

## NEWS

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Mr. **Vipin Chand** had converted over 200 persons into vegetarian way of life after convincing them. In his list of 'conversionists' includes **Sunethra Weerasinhe** ("Mother Terassa of Sri Lanka") Founder Directoress of Sudha Home & Rehabilitation Centre who became a vegetarian from the day (25/02/99) she met him. He has further added that each converted person converts others also.



□ □ □ | 2000

June 1999  
 Now over 500  
 changed to  
 Better way of  
 Life - by

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1-3-99

1-3-99

vipin  
veg conversion DATA  
duration- 7 Day.

better same

digestion  
active  
doctor bill  
sleep  
minc  
memory  
brain  
patience  
peace  
anger  
look  
wt.  
toilet time  
body odour

Sunethra Meerasu  
SUNAGA HOME  
535, Madhavala  
Kotte  
Sri-Lanka

tel: 562544

Dear Mr. vipin!

Thank you so much  
for your kind assistance  
and good proposal. Now  
I'm a vegetarian. On my  
B'day (25<sup>th</sup> Feb:) I want  
to do something special  
as I do every year. I'm  
happy and Blessing you  
for the idea you have  
given to make my B'day  
special in India.  
Thank you,  
Truly  
Sunethra.

NAME

Co.

Add.

Tel.

17-01-1998

To whomsoever it may concern.

Mr. Vipin chand, MD of M/s uv Enterprises met me today as a customer and predicted that I <sup>am</sup> will be a non-vegetarian at ~~the~~ first sight. I was shocked at the prediction by Mr. vipin chand since I would meet him for the first time today and also he was totally unaware about my personal life. He talked to me about the benefits of vegetarianism and he was interested in building of an ayurvedic hospital. I wish him great success in his life and I pledge him to continue his services to the nation.

Shankaran.  
17/01/98

Mr. S. Lakshminaran  
Project Engineer  
Laminated Floor of  
Pentagon Building

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Kalpakkam  
 17-1-90

Dear Mr. Vipin Chandra,

I am sincerely overwhelmed to read the article about Vegetarianism and your contribution in this field in Southern Express News paper dated 12.1.90. After reading this article and the discussions I had with Mr. Vipin on 17.1.90, I too though I am a non-vegetarian right from my childhood, I have now decided to be a pure vegetarian during the ~~rest~~ rest of my life. I have realised that it is better to be vegetarian for a healthy life especially after crossing 50. <sup>140</sup>

My best wishes for all your efforts to Popularise Vegetarianism.

Thanking you

Yours

  
 M. P. P. Menon  
 No. 7, 2 Avenue  
 Kalpakkam - 603 102

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J. SRIDHAR,

17/1, Mani Nayakkan St

Ganapathyapuram, Radhanagar,

Chrompet, Chennai 45 E. Pin: 2365184

By seeing the face of myself, he told that my parents will be basically veg. But after such handshakes, he told that I sparingly use non-veg alcohol.

J. Sride

Spendix  
 Part of  
 Summary  
 16/12/2007

\* By seeing me he found that my parents  
 vipin ~~are~~ non vegetarians.  
 veg conversion DATA  
 duration. 2 YEARS

	better	same
digestion	✓	-
active	✓	-
doctor bill	-	-
sleep	✓	-
mind	✓	-
memory	✓	-
brain	✓	-
patience	✓	-
peace	✓	-
anger	✓	✓
look	-	✓
wt	-	-
toilet time	✓	-

NAME N. SHENBAGA VINAYAGAN MOORTHY

Co C-EG, Anna Univ, Chennai

Add 4/26 S.V. KOIL ST, COVAIDOLLAH

TEMURAS (TL), NELLAI (DT) - PIN: 627302

Tel. 04633 - 28190

7/1/99

To His Highness the Maharaja of Mysore

Mr. Viper predicted that I am a  
 beg. man. what it is exactly right. The marks of my  
 of his in his way. But I have been in Mysore  
 Since 22 July 1995. All my qualities are  
 changing. More importantly, my hair is  
 changing. The colour is white. Previously  
 I have 5 to 10% in white colour  
 I am just 25 years young man

With Best regards,  
 C. R. Ramesh Babu  
 Mysore 57.

Res: No:14, Malleshwaraiah St  
 West Mysore, Mysore  
 Phone: 9610-12264 - 33

Off: No:110, Malleshwaraiah St.  
 West Mysore, Mysore - 57  
 Tel: 449 3205.

"Present day principal's principle is to run the show. Thereby the principles become secondary."

G. RAJENDRAPRASAD  
154-12<sup>th</sup> AVENUE  
KALPAK KAM-603102

07-3-48

Dear Sir,

என் குடும்பத்தை சம்பந்தமாக  
 - உணவிற்காக உணவுகளை உண்டு சமைக்க வேண்டும்  
 எனவே சில சமயங்களில் சமைக்க வேண்டிய சில  
 உணவுகளை என்னை உயர்வாக சேர்ந்து கொடுத்தால்  
 சில சமயங்களில் உணவுகளை சமைக்க வேண்டிய  
 சமயங்களில் உணவுகளை சமைக்க வேண்டிய  
 சமயங்களில் உணவுகளை சமைக்க வேண்டிய

Yours  
G. R.

