



AHIMSA | VEGAN

Kindness and non-violence are the basis of human life. Honest civilized people stay true to these values for life. Be Vegan.



CRUEL PRACTICES IN THE ANIMAL INDUSTRY

There are many cruel practices in the animal industry such as artificial insemination, culling male babies at birth or separating them from their mothers, confining animals in cramped spaces without sufficient food, water and air. Mutilating them, inflicting lifelong pain on them, and finally killing these innocent beings for our greed. Animals suffering in the animal industry are artificially bred for profits. They are sentient beings who feel emotions just like us.



CHICKENS

The “Broilers” consumed are merely 45-day old chicks who have been unnaturally fattened with injections. The broilers grow so quickly in just a few weeks that their bones cannot bear the burden of their weight and they suffer from excruciating pain. Humans cruelly kill about 200 million chickens every day for their taste and selfish needs. Broiler chickens are the most exploited species in the world.



EGGS

Chickens naturally lay 12-15 eggs per year, but we have genetically created a new species of “Layer” chickens that are forced to produce 250-300 eggs per year. These hens collapse within 7-8 months due to continuous laying of eggs, with their intestines eventually popping out. Globally, the ruthless egg industry mercilessly kills 20 million unusable male chicks every day.



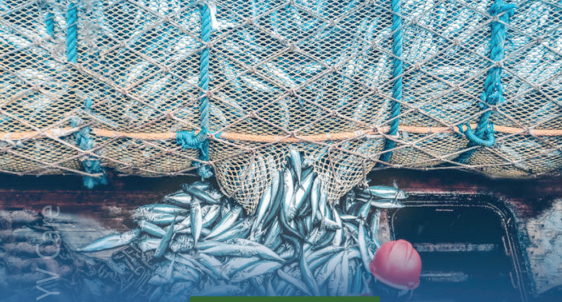
SHEEP/GOATS

The total number of artificially bred sheep and goats in the world is about 3 billion, out of which 1.5 billion are killed and eaten every year. Some are sacrificed in the name of religion, while most are just killed for our taste. These animals who should be living up to the age of 15-20 years are cruelly slaughtered within just a year or so.



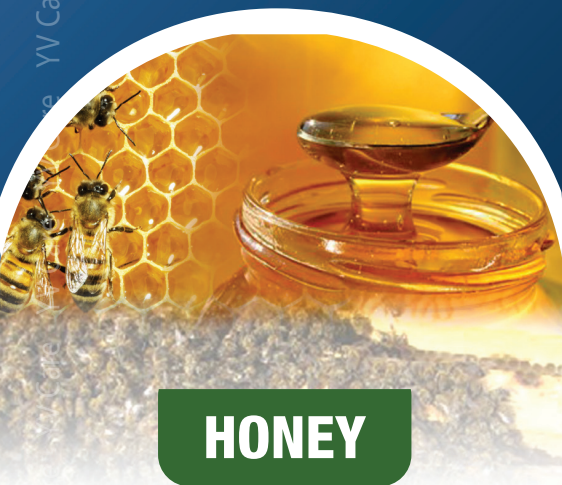
PIGS

Pigs are very intelligent with an IQ similar to a 4-5 year old child. There are about 2 billion pigs in the world of which we kill and eat a billion pigs every year. While a pig gives birth once a year, we exploit and force them to give birth thrice a year. Once exhausted, we finally kill and eat them all within a year or so.



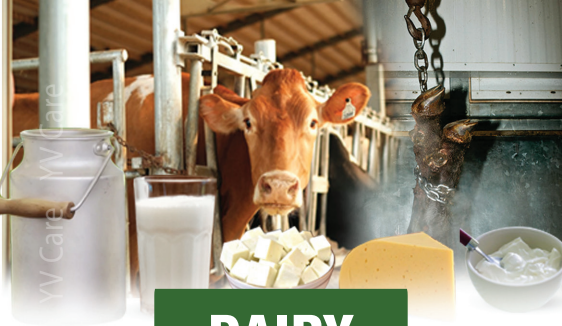
FISH

We don't see aquatic creatures as sentient beings, as they are very different from us. We kill fish on such a massive scale that it can only be counted in tons (50% of which are bycatch). We are not only killing marine life, but also damaging the oceans which affects the entire ecosystem. If this continues, nothing can stop the earth's destruction.



HONEY

A teaspoon of honey takes 10-12 bees lifelong hard work. We steal this honey which has been painstakingly accumulated as food for their posterity. We imprison the queen & her hive. Billions of honeybees are killed annually in this cruel industry. In our greed for honey, thousands of non-honeybee species have already gone extinct.



DAIRY

Today, India is amongst the top 3 beef exporters in the world. This achievement is only because of our dairy usage, killing 10 crore bovines of which half are innocent calves mercilessly killed annually in India to meet our milk demands. When the females are no longer capable of birthing or lactating, they are abandoned or sent to slaughter (sold for meat and leather).



LEATHER

India is the top global leather producer. Farmed animals bred on a large scale for the dairy industry or meat after abuse are eventually supplied to the leather industry. Leather is such a polluting industry that developed countries refuse it, and unbothered developing countries like India end up doing it for profits and Forex gain. Leather production has become so widespread that animals, rivers, fields, our entire environment is on the brink of destruction.



WOOL

Wool comes from a painful and cruel process. Young lambs are cruelly castrated without anaesthesia. For wool unspilt by excreta, their tail and surrounding skin is ripped off. They are dehorned with hot rods. This brutality results in the death of many lambs. After extracting prime wool a couple of times, sheep are eventually killed for their meat.



SILK

6,500 silkworms are boiled alive for 1 kg of silk, which means around 10-15,000 silkworms are killed for a silk sari. This implies that we mercilessly kill billions and billions of insects annually. Do we really need this cruelty when we have other alternatives? We have already caused extinction of many unprofitable silkworm species.



ENVIRONMENT

More than 51% of greenhouse gases come from the meat and dairy industry. We are cutting 1.5 acres of forest every second for animal agriculture. Almost 10-20 times more scarce resources are required for meat and dairy production which results in disastrous consequences such as global warming, world hunger and water crisis. Animal agriculture is the leading cause of environmental destruction. It threatens the biodiversity and sustainability of our planet and contributes significantly to climate change.



OCEAN

Every day, we kill about 7.5 billion sea creatures (equivalent of the human population). Scientists say that due to human interference, the ocean will be empty within the next 28 years. 70% of earth's oxygen is produced by marine life such as plankton and coral reefs, which is essential to life and yet we continue to destroy the ocean.



HEALTH

The biggest cause for today's prevalent diseases like cancer, heart disease and diabetes, is an animal-based diet. A plant-based vegan diet is healthy and complete by itself and lowers the risk of disease. By adopting a plant-based diet, many people are living healthy lives.



DOCTOR'S ADVICE


All smart nutritionally aware doctors recommend vegan diets. 60-70% of Indians are lactose intolerant, which affects their immunity. Dairy and meat significantly increase the risk of cancer, heart disease and diabetes. We should eat a variety of plant foods like fruits, vegetables, whole grains, pulses, legumes, nuts and seeds etc.

LEARN MORE

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