

Hindu Vegan Voices

Here are three statements by real-life Hindu vegans who answered our 2021-2022 questionnaire. We have included the photos we were sent for the first two of these. They are in no particular order.

The views expressed here are those of the individuals themselves and are intended as stimuli for deep thinking, discussion and debate in RE lessons.

Anand, 56 years old, lives in the UK, vegan for 10+ years

Adnan is Hindu and describes himself as ‘very religious’



I am vegan out of concern for animal suffering, the planet and for religious reasons as well. To me veganism means ‘a choice’. For me this means not harming animals in any way and running an animal sanctuary.

Alok, 47 years old, lives in India, vegan for 10+years

Alok is Hindu and describes himself as ‘not religious at all’



Right from my childhood, I have always been compassionate towards animals. But, at the same time, I was also a non-vegetarian. Then somewhere in 1990, I was having a discussion with one of my friends that I am an animal lover. He straight away asked me whether I am a vegetarian or non-vegetarian, and I said non-vegetarian. He said that if you are a non-vegetarian, then how can you be compassionate for animals. That statement changed my views and I became a vegetarian. Then in 2007, I was browsing the internet and somehow came across very disturbing pictures and videos of cruelty to animals and animals being slaughtered mercilessly. I was totally shocked, and this is when I also learned about the evils of the dairy industry. In short, all the milk-giving animals (like cows, buffaloes, goats etc.) are the by-products of the meat industry because when these animals can no longer give milk, they are sold to the slaughterhouses.

What I saw in the pictures & videos was more than enough to become a vegan. In 1990, I had already given-up non-vegetarian food and in 2007, I also gave-up dairy products and also stopped consuming all the products that are made from animals like clothing, shoes etc.

Veganism is a feeling, a realization that comes from the inner soul telling us that by consuming animal products, we are directly promoting cruelty to animals. The day we realize this, it should be more than enough to motivate you to become a vegan. Veganism is all about being compassionate to animals, the environment, the nature and the mother earth. It is all about loving the animals and taking care of them. And it is only possible by giving-up dairy & meat products and all the products made from animals.

The best thing about being vegan is preventing cruelty to animals and helping them live a cruelty-free life.

The most challenging thing is Vegans are often abused, bullied & criticized by non-vegetarians and quite often, by vegetarians also, mostly on social media platforms. Other than that, finding vegan food in a place where the majority of the population eats non-vegetarian food in quite challenging.

Buvana is Hindu, lives in the UK, vegan for 3-5 years and is 'somewhat religious'

I am vegan for the animals. Being vegan is everything to me. Compassion and kindness.

The best thing about being vegan is Inner peace.

The most challenging thing is having to explain to others every time.