



Ahimsak Eco-Vegan Committee and the Jain Vegan Initiative

OCT 18, 2021

DR. JHANKHANA JINA SHAH

JAINA and my vegan journey

JAINA is Federation of Jain Associations in North America whose mission is to promote Jain Dharma/Way of Life

Largest organization of Jains outside India

- ▶ Spiritual advisors Sushilmuniji and Gurudev Chitrabhanu
- ▶ Founded in 1981
- ▶ 72 Jain Centers, 150,000 members and 32 committees
- ▶ I became vegan in 1990 after visiting Siddhachalam, was a YJA'er and YJP'er

<https://www.jaina.org/>



Live and Help Live

JAINA



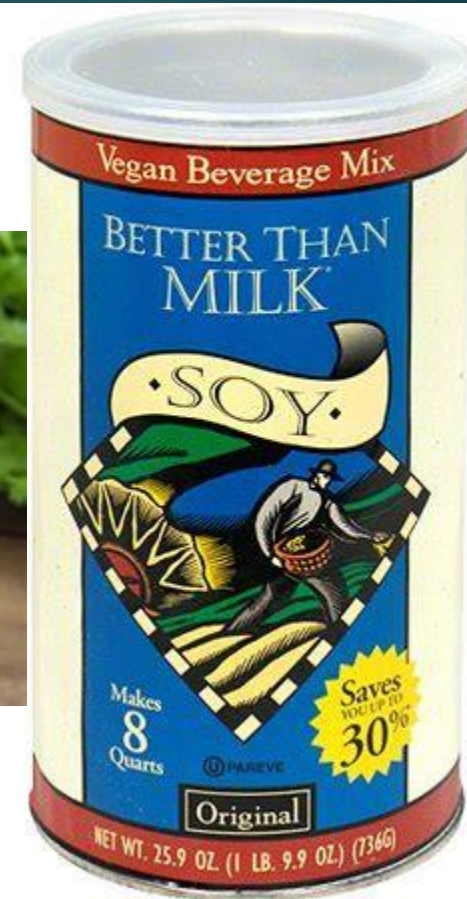
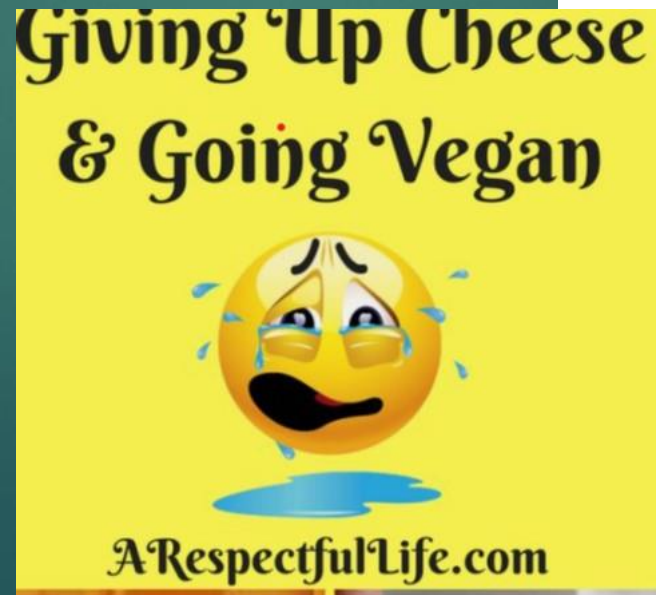
As expressions
of ahimsa we
support

- ▶ **Veganism** -not eating, wearing, or using animal products
- ▶ The reduction and elimination of activities contributing to **global climate change** and destruction of the planet
- ▶ Via...Personal transformation, community education and advocacy

An Awareness of Veganism started early with 1997?-2019 JAINA Conventions



Vegan options in the old days...



What's new? A sample...

- ▶ More vegan food options, healthy and not-so
- ▶ 2019 Jain Declaration on the Climate Crisis
- ▶ Interfaith Vegan Coalition Kit
- ▶ Veganjains.com
 - ▶ More pro-vegan religious leaders sadhvis, sadhus, aryikas, munis
- ▶ WhatsApp groups, webinars, clubhouse talks, YJA Eco-Vegan week challenge
- ▶ Jain Vegan Initiative

2021 options



Califia Farms
Barista Blend Almond Milk



Oatly
Original Oat Milk



Ripple
Original Pea Milk



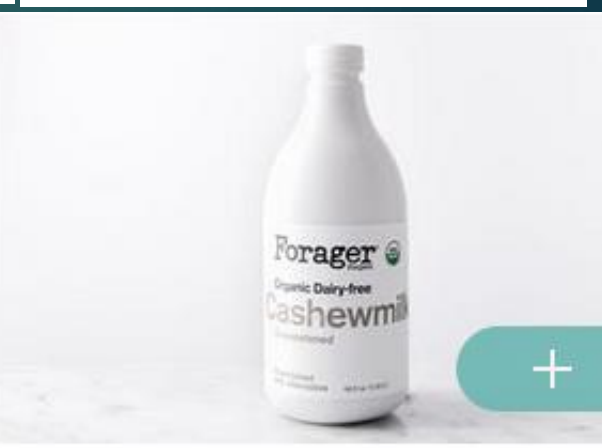
Miyoko's Kitchen
European Style Cultured Vegan Butter



