



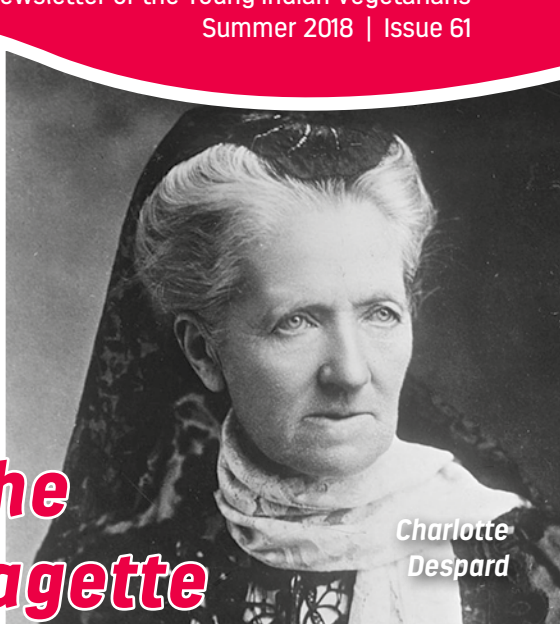
Ahimsa

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Newsletter of the Young Indian Vegetarians
Summer 2018 | Issue 61



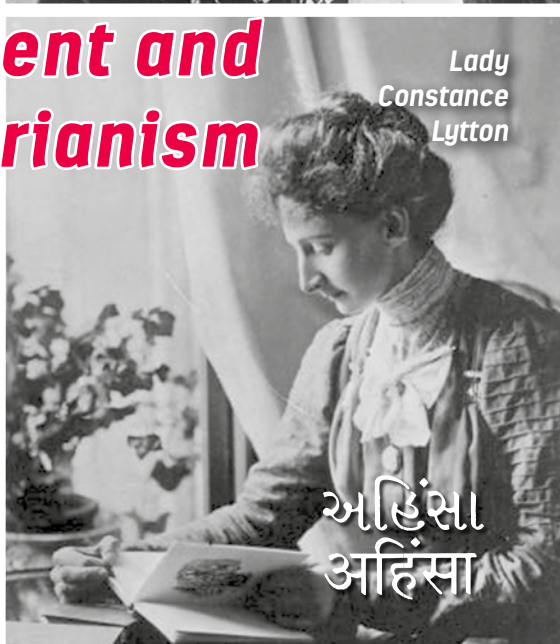
Eva
Gore-Booth



Charlotte
Despard



Leonara
Cohen



Lady
Constance
Lytton

The Suffragette movement and Vegetarianism

अहिंसा
अहिंसा



Is the world moving away from the mass killing of animals in slaughterhouses? Is a new dawn of human civilisation on the horizon?

Throughout history great thinkers, philosophers, spiritual leaders and even economists have spoken out against wanton cruelty towards animals. However, the arrival of the Industrial revolution spelled doom for animals. Along with everything that was being mechanised animals came to be seen as mere commodities and it gave birth to the idea of factory farming of animals. The dominant ideologies of the 19th Century, namely capitalism and communism put their faith in mechanisation of products. These ideologies also produced a whole generation of scientists and academics who very successfully desensitised human beings by claiming that animals were not sentient beings, that they could not feel pain, pleasure or any emotions. The stage was set to use and abuse animals without any moral compunction.

You could do anything with animals - nothing was out of bounds. You could artificially inseminate them, you could keep them in small cages, you could starve them and force feed them. Maximum profits, maximum output became the mantra. The most flesh you can get out of them, the most ruthless and efficient means of killing them became the goal. Killing animals for fun, hunting them, using them for human entertainment in zoos and circuses, wearing of animal skin, maiming and torturing them to find cures for human diseases all became symbols of progress in the 20th Century. Animals were doomed and a few human voices speaking

up for animals were muzzled and ridiculed. A world where there was no empathy or mercy towards the animal kingdom also extended to a cavalier attitude towards the environment and the ecological balance of the planet. The plundering of resources provided by nature for short term gains became respectable. Nobody thought of the consequences. Drunk with arrogance and a belief that science would cure all our ills we have brought the planet to its knees. A planet that had been handed over to future generations in a healthy state for millennia has been plundered in the last 200 years - the consequences of which are already being felt and will jeopardise the lives of future generations. In the name of progress the human race lost its soul.

However against all odds tens of thousands of compassionate souls never gave up. In the last 50 years here in the UK they have campaigned day and night, though many have passed away and many are approaching old age. Their work has not gone in vain. A new dawn has risen. There is a vegan revolution taking place. What we are seeing is unbelievable. The masses are shunning meat and dairy. Battles are being won for animals, governments are taking notice, animals are once again sentient beings. We are on the cusp of changing the human/animal relationship from abuse and subjugation to compassion and empathy. To all those living and dead who for the last 50 years and more have been fighting for the cause of animals: have been fighting for the cause of animals - thank you. Your hard work and dedication has paid off. You have changed the course of history. Your lives have not gone in vain, your life's journey has been a success. You now have a whole new generation of young people who have taken up the baton.

Nitin Mehta

The Young Indian Vegetarians

Nitin Mehta, 226 London Road, West Croydon, Surrey, England CR0 2TF

Tel: (044) 020 8681 8884 | **Fax:** (044) 020 8681 7143

email: animalahimsa@gmail.com | **Website:** www.youngindianvegetarians.co.uk

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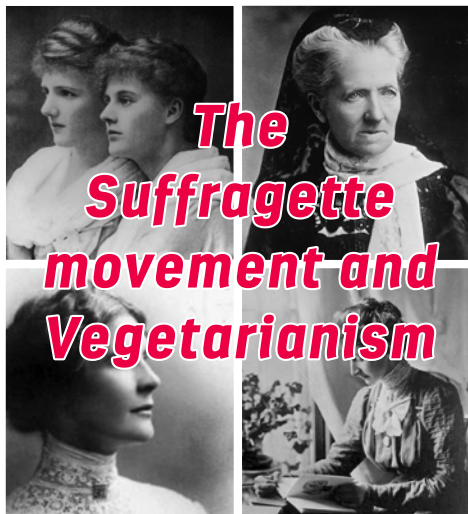
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Earlier this year the country celebrated 100 years of women winning the right to vote. The Representation of the People Act 1918 gave many women over 30 and all men over 21 the right to vote. However it was not till 1928 that all women over the age of 21 got the right to vote. Women only got the vote after a huge struggle and a relentless campaign. Many of the women active in the Suffragette movement were also concerned about other injustices at the time. Cruelty towards animals was one such issue.

