

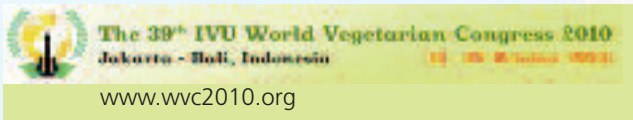


Vegans around the world Asia

Vanessa Clarke

A vast region where plant-based diets are traditionally followed for religious reasons, but environmental and animal rights based veganism is spreading rapidly among younger people. If the word “vegetarian” exists at all (as distinct from terms meaning “Buddhist eating” or some other broader concept) it can mean anything from strict vegan through lacto- and lacto-ovo- to hidden horrors such as shrimp paste.

There are also more Muslims than anywhere else on earth. Whilst vegetarians and vegans are rare in this group, where they exist they tend to be more focused on environmental and animal rights issues with strenuous efforts to counter the mistaken view that vegetarianism is un-Islamic and draw attention to pro-AR passages in Islamic scriptures.



As ever, the fullest information is at www.ivu.org along with more than 3,000 recipes – all vegan. The region also has two very able regional coordinators: Susianto Tseng, founder of the Indonesian Vegan Society and organiser of the upcoming World Veg

Congress in Jakarta and Bali, and Shankar Narayan, founder president of the Indian Vegan Society and organiser of India’s first International Vegan Festival.



Where there is no established national vegan society, vegetarian groups and www.worldanimalnet.org are good sources of vegan contacts. As before, those known to be vegan get an asterisk, Vegan Society members two, Patrons and Life Members three. Lack of any asterisks does not mean they are not vegan – just that we don’t know.

India and West Asia

A region with a long history of vegetarianism, strongly influenced by the Buddhist, Hindu, Jain and Sikh faiths, with a recent upsurge of interest in veganism and animal rights, including in predominantly Muslim areas.

BANGLADESH

Vegetarian Society of Bangladesh

Founder: Ataur Rahmen Miton, country director of Hunger Free World hfw2021@gmail.com
www.hfwbd.org

INDIA

Indian Vegan Society

www.vegansociety.in
Founder: Shankar Narayan**
indianvegansociety@rediffmail.com
A highly active society organising festivals, concerts, demos and other events as well as encouraging other groups in the region and beyond.

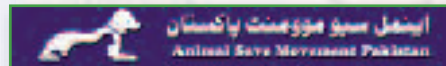


NEPAL

Nepal Vegetarian Society
joshiamrit@yahoo.com

SRI LANKA

Sri Lanka Vegetarian Society
www.sivs.org
See also www.infolanka.com/org/sivs
Founded in 1882 and very active until 2007, both locally and internationally, but no news lately.



PAKISTAN

Animal Save Movement Pakistan

www.ivu.org/swasia/pakistan4.html
Khalid Mahmood Qurashi
thetension@hotmail.com
A passionate voice for animals with regular demonstrations and a Facebook group.
See also www.animalsafety.org and www.pawspakistan.org



SINGAPORE Vegetarian Society (Singapore)

www.vegetarian-society.org
George Jacobs* - current chair of IVU

South-East Asia

KOREA

Korea Vegan Society

www.vegekorea.org

The huge Buddhist population in the region means that not consuming animals is widely accepted if not necessarily practised and fake meats abound. The Asian Animal Protection Network www.aapn.org does sterling work throughout the region.



MONGOLIA

A traditionally nomadic society with average annual meat consumption of 109 kg and even greater quantities of dairy, but veggie restaurants are springing up in the capital and faux-mutton dumplings are now available in supermarkets. Motivation is mainly religion and/or health.

Vegetarian Earth Green

www.vegmongolia.org
veg_earth_green@yahoo.com

MAURITIUS

Vegetarian Society of Mauritius

www.vegetariansocietymauritius.org



JAPAN

Various vegan meet-up groups, often mainly ex-pats, with no representative national vegan society but a flourishing vegetarian society with an increasingly vegan leadership.

Japan Vegetarian Society

www.jpvs.org

Junko Hosoi*

See also
www.meetup.com/vegan-kansai
www.meetup.com/vegan-389 (Tokyo)



CHINA

The recent proliferation of veggie fairs in China has been mainly religious and/or commercially inspired, with the exception of Hong Kong where both veganism and animal rights are more actively pursued.

The Hong Kong Vegan Society

www.ivu.org/hkvegan hkvegan@ivu.org
Founder: John Wedderburn*** john@aapn.org
See also www.meetup.com/Beijing-Vegans and www.meetup.com/Hong-Kong-Vegan



INDONESIA

The Vegan Society Indonesia

www.vegansocietyindonesia.org
Founder: Susianto Tseng* susianto@indosat.net.id
As well as running the huge and predominantly Buddhist Indonesian Vegetarian Society and organising the World Congress this year, Susianto launched the VSI in 2009 and it has gone from strength to strength.



MALAYSIA

Malaysian Vegetarian Society

mvs@ivu.org

THAILAND

Vegetarian Centre of Thailand (Bangkok)

www.ivu.org/vct

Another basically Buddhist organisation. There are periods when the whole population is supposed to go veggie, so no lack of restaurants if you don't mind fake meats.



TAIWAN

Chong Hwa

Vegetarian Union
www.chvu.org.tw



PHILIPPINES

Veg Grassroots Society, Philippines
agaringo@yahoo.com