Califia Farms
Original Better Half



Califia Farms
Unsweetened Almondmilk Creamer

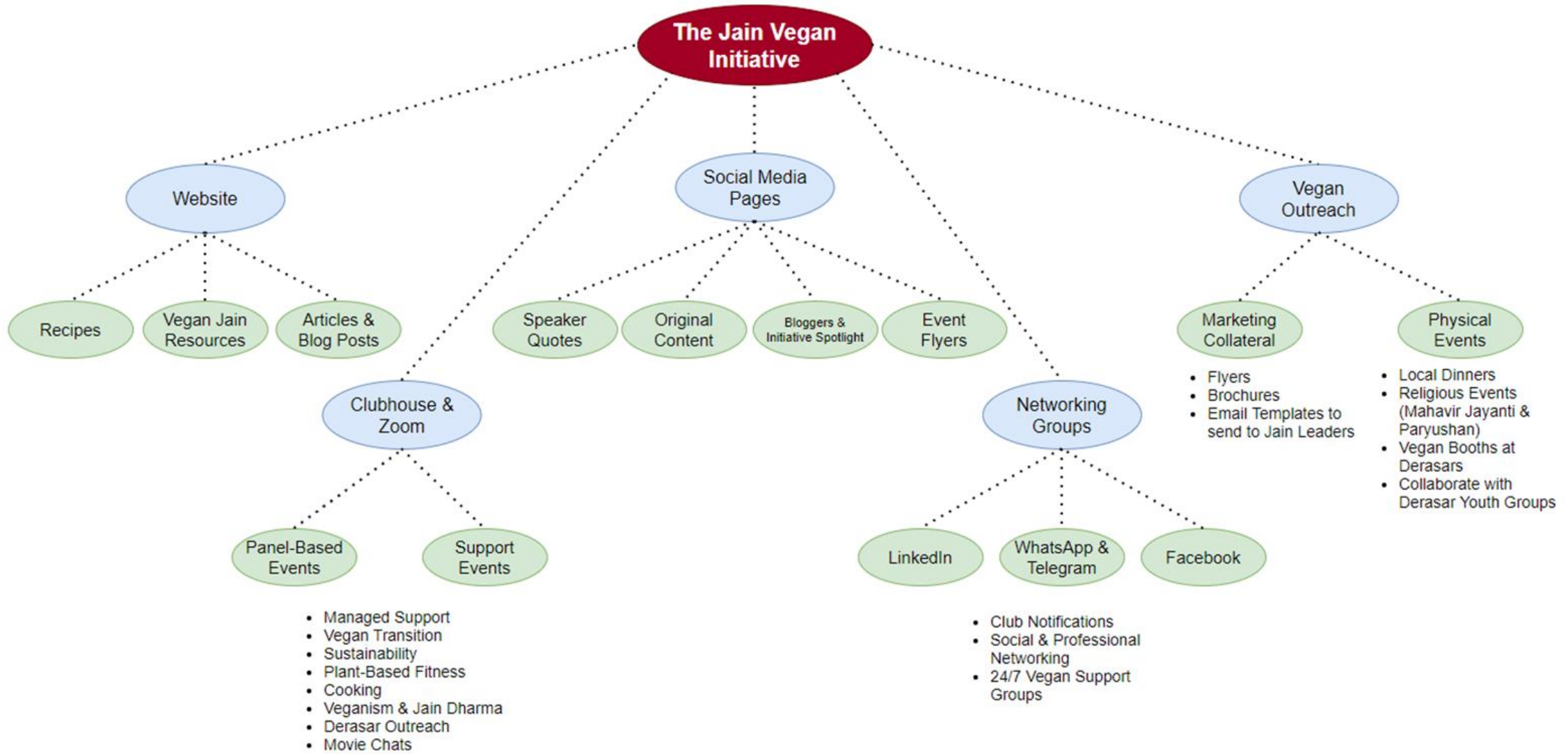



Forager Project
Organic Unsweetened Cashew Milk

Jain Vegan Initiative

- New Jain Vegan Initiative (JVI): our global collaborative project working with other organizations on our shared mission of promoting veganism and reversal of climate change
- Developed from Global Jain Network on Clubhouse

Vision Statement: We create spaces and content to support vegan activism and push the needle towards Veganism in the global Jain community.





Climate change is a crisis

JAL VAYU PARIVARTAN AAPATI CHE

Direct (*pratyaksha*) versus Indirect (*paroksha*) Violence (*hinsa*)

- ▶ Forms of violence that we traditionally recognize, eating meat, killing mosquitoes
- ▶ New forms of violence in modern times
 - ▶ Dairy cows and egg laying hens
 - ▶ Climate change
 - ▶ Plastic Pollution
- ▶ In Jainism, we are responsible for unintentional (*ajanya*) as well as intentional (*janya*) violence and face the karmic consequences



Ahimsa, Aparigraha and Asteya

- ▶ *Ahimsa* is more than not doing violence, it is more than an attitude, *it is a whole way of life.*
 - ▶ Veganism limits our violence to *panchindriya* and environmental care to all life down to *ekindriya*
- ▶ *Aparigraha* is limiting one's consumption and material possessions and benefits the earth and all beings
- ▶ *Asteya*, refraining from stealing from our planet, other beings and future generations

2009 Worldwatch Institute Report on Livestock

Uncounted, Overlooked, and Misallocated Livestock-related GHG Emissions

	Annual GHG emissions (CO ₂ e)	Percentage of worldwide total
	million tons	
FAO estimate	7,516	11.8
Uncounted in current GHG inventories:		
1. Overlooked respiration by livestock	8,769	13.7
2. Overlooked land use	≥2,672	≥4.2
3. Undercounted methane	5,047	7.9
4. Other four categories (see text)	≥5,560	≥8.7
Subtotal	≥22,048	≥34.5
Misallocated in current GHG inventories:		
5. Three categories (see text)	≥3,000	≥4.7
Total GHGs attributable to livestock products	≥32,564	≥51.0