According to Leah Leneman who wrote a research paper called 'The Awakened Instinct' there were three major suffragettes' organisations. The oldest was National Union of Women's Suffrage Societies (NWWSS). The second was the militant Women's Social and Political Union (WSPU) led by Emmeline Pankhurst. The third was Women's Freedom League (WFL). president of WFL, Charlotte Despard, was a committed vegetarian. She first became vegetarian for her love of the famous poet Shelley. However, having come in contact with Gandhi in 1909 reinforced her commitment. WFL opened vegetarian restaurants in various parts of the country. Charlotte said: women's movement is related also with other great

movements of the world, the awakened instinct which feels the call of the sub-human, which says, "I am the voice of the voiceless, through me the dumb will speak". The Vegetarian Society's journal of April 1907 had this to say: 'It is interesting to see how vegetarianism becomes related to progressive movements. Quite a number of the leaders in the women's suffragist movement are vegetarians'.

Suffragist activists who ended up in Holloway prison opted for vegetarian food as it was much nicer than the meat that was served! Marion Wallace Dunlop, the first suffragette to go on hunger strike, was a vegetarian as were activists Leonora Cohen and Grace Roe. Lady Constance, who wrote a book called 'Prisons and Prisoners', was a vegetarian. Suffragist, poet, Irish nationalist and pacifist Eva Gore-Booth, (1870-1926) was also a vegetarian for the last 26 years of her life. A school of thought known as 'food reform' believed; that meat was responsible for many illnesses which could be alleviated or cured by switching to a vegetarian diet.

The roots of the link between vegetarianism and feminism lay in the 1890s, as manifested in the radical journal, *Shafts*, published between 1892 and 1899 and edited by Margaret Shurmer. *Sibthorp*. *Shafts* had articles condemning hunting, wearing of fur, vivisection and wearing of hats and bonnets with ospreys and the stuffed bodies of birds. Another system of thought in Victorian Britain that had a huge following at the time was Theosophy. Many of the leading lights of the time such as Annie Besant and Madam Blavatsky were followers and activists in the Theosophical Society. Mahatma Gandhi, who was in London at the time, was also associated with the Theosophists. With its basis in Hinduism, Theosophy naturally encouraged vegetarianism amongst its members.

Gandhi was impressed by the Suffragettes courting arrest and hoped that their example would inspire Indians in South Africa to go to jail

in their struggle against racial discrimination. Gandhi used this technique to great effect both in South Africa and India. It was his vegetarianism that brought Gandhi in contact with the Theosophists, British vegetarians and other radical thinkers of the time. Had Gandhi's mother not insisted that he take a vow not to eat meat as a condition to going to England, he would not have come in contact with all these people and may not have become one of the greatest human beings in recent history. So much has been written about Gandhi but hardly anyone has grasped the significance of the life-changing impact of vegetarianism on his life.

Margaret Cousins was active in the Irish Women's Franchise League and the Irish Vegetarian Society. She saw a close connection between the two. She said that a simple grain/fruit/nut diet would free women from hours in the kitchen cooking food! She also mentioned the 'fine and sensitive nature of a woman should not be subjected to cooking flesh'. 'A woman', she wrote, 'instinctively shrinks at first from having to touch raw meat, from having to

disgorge the entrails of fowl, game and fish'. Vegetarianism was seen as an empowering tool for women. A speaker at a suffrage meeting said, 'vegetarianism aims so directly, as women aim, at the abolition of the unregenerate doctrine of physical force'.

The last suffragette Victoria Lidiard died in 1992. Angela Holdsworth, in an article called 'The Last Suffragette', says the following about her: 'Victoria Lidiard died in 1992 aged 102. In March 1912 she was imprisoned for two months for taking part in Emmeline Pankhurst's day of action. She had travelled from Bristol to London to protest at the Liberal Government's refusal to give women the vote. At a prearranged time Suffragettes smashed windows all over central London. Victoria's beat was Whitehall and she threw a stone at the War Office window. She was arrested and sent to Holloway prison'. And yes she was a lifelong vegetarian!

*Eva Sellina Laura Gore-Booth and her sister Constance Gore-Booth
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Lady Constance Lytton: (https://en.wikipedia.org/wiki/File:Lady_Constance_Lytton_1908.jpg)*

Bouquets to...

Sir Oliver Head MP, NE Hertfordshire

For a bill making it a specific offence to attack police or prison officer dogs or police horses is set to become a law. It removes a current provision for someone to claim self defence if they have harmed a service animal. So it will be a criminal act to attack an animal on duty.

Luxembourg 10th European country to ban fur farming

LUXEMBOURG, 15 JUNE 2018 – This week, Luxembourg became the 10th European country to ban fur farming. A new progressive animal welfare law that was proposed in 2016 by Minister of Agriculture Fernand Etgen was passed that includes a prohibition on fur farming.

Guinness goes vegan!

This famous Irish beer has stopped using isinglass (obtained from fish) to filter its product. The Guinness website states: "Our new state-of-the-art filtration process has removed the use of isinglass as a means of filtration and vegans can now enjoy a pint of Guinness Draught, whether from the keg, bottle or from a can". So the next round on is you!





Jayesh showing footage and explaining about treatment of animals in slaughterhouses

Vegan activist Jayesh Patel's take on life

Normally "Ignorance to Enlightenment" is a claim reserved for the salvation of the soul, the realisation of God in one's life, or in some other religious context.

Whilst there has been no religious transformation in my life, there has been a total sea change in my belief system. I use the words "Ignorance to Enlightenment" to describe a transformation that is so profound, so life changing as to fundamentally alter my reason for being, for existing, for living. I have ended the darkness of my complicity in perpetuating the longest running and largest killing of 1.2 billion land animals every single week. They are victims of our greed, gluttony and vanity. More animals are killed in just week than human lives lost in all the wars and conflicts in the history of human beings. From being a part of this horror I have gone to the shining light of veganism and

then onto animal liberation advocacy and now a proud vegan activist!

I was a vegetarian and like most vegetarians I did not know - chose not the find out - about the abject cruelty involved in the dairy industry. I was comfortable in my blissful ignorance, proudly proclaiming that I was doing no harm and practising Ahimsa by not eating animals, fish or eggs. How wrong I was. I was subsidising sexual violence via enforced impregnation of cows, their enslavement, torture and slaughter as well as stealing their babies for my lust for dairy. Even though a vegetarian, I was using it animal skin, calling it leather. I was wearing wool and silk, using down feathers, eating honey and using products tested on animals without a second thought.

