare most people away because of their high fat content but they're actually very good for you. They contain healthy fats, part of a well-balanced diet. Some nuts, particularly Brazil nuts, contain selenium which helps prevent certain types of cancer.

If there was a superman of foods, **Broccoli** would be it. Many experts agree that if you can eat just one vegetable, these green guys are your best bet. Broccoli contains large amounts of vitamin C, calcium and fibre. It helps prevent bone loss, fight disease, reduce your risk of heart disease and even boosts your immune system.

An **Apple** a day does keep the doctor away. Apples are a source of soluble fibre, which actually helps to prevent cholesterol build up in the lining of the blood vessel walls, thus reducing the occurrence of arteries hardening and heart disease. Apples also have plenty of vitamin C just under their skins. So munch one with the skin on! ■

## Quirky Facts

Spinach grown on an acre of land can yield 26 times more protein than beef produced on the same acre.

55 square feet of rain forest is destroyed (by raising cattle on it) to make a 1/4 pound hamburger.

Twenty pure vegetarians can be fed on the same amount of land needed to feed one person consuming a meat-based diet.



## The Changing face of Global Warming

For decades, eating meat and buying a car have been considered signs of wealth and affluence. If you started earning more money, you added more meat to your diet. You also bought a posh new car. With warnings about global warming reaching feverish levels, many are having second thoughts about buying those polluting cars. However, it seems they should instead be **worrying about eating meat.**

In November 2006, the Food and Agriculture Organisation of the United Nations published a report on livestock and the environment with a stunning conclusion. The report, "Livestock's Long Shadow - Environmental Issues and Options", stated that the livestock sector had emerged as one of the top two or three most significant contributors to serious environmental problems. It turns out that **raising animals for food is the primary cause of land degradation, air pollution, water shortage, water pollution, loss of biodiversity and not the least of all, global**

### warming.

Global Warming is a phenomenon caused by emissions of greenhouse gases like carbon dioxide, which create disruptions in the functioning of the Earth. This results in major changes in our climate, which in turn leads to large-scale migration of people, famine and drought, spreading of diseases and extinction of vulnerable species.

For years environmentalists have been urging people to drive less, switch to hybrid cars, use energy-efficient light bulbs, use less plastic, recycle and make other similar changes, while ignoring the consequences of farming animals for food. We now know why it's so hot even in winter months. **The UN report says that almost a fifth of global warming emissions come from livestock related transportation—that's more emissions than all of the world's cars, ships and trucks combined!**

For over a decade the Toyota's Prius, a hybrid car that uses electricity in conjunction with fuel, has been a favourite with environment friendly people. In India, we

have embraced the Reva, a car that runs only on electric power, with no emissions and pollution. Such vehicles have become a symbol of the consumers' power to strike a blow against global warming. These are cars that could substantially reduce your vehicle emissions and running costs.

**Research has nevertheless revealed that going vegan is 50% more effective than switching to a hybrid car, in reducing greenhouse gas emissions.** Feeding animals for meat, dairy and egg production requires growing ten times as much crop as we'd need if we just ate plant-based foods. On top of that, the meat from these animals is transported across countries and sometimes continents. Producing **a calorie of meat** requires **more than ten times as much fossil fuel** and emits more than ten times as much carbon dioxide - **as one calorie of plant protein.**

According to the UN report, animal agriculture takes up an incredible 70% of all agricultural land and 30% of the total land surface of the planet. As a result, **farmed animals are probably the biggest cause of cutting and burning of the world's forests.** Today, 70% of former Amazon rain forests is used as pastureland, with feed crops covering much of the remainder. These forests have in the past served as "sinks" by absorbing carbon dioxide from the air. Burning these forests releases all that stored carbon dioxide, quantities that far exceed the fossil fuel emission of animal agriculture.

If carbon dioxide is responsible for about half of human-related greenhouse gas warming since the industrial revolution, methane and nitrous oxide are responsible for about a third. These super-strong gases come primarily from the digestive processes and manure of farmed animals. In fact, while **animal agriculture accounts for 9% of our carbon dioxide emissions, it accounts for 37% of methane emissions and a whopping 65% of**

**nitrous oxide emissions.** Land animals raised for food make up a staggering 20% of the entire land animal biomass of the earth.

How is it possible for one small hen or cow to give off so much greenhouse gas so as to change the global climate? The answer is through sheer numbers. What we are seeing is just the beginning. Meat consumption has increased extensively in the past fifty years and is expected to double again in the next fifty. It sounds like a lot of bad news, but in fact it's quite the opposite. It means we have a powerful new weapon to use in addressing the most serious environmental crisis ever to face humanity. The Reva was an important step forward but how often are people going to buy a new car? Now that we know how effective a vegetarian diet is in saving our planet, **we can make a difference at every single meal, simply by leaving the meat off our plates.** Who would have thought- what's good for our health is also good for the health of the planet!