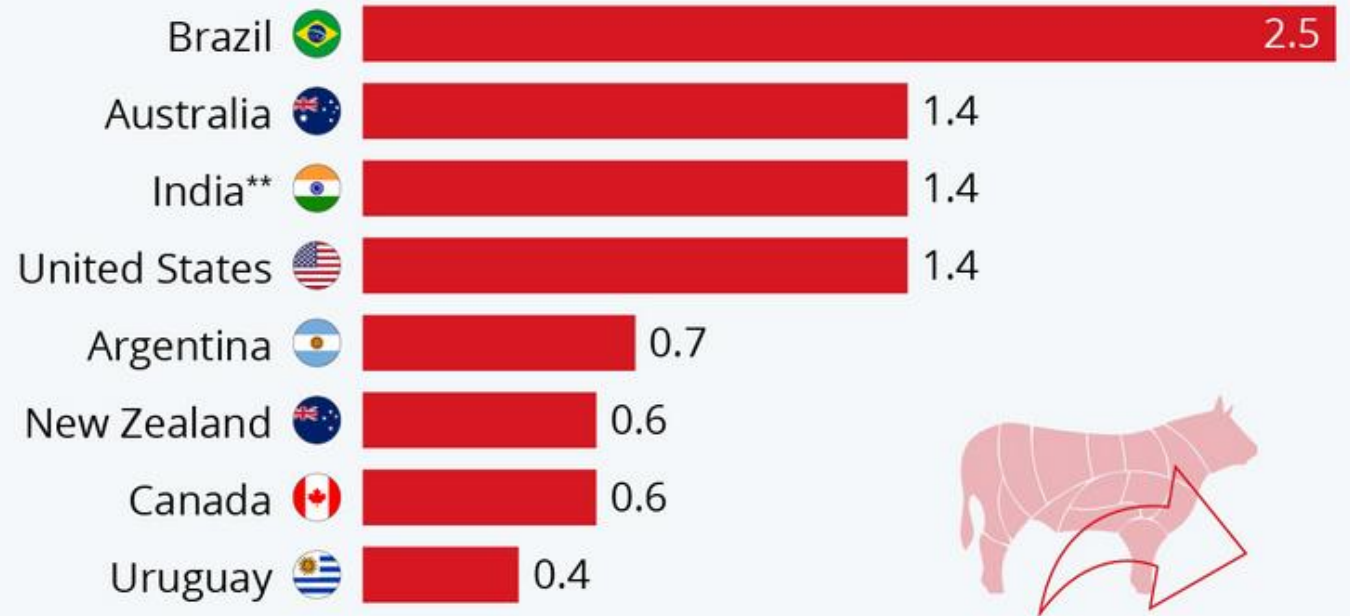
<https://pdfs.semanticscholar.org/6704/c7a0777c82357704d82b9ae8007c1197cb07.pdf>

India exports a lot of beef

987 Million Cattle Worldwide

The Biggest Exporters of Beef in the World

Export volume of beef and veal in 2020*, by country (in million metric tons)



* Forecast as of April 2020

** Includes other bovines (water buffalo)

Sources: US Department of Agriculture; USDA Foreign Agricultural Service



statista

Emissions from Dairy

909

MILLION TONS

Amount of milk produced by cows, buffalo, and other livestock worldwide in 2017. India produces the most, about 20% of the world's supply. The US, which produces the most cow's milk, is next, at 12%.

30%

Growth in global milk production from 2005 to 2015.

2%

The dairy industry's share of total US greenhouse gas emissions, from farm to consumer, including waste. While emissions from the global dairy sector increased by 18% between 2005 and 2015, the US dairy sector reduced its emissions by 5% overall.

© ISTOCK.COM/ALEX LUKIN



Emissions from Dairy

© RANDAL FORD



278
MILLION

Number of dairy cows in the world (9.3 million are in the US).