Being a vegetarian still made me an animal abuser. There are no two ways about that fact. I became a vegan just less than 2 years ago. My son disabused me of my ignorance the day he told me the truth about the dairy, leather,

wool, silk, down and honey industries. I could not be wilfully ignorant having discovered the truth. I did not want to be an animal abuser - does anyone? Their lives and their right to freedom matter to me.

I have a lot of regret for taking so long to go vegan but it was and will always remain the best decision of my life. That day I was born again not as a Christian, Hindu, Muslim, Buddhist or any other religious denomination but as a human being! Born again to be a human being that aligns his actions with the core human values of peace, compassion, equality, justice, respect and love. So as I stand at 51 years of age I have spent just 2 years being human. I have learned so much in these past two years, but above all I now realise that with power and dominion that we humans have over other life forms comes responsibility to protect and preserve and not to consume and kill fellow earthlings and our planet earth!

My life has most definitely changed for the better. I feel much better being a vegan both mentally and physically. Knowing that you are not involved or complicit in harming animals as far as possible and practical is such a relief. Knowing that you are not contributing to the destruction of the environment and the planet as far as possible and practical and that you are not addicted to animal products. Knowing that you are not causing the starvation of children in other countries because the crops grown on their soil are not being exported to fatten up livestock for your consumption. Knowing that all your vital signs have improved so much since going vegan that even your doctor wants to know more about living vegan!!

I soon realised that just being vegan is not enough. It is the baseline of decency. I realised I needed to speak up for the animals - they cannot beg for mercy as we do not hear their voices so I knew I had to do that on their behalf. That's when the next chapter of my short journey began - to be a vegan activist! I am

proud and feel privileged to have taken part in many events including the Animals Rights Marches in London, multiple "Anonymous for the Voiceless - The Cube of Truth" events, "Earthlings Experience" events, "Meat is Murder" events, "Down with Dairy", "Awakening Compassion" and "Respect the Cows..." demos, numerous Animal Saves and other one off events all over the country. And through these activities I now have so, so many new friends, a lot of whom I see every week at vegan activism events. Whilst we are all different in some way from different backgrounds, we have a common purpose - to ultimately stop the unnecessary suffering of animals caused by humans.

If you are not vegan then I ask, why not? If you are already vegan then please join me and get involved in activism on a regular basis. Let us together speak up for the animals. As they cannot beg for mercy it is incumbent upon us to do that. Those that have the privilege to know, have the duty to act. Thankfully we no longer have to be the creators, as this is already the fastest growing social justice movement of our times - we just have to be the communicators. After all we are giving to people the instrument of truth and peace.

Having said all this, if you are an activist already then you will know that there are highs and lows. In the last year I have had these but it really is two steps forwards for each high and just one step back for each low - so as to end up in a better place after each cycle. My personal experience of speaking up against animal cruelty and for vegan living is that it can be daunting the first few times. After all you are speaking to strangers and you really have no idea how they will react to information that disabuses them of the lies they have been inundated with from all directions and sources. It's not always easy doing this kind of activism. You meet a lot of resistance, arrogance and close-mindedness. But for every person that

mocks us and shouts at us there is someone who stops and engages with us. Someone who is shocked to find out the truth, who thanks us for what we are doing and who vows to make a change. And it is people like that who make it worth it.

There are many different opportunities to get involved. Based on my experience, I strongly believe that speaking to people on a 1-2-1 basis is the most powerful and effective way of educating them about the atrocities inflicted upon animals for our consumption and use. Without education there cannot be liberation. There are a handful of leading lights with global reach in the vegan movement that have motivated me and converted so many thousands of people to veganism through their advocacy. Gary Yourofsky, James Aspey and Dr Melanie Jones are the top three in my book. I urge you to look them up and listen to what they have to say. Yes there is passion but they focus on educating others through their lectures and 1-2-1 discussions.

In my outreach, which is what we call the 1-2-1 education, conversations with members of the public take place. In every day situations like meeting at the supermarket, place of worship, at the airport or on a golf course we should

engage with them. I stay calm at all times and try to respectfully educate. I remind myself that I was knowingly or unknowingly also an animal abuser and think about how I would have best received the message of veganism.

I strongly believe in informing and explaining as opposed to blaming and shaming - that has become my mantra. I would like to end by making a pledge:

- To the billions of animals who are needlessly slaughtered every year.
- To the millions of people who are needlessly dying from starvation while we fatten up livestock with the majority of the world's crops
- To the millions of people who are needlessly dying from preventable diet-related illness caused by consuming animal products.
- To the future generations that will inherit this planet from us which we are destroying.

I pledge today that I will never be silent. I spent the first 50 years of my life in blissful ignorance with a sense of entitlement but I expect to live the rest of it in enlightenment. Speaking up for animals, never being silent about animal abuse and helping others to be reborn just like I was two years ago.

Jayesh Patel

The UK's last lion tamer has been refused a licence to use three big cats in a travelling circus.

Thomas Chipperfield's appeal against the decision, made by the Department for Environment, Food and Rural Affairs in July, was also dismissed in court. A Defra spokesman said it remained "absolute" in its commitment to ban wild animals in circuses. Mr. Chipperfield has been keeping his animals - two lions and a tiger - in Cannock, Staffordshire.



Did You Know?

- 1 That according to Cambridge Institute of Public Health 50% of those aged over 65 take five or more medications a day. The problem of polypharmacy – as multiple prescriptions are known – can cause many of the problems blamed on ageing, such as unsteadiness, dementia and forgetfulness. In the UK around a billion prescriptions are written annually. According to Simon Maxwell, professor of pharmacology at Edinburgh University this means that every doctor is issuing 45,000 drugs to patients every year. That equates to 18 drugs for every living person living in the UK.
- 2 Male cows are killed after birth in the dairy industry. According to most recent survey 95,000 are killed in the UK each year.
- 3 That curcumin, the bright yellow chemical found in turmeric, has many health enhancing properties. It helps in reducing oxidation damage in cells amongst other things. It is best absorbed by mixing in black pepper.
- 4 That 95% of fats in meat are saturated fats. Milk and butter has 70% saturated fats.
- 5 That US cities are losing 36 million trees a year.
- 6 That almost 80% of all agricultural land is used to produce grains to feed animals.
- 7 That the 3 top meat firms in the US - TBS, Cargill and Tyson - emitted more greenhouse gases than all of France.
- 8 A Singapore Chinese Health Study of 63,000 people aged 45-70 years found that both red and white meat (poultry) consumption was associated with an increased risk of type 2 diabetes. The more meat people ate the bigger the risk.
- 9 That 160 billion fish are slaughtered for food every year.
- 10 That more than a third of cereals mostly soya is fed to farm animals, wasting more than two-thirds of the calories and protein in conversion to meat, milk and eggs.
- 11 That your large intestine will process around 50 tonnes of food in your life time.
- 12 That according to researchers from Brigham and Women's Hospital, Boston, USA, women who take contraceptive pills and suffer from aura migraine double the risk of stroke. The risk increases tenfold if the woman is also a smoker.