Going veg gives you more value for your money than driving a Reva. The car cuts emissions of carbon dioxide, which spreads its warming effect slowly over a century. A big chunk of the problem with farmed animals on the other hand, is methane, a gas which cycles out of the atmosphere in just a decade. That means **less meat consumption quickly translates into a cooler planet.**

The Reva has shown us that we have the power to make a difference against a problem that endangers the future of humanity. **Vegetarianism takes it a step further by showing us that we can make a choice to save the planet every single day.** Going veg is very effective in reducing dangerous emissions, is extremely easy to do and is accessible to just about everyone. ■





## INDIA'S MOST HARDWORKING PLASTICS.



THERMOWARE



WRITING INSTRUMENTS



PLASTIC MOULDED FURNITURE



DOMESTOWARE



ORAL CARE PRODUCTS

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Everyone knows the importance of getting at least 5 servings of fruits and vegetables a day. Perhaps you are still not convinced? Use the excuse-buster list below when you find yourself reasoning your way out of reaching for the good stuff. Excuses are easy to make, but with a little exploration you'll find that you can reach your healthy-habit goals quicker.

### 1<sup>st</sup> Excuse:

Buying fruits and vegetables can be costly and they spoil too quickly.

#### Excuse-Busters:

- Buy them in-season and fresh. They will be cheaper and the flavour will be at its best. They are certainly better buys than chips, cookies and soda which we normally buy regardless of how much they cost.

Buy both ripe and unripe fruits (for example: yellow and green bananas). That way you can eat some immediately and leave the rest to ripen.

- Keep fruits and vegetables on the top shelf of the fridge, on the kitchen counter or table. If you see them several times in a day, you will be more likely to eat them before they spoil.

### 2<sup>nd</sup> Excuse:

Veggies take too long to prepare.

#### Excuse-Busters:

- Take advantage of your neighbourhood grocery store which will probably provide you with already sliced fruits and veggies. Eat them in a snack or salad form, with less prep time.
- Stock up on frozen and canned fruits and vegetables. These are simple to prepare in the microwave and offer similar nutritional value to the fresh variety.
- Wash and dice ahead of time. Store in containers which you can see and reach on a daily basis, for immediate use.



### 3<sup>rd</sup> Excuse:

Fresh fruits and vegetables contain harmful pesticides.

#### Excuse-Busters:

- Debate still continues on the presence of dangerous pesticides in our food. Most health authorities report that the health benefits that come from eating fruits and vegetables outweigh the concerns of pesticides in them. Still sceptical?
  - You might consider buying "organically grown" varieties of vegetables and fruits which won't contain any harmful pesticides. They are a bit more expensive but are worth the buy.
  - Wash fruits and vegetables with warm water. Don't use any soaps. Scrub well. This is important especially if you are eating the outer skin of foods such as apples, cucumbers or potatoes.



- Discard the outer leaves of leafy vegetables that tend to be dirty, such as lettuce and cabbage.

### 4<sup>th</sup> Excuse:

Vitamins are easily lost when you cook fruits and vegetables.

#### Excuse-Busters:

- Cook only until crisp and tender, as crisper food will retain more nutrients than mushy food. A good way to achieve this is through



steaming rather than boiling your food.

- Use as little water as possible while cooking. This reduces the dissolving action of vitamins.
- Cover your pots while cooking to contain steam and heat. This helps reduce cooking time and therefore saves nutrients.
- The water you've used for cooking vegetables can be reused in soups, sauces, stews or vegetable juices. This is a good way to get the benefits of residual vitamins. ■

4  
Excuses  
Busted



**Animals are my friends & I don't eat my friends.** - George Bernard Shaw

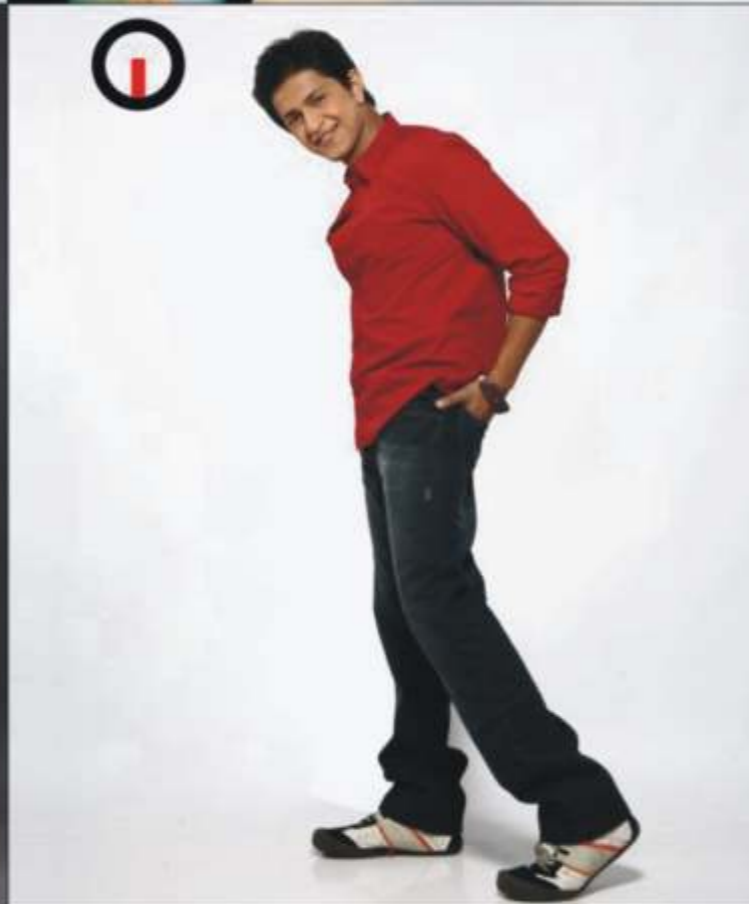
# know meat!