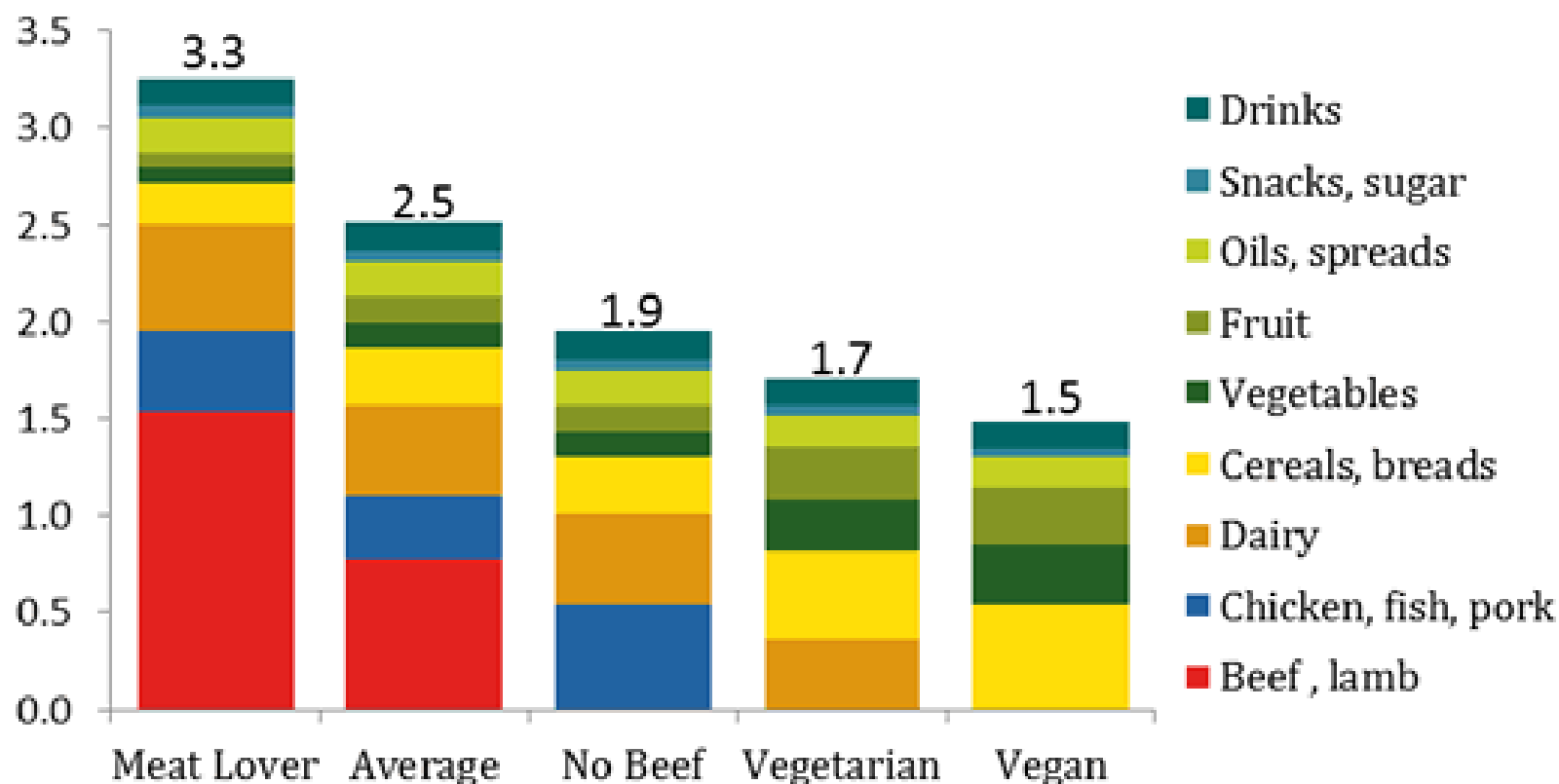
FEEDING THE US DAIRY HERDS

144 GALLONS Water used to produce 1 gallon of milk in the US. More than 93% of that water is used to grow feed for dairy cattle.

100 POUNDS Feed eaten per day by a US dairy cow.

9% Amount of available US cropland used to grow feed crops for dairy cows—about 34.1 million acres.

Sample Diet Footprints (t CO₂e/capita)



Note: All estimates based on average food production emissions for the US. Footprints include emissions from retail losses and consumer losses. Each of the four example diets have been based on 2,600 kCal of food consumed per day, roughly the same as an average American. This equates to around 3,900 kCal of supplied food.

Sources: ERS/USDA, various LCA and EIO-LCA data



<http://ihrrblog.org/tag/carbon-footprint>

•Institute of Hazard, Risk and Resilience Blog , Durham University

Jain Declaration on the Climate Crisis



JAINA : Federation of Jain Associations in North America

(A Non-profit Tax Exempt Organization IRS Code Section 501(c)(3)EL# 54-1280028)

DONATE NOW

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- Pathshala ▶
- JAINA Climate Declaration**
- Jain Academic Education
- E-Library
- Jainism Resources ▶

Adopted by JAINA Executive Committee October, 2019

What can you do as an individual?

- ▶ Continue avoiding meat and eggs, minimizing use of water, avoiding waste
- ▶ Eliminate dairy products to transition to a completely plant based or vegan diet

As *Shravikas* and *Shravaks*, can we move towards the simplicity of *sadhvi* and *sadhu* to choose least harm?

- ▶ Car free, small car, electric car ?
- ▶ Reduce flights
- ▶ Live in smaller homes and use renewable energy sources such as solar
- ▶ Buy less material goods
- ▶ Make your work and business climate friendly



What can we do as a community?

- ▶ Continue to learn and teach ourselves about climate change
- ▶ Serve only vegan food and use only vegan items in *pujas*
- ▶ Use thalis (return to tradition) or edible cutlery (Indian innovation!)
 - ▶ Eliminate Styrofoam and single use plastics in serving of food
- ▶ Add solar panels and energy saving technologies for our temples



Our proposal for business and government leaders

- ▶ Ahimsa > short term profit
- ▶ + beneficial and regenerative agriculture & technology
- ▶ - subsidies and ban harmful products like plastic, chemical pesticides
- ▶ + Remove CO₂ from atmosphere with reforestation (stop cutting trees)



Advocate with *maitri*, *karuna*, *pramoda* and *madhyastha*

- ▶ Do we *really live as if we believe in karma?*
- ▶ Do we care for all life: *Parasparo pagraho jivanam*
- ▶ Do we practice *tyag* or *mindless bhog*
- ▶ Learn, Teach in Pathshala, Reflect and Improve in Pratikraman



Jain mendicants speak out about veganism: Veganjains.com

Vegan Jains

From California to India: on compassion and health aspects of Veganism from a Jain perspective

[HOME](#) [ABOUT](#) [AHIMSA IN ACTION WEBINAR SERIES](#) [AHIMSAK MILK AND DAIRY PRODUCTS IN THE US](#)
[CELEBRATING THE 2019 JAINA CONVENTION](#) [JAIN DECLARATION ON THE CLIMATE CRISIS \(OCT 2019\)](#)
[RESOURCES FOR JAIN VEGAN RECIPES](#)

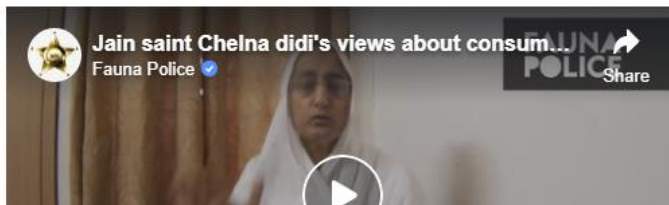


CATEGORY ARCHIVES: [JAIN ASCETICS](#)

Digambar Aryika Mataji renounces himsa with dairy

Posted on [May 19, 2021](#) by [VeganJains](#) | [Leave a comment](#)

Prof Miller called my attention to this not-so-recent, but still very relevant video recording of a Digambar ascetic discussing the himsa in milk. This was posted by Fauna Police, (a group conducting animal rescue and raising awareness about animal abuse) after showing watching videos and pictures of dairies, live transport and slaughter of cattle in India to Aryika Shree Chaitanyamati Mataji (Chelna didi). Now we see ascetics of both genders in many Jain sects calling for us to renounce dairy products.



