



SHARAN Newsletter - Issue #8 - August 2010

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Special Feature: Veganism in India

Though India is the country with the highest number of vegetarians in the world, vegetarians are a minority: **only 31% of Indians follow a vegetarian diet.** ([Source](#))

Meat-eating is becoming more and more popular as Western fast food chains proliferate and try to attract young people through advertising promoting meat-eating as 'modern' (vs. traditional) and 'Western' (vs. Indian).

At the same time, some are moving towards a **more healthy and compassionate lifestyle by turning to**

veganism. Like vegetarians, **vegans do not eat any type of meat or eggs.** But vegans also **avoid consuming any dairy products like milk, ghee or butter, curd, etc. as well as honey and any other foods made or processed using animal products.** Vegans also avoid using any animal-derived products like leather, fur, wool or any product tested on animals.

Veganism does not get the attention it deserves **because it is viewed by many as a trend or a cult or something strange and extreme.** Veganism is **actually really simple: it's just an extension of vegetarianism.** **A whole-food plant-based diet can protect our health, the health of the planet, and spare the untimely and torturous death of 65 billion land animals and countless sea animals a year.**

Veganism as a concept is still gaining ground in India. Yet in recent years **many people all over the country have embraced this lifestyle.** Vegans have been making news! Over the past year, **over two dozens articles have been published in the Indian press showcasing people who have chosen to live consciously and compassionately.** Visit [this page](#) to see the articles.

Vegans have more and more choices when shopping for vegan products in India. The biscuit company [Parle](#) makes many different types of vegan biscuits. [Ahimsa](#) is introducing vegetarian meat substitutes. When it comes to footwear and beauty products, many companies offer cruelty-free alternatives: [Bata](#) and [Baggit](#) have a wide selection of leather-free footwear. Brands like [Lush](#), [MAC](#), [VLCC](#), [Surya](#) and [Himalaya](#) offer a variety of vegan beauty products which are not tested on animals. See the [Indian Vegan](#) website for a list of vegan products available in India. To find out about **vegan catering options in Mumbai**, see [this link](#). If you would like to know **where to find vegan products in Bangalore**, visit [this link](#).

Vegan groups are active in [Mumbai](#) and [Bangalore](#) where a growing number of members meet regularly to share tips, recipes and delicious vegan dishes during their informal monthly potluck meetings. Efforts are also under way to start a **vegan group in [Delhi](#).**

The **Indian Vegan Society** is organising the **IVU India South-West Asian Vegetarian Congress in Bangalore from 30 October to 2 November 2010.** The congress aims to bring together likeminded people and spread the message of ahimsa. **For more information, see [this link](#).**

(Above photo of Mumbai vegan Sneha Poojary enjoying a vegan pizza at Ray's Pizzeria, Mumbai - by Dinesh Parab)

What you can do

Learn more about veganism

There are **many vegan resources on the net with an Indian perspective.** Find out **how to veganise your favourite dishes, which vegan products are available in India** and how to **link up with other vegans** living in India.

www.indianvegan.com

<http://vegan-india.blogspot.com>
www.vegansociety.in
www.kranti.org
www.bwcindia.org
www.petaindia.com
www.sharan-india.org

Join a vegan group or start your own

If you would like to learn more about veganism and sample some vegan dishes, **join a vegan group**. There are **active vegan groups in Mumbai and Bangalore** (see above) who meet once a month to socialize and share a potluck meal. **If there is no group in your own city, consider starting your own. Advertise in the local paper or start a blog or website to get the word out.**



Try vegan

Do yourself, the animals and the environment a favour and **try a vegan diet for 30 days**. You'll see how easy it is and how good you'll feel. **Check the recipes section on the SHARAN website where you'll discover lots of tasty and healthy vegan possibilities.** Once you see and feel the positive effects of a compassionate lifestyle, you may never go back!



Fact or Fiction?

Children thrive on a vegan diet.

FACT!

Children brought up on a vegan diet are **less likely to suffer from colds, coughs or infections**. A carefully planned vegan diet which includes whole foods **can meet all of your children's nutritional requirements and is the healthiest diet** you could give them. By setting an example and teaching children to make healthy food choices, they will inherit a lifetime of good eating habits and good health.