This is George Buaben. He went vegetarian in 2012 after I told him of the health benefits of a meatless diet. George is in perfect health. He lost excess weight and he is so happy that he persuades others to go vegetarian too. He says he will never ever eat meat.

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The following successful events took place since the last newsletter

- 1 On 13 August 2017 we held a stall at the Janmashtami Festival held at the Hare Krishna temple Aldenham near Watford. Eight people agreed to go vegetarian.
- 2 On 10 September we kept a stall at Indian Gymkhana in Osterly, celebrating the 70th anniversary of India's independence.
- 3 On 17 September 2017 we kept a stall at the annual event held by Croydon Ecology Centre.
- 4 On October 5 and 6 2017 I attended a conference organised by Compassion in World Farming regarding meat eating and its negative impact on the planet. It was held at the Queen Elizabeth Conference Centre, London.
- 5 On October 21 and 22 2017 we kept a stall at the VegFest event held at Olympia. 20 people took a pledge to go vegetarian or vegan. Special thanks to Reema Ajmera who helped run the stall.
- 6 On 17 December 2017 we had our 37th annual Christmas Vegan Lunch. Leader of Croydon Council who is a vegetarian was present. Around 120 people enjoyed the meal.
- 7 On 1 February 2018 I gave a talk on Ahimsa to Luton Oshwal Association. A special thanks to Sital and Neel Shah for making this possible.
- 8 On 4 March we enjoyed a 10 course vegan meal at the Chakra restaurant in Kensington. Shah, a founder of the Vegetarian Club of Kenya, was our special guest.
- 9 On 21 April 2018 I gave a talk on Ahimsa to Northampton Oshwal Association. Special thanks to Geetaben Shah, Bhikhubhai Shah and all the committee members for their kind hospitality.
- 10 On 11 May I was interviewed on Zee TV, in conjunction with the National Vegetarian Week.
- 11 On 10 June we were invited to do a special ceremony at the FRIEND animal sanctuary in Tonbridge, Kent. They were celebrating the 20th birthday of Rosie the cow. We made a special flower garland for Rosie which she seemed to like a lot and we did a holy mark on her forehead. We chanted special prayers for Rosie and all the residents of the sanctuary, which is run with great love and care by Mark Eaton and dedicated volunteers. We also made a donation of £251 to the sanctuary. Special thanks to Ankur, Mitul, Prafulbhai Patel and family members of the Yogi Divine Society as well as Subahu Shah and Poonam Doshi.



With Poonam Doshi at FRIEND animal sanctuary Tonbridge celebrating Rosie the cows 20th birthday. We made a donation of £251.00.

Jewish faith leaders champion a vegan diet

In September 2017 more than 70 rabbis from around the world signed a declaration urging Jews to move towards veganism. They argued that food that involved inordinate cruelty and barbarity towards animal life cannot be termed kosher. Rabbi David Rosen, former chief rabbi of Ireland, said in the statement: "the garden of Eden which was the ideal society, was a vegetarian society. Adam and Eve were vegans". Asa Keisar a religious scholar and one of the figureheads of the campaign for Jewish veganism said there is no kosher meat at all. He says that Jewish teaching imposes many onerous rules on meat consumption. The intention is to stop meat consumption completely. According to him the Torah and the Bible do not want people to eat meat. There may be a thousand rules about meat in Judaism, No one can keep these rules and so the best option is to go vegan. Mixing of dairy and meat is also forbidden in Judaism and by going vegan one can avoid both. Tel Aviv has come to be known as a vegan capital of the world with around 400 restaurants.

*Summary of a Guardian article
by Oliver Holmes*

The Vegetarian Charity

Helping needy vegetarians and vegans

The Vegetarian Charity

The charity helps young vegetarians and vegans under the age of 26 with small grants up to £500.00. It is mainly aimed to support college and university students. However it also considers young parents who need help to buy essentials like carpets and fridges.

Contact: Jane Hughes, Grants Secretary, The Vegetarian Charity. grantssecretary@vegetariancharity.org.uk. Further information: <http://www.vegetariancharity.org.uk>

A campaign tour of India

On 7 November 2017 I met Sudarshan Dhandharia, a veteran animal rights activist and Gandhian, at his residence in Kolkata, Bengal. It was wonderful to meet Sudarshanji and hear great words of wisdom from him. On 16 November the city of Rajkot activists of Animal Helpline, Mital Khetani and Rameshbhai Thakkar organised my interviews with the following newspapers: Aaj Tak, Ab Tak, Sanj Samachar and Chitraklekha. On the same evening they organised my talk, to which a lot of people came. A special thanks to Mitalbhai and Rameshbhai for their hospitality. On 21 November I went to the city of Karamsad in the Anand district of Gujarat. Here I met Rameshbhai Patel who started the India Coffee Club in the 1960s. He later started the Mandir Restaurant off Tottenham Court Road. He was the pioneer of the vegetarian scene in London. Indeed Rameshbhai was the first one to give us an advert for our first newsletter over 40 years ago. Along with promoting vegetarianism, Rameshbhai established a thriving Indian cultural hub in London by hosting well known artists like Ravi Shankar. He is also an expert in Ayurvedic medicine, the ancient Indian system of medicine, and he ran a clinic in London for many years. In the age of The Beatles and the hippie revolution, Mandir Restaurant became a place for veggies to enjoy delicious Indian food. He has now settled back in his ancestral city Karamsad. London's Indian community have a lot to thank Rameshbhai for. On 23 November I met Meenaben Patel who runs an animal sanctuary and fellow activists Jeruben Contractor and Ashwinbhai Fofaria. Meenaben is simply an amazing lady who can calm wild dogs, monkeys and even snakes! She has no fear! She can read an animal's symptoms simply by looking at it. She also operates on animals suffering from various diseases. I made a donation of Rupees 25,000 to the sanctuary called, 'Pashu Seva Kendra' which means centre for serving animals.