CATEGORIES

- [Activism](#)
- [Dairy in India](#)
- [Environmental](#)
- [General](#)
- [Health and Nutrition](#)
- [Healthy drinks!](#)
- [Interfaith](#)
- [Jain ascetics](#)
- [Jain Philosophy](#)
- [JAINA 2017](#)
- [JCNC](#)
- [Musings](#)
- [North American Jain centers](#)
- [Paryushan](#)
- [Pictures](#)
- [prayers](#)

Ahimsa In Action Speaker Series: Spotlighting Inspiring Visionaries and Activists

- ▶ **Dec 19, 2020** Luv'n Arms, an American Animal Sanctuary
- ▶ **Feb 27, 2021** Eat Green to Go Green: Healthy Whole Foods Vegan Diets for families
- ▶ **April 17, 2021** Covid 19: Changing the paradigm Away from Animal Experiments Toward Human Centered Methods

Talks with Groups in India

- ▶ **12/2020** Interview by Earth For All, documentary filmmaker Nisha Matamp in Mumbai, You Tube accessible
- ▶ **3/2021** Talk with Applied Jainism on the Jain Declaration on the Climate Crisis
- ▶ Jain Declaration on the Climate Crisis translated into Hindi
 - ▶ Hindi version at <https://blog.jainelibrary.com/>
 - ▶ English at <https://veganjains.com/jain-declaration-on-the-climate-crisis-oct-2019>

Human, Animal and Environmental Health are One Health = *Parasparō Pagraho* *Jivanam*

- ▶ All lives are interdependent & depend on air, food, water to sustain our bodies
- ▶ Climate is linked to livability and disease risks
 - ▶ direct and indirect effects
 - ▶ Poor communities most affected
- ▶ Going vegan contributes to One Health, but may not be sufficient

Ahimsak Lifestyle for Health

- ▶ Ahimsa is more than not doing violence, it is more than an attitude, *it is a whole way of life.*
- ▶ And for modern Jains the concept also includes the positive elements of working for justice, peace, liberation, and freedom...
- ▶ Health: a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

http://www.bbc.co.uk/religion/religions/jainism/living/ahimsa_1.shtml

World Health Organization

Prevention

- Healthy plant based whole foods prevent, reverse and cure diseases.
- Our bodies absorb nutrients very well from these sources.
 - They are heart, kidney healthy and bone healthy
- Animal foods are higher in hormones, environmental toxins, pathogens and other harmful bacteria, cholesterol, saturated fats, trans fats, antibiotics and other drugs.

Harms linked to Dairy and Eggs

- ▶ Saturated fat and cholesterol linked with diabetes, heart disease, stroke, Alzheimer's disease
 - ▶ Cheese is 75% saturated fat! And lots of salt
- ▶ Milk protein linked to breast, prostate and ovarian cancer
- ▶ Lactose linked to eczeme, acne, diarrhea, constipation
- ▶ Galactose linked to increased mortality in men and increased heart disease, cancer mortality and fractures in women
- ▶ See <https://www.plantbaseddata.org/> and www.nutritionfacts.org

For more information...

- ▶ Website: Veganjains.com
- ▶ Interfaith Vegan Coalition Kit
(https://www.idausa.org/assets/files/campaign/Sustainable%20Activism/advocacy_kits/ud/adkit-jainweb.pdf)
- ▶ Jain Declaration on Climate Crisis:
 - ▶ Hindi version at <https://blog.jainelibrary.com/>
 - ▶ English at <https://veganjains.com/jain-declaration-on-the-climate-crisis-oct-2019/>
- ▶ Calculate your carbon footprint
 - ▶ www.terrapass.org
 - ▶ www.conservation.org
- ▶ Health
 - ▶ <https://www.plantbaseddata.org/>
 - ▶ www.nutritionfacts.org

Plantbased Data and Videos re India

Co founder of Plant Based Data, a resource for educators, researchers, journalists, and anyone interested in the science regarding plant based diet, health, environment, and the role of animal agriculture as the main cause of COVID 19, and as a risk for future pandemics. My lectures on these subjects can also be found there.

Website <https://www.plantbaseddata.org/>

My videos Dairy Production and Cow Slaughter in India

https://www.youtube.com/watch?v=nt_b4sn20t8&ab_channel=CompassionateIndia = English 5 min

<https://www.youtube.com/watch?v=xlQlbHZnv14> = HINDI 5 min

<https://www.youtube.com/watch?v=sYec54tLeBo> = Gujarati 10 min

Connect with us....