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

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



The Indian Vegetarian Congress



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## Gobble up your Tofuturkey

**N**owadays people are substituting vegetarian ingredients to get the same taste & flavour of a non-vegetarian meal. So this Christmas don't be surprised if someone offers you tofuturkey instead of the traditional turkey.

According to the Physicians Committee for Responsible Medicine, vegetarians have lower rates of cancer, heart disease, hypertension, diabetes and asthma. While simple recipes abound for tasty meatless fare, vegetarianism is a leap that many aren't prepared to take. **Flexitarians** or semi-vegetarians are "sometimes" vegetarians, **eating a mostly vegetarian diet yet remaining flexible.**

Eating less meat and more grains, beans, fruits and veggies means you'll be consuming fewer calories, less saturated fat and cholesterol. Higher amounts of vitamins, minerals and fibre, add up to a lot of health benefits. **On an average people who eat less meat are leaner, less prone to cancer, especially colorectal cancer and suffer from fewer heart problems.**

Another benefit is that you'll save money. Meat costs more per pound than most foods. You can use that extra cash you save to get a gym membership, new running shoes or an iPod for your workouts.

### Here are some tips to get you started:

- Stock up on vegetarian cookbooks.
- Pick a meatless day each week. This will give your body a break from processing all that fat intake.
- Try out some meat substitutes. Most vegetarians enjoy cold-cuts but theirs are made from soya, which are cholesterol-free and lower in fat.
- When dining out choose an entrée that is served with veggies and grains - like pasta or stir-fry.
- Imagine your dinner plate to be divided into quarters. Fill two quarters with veggies, one quarter with grains and the last quarter with meat.
- Eat your vegetables first. Along with vitamins they're also loaded with fibre, which will begin to satiate you before you dig into the meat.
- **Cut back on cheese.** Remember that cheese is high in saturated fat too and can contribute to health problems if over-consumed. Rely on vegetables and whole grains to fill in the gaps instead.
- Try to substitute sugar with jaggery in your tea and coffee.



What it all boils down to is balance and moderation. Although moderation never sounds exciting, the benefits to your health, your **waistline** and your wallet can be very exciting indeed! ■

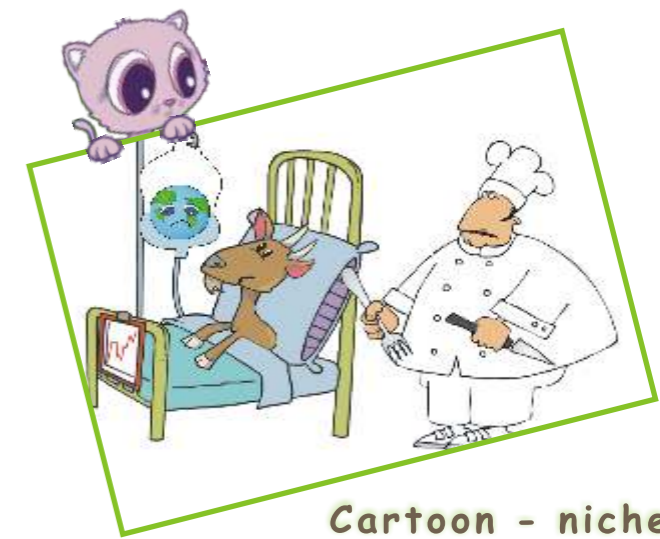


### Who were the first veggie lovers?

Vegetarianism has been around a long time - It was practiced in places such as ancient India and ancient Greece around 500 BC. In both these instances, non-violence towards animals was the main motivating factor. The first modern vegetarian society was founded in England in 1847.



**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 Alva Edison



Cartoon - niche

## WILL HISTORY REPEAT ITSELF?

In 1980, the idea that the disappearance of dinosaurs 65 million years ago due to a meteor strike, was initially met with resistance. But later a sediment layer high in iridium (an element common in asteroids) was found the world over, along with a 110 mile-wide impact crater in the Yucatán Peninsula in Mexico of the same age, which made the whole world accept this idea.

This made scientists rethink another of Earth's greatest die-offs. The end-Permian extinction 251 million years ago which



was the worst of Earth's five mass extinctions. 90% of all marine and 70% of terrestrial life disappeared. It took five million years, perhaps more, for the biosphere to recover. Evidence of a single cataclysmic event like an asteroid strike hasn't been found in geological records.

Scientists now suspect that "the mother of all mass extinctions" was of the Earth's own making.