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Veganism Goes Mainstream!

According to an article in the Guardian by Dan Hancox, veganism has become a national phenomenon. Plant based food festivals and businesses are booming from Bristol to Inverness. Big chain stores such as Marks and Spencer, Pret-a-Manger, Wagamama, Pizza Hut, Pizza Express and Zizzi are all offering vegan food. Guinness, the world famous alcohol drink, went vegan and stopped using fish bladders in its brewing process after 250 years! Twitter's popular #veganhour (an hour of online recipes and ideas running from 7-8 pm every Tuesday is trending very well nationally. Sainsbury's and Tesco have introduced extensive vegan products. Tesco has also appointed American chef Derek Sarno as director of plant based innovation.

People cite animal welfare, environmental concerns and personal health as reasons for going vegan. The Veganuary campaign, which encourages people to go vegan for a month every January, has had overwhelming success. In 2018 168,000 people signed up to go vegan for a month. 84% of those who participated were women, while 60% were aged under 35.

Online documentaries like Cowspiracy and Earthlings have persuaded many people to go vegan. These documentaries expose the brutality of the meat, dairy and egg industries.

According Oxford academic Dr. Marco Springmann if the world were to adopt a vegan diet by 2050 the global economy would benefit to the tune of \$1.1 trillion savings in healthcare costs and environmental savings of \$0.5 trillion as well as a cut in greenhouse gas emissions by two-thirds. According to Richard Branson, 'in 30 years or so I believe we will be shocked that we killed animals en-mass for food'.

In 2016 a group called FAIRR (Farm Animal Investment Risk and Return) co-ordinated a group of 40 large institutional investment funds including Swedish State pension funds worth \$1.25 trillion (almost £900 billion) publicly to urge major food producers and retailers such as Kraft Heinz, Nestle, Unilever, Tesco and Walmart to develop alternative plant-based sources. According to FAIRR's head of research Aarti Ramachandran, 'plant-based diets aren't a trend or a fad, we see this very much being the basis of consumer growth'. The business world

seems to agree. On the Forbes website, articles with headlines like, 'Here's why you should turn vegan in 2018' abound. Popular youth oriented vegan cookery start-up BOSH! TV scored 1 million followers on Facebook within a year of launching. The savvy millennial generation are driving this vegan revolution!

According to Damian Carrington, writing in the Guardian, the meat industry is rattled! In the US the beef industry has filed a petition to exclude non-animal products from the definition of meat. France has passed a law that bans vegetarian companies from calling their products 'sausages, mince or bacon'. Impossible Burger', an entirely plant-based patty, is now served in more than 1,000 restaurants in the US. Arturo Elizondo CEO of Clara Foods based in San Francisco has produced animal-free egg white in the lab which will come onto the market in 2019. He said that a trillion eggs are eaten every year around the world. There are more chickens in the US than people, each confined to the area of a piece of paper. They never see daylight. It is the GM yeast technique that is being used to produce animal free food. The same technique has replaced insulin which was extracted from the pancreas of the pig. Insulin is now made from yeast as is rennet used for making cheese which used to be extracted from the stomach of bay cows. Tim Geistlinger, chief technology officer of Perfect Day based in Silicon Valley, is working on making non-dairy milk. A company called Geltor is working on replacing gelatine and collagen with microbes. Nick Ouzounov, co-founder of Geltor, says, 'the traditional method of extracting collagen and gelatine from pigs has an extreme yuk factor'. Skins, bones and cartilage are put into an acid bath for days until the tissues disintegrate.

With so many initiatives going on backed with huge amount of money we are on the verge of a new dawn for the human race!



Looking Back:

As a vegan revolution unfolds, the following story proves that we were confident that a new dawn of compassion would arrive!

During the Millennium year 2000 participated in two projects to ensure that future generations would know of our passionate championing of the vegetarian cause. We planted a tree in Hyde Park and deposited a time capsule. The time capsule has our newsletters and a pledge to end the suffering of animals. We also deposited a time capsule with 'The Millennium Time Capsule', which will be buried for 200 years and unearthed in 2201. Imagine discovering a time capsule from your ancestors in the time of George III. Our time capsule makes it absolutely clear that all forms of animal abuse should stop and that a vegetarian/vegan diet is ideal for the human race.



YIV is grateful to the following organisations:

- 1 Vanik Council UK, for a generous donation of £500. A special thanks to Manharbhai Mehta, Maheshbhai Gandhi and Jayeshbhai Shah and all the committee members. The money will help us to help many needy animals.
- 2 Satsang Mandal, Manchester for the kind donation of £500 Thanks to Jyotsnaben Patel and all the members.
- 3 Institute of Jainology for a donation of £300 The support of IOJ is really appreciated. We are indebted to chairman Nemubhai Chandaria, deputy chairman Harshadbhai Sanghrajka and finance director Maheshbhai Gosrani and all other office bearers.
- 4 South East Jain Association for a donation of £64.75 from their Jiv-Daya fund.
- 5 Oshwal Association of Luton for a donation of £ 108.26 from their Jiv-Daya fund. A special thanks to Sitalben Shah and all the members.
- 6 Navnat Vanik Association for a donation of £300 Our thanks to President Dhirubhai Galani, Amitbhai Lathia and all the committee members.
- 7 Jain Association of the UK for a donation of £ 352 Thank you to Subahu Shah and all the committee members.
- 8 Jain Samaj Europe, Leicester for a donation of £1000 Thank you President Piyushbhai Madhani, Ushaben Shah, Mauneshbhai Shah, Dr. Rameshbhai Mehta, Mahendrabhai Shah and all the members for your continued support over the years.

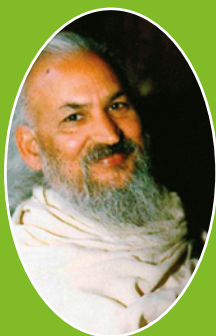
Dos and Don'ts

Do persuade others to give up meat.

Do speak the word 'vegetarian' at every opportunity.

Go only to vegetarian restaurants.

Don't wear or buy leather goods, (sofas, shoes etc).



