

Times Foundation

*Sharan Sanctuary for Health and Reconnection to Animals and Nature (SHARAN),
The Federation of Indian Animal Protection Organisations (FIAPO),
Plant and Animal Welfare Society, Thane (PAWS)*

invite you to a seminar on

Farmed Animals in India Putting Our Values into Action!

Date: Saturday, 20th March 2010

Time: 10 am – 3 pm

Venue: Training Room, 6th floor, Times Tower, Kamala Mills Compound

Registration: Call Capt. Rakesh Srivastava (022) 28408751, 98339 88287

Fees: Rs 150 (Lunch is included)

Workshop description:

Join Dr. Nandita Shah, practicing homeopath and founder of SHARAN

in a seminar designed to empower animal protectors with greater knowledge of the fundamental principles that link one's personal life-style choices to the wider movement of ahimsa:

Adopting a plant based diet.

For the animals: Animals raised and killed for their meat, eggs, and milk are forced to endure more suffering, in greater numbers, than any other organized animal abuse. In India alone, there are more than 230 million egg-laying hens confined in battery cages who will never have the chance to stretch even one wing in their entire lifetimes. Cows and buffalo used in dairy production are sent to slaughter when they are no longer profitable and considered “use-less”. Usually illegally transported across India, the animals endure relentless confinement, broken bones, untreated wounds, fear and agony before they are slaughtered.

For our health: Some of the incredible benefits of a plant-based diet include the prevention and reversal of diseases like heart disease, hypertension, obesity, diabetes, allergies, many cases of cancers and more. This seminar will arm you with the scientific information you need to help answer your own concerns and to prepare you with the knowledge to encourage and introduce others to the healthy and cruelty-free lifestyle.

Adopting a plant based diet is a compassionate and conscientious step for animal lovers and activists to begin living a healthier life that follows one's values and leads the way in creating a kinder world. It is a switch to a healthy Sattvik lifestyle and a contribution to the movement of spreading ahimsa and kinder treatment to animals.

Come and learn the fundamental principles of healthy eating, factors supporting good health, uncover the truth behind common myths, and clarify all your doubts.

Topics covered:

- Farmed animal issues in India
- Understanding our anatomy and its nutritional needs
- Protein, Calcium, Iron, Vitamin B12
- Energy input and output
- How to make the life-style changes we care about
- Taking action for Farmed animals.

The presenter

Dr Nandita Shah, is a well known doctor, homeopath and founder of SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) an organization dedicated to the protection of our planet and all its many rich and diverse living forms.

Dr Shah specializes in holistic treatments involving lifestyle and diet changes, and conducts her workshop Peas vs Pills worldwide to inspire people to make informed food choices.