250 million years ago the earth was emerging from a period of ice age. This transition was already pressurising the earth, when magma began erupting through the crust of what is now Siberia. Over the course of around 1 million years, enough lava flowed to cover the whole of North America half a mile deep. The crust contained fossilised organic material (coal and limestone) which released huge amounts of carbon. This heated the atmosphere which in turn heated the ocean. The result - an overturning of the ocean's waters which kept deep waters oxygenated, stopped. Deeper waters became oxygen-depleted. This allowed the sulfate-breathers to rise from the ocean depths and spew hydrogen sulfide directly into Earth's atmosphere.

Like in today's Black Sea, oxygen-dependent organisms live near the surface and sulphate breathing microbes live deeper. Scientists call the boundary between them the "chemocline." Just as oxygen-dependent organisms exhale CO<sub>2</sub>, these bacteria give off hydrogen sulfide, a gas which is very toxic.

This would have eaten holes in the Earth's protective ozone layer. Plants and animals either suffocated directly as the oxygen levels plummeted to 15% (it's about 21% today) or succumbed to the combination of long-term stresses. Scientists have found "signatures" of these anaerobic organisms in what was the water's surface in end-Permian times.

As of today, we are in a state of gradual warming. We're still some way from the atmospheric CO<sub>2</sub> levels hypothesized at the end-Permian extinction, which were perhaps 10 times pre-industrial levels or 2,800 ppm. Yet, according to the Inter-governmental Panel on Climate Change, if trends continue we will approach 1,000 ppm of CO<sub>2</sub> by 2100. That's not Permian-extinction level but it would be the highest CO<sub>2</sub> concentration in 80 million years and a level at which both the ocean's oxygen depletes and lesser extinctions have occurred.



This would be the first time in the Earth's history that a species has on its own, managed to increase the CO<sub>2</sub> levels to this extent. We have artificially created what the Earth creates naturally. It's only a matter of time before the Earth reacts and if it does, it would probably be the worst extinction in Earth's history. It's time we learn something from the past, clean up our present and save our future. ■



## What's your carbon footprint?

In her new book *The Environment Equation*, author Alexandra Shimo-Barry teaches readers how to quickly calculate their carbon footprint by using the following formula:

**A** = Multiply your monthly electricity bill by 105

**B** = Multiply your monthly gas bill by 105

**C** = Multiply your monthly oil bill by 113

**D** = Multiply your total yearly mileage by 79

**E** = Multiply the number of flights- 4 hours or less by 1,100

**F** = Multiply the number of flights- 4 hours or more by 4,400

**G** = If you recycle newspaper, add 0. If not, add 184.

**H** = If you recycle aluminum and tin, add 0. If not, add 166.

**A+B+C+D+E+F+G+H** = your carbon footprint. A number below 6,000 (reflected in pounds per year) is excellent. Over 22,000? Not so great. Anywhere from 6,000 to 15,999 is good, while 16,000 to 22,000 is average. If your number is higher than you would like, there's good news. There are hundreds of ways you can shrink your carbon footprint and many of them aren't as sacrificial as you might expect. ■



### What is a carbon footprint?

A carbon footprint is the assessment of the impact that human activities have on the environment. This is measured in terms of the amount of greenhouse gases produced.



### SMALL STEPS YOU CAN TAKE TO REDUCE IT

- Turn off appliances when not in use (lights, television, DVD player, computer, etc.). Unplug your mobile phone as soon as it has finished charging.
- Fill your dishwasher and washing machine with a full load- this will save you water, electricity and washing powder.
- Defrost your fridge/freezer regularly. Replace your old fridge/freezer (if it is over 15 years old) with a new one which has a high energy efficiency rating.
- Do your weekly shopping in a single trip.
- Do not leave your monitor on when you are away from your desk.
- While printing documents, rather than using 2 sheets, use both sides of 1 sheet.
- Car pool to work or while sending the kids to school. Use the bus or a train rather than your car. For short journeys either walk or cycle.
- When on holiday, hire a bicycle to explore locally rather than a car.
- Reduce or better still, avoid consumption of meat.
- Buy food items that are locally grown and in-season. This will reduce the emissions used to import food from other countries and regions.
- Don't buy over packaged products. Recycle as much as possible. ■



### JOKES

Q: Where did the vegetables go to have a few drinks?  
A: The Salad Bar.

Q: What vegetable can tie your stomach in knots?  
A: String beans



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

Start your Veg Congress Center 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.com](http://www.vegcongress.com) 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.