H.H. Acharya Sushil Kumar Ji Maharaj
June 15th 1926 - April 22nd 1994

Guruji Sushil Kumar Maharaj's Instructions



Promote tree planting throughout India



Promote vegetarianism and save the animal wealth of India from going to slaughterhouses



Organise, unite & fight for ahimsa



Vegetarians Who Eat Eggs

Many Hindu and Jain vegetarians eat eggs. They especially do not mind eating cakes and doughnuts which have eggs, as well as mayonnaise sandwiches! There is nothing wrong with eggs, they say. Well first of all why would anyone want to eat something that comes out of the rear end of an animal? Laying hens are kept in extremely cruel conditions - in cages which are stacked on top of each other. Hens get egg peritonitis -infection and inflammation in the abdominal cavity caused by eggs. When hens are unable to expel an egg it may cause infection leading to peritonitis, especially if the egg breaks internally. Prolapses may also occur where part of the laying duct protrudes from the hen. Hens naturally peck at anything unusual and the result is that pecking from other birds turns the prolapse into a bloody and infected wound. To stop this mutilation, many hens are de-beaked

in the most cruel way. Broken bones in hens due to lack of calcium are common. Once the hens stop giving eggs after two to three years they are slaughtered for chicken soups, pies and pasties. The male chicks are killed almost immediately because they are no use to the industry. They are either gassed or minced alive. For every female there is an unwanted male chick. In UK that means over 30 million every year: anyone for an omlette!

First published in the Ahimsa issue of the year 2006



Vegetarian Hot Spots - a trail blazer!

18th February 2017

Roopal: 'we send each other so many food pictures, let's create a page and blog on them on Instagram for other vegetarians to see, I think people will be interested.'

Priya: 'you're crazy, no one cares about what we are eating.'

One day later...

19th February 2017

The birth of @vegetarianhotspots on Instagram

19th February 2018

(a year later) & 21,000 followers later:

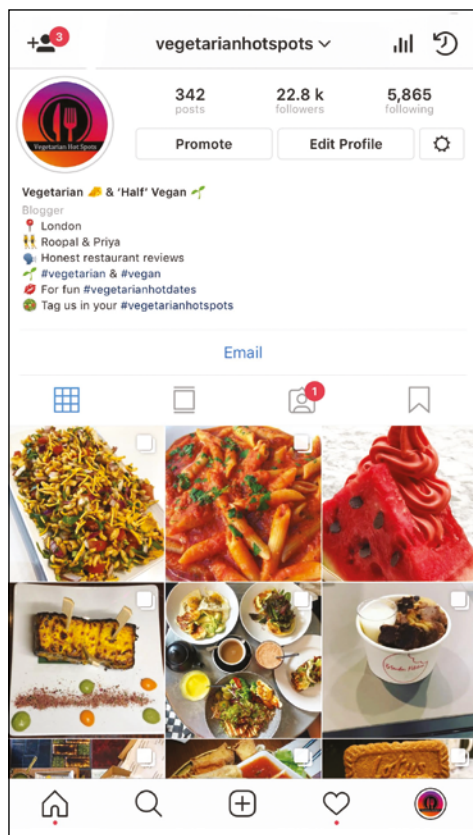
Roopal: 'I told you people would be interested.'

Priya: 'You were right, I will never question you again.'

So in a nutshell, that is how Vegetarian Hot Spots began! It isn't a super complicated starting story but it was definitely full of doubt on Priya's side.

So what do @vegetarianhotspots do? We're a light-hearted food blog that love to make vegetarian and vegan food fun! Neither of us have ever touched meat in our lives and definitely don't plan to, so naturally we like to think we know what we are talking about. For the record: stuffed peppers with couscous is not real vegetarian food. We both work full time jobs so Vegetarian Hot Spots is all done in our spare time; Roopal is in Marketing and Priya is a Project Manager.

We post about any good vegetarian and vegan restaurants we come across, predominantly in London as that's where we are based, however, we also love to travel and explore new dishes which we find are worth sharing (more recently including Sri Lanka and Uganda but we are also



loyal to where we have both grown up; north west London). We will always give honest reviews of our food experiences because we both believe one of the most upsetting things in life has to be paying for bad food - there's no beating around the bush on our page, if it's rubbish, there's no point sugar coating it! As part of all the great food we try, we also love to give the VHS family a chance to try the food we like and host competitions with our favourite brands/restaurants. It's important for us to share restaurants where an entire family or group of friends with a range of dietary requirements can go and eat so no one feels left out.

Our page even pushes us to try out new things that we once would have never even have considered. For example Priya did 'Veganuary'

So that's us, give us a follow on @vegetarianhotspots on Instagram if any of this

Roopal and Priya



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'It's a dead cert, so plan for it - leave a legacy not a mess!'



Export of live animals must stop

Millions of animals are transported every year in harrowing conditions. The animals have to endure long journeys without sufficient food, water or rest. There are sick, injured babies and heavily pregnant animals all exported to be killed mercilessly on arrival at a different country. On 21 May 2015 13,000 sheep were loaded onto a cargo ship in Midia, Romania. On 28th the ship arrived in Jordan by which time over 5,000 sheep had died from dehydration, starvation and exhaustion. The stench from dead and dying animals was overwhelming and the authorities denied permission to unload the animals. Over the following two weeks numerous unsuccessful attempts were made to unload the animals at many ports. It is thought that all the animals were dumped in the sea. In 2017 16,941 sheep were exported out of the UK from Ramsgate to EU countries. In the same year 20,000 calves were exported from Northern Ireland to Spain. The young animals would have endured a sea crossing of nearly 20 hours and a lengthy drive to the final destination where they would face slaughter. This merciless business must be stopped. Compassion in World Farming is campaigning hard to halt this trade. The above information is from their campaign leaflet. Please go to: ciwf.org.uk/stoplivetransport and support them.

The following people agreed to go vegetarian or vegan at the various events we held in 2017:

Shashwat, Kiran, Sreevain, Sasanka, Jishoden, Ellie and Kiran, Laura, Sophie, Luca, Ishd and Jo all agreed to go vegetarian.

Dina, Leah, Saraswathi, Indira, Emily, Grace, Nitesh, Lizze, Claudia, Alessia, Michelle, Bansi and Ann all agreed to go vegan.

Maura and Surinder did not eat meat but ate fish and eggs and agreed to give them up.

We supported the following organisations in the year 2017

- 1 Hillside Animal Sanctuary, Norwich. We send £500 every month.
- 2 Mare&Foal Sanctuary, Newton Abbot.
- 3 Fleecehaven Sanctuary, Devon
- 4 Mayhew for dogs, cats and communities, Kensal Green, London
- 5 The Animals Charity, Wood Green.
- 6 Compassion in World Farming,
- 7 Animal Care in Egypt (ACE)
- 8 Network for Animals, London, E6

 JAIN CENTER OF SOUTHERN CALIFORNIA

Only Jain Vegan food to be Served at JCSC Centre of Los Angeles

The Executive Committee of the Jain Centre of Southern California, Los Angeles (Buena Park CA) resolved to serve Jain vegan food only at all future events. On Mahaveer Jayanti, (birthday celebrations of Lord Mahaveera), vegan food was served to more than a 1000 people. In the UK Digambar Jains and Young Jains have a similar policy. Let us hope that all Jain organisations follow this example.

