



International Vegetarian Union



Promoting Vegetarianism Worldwide since 1908

India, South & West Asia Regional Coordinator: *Shankar Narayan*
P.O.Box-17, BYNDOOR - 576 214, Kundapur Taluk, Udupi Dist., Karnataka, India

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THE INTERNATIONAL VEGETARIAN UNION IS A GROWING GLOBAL NETWORK OF INDEPENDENT ORGANIZATIONS WHICH ARE PROMOTING VEGETARIANISM WORLDWIDE

Origins

The *International Vegetarian Union (IVU)*, a non-profit organisation, was founded in 1908 when the first *World Vegetarian Congress* was held in Dresden, Germany. Since then, a series of World Congresses has been held all around the world, and in 2008 IVU returned to Dresden for the *Centenary (38th) Congress*.

Membership

For the purpose of membership of IVU, vegetarianism includes veganism and is defined as the practice of not eating meat, poultry or fish or their by-products, with or without the use of dairy products or eggs.

- ✓ *Full Membership* is open to any non-profit organisation whose primary purpose is to promote vegetarianism and is exclusively governed by vegetarians.
- ✓ *Associate Membership* is open to any non-profit organisation which advocates vegetarianism.
- ✓ A *Supporter of IVU* may be any individual, family or organisation that supports the aims and objectives of IVU, regardless of whether they are vegetarians or not.

IVU in India

IVU has organised **5 World Vegetarian Congresses in India** in 1957, 1967, 1977, 1996 and 2006 in places like *Delhi, Mumbai, Chennai, Kolkata* and *Goa* with top Indian leaders like *Dr.Rajendra Prasad, Morarji Desai, Indira Gandhi, Dr.Zakir Hussain* participating and supporting the events. IVU has also supported many regional and local events in India organised by its member societies.



Dr.Babu Rajendra Prasad, President of India and Ms.Rukmini Devi Arundel, MP, at the 1957 World Vegetarian Congress

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www.ivu.org

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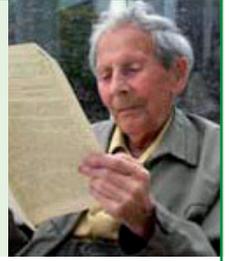


INDIAN VEGAN SOCIETY

Promoting Healthy, Happy, Kind, Compassionate & Cruelty-free Lifestyle

P.O.Box-17, BYNDOOR - 576 214, Kundapur Taluk, Udupi Dist., Karnataka, India

Web: www.indianvegansociety.com Email: ivs@ivu.org



Member of the *International Vegetarian Union (IVU)*



'It is our moral duty not to live upon our fellow animals' - Mahatma Gandhi



Indian Vegan Society is a non-profit organisation promoting a lifestyle in harmony with nature including a 100% plant based diet. Its main purpose is to spread kindness with school visits, newspaper articles, public talks, vegan music and other events.

Membership is open to all those who accept and strive to follow the principles of veganism.



ST'HITA'Aprajna - Vegan Life Centre

An International Vegan Centre for Yoga, Meditation, Relaxation and Rejuvenation

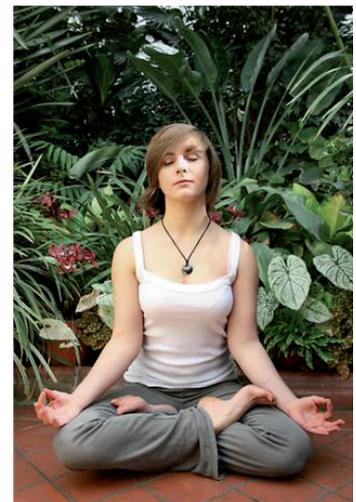
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Mahatma Gandhi said *"earth provides enough to satisfy every man's need, but not every man's greed"*. In today's competitive world, where people are in pursuit of endless material pleasure, life is full of pulls and pressures causing enormous pain and making people immune to the problems and sufferings of their fellow beings. At *ST'HITA'Aprajna* one learns to live life in a state of constant happiness with good health and in harmony with nature using minimum resources.

ST'HITA'Aprajna is a **vegan community** located close to the Western Coast of South India in the state of Karnataka, on the footsteps of Western Ghats - a world hot spot of bio-diversity. *ST'HITA'Aprajna* is spread over about 3 acres of vibrant nature in sylvan surroundings along a seasonal natural stream.

At *ST'HITA'Aprajna* we have places for the practice of yoga, pranayama and meditation. It is an eco-friendly centre for relaxation and rejuvenation having very basic amenities with places for reading and listening to soulful music, playing indoor and outdoor games, cooking and eating, etc.



Model: Loretta Griffin Photo: Richard Hinton

ST'HITA'Aprajna is an associate of **Indian Vegan Society** and **International Vegetarian Union**.