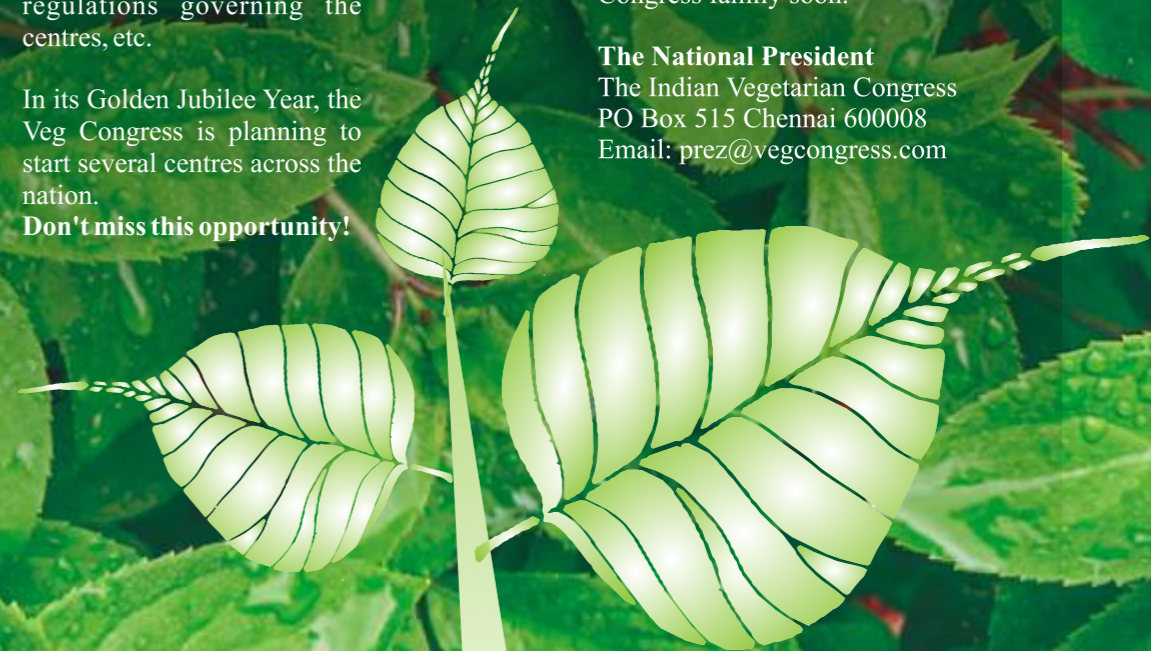
**Don't miss this opportunity!**

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 be able to welcome you into the Veg Congress family soon.

**The National President**  
The Indian Vegetarian Congress  
PO Box 515 Chennai 600008  
Email: [prez@vegcongress.com](mailto:prez@vegcongress.com)



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

# FANTASTIC FOUR

## Tomato

The tomato isn't just an ordinary garden vegetable but a powerhouse packed with healthy nutrients. Research has shown that tomato consumption reduces our risk of developing cancer, heart disease and hypertension. It is low in fats and calories. It is high in antioxidants, vitamin A and C. It is also a good source of potassium. So dig into this delicious tomato recipe.

### Stuffed Tomatoes

#### Ingredients:

6 large, firm tomatoes  
2 tablespoons olive oil  
1 cup onion, chopped  
2 teaspoons garlic, minced  
1 teaspoon dried basil leaves, crushed  
1/2 teaspoon salt  
1/4<sup>th</sup> teaspoon ground black pepper  
1/2 cup quick cooking rice  
1/4<sup>th</sup> cup plus 2 tablespoons grated cheese

#### Directions:

Preheat the oven to 200°C.  
Cut a slice from the top of each tomato and set aside.  
Scoop out the pulp from the tomato "shells" and chop it.  
In a large pan, heat some oil and fry onions until tender.  
Then add the tomato pulp, garlic, basil, salt and pepper.  
Cook over low heat, stirring occasionally, for about 10 minutes.  
Then stir in the rice. Remove from heat. Cover and let stand for 5 minutes.  
Stir in 1/4<sup>th</sup> cup cheese and mix well.



Place the tomato shells in a baking pan.  
Spoon the mixture into the shells.  
Sprinkle the remaining 2 tablespoons of cheese on top of the tomatoes.  
Bake until filling is golden.  
Serve hot.

## Potato

Potatoes are not only delicious comfort food but are also highly nutritious. They are good for treating stomach ulcers, protecting the body against certain cancers, reducing blood pressure and cholesterol.

### Simple Potato Salad

#### Ingredients:

3 large potatoes, boiled and diced  
2 spring onions, diced  
2 tablespoons coriander leaves, chopped  
3 tablespoons oil  
Salt and Pepper to taste

#### Directions:

Toss all the ingredients together in a large bowl.  
Serve chilled.  
You can add any other vegetables like carrots, peas, corn, capsicum, tomatoes, etc. to this salad.  
The variations are endless.



## Spinach

Spinach is packed with iron, vitamin A and C, folic acid and magnesium. It contains more protein than most other vegetables and is extraordinarily rich in

carotenoids (pigments with antioxidant properties).