Vegan Supermarket Sweep



When I turned vegan 14 years ago, the local health food shop was my lifeline – literally. It's possible by this point that soya milk was available in supermarkets, but I had to go to the health food shop for virtually everything else – vegan spread, yoghurt, ice-cream, and my attempts to find good vegan cheese (still looking).

Gradually, the supermarkets began to catch on and the 'free from' aisles expanded and supermarkets like Tesco, Aldi, ASDA and Morrisons made strides in labelling products suitable for vegans. The big supermarkets duly rushed to launch their own brand dairy alternatives and cash in on the vegan pound. The dizzying array of milk-alternatives now on offer has turned vegans and, well everyone, into plant-based milk connoisseurs. It's predicted that the vegan cheese market alone will be worth £3 billion by 2024. The development that has most changed my life, especially when I travel for work, is that major supermarkets all now sell vegan sandwiches.

But over the last few years, the supermarkets seem to have not just whole-heartedly

boarded the vegan bandwagon, but taken it by the reigns to help steer it in new directions. Their nationwide availability now makes veganism ubiquitous nationwide. In 2017, Tesco hired a chef with the job title "director of plant-based innovation", who soon launched Vivera, the world's first packaged vegan steak, which sold nearly 40,000 units in a single week. Their Wicked Kitchen vegan readymade range, launched at the start of this year, performed twice as well as they had forecast.

In June, Waitrose became the first major supermarket to launch a dedicated vegan section in 130 of its stores. They were clearly responding to the 34% increase in sales of vegan food compared to one year ago, and a similar increase in those opting for vegan haggis on Burns Night. Soon after being the first to introduce pulled jackfruit in their stores, Sainsbury's announced in June that they would take the radical step of placing meat substitutes alongside real meat in 400 of their stores. It is a marketing strategy that has been a huge success in the US, and is a clear attempt to make these products more visible

to the 22 million strong 'flexitarian' market, who have been influenced by the rise and rise of veganism.

Vegans will recall that a couple of years ago, the supermarkets rushed to create their own brand vegan cheeses. This year's supermarket battle seems to have played out in bleeding vegan burgers (I am using the word 'bleeding' literally, not emphatically). Iceland were first off the mark in April with their No Bull burger, which they were surprised to see outsell their wagyu beef counterparts. Sainsbury's followed in June with a burger that oozes beetroot juice. And in August, Tesco will launch the much-anticipated, Bill Gates-backed Beyond Burger.

The head chef of Iceland admitted the demand for vegetarian and vegan food had taken "us all by surprise", and believes the "vegan and flexitarian market is the first major food trend that has come out of social media." But I believe this statement does a huge disservice to the largely independent health food shops who forged this path - long before the age of social media. They supported the burgeoning vegan market, were the early stockists of products like vegan cheese and probably made only modest profits, if at all. They were the real risk-takers. The number of new vegan products has increased

by over 250% since 2010. By the time the supermarkets got there, there was a healthy market for plant-based food, food technology in the creation of products like cheese had already made the necessary strides and there was an enterprising range of producers.

New products enter the supermarkets almost daily, and it can feel hard to keep up with the vegan revolution! I highly recommend a Facebook group called 'Vegan Supermarket Finds UK', which I have to thank in particular for alerting me to the presence of vegan Cornettos in supermarkets.

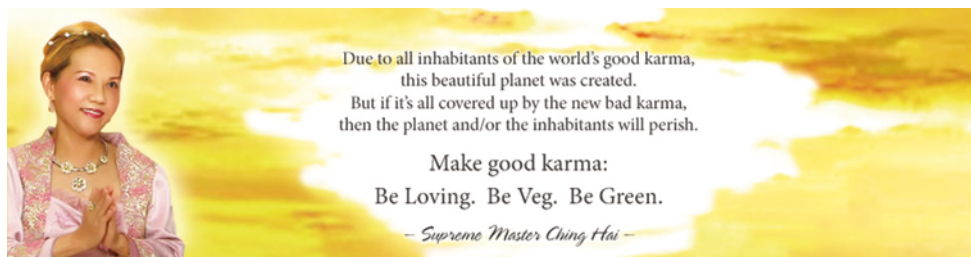
It is a gamechanger that vegan food is now mainstream, and a mainstay of our supermarkets. The healthy competition between them will also help make vegan products more and more affordable, as I witnessed earlier with the declining price of soya milk as it went from niche to mainstream. And if there remained any doubt that we are living through a vegan revolution, I leave you with news that McDonald's is trialling a vegan burger in Europe and KFC are soon to launch a veggie chicken option. What a time to be a vegan!

Jyoti Mehta

According to a leading research paper published in the Science journal avoiding meat and dairy is the single biggest way to reduce your impact on the Earth.

Joseph Poore from the University of Oxford who lead this research paper said that a vegan diet is probably the single biggest way to reduce your impact on planet Earth. Meat production releases massive greenhouse gases. It is also the cause of global acidification of soil from fertilisers as well as eutrophication.

Eutrophication is the dense growth of vegetation in rivers and lakes due to nitrates in the fertilisers which seep into the waterways. It also uses up massive areas of land as well as water. Without meat and dairy consumption global farmland use could be reduced by more than 75% - an area equivalent to US, China, European Union and Australia combined. It is no longer a question of consuming sustainable meat and dairy. Nor is it about just cutting down on air travel and buying a travel card. Only by completely avoiding meat and dairy will the Earth begin to heal.



Supreme Master Ching Hai and Her Works on Veganism

Supreme Master Ching Hai is a world-renowned humanitarian, environmentalist, author, artist, designer, musician, film director and spiritual teacher, whose love and care for humanity extends beyond all racial and national boundaries. Since the early 1980s she has also been one of our planet's most dedicated ecological pioneers, promoting environmental protection, biodiversity preservation, reforestation, sustainable living and most importantly, the organic vegan diet, the quickest, most effective way to solve the climate crisis. With unwavering determination, she devotes her time and resources to awakening the world to the disastrous impact of climate change and to the vegan solution. From 2006 to 2008 she launched the Alternative Living and SOS global-warming-awareness campaigns. She publishes news magazine (<https://news.godsdirectcontact.net/news-magazine-online-issue-214-available-now/>), books (www.smchbooks.com), and produced the 2005 vegetarian documentary *The Real Heroes* and the TV series *The King & Co.* In 2006, Supreme Master Television, a 24/7, global satellite channel offering news on climate change, the vegan diet and other uplifting topics was launched. It was later relaunched on October 3, 2017 with online streaming at www.SupremeMasterTV.com.

