Non-Violence Towards Nature
....through Vegetarianism

C.P.R. Environmental Education Centre
Chennai
India – Land of the ancient philosophy of Ahimsa

THE UPANISHADS

BHAGAVAN MAHAVIRA

THE BUDDHA

EMPEROR ASHOKA

GURU JAMBHESHWAR
India – source of the ancient philosophy of Ahimsa

- **The Upanishads** – Earliest references of *ahimsa* or non-violence. (dated to 1000 Century B.C.E.)

- **Bhagwan Mahavira** – 24th Tirthankara of Jain Dharma – Ahimsa is major ethic. (599 – 527 B.C.E.)

- **Gautama Buddha** – The Supreme Buddha – Preached against violence (563 – 483 B.C.E.)

- **Emperor Ashoka** – Non-violence was his state policy (304-232 B.C.E.)

- **Guru Jambhoji** – Founder of the Bishnoi sect – based on Ahimsa (b.1451)
Mahatma Gandhi –
the epitome of non-Violence

“Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man.”
Defining *Ahimsa* or Non-violence

- ‘Avoidance of violence’.
- It is code of conduct that prevents us from causing pain or harm.
- by deeds, words or even thoughts.
- not only to fellow humans....
- but to all forms of life – from largest mammal to the smallest bacteria...
- and the environment in which they live.

Sculpture depicting non-violence at the UN Headquarters at New York
Modern Man harms Mother Nature without any restraint
We overexploit our fellow beings.

Sharkfin soup is a Chinese delicacy. India is one of the major suppliers of shark fins. (Source: BWC)

OVERFISHING
We overexploit our fellow beings

TESTING DRUGS / COSMETICS ON ANIMALS

TRADITIONAL MEDICINES FROM ANIMAL PARTS
We are cruel to our fellow beings

FEELINGLESS FASHION

Picture source: http://terrariummorbidum.wordpress.com
www.dailymail.co.uk/femail/article-482849/Pythons-skinned-left-die-The-shocking-reality-fashions-new-obsession.html
We overexploit our fellow beings

Elephants in the Wild
Or
Ivory Elephants?

The Choice is Yours!!
We overexploit our fellow beings

DANCING BEAR

SNAKE CHARMING

MONKEY GYMNASSTICS

ANIMALS ACTS IN CIRCUSES

COCK FIGHTS

NO FUN OR ENJOYMENT FOR THE ANIMALS...JUST PAIN!!
We overexploit our fellow beings

ANIMAL SACRIFICE

JALIKKATU

NAGA PANCHAMI

TORTURE IN THE NAME OF TRADITION !!
To Summarise...

• Modern man has been violent to nature and his fellow beings.

• We are today facing the consequences…..
My home is all melting!!
What do I do?
Where do I go?
How do I stop it?
Can you tell me?

The Consequences.....

CLIMATE CHANGE

FLOODS
BLEACHING OF CORAL REEF
MELTING OF GLACIERS
MELTING OF ICECAPS
SPREADING OF DISEASES

DROUGHTS

The Consequences...
The Consequences.....

WATER & FOOD SHORTAGES

My name is Malar. I love to read books, but don’t find the time....

I have to walk about 5 kms. everyday to fetch water.
The Consequences.....

LAND & OCEAN DEGRADATION
The Consequences.....

BIODIVERSITY LOSS

LADY’S SLIPPER PLANT

TOAD

TIGER

PINK-HEADED DUCK

DODO

ONE HORNED RHINOCEROS

I am Dr. E.O. Wilson. We are driving 3 species per hour into extinction.
• We have seen the consequences

• Can we change??

• YES WE CAN!!
Living in Harmony with Nature

Tips that we as individuals can follow in order to live in harmony with nature

Keep your school, neighbourhood & city clean.
Follow the R’s – Reduce, Reuse, Recycle.

Always throw garbage in the dustbin.

Refuse Plastics Bags. Carry your own cloth / jute bag when you go shopping.
Living in Harmony with Nature

Tips that we as individuals can follow in order to live in harmony with nature

- Save Water
- Conserve Fossil Fuels
Living in Harmony with Nature
Tips that we as individuals can follow in order to live in harmony with nature

Do not cut trees.

Plant more trees.

Avoid plucking flowers & leaves from plants.

Do not walk on & trample plants.
Living in Harmony with Nature

Tips that we as individuals can follow in order to live in harmony with nature

- Do not hurt animals or birds.
- Do not catch butterflies & other insects.
- You can even adopt a pet & take good care of it.
Living in Harmony with Nature

Tips that we as individuals can follow in order to live in harmony with nature

LOVE US, NOT EAT US!

All Lives Are Precious

The simplest way for a harmonious co-existence .....is to become a VEGETARIAN!!.
Why is Vegetarianism good for the environment??