### Spinach Veggie Casserole

#### Ingredients:

1 & 3/4<sup>th</sup> cups of water  
3/4<sup>th</sup> cup white rice  
5 tablespoons butter  
3 tablespoons flour  
2 cups milk  
2 cups cheese, shredded  
1 teaspoon tabasco sauce  
300g spinach, chopped  
2 tablespoons vegetable oil  
1 onion, chopped  
2 cloves garlic  
1 capsicum, chopped  
450g corn kernels  
1/2 cup dried breadcrumbs  
Salt and Pepper to taste



#### Directions:

Combine water and rice in a small saucepan and bring to a boil.  
Cover, reduce the heat and simmer for 20 minutes.  
Melt 3 tablespoons butter in a large saucepan over medium heat.  
Mix flour into the butter slowly, stirring constantly.  
Whisk in the milk, a small amount at a time, until the mixture is smooth.  
Cook over medium heat while stirring constantly, until thick.  
Stir in 1 & 1/2 cups of cheese, salt, pepper and tabasco sauce. Keep stirring until the cheese melts and then add the spinach.  
Meanwhile, heat oil in a separate pan. Fry onion, garlic, capsicum and corn in the oil until tender.  
Preheat the oven to 175°C.  
In a large greased casserole dish, combine the rice, spinach-cheese mixture and the onion mixture.  
Sprinkle breadcrumbs over the top of the casserole.  
Dot with the remaining 2 tablespoons butter

and sprinkle the remaining 1/2 cup cheese.  
Bake uncovered in the pre-heated oven for approximately 20 minutes or until the cheese melts. Serve hot.

## Carrot

Carrots are not only good for your eyesight but also reduce your risk of developing cancer, coronary heart disease and hypertension. So treat yourself to this yummy recipe.

### Carrot and Coriander Soup

#### Ingredients:

1 tablespoon olive oil  
1 teaspoon garlic, crushed  
1 tablespoon fresh coriander leaves, chopped  
1 teaspoon chilli paste  
1 teaspoon sugar  
1 onion, chopped  
3 large carrots, peeled and sliced  
1 large potato, peeled and diced  
5 cups vegetable stock  
Salt and Pepper to taste

#### Directions:

Heat oil in a large pot.  
Add to it garlic, coriander leaves, chilli paste, sugar and onions.  
Sauté this till the onions are tender.  
Stir in the carrots and potato.  
Cover the vessel and cook for 5 minutes.  
Pour in the vegetable stock.  
Simmer for 30 to 45 minutes or until the potatoes and carrots are soft.  
Blend the mixture with a hand blender until smooth.  
Season with salt and pepper.  
Garnish with a sprig of coriander or mint and serve hot. ■





# vegans 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 <sup>th</sup> wrapper (Last Cover)	Rs. 20,000/- per insertion
2 <sup>nd</sup> & 3 <sup>rd</sup> wrapper (Inside Cover)	Rs. 15,000/- per insertion
Inside page	Rs. 10,000/- per insertion

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The Indian Vegetarian Congress

PO Box. 515 Chennai 600008. Email: [contact@vegcongress.org](mailto:contact@vegcongress.org) Website: [www.vegcongress.org](http://www.vegcongress.org)

# The Vegetarian Solution to Global Warming

Dr. Rajendra Pachauri, of the United Nations Intergovernmental Panel on Climate Change, believes that people should have one meat-free day a week if they want to make a personal and effective sacrifice that would help tackle climate change. The world's leading authority on global warming, Dr. Pachauri said that "people should go on to reduce their meat consumption even further". As Chairman of the panel which jointly won the Nobel Peace Prize in 2007, his words are likely to make eco-conscious people sit up and take notice.

Pachauri, who is an Indian, said that diet change is very important because of huge greenhouse gas emissions and other environmental problems - including habitat destruction - associated with rearing cattle and other animals for food. After all, it is relatively easy to change eating habits compared to changing means of transport, on as large a scale as needed to make a difference.



The UN's Food and Agriculture Organisation published a report in 2006, in which it was estimated that meat production accounts for nearly a fifth of global greenhouse gas emissions. These are generated during the production of animal feed and when cows emit methane, which is 23 times more effective as a global warming agent than carbon dioxide. The agency has also warned that meat consumption is set to increase in coming years.

The report titled, "Livestock's Long Shadow", states that "The livestock sector is a major player [in climate change] responsible for 18% of greenhouse gas emissions, measured in CO<sub>2</sub> equivalent." This is a higher share than transport.

"Give up meat for one day in a week and decrease it from there," said Pachauri. "In terms of immediacy of action and the possibility of bringing about reductions in a short period of time, it clearly is the most attractive opportunity," said the Indian economist, who is a vegetarian.

However, he also stressed that other changes in lifestyle

would help to combat climate change. "That's what I want to emphasise - we really have to bring about reductions in every sector of the economy." Pachauri's remarks are sure to bring out vociferous responses from the meat industry.

An animal welfare group based in the UK calculated that if the average UK household halved meat consumption, it would cut emissions more than if car usage was cut in half. The group has called for governments to lead campaigns to reduce meat consumption by 60% by 2020.

Last year, a major report into the environmental impact of meat eating by the Food Climate Research Network at Surrey University, claimed that livestock generated 8% of UK emissions. It also said that vegetarian diets which included lots of dairy products would probably not noticeably reduce emissions because dairy cows are also a source of methane. What is needed is a sustained global effort to reduce consumption of not only meat but also animal products like eggs. ■





## Fossil Fuels: Our lifeline?

The meat industry produces more greenhouse gases than all the cars, trucks, planes and ships in the world combined!