Since 2007 Master Ching Hai has also shared her knowledge with environmental experts, government leaders, VIPs and concerned citizens through over 27 climate-change conferences in 13 countries broadcast live on satellite TV and radio.

As a result of these efforts, her motto "Be Veg, Go Green 2 Save the Planet" has spread around the globe, inspiring humankind to embrace the healthy, sustainable vegan lifestyle. Through her kind example, Supreme Master Ching Hai also reminds us of our inner goodness and love for all of God's creations. The profound insights she gained through her spiritual attainment allowed her to identify the root cause of human suffering, social discord and environmental degradation: the violence we inflict on other beings, including our innocent animal friends. Out of compassion for the weak and voiceless, Supreme Master Ching Hai wrote the #1 international bestsellers *The Birds in My Life*, *The Dogs in My Life*, and *The Noble Wilds*. These literary gems, available in various languages, reveal the deep thoughts and feelings of our treasured animal co-inhabitants, highlighting their divine nature and unconditional love.

In 2010, the book *'From Crisis to Peace - The Organic Vegan Way is the Answer'*, was published. In the book, Supreme Master Ching Hai calls upon all world leaders to promote the animal-free lifestyle and to adopt this as the solution for global warming, world health and food crisis. Printed copies of the book are offered free to the public through circulation by our association members. The book is also available for free download and reading at <http://crisis2peace.org>, or via Apple store.

Following the teachings of Supreme Master Ching Hai, members of Her International Association are committed to a lifelong vegan lifestyle. Observing the compassionate vegan lifestyle is a prerequisite for applying to be initiated into the Quan Yin method of meditation with the Master.



With best wishes

Mansukhbhai – Sushilaben

Divyesh – Anita

Ishan – Rohan – Shalin

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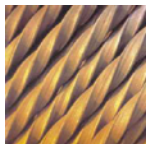


Privileged to meet Yoga Guru Swami Ramdev on 23 June 2018. I urged Swamiji to continue promoting vegetarianism along with yoga.



This is Kwaku Ebenezer who became a vegetarian on Christmas day 24 December 2017! He says he has never felt so much better and healthier! He was persuaded by the benefits of a meatless diet I told him about.

Check this website out!
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Leather Industry



*NADIA MURRAY-RAGG
Social Media Coordinator and Freelance
Journalist | Wellington, New Zealand*

The leather industry is in a downward spiral, says financial magazine Bloomberg as consumers are opting for sustainable vegan

alternatives. Bloomberg dubbed today's mainstream consumerism "vegan sensibility."

"Over the next decade, people will ditch 'dead-cow wallets' as commerce moves to more mobile and digital payments," Bloomberg reported. Dan Schulman, CEO of PayPal Holdings Inc. told analysts last month that the "[dead cow wallets] will be a thing of the past."

Everything from cars, to shoes, furniture, and bags are going cruelty-free. Elon Musk, CEO of Tesla Motors, teased that the company's forthcoming Model Y sports utility vehicle may be leather-free as there is a large demand for vegan cars. The request makes sense; a zero-emissions car company is attracting a conscious consumer who may be well-informed about the unsustainable practices of raising cows and the environmental damage the leather tanning process causes.

From the Press



Year of the animal

The piece by Elisa Allen brings good cheer for the beginning of the New Year. Granting of fundamental rights to animals is something we as a human species have neglected for centuries. Our treatment of animals has been unparalleled in its sheer scale of brutality.

It has hurt animals and it has also had a negative impact on the human species. We have morally lowered ourselves in failing to show basic compassion to animals who share this planet with us. Our violence towards animals rebounds on our species. It hangs like a foreboding, menacing cloud stripping us of compassion and empathy with other living beings. We need to take that huge leap in abandoning violence towards animals and by doing so we will be doing ourselves a huge favour as well.

Published in the Independent: 1 Jan 2018



George Monbiot does not mention the other big existential threat facing our species. The huge amount of antibiotics fed to animals means that the consumers of meat are becoming immune to them. This is a nightmare scenario and diseases that were brought under control over the last 100 years are reappearing. People are already dying as antibiotics are no longer working. Because George consumes milk, fish and meat, albeit occasionally, he cannot be counted a vegetarian or a vegan. Perhaps he needs to look at the compassionate factor of not eating animals.

Published in the Guardian: 12 August 2016



The only way is vegan

Your report confirms that veganism is the fastest-growing lifestyle. ("Egg-free, please: I'm only here for the vegan beer", News, last week) It is the young who are leading this trend and what motivates them is the plight of animals. Vegan food has the potential to reverse the health issues we face as a result of meat consumption and address the damage caused by raising and killing billions of creatures. To heal the planet, feed the growing population and extend a hand of compassion to animals, going vegan is the answer.

Published in the Times: 21 Jan 2018



The benefits of cutting out meat and dairy aren't just environmental

In response to Harriet Minter's article, I would like to add that the more meat or dairy one consumes the greater the likelihood of getting heart disease, diabetes, high blood pressure and various forms of cancer. The other existential threat facing us is the increasing failure of antibiotics to work. Animals reared for meat are fed a huge amount of antibiotics and by consuming the meat human beings are ingesting them, making our bodies immune. The failure of antibiotics would spell a disaster as diseases that have been neutralised over the last hundred years will come back to haunt us. The massive use of pesticides is polluting our waterways and destroying the fragile ecosystems. The unrelenting abuse of factory-farmed animals is also something we as a species need to look into. The time has come to radically change human/animal relationship from one of exploitation to one based on respect and compassion. With the unprecedented surge in the number of people going vegetarian and vegan the stage is set for a new deal for animals.

Published in the Independent: 3 June 2018



26 September 2017

Receiving the blessings of Mahant Swami, guide and Guru of BAPS, Swaminarayan movement.



Vadodra, Gujarat, India. On my left Meenaben Amin, founder, 'Pashu Seva Kendra' (centre for serving animals), next to her is Jeruben Contractor, a generous supporter of the centre and on my right Ashwinbhai Fofaria from the Jain community.



Attendees at our 37th annual Christmas vegetarian lunch.



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