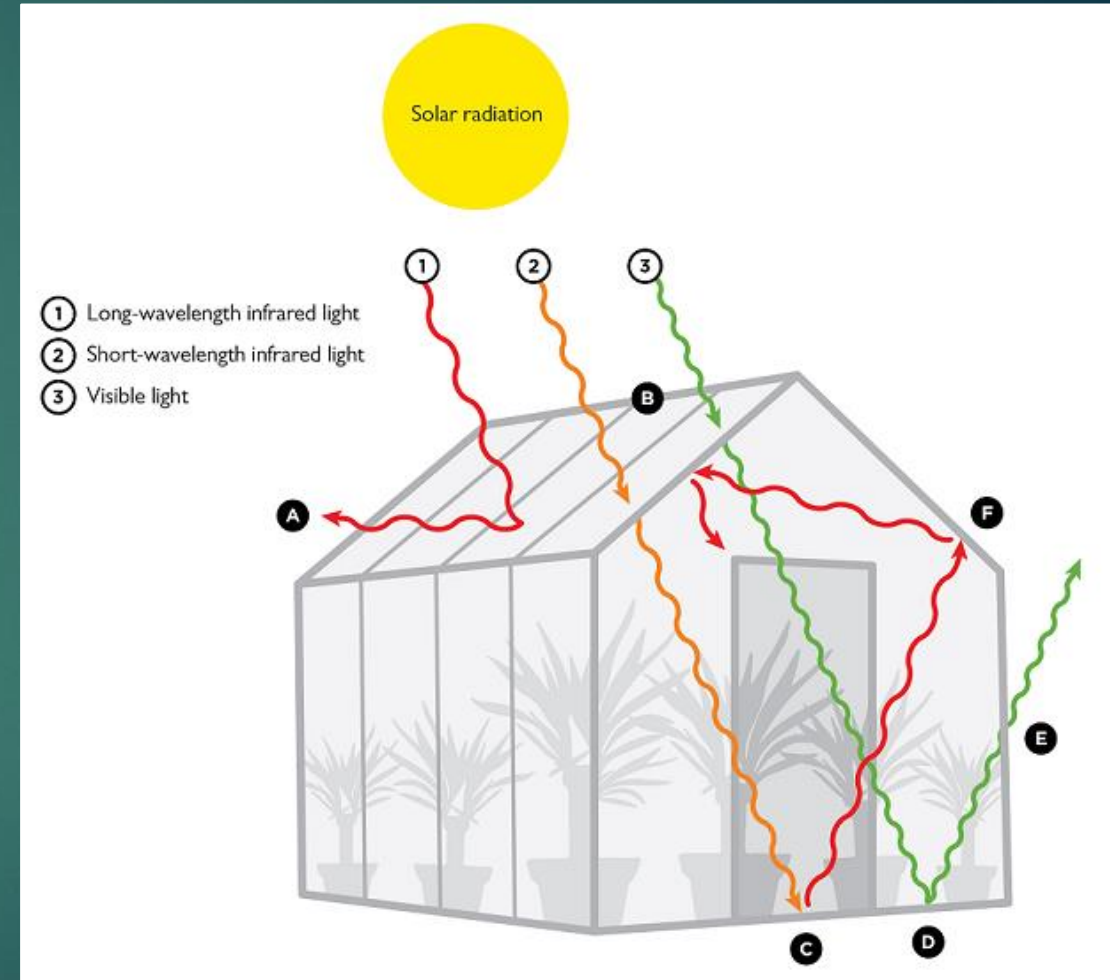
- ▶ Website: www.veganjains.com
- ▶ Jain Vegan Initiative bit.ly/thejainveganinitiative
- ▶ JVI, Global Jain Network, AEVC emails
- ▶ globaljainnetwork@gmail.com
- ▶ thejainveganinitiative@gmail.com
- ▶ veganjains@gmail.com

Backups

The Greenhouse Effect – just basic physics



By Jürgi-würgi - Own work, Public Domain,
<https://commons.wikimedia.org/w/index.php?curid=3713538>



<https://www.comsol.com/blogs/the-greenhouse-effect/>

L.M Singhvi : Jain Declaration on Nature

Indian jurist, parliamentarian, scholar, writer and diplomat. [High Commissioner](#) for India in the United Kingdom (1991–97)¹

