

Make a difference,

go vegetarian!

1 OCTOBER

WORLD

**VEGETARIAN
DAY**



In the minds of people, Jainism & Vegetarianism are intrinsically linked. Vegetarianism is a way of life for a Jain. It is a practice that is fundamentally based on Jain philosophy and not, as some assume a mere traditional or cultural practice.

Jains are vegetarians because they believe in nonviolence, which involves not hurting or killing any living being. Jain religion has non-violence as its basic principle. Jainism emphasises on interconnectedness and interdependence of all life forms, fosters respect for living beings and the environment, thereby promoting sustainable practices.

In recent years, vegetarianism and plant-based diets are gaining popularity, especially in the West, due to their health, environmental, and animal welfare benefits, which Jains have been aware of for thousands of years.

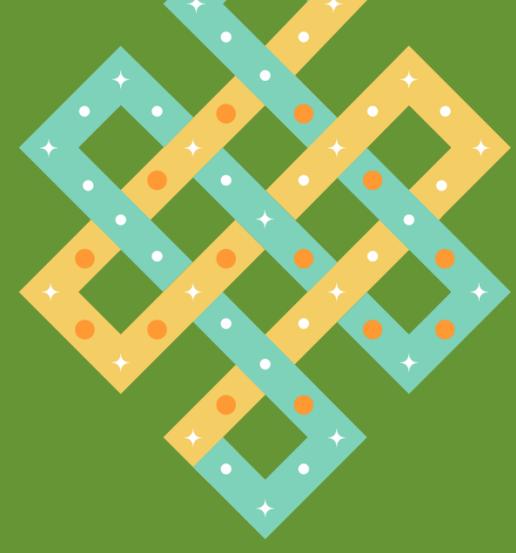
Jainism's emphasis on non-violence and compassion can inspire individuals to adopt ethical and sustainable lifestyles, promoting a more sustainable and ethical approach to living.





1 OCTOBER

WORLD Vegetarian DAY



World Vegetarian Day highlights the importance of vegetarianism on the environment. Vegetarianism not only saves animals but also helps conserve fossil fuels which is 780 percent more efficient than meat production. Studies have shown that, to grow one pound of wheat requires only sixty pounds of water, whereas production of one pound of meat requires 2500 to 6,000 pounds.

This day also reminds us of the benefits of vegetarian and plant-based foods on the body. A vegetarian diet is richer in Fiber, folic acid, vitamins and minerals, low in unsaturated fat, cholesterol, reduced risk of heart disease, lower blood pressure, and a healthier weight.

Considering all the benefits of a vegetarian lifestyle, Jains were way ahead of their time.

This day also helps erase the misconception that vegetarian food is not delicious or is tasteless and bland. Vegetables can be turned into various scrumptious dishes.

Antioxidant Properties

Weight Management

Disease Prevention

Nutrient-Rich



NATURAL BENEFITS

Vegetables are rich in essential nutrients and offer a wide range of health benefits.