Meet some Indian vegan kids [here](#).

For more information on bringing up vegan children, read [this article](#).

(Above: 8-year-old Delhi vegan Trishoola.)

Recipe

BILLE KADABU

Ingredients:

2 cups rice semolina (sold as Idli Rava at Indian stores)
3/4 cup fresh coconut (you can grate half and cut the rest into tiny pieces)
2 tsp channa dal (soaked)
1 tsp jaggery
Salt

For the seasoning:

Black mustard seeds, curry leaves, vegetable oil



Method:

Heat a few spoons of oil in a wok or pan. Add mustard seeds and let them crackle. Turn off the stove and add the curry leaves. Add 5 cups of water, jaggery and salt and turn on the heat once again. Bring the water to a boil. Lower the heat and gently pour in the rice semolina while continuously stirring. Once the water has been absorbed completely, take the pan off the stove and stir in the coconut. Mix well.

Let the mixture cool slightly (but not too much). Lightly oil your palms and make little balls out of the dough. Steam for 8-10 minutes. Serve hot with Coconut Cilantro Chutney.

For more exciting recipe ideas, visit the [recipes page](#) on the SHARAN website!

(Recipe and photo courtesy of Bangalore vegan [Susmitha Subbaraju](#))

News from SHARAN



A 21-day residential Reversing Diabetes Retreat in conjunction with Our Native Village Soul Spa & Eco Resort was held near Bangalore from 16th May to 6th June 2010. 21 participants (19 with type 2 diabetes and 2 with type 1) between the ages of 29 and 80 learned how to control and even reverse diabetes by following a low-fat, plant-based diet. **By the end of the retreat, 18 of the 21 participants saw a very significant to marked improvement in their blood sugar levels. 5 were able to stop all medications, while many others were down to only minute doses.** The vegan food served during the retreat was a big hit. **Having experienced the results for themselves, the participants were convinced of this natural way of controlling diabetes without medication.**

Upcoming SHARAN workshops:

Reversing Diabetes - a life-saving seminar in Bangalore: Saturday 18 September 2010

Reversing Diabetes - a life-saving seminar in Mumbai: Sunday 26 September 2010

Peas vs Pills in Mumbai: Saturday 2 October 2010

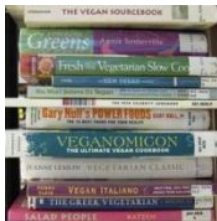
Reversing Heart Disease - a life-saving seminar in Mumbai: Sunday 3 October 2010

For more information on these seminars and workshops, visit the [events page](#) on our website. If you're interested in hosting a workshop in your area or to keep informed of upcoming workshops and events, contact info@sharan-india.org

SHARAN's unique training programs

This a **great opportunity for vegans or aspiring vegans who are enthusiastic about spreading the vegan message to learn valuable skills and expertise** in 3 different training areas: **Health Workshop Instructor, Healthy Cooking Instructor and Vegan Business Entrepreneurship.** Learn more about these exciting programs on [this page](#).

SHARAN is also looking for volunteers who are interested in promoting a vegan lifestyle for the health of the planet, its people and its animals. **We need help with data management, graphic design, copy writing and advertising, filmmaking and photography, administration, event management and much more.** SHARAN is also looking for **people who have done the Peas vs Pills workshop and who would like to train as cooking instructors** for their cities. Please contact us: info@sharan-india.org



SHARAN Library Book Service

Books on health, animal rights, ethics and ecology, and vegan cookbooks can be borrowed through this service. Books will be shipped by courier to any address in India.

For more information on the library book service, see [this page](#).

Did you miss past issues of this newsletter? Have a look at the [SHARAN newsletter archives](#).

Visit the [SHARAN website](#) regularly to read about the [latest news](#) and [upcoming events](#).

  Join the [SHARAN India group on Facebook](#) to find out about upcoming events, join in the discussion board and share experiences, and meet other like-minded people!



What is SHARAN?

We are a non-profit organization with the goals of spreading holistic health awareness, and an ecologically sustainable compassionate lifestyle. We believe that all life on the planet is interconnected. By reconnecting we can heal ourselves and our earth.

Visit our website: www.sharan-india.org

Contact us: info@sharan-india.org