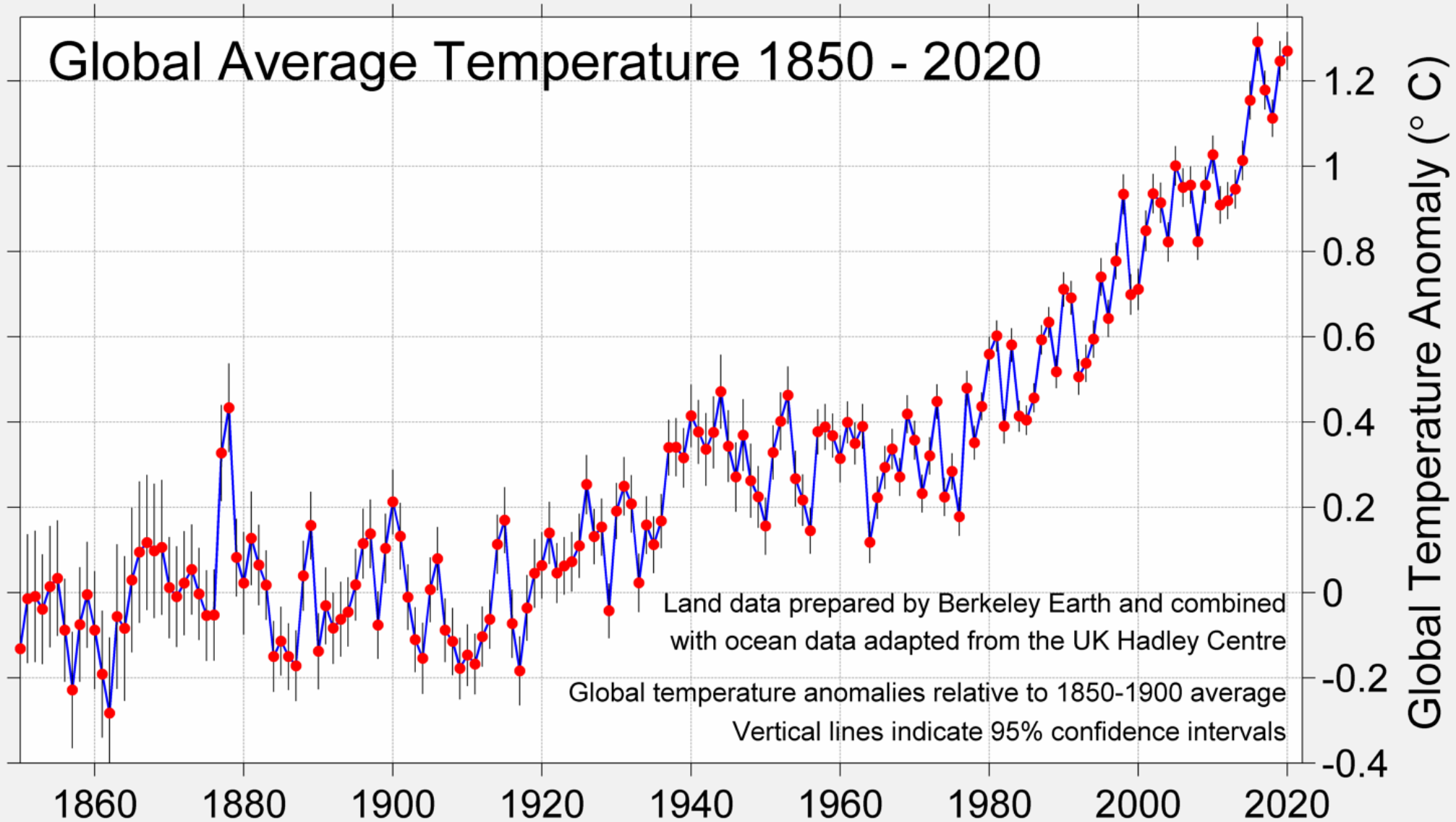
The Jain Declaration on Nature by Dr L M Singhvi, was presented to Prince Philip at Buckingham Palace on 23 October 1990 to mark the entry of the Jain faith to the WWF Network on Conservation and Religion. *Does not mention Climate*

"Jainism is fundamentally a religion of ecology and has turned ecology into a religion. It has enabled Jains to create an environment-friendly value system and code of conduct."

"Asteya" or "not stealing" is the principle of not taking what belongs to another. It means avoidance of greed and exploitation.



Temperature Record to 2020



We're in 6th Major Extinction

- ▶ We are in the midst of the Sixth Great Extinction, an event characterized by the loss of between 17,000 and 100,000 species *each year*.
- ▶ The last mass extinction, around 65 million years ago, wiped out the dinosaurs.
- ▶ **It is estimated that half of all plants, animals and birds on the planet will die off before 2100.**

Satkhira, Bangladesh

▶ May 21, 2020

“The Sundarbans is finished. Amphan has killed it. All our crops, even our trees have been destroyed. What will we do?”

– Chandan Das,
Bangladeshi Farmer

Bihar, India

▶ July 26, 2020

This year's monsoon rainfall in Bihar is 50% higher than normal. India's monsoon rains caused at least 742 deaths in July 2020.

Chembarambakkam Lake, Chennai, India

▶ May 21, 2019

Chennai, India's sixth largest city, nearly ran out of water as its reservoirs dried up.

2021 is driest year on record in California,
predict water shortage, worst Wildfires



California Wildfires, 2019



Firefighters battled the Ranch Fire near Ladoga, Calif., in August. The blaze was part of the Mendocino Complex Fire, which burned around 460,000 acres. Credit...Noah Berger/Associated Press