Due to the careless use of this energy source, fossil fuel reserves the world over, are fast depleting.

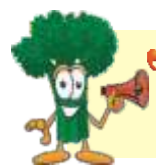
Fossil fuels are considered non-renewable resources because they take millions of years to form. The reserves of these fuels are being depleted much faster than new ones are being formed. This has caused grave concerns about fossil fuel supplies, which is one of several causes of regional and global conflicts. The production and use of these fuels has, over the years, also raised several environmental concerns.

The burning of fossil fuels produces an enormous amount of carbon dioxide every year. It is estimated that the Earth can only absorb half of that amount. As a result, there is a net increase of atmospheric carbon dioxide.

Carbon dioxide, Methane, Nitrous oxide and fluorocarbons are some of the greenhouse gases that contribute to global warming. This causes the average surface temperature of the Earth to rise. Over the past century, the Earth has increased in temperature by about 0.5° C. Many scientists believe this is because of an increase in concentration of the main greenhouse gases. The scientific community also fears that if the rise in production of such gases continues, it will result in many extreme weather conditions such as, severe floods, droughts and a drastic rise in sea levels.



As a consequence of this warming, a global movement towards the generation of renewable energy has been under way for several years, to help meet the increased energy needs of the world. ■



**I am in favour of animal rights as well as human rights. That is the way of a whole human being.** - Abraham Lincoln



## Should I go veg?

What we choose to eat is one of the biggest factors in the personal impact we have not only on our health, but also on animal welfare and the environment.

- Meat centred diets are linked to many types of cancer, as well as heart ailments, diabetes, obesity, gallbladder disease and hypertension.
- By reducing your consumption of meat products and eggs by 50%, you reduce your risk of a heart attack by 45%. By following a pure vegetarian diet you reduce your risk by 90%.
- All non-vegetarian diets require significantly greater amounts of environmental resources, such as land and water. By feeding grain and vegetables directly to people (rather than livestock) we can increase the amount of food available to everyone.
- Animals are able to feel pain just like us. Most factory-farmed animals are ill-treated their entire lives, until they are slaughtered for food. ■

## Healthy veggie life!

### Try to avoid sugar and junk food

Be sure to eat a well-balanced, widely varied, nutritious diet to get all the essential vitamins and minerals. Most processed foods are full of artificial sweeteners, flavours, colours, preservatives and chemicals that interfere with your digestive system.



### Invest in a vegetarian cook book

It is important to invest in a good vegetarian cook book that contains information about vegetarian nutrition, ingredients, basic cooking instructions and a wide range of simple recipes.



### Eat organic as much as possible



Although organic foods cost more, they are generally more nutritious. Organic crops are kinder to the environment as they do not poison the soil with pesticide and herbicide residues.

### Look after your body and look for warning signs

Food cravings, fatigue, depression and dark circles often indicate a vitamin or mineral deficiency, allergic reactions, digestive disturbances or underlying health problems. If you are not feeling well, you should seek the advice of a doctor. Rest assured your health will improve on a balanced vegetarian diet.



### Drink plenty of water

Water helps the body to detoxify itself and digest food more effectively. Since there is more roughage in a vegetarian diet, water will help the food move smoothly through your digestive system.

### Easing into a vegetarian diet

If you stop eating your normal dietary foods you may find yourself feeling tired, stressed or deprived. A good idea is to start by cutting back on red meat, gradually eliminating it and then doing the same with poultry and fish. Meanwhile, introduce new vegetarian foods into your diet. ■

## JOKES



Q: What vegetable will you find in your basement?  
A: Cellar-y!



Q: What did the lettuce say to the celery?  
A: Quit stalking me!



# Greendotter

## Indian Government has made the following symbols mandatory:

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



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



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

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

## You have the right to know

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

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

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

You can visit [www.greendotter.com](http://www.greendotter.com) for more details.

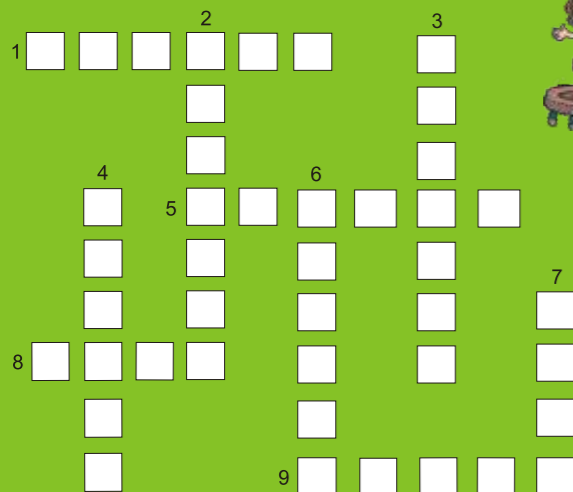
# Green India

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



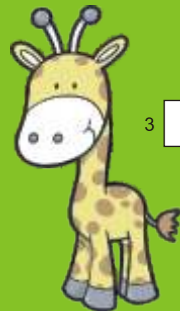
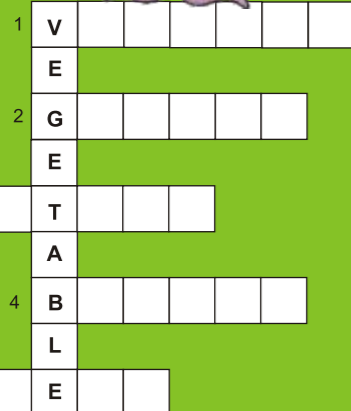
## Food For Hunger