- Meatless means the following:
  - Water Conservation
  - Clean Air
  - Better land use
  - Conservation of the forests & its organisms
  - Conservation of precious resources
Water Conservation

• A vegetarian diet uses much less water than a meat-based diet & this helps to conservation of water resources.

• Production of 1 kg of meat requires 100 times more water as in the production of 1 kg of grains or vegetables.

• 1.4 billion people in the world do not have access to fresh drinking water.

• Farm animals produce enormous quantities of solid manure – pollutes water.
Raising & production of meat leads to air pollution and increases GHGs, which could be reduced if people follow a vegetarian diet.

Livestock contribute about 9% of global CO$_2$ emissions and 37% of CH$_4$.

Production of meat releases great quantities of CO$_2$, due to the destruction of rainforests, important sinks of CO$_2$. 

Hey!! I seem to have a gas problem.

Mine is worse!!
Better Usage of Land Resources

- We need to feed enormous amount of grains to animals for them to make a small amount of meat. (1 kilo meat – On an average 9 - 10 kilos of grains as animal feed)

- A vegetarian diet is more efficient in terms of agricultural land use than a meat-based diet.

- 840 million people undernourished – especially in parts of Asia and Africa. The world’s cattle alone consume enough food to feed 8.7 billion people.
Saving the Rainforests

- A vegetarian lifestyle will help protect the rainforests.

- An area of forest the size of a football pitch is destroyed every 2 seconds – in great part for production of food for the animals meant for human consumption.

- Clearing native vegetation impacts the water and climate cycles of the planet. It also increases run off and soil erosion. Drives species extinction.

(Picture Courtesy: http://travel.mongabay.com)
Conserving Fossil Fuels

• It takes far more fossil-fuel to produce and transport animal-based foods than to deliver equivalent amounts of food from plant sources.

• It takes 78 calories of fossil fuel to get 1 calorie of protein from beef.

• Significant amounts of fossil fuels are used for:
  – Transportation of food and the animals
  – Operation of animal facilities (including lighting, temperature control and slaughter activities)
  – Processing / Packaging
  – Refrigeration
Other Reasons to go the **VEGGIE WAY**...

- **Health reasons**
- **Ethical reasons**
- **To be in the company of Legends**

**Say ‘NO’ to animal-based diets**
Health Reasons

- Meat high in saturated fats – Increases the risk of obesity and heart disease
- Blood Pressure
- Certain types of Cancer
- Inflammation and Pain
- Concentration of Toxins
Ethical Reasons

“You transport us over long distances, crammed into the tightest space for days.... ..... without water, without food, in unbearable heat / cold, with broken bones and open wounds. “
Ethical Reasons

The ‘Torture’ chambers - Hens in Indian battery cage facilities live in crowded and often unsanitary conditions.

BATTERY CAGES

Image Source: http://www.hsus.org
Ethical Reasons

When the butcher cuts off our legs or slits our throat, we are still conscious and twitch under great pain.

You call this reasonable because you want to eat a leg piece?
Ethical Reasons

The animals next in line have to witness the final agonies of their brothers and sisters, knowing that it be exactly horrific for them.
Ethical Reasons

I am definitely not loving it!
100% Violation of Hen Rights!!

Hmm...finger lickin good!!
Ethical Reasons

All the milk that nature intended for my baby is taken by humans.

They treat me like a milk machine - inject chemicals into me, so that I produce more milk. When I no longer able to produce milk, I will be sold as ‘ground beef’.
“Nothing will increase the chances of survival for life on earth as much as the evolution to a vegetarian diet.”

Gandhiji

“I think that spiritual growth compels us at a certain point to stop killing our fellow creatures for the satisfaction of our physical wants.”

Albert Einstein

“Eating meat is a left-over of the greatest brutality; the transition to vegetarianism is the first and most natural consequence of enlightenment.”

Leo Tolstoy

“One may not eat what has a face.”

Sir Paul McCartney

“Man is truly the king of all animals, because his cruelty surpasses theirs. We live from the death of others. We are walking graves.”

Da Vinci

“Animals are my friends – and I don’t eat my friends!”

George Bernard Shaw
WANT TO BE IN THE COMPANY OF ACHEIVERS
Are they your role models??…Guess what ..they are all vegetarians!!

RAMANUJAM  SWAMI VIVEKANNADA  Dr. ABDUL KALAM  RUKMINI DEVI ARUNDALE

AMITABH BACHCHAN  ANIL KUMBLE  SHASHI THAROOR  MADHAVAN

SHAHID KAPOOR  ANIL AMBANI  JOHN ABRAHAM  JUHI CHAWLA  VISWANATHAN ANAND
Always look out for the green dot inside the green square.
Go Veggie ......

Eat GREEN to save the BLUE Planet!!
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