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We gun for vegans

- [Harshini Vakkalanka](#)



STORIES OF CHANGE: Vegans talk of why they made the choice

Vegans of the city came together on World Vegan Day to share their passion

It was all about the 5Ws and 1H of veganism at the Lush handmade cosmetic store at Forum Mall on November 1, the World Vegan Day. Lush, which claims its products are 81 per cent vegan, rose to the occasion by bringing together members of Vegan Bengaluru to talk about their lifestyle.

The store had Isabel Putinja, communications officer for SHARAN (Sanctuary for Health and Reconnection to Animals and Nature), address the gathering.

“I turned vegetarian when I was sixteen. But I turned vegan after doing a workshop on healing with food, where I learnt that a vegan diet is ideal for the health and the environment. I thought I’d give it a shot for a month. During that time, I realised that most of our food and recipes are already vegan. And where I used milk earlier, I began substituting it with soya milk and nut milk with almonds and cashews. I noticed that I felt lighter and that my stamina, in my classical dance classes, had improved,” she said.

Soon, she and another friend started a blog, Vegan Bengaluru (www.veganbengaluru.wordpress.com), through which she began to meet more people and organised activities like vegan potlucks. “If you think that you’re missing out on calcium by being vegan, then it’s a misconception, because lots of leafy vegetables and seeds, like sesame, are high on calcium,” she adds. Other members of the vegan society shared their views on veganism. “There are three reasons why I’m vegan. First, it’s for the animals. We all know a cow needs to be pregnant. But most calves today are a by-product of the industry, where the males are slaughtered. The animals and the poultry in the meat industry are badly treated. If you walk into any broiler, you will see six chickens stuffed into a small cage. Imagine putting yourself in their position. Second, the UN has admitted that the meat industry is a significant contributor to climate change. Third, research has shown that vegans live at least six to seven years longer than meat-eaters,” said Rajiv.

For more information on veganism, visit www.sharan-india.org, www.kranti.org.

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