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



**Find the following within the grid**  
(You can go horizontal, vertical and diagonal)

- |         |          |            |            |
|---------|----------|------------|------------|
| Apple   | Broccoli | Cherry     | Strawberry |
| Grapes  | Lettuce  | Olives     | Fibre      |
| Plum    | Radish   | Tomato     | Pear       |
| Banana  | Carrot   | Coconut    | Water      |
| Healthy | Melon    | Orange     | Fruit      |
| Potato  | Salad    | Vegetables | Peas       |
| Beans   | Celery   | Energy     | Vitamins   |
| Lemon   | Minerals | Peach      | Pumpkin    |



# Just For Kids



## ACROSS

- I am black. I am hot. Chilli I am not.
- You'll smack your lips when you eat my chips.
- To become a lean teen, eat my soya \_\_\_\_\_.
- No matter how much you try, I bring tears to your eye.

## DOWN

- I am used for halloween. Don't think I am mean.
- Coloured green, I don't grow on a tree. In burgers I am free.
- In this book I am LAUGHED at twice. Soups with me taste nice.
- Sauce I make red in colour. With me not a moment will be duller.
- You eat my flakes every morn. I am your friendly \_\_\_\_\_.

(Answers: Across: 1.Pepper, 5.Potato, 8.Bean, 9.Onion. Down: 2.Pumpkin, 3.Lettuce, 4.Celery, 6.Tomato, 7.Corn)

L	E	T	T	U	C	E	H	S	B	E	N	E	R	G	Y	O
O	K	L	V	E	G	E	T	A	B	L	E	S	V	R	H	N
M	G	U	U	N	P	I	V	E	G	E	B	A	N	A	N	A
E	F	R	A	H	U	O	R	S	A	D	E	N	E	P	V	Y
L	T	R	V	R	T	A	P	U	M	P	K	I	N	E	I	L
O	O	D	F	A	U	M	P	E	A	S	U	K	N	S	T	C
N	K	T	T	D	P	T	S	P	C	R	Y	O	B	T	A	E
G	H	O	F	I	B	R	E	S	L	H	M	W	E	R	M	L
D	P	M	Y	S	J	R	C	N	U	E	I	A	A	A	I	E
B	E	A	R	H	A	H	C	O	L	T	N	E	N	B	N	R
K	R	T	B	E	D	L	C	V	I	V	E	T	S	W	S	Y
U	P	O	P	S	T	R	A	W	B	E	R	R	Y	A	H	T
M	E	P	C	E	D	R	T	D	V	I	A	I	N	T	O	H
K	A	P	L	C	O	C	O	N	U	T	L	M	L	E	A	M
I	C	A	R	R	O	T	L	D	H	S	S	A	Y	R	T	J
N	H	G	J	S	O	L	I	V	E	S	E	D	K	O	T	L
P	L	U	M	B	F	T	I	K	C	H	E	R	R	Y	O	P



## Clues:

- Choose a nutritious diet from a \_\_\_\_\_ of foods.
- You can grow vegetables in your own \_\_\_\_\_.
- A vegetable that grows underground and has lots of eyes.
- Monkey's favourite fruit.
- Little, green vegetables that roll around your dinner plate.



(Answers: 1.Variety, 2.Garden, 3.Potato, 4.Banana, 5.Peas)

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

The Indian Vegetarian Congress  
PO Box 515,  
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Or Email: [contact@vegcongress.org](mailto:contact@vegcongress.org)



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# hand in hand



At the Baldota Group, responsibility walks hand-in-hand with capability and it has been ingrained in our ethos that we are not owners of wealth but privileged trustees to serve the community with it. We are staunch believers in protecting and preserving mother earth and approach our responsibilities towards the community with the same thoroughness and commitment as any other aspect of business.

Our ultimate aim is to make the community self-sufficient so that it can support itself and in extreme conditions always depend on us for immediate relief. Way back in 1976, we formed the Abheraj Baldota Foundation to ensure that the benefits of the wealth generated by us percolated to the societal grassroots.

Healthcare	Education	Community	Environment
			
<p>Blood Bank Cancer Detection Cardiac Camps Eye Camps Cardiac Ambulance</p>	<p>Notebook Distribution School Infrastructure Scholarships &amp; Awards Computers Sports Facilities</p>	<p>Village Adoption Women Self Help Groups Children's Park Drinking Water Sanitation Facilities</p>	<p>17 Lakh Trees Planted Soil &amp; Water Conservation Zero Waste Management Waste Water Disposal Conserving Biodiversity</p>



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