California Wildfires

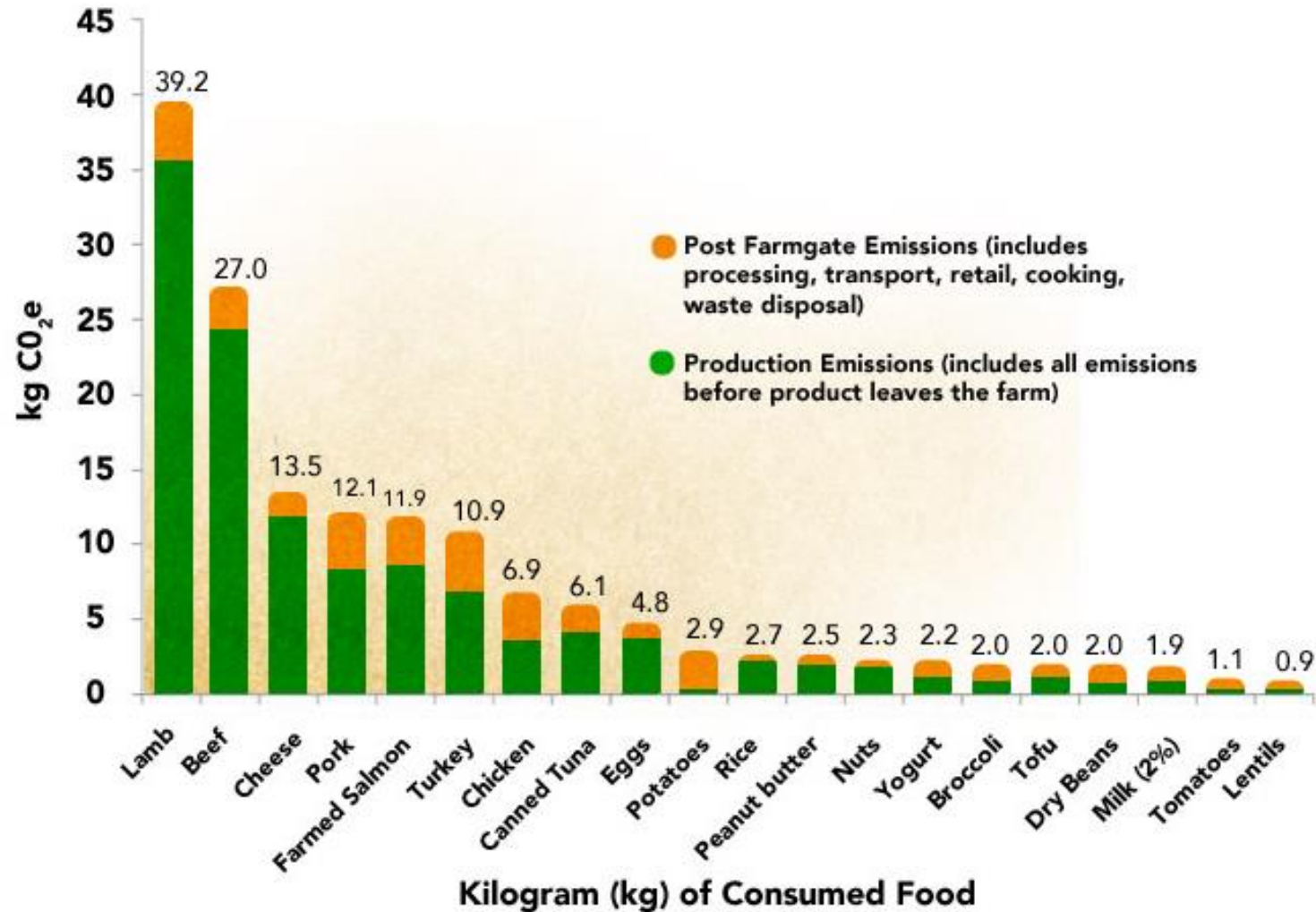


Firefighters worked to contain the Slater Fire as it burned through Klamath National Forest in Northern California last year. Bryan Denton for The New York Times

https://messaging-custom-newsletters.nytimes.com/template/oakv2?campaign_id=49&emc=edit_ca_20210329&instance_id=28603&nl=california-today&productCode=CA®i_id=82010537&segment_id=54414&te=1&uri=nyt%3A%2F%2Fnewsletter%2Fb6318da0-73f6-5988-9b01-400ea26c9009&user_id=1e7edc1b5411a5e75e13a7019099d375

Carbon Footprint of food (incl. methane)

Figure 1. Full Lifecycle Greenhouse Gas Emissions from Common Proteins and Vegetables



Jain Declaration on the Climate Crisis

“The Jain understanding of karma extends responsibility for an action not only to a person who directly causes harm but also to one that indirectly causes harm. So, anyone who drives a fossil fuel automobile or has frequent air travel bears some responsibility for increased wildfires and hurricanes.”

“Jains realized thousands of years ago that, beyond the necessities, owning more material goods does not make people happier and often causes harm to other living beings. ”

“We recognize that the stuff that people buy contributes greatly to their carbon footprints. We exhort all people to strive diligently to reduce their consumption and therefore their carbon footprints.”

Lead by example and advocacy (*karvu, karavu, anumodan*)

- ▶ Show the world that a healthy diet for all (humans, animals, plants, the planet (*manushya, tiryinch, prithvi*) is critical to reduce global warming
 - ▶ Veganism is important. Dairy means suffering, rape and death for cows; cheese also has the 3rd highest Carbon Footprint.
- ▶ We need to talk with our friends about how bad animal food based diet is for all of us.
 - ▶ Find a language that transcends culture and religion but is still true to ours.

Jain Center of N. California Solar System



STATEN SOLAR

AFFORDABLE ENERGY FOR EVERYONE

Jain Center of Northern Calif. Solar

- 54kW DC / 48kW AC Solar Photovoltaic Plant
- 165 Sunpower 327 watt panels
- Power Purchase Agreement so no upfront costs
- Expected to save \$781,000 over 25 years !!
- **Estimated** 2.19 million kWh produced = 1.94 million pounds of CO2 saved over 25 years.
(@ 0.879 lbs CO2 per kWh PG&E estimate)

When is your Jain Center going to get Solar ?

Brahma Kumaris "India One" Solar Thermal Power Plant in Mt. Abu



“The current environment crisis is a clear call to transform our awareness and lifestyle. ”

Project Drawdown – Plausible Scenario

Solution	Sector	TOTAL ATMOSPHERIC CO2-EQ REDUCTION (GT)	NET COST (BILLIONS US \$)	NET SAVINGS (BILLIONS US \$)
1 Refrigerant Management	Materials	89.74	N/A	-\$902.77
2 Wind Turbines (Onshore)	Energy	84.60	\$1,225.37	\$7,425.00
3 Reduced Food Waste	Food	70.53	N/A	N/A
4 Plant-Rich Diet	Food	66.11	N/A	N/A
5 Tropical Forests	Land Use	61.23	N/A	N/A
6 Educating Girls	Women and Girls	59.60	N/A	N/A
7 Family Planning	Women and Girls	59.60	N/A	N/A
8 Solar Farms	Energy	36.90	-\$80.60	\$5,023.84
9 Silvopasture	Food	31.19	\$41.59	\$699.37
10 Rooftop Solar	Energy	24.60	\$453.14	\$3,457.63
11 Regenerative Agriculture	Food	23.15	\$57.22	\$1,928.10
12 Temperate Forests	Land Use	22.61	N/A	N/A
80 Retrofitting	Buildings and Cities	N/A	N/A	N/A
Totals		1,051.01	\$27,405.68	\$73,874.52