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Tel.: 56 93 75 / 58 11 24

\* By seeing me he found that my parents  
 vipin ~~are~~ <sup>are</sup> non vegetarians.

veg conversion DATA

duration. 2 YEARS

	better	same
digestion	✓	-
active	✓	-
doctor bill	-	-
sleep	✓	-
mind	✓	-
memory	✓	-
brain	✓	-
patience	✓	-
peace	✓	-
anger	-	✓
look	-	✓
Wt	-	-
toilet time	✓	-

NAME N. SHONDURU VINAYAKA MOORTHY

Co C.E.G. Anna UN, CHENNAI

Add 4/26 S.V. KOIL ST, CHOKKILAM

TIRUPATI (TL), NELLORE (DT) - PIN: 627 302.

Tel. 04633 - 23190

"One should follow religion and should not be proud of religion."

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12-10-98

From

PK Vinel  
 TEMP ADD - EWS-15 NH-1  
 Masaimalai nagar  
 PIN-603209

SPU

PER ADD

NO. 7A Main  
 I.E.H.S. Layout  
 Vidyaranyapuram  
 Bangalore-560077  
 Ph. 8382675.

On the above mentioned date when I was here to consult Mr. Vipin Chand regarding a few heaters I wanted for my Company. I while after our offi business convo. Personally he predicted me saying you are a vegetarian, I was amazed and asked him how could you predict my diet. He said looking at your face.

He also said one of your parents should be a vegetarian, which was very much true, As my mother is.

P.K. Vinel



*Mr. Vipin Chand, Founder, Former President of Rotary Club of Chennai Midcity addressing the audience in "Symposium on Vegetarianism" at Srilanka on 28 - 02 - 2001*

Mr. Vipinchand, founder and former President of the Rotary Club of Chennai Midcity- the only Vegetarian, non-smoking, non- alcoholic, Rotary club in the world, an, ardent promoter of vegetarianism in the city of Chennai, made an interesting and valuable contribution on the symposium on vegetarianism held on 28/12/2000 at Srilanka through transparency session. He had further reported that the orphans and old age Homes run by Ms. Sunethra Weerasinghe at Srilanka have stopped supplying Eggs and Non-vegetarian items to 316 inmates.

8.5.02

Beloved Shri Vipin Chand ge,

I remember entering into U-V Enterprise during November 2001 and met Shri. Vipin Chand ge, "man of Principles". Meeting him and getting very friendly with him is a boon in my life because I found him with wisdom. Whenever I talk to him, it is like reading a book of spiritual and medicinal values. He threw more light on values of remaining Vegetarian.

There were many beautiful events when I was along with him, but let me ink the main core of his contribution in my life. He made me vegetarian. The effects could be seen obviously. My face ~~to~~ skin has improved a lot. Mentally and physically there are beautiful changes.

that should  
to be followed by every human being. And  
peoples following vegetarianism could have Vipin Chand ge as  
GURU

## VEGETARIANISM FOR THE SAKE OF WORLD PEACE

*By Maya Ranganathan*

By any standards, Vipin Chand, 54, is a strange man. "Peculiar, that's the way I'd describe myself", he says. A businessman who deals with thermometers, he turns away customers because they are smokers or alcoholics ! He disapproves of non-vegetarianism (not non-vegetarians) and has taken upon himself the task of converting more and more people to vegetarianism.

Pressing a small silver coin into your hand, he says, "that sums up my philosophy". The message reads : "Vegetarianism spreads peace' and on the reverse 'spread vegetraianism for world peace'. "I had this specially made as an incentive for those who switch over to vegetarianism and stay that way"

Vipin's passion for vegetarianism started early when he read up all the books possible on the subject - "not just books by Indian authors but also the latest research on the subject in the west". With just one handshake he can tell whether you are a vegetarian, a smoker or a drinker! "It is not just the skin temperature, but even the way you conduct yourself that gives away whether you are a vegetarian or not," says Vipin.

"I was a member of Rotary Club and being a pure vegetarian, a teetotaler and a non-smoker I was at a disadvantage. I could not participate in any of the social gatherings. That was when I decided to start a club of my own with members who are like me". No easy task, but then Vipin decided to take on people who are willing to change to his way of life.

Thus was born the Rotary Club of Chennai Mid City. All the members are strict vegetarians and make an effort to quit detestable addictions. But Vipin's task hardly ends at the club. "My work is at my shop". On any given day, when he opens his shop at George Town at 6.45 a.m. till he winds up his day at 8.30 a.m., "I meet any number of people. Some I advice and others outright command. And

there is always a discount for the pure vegetarian!"

Among the two score people he has persuaded to give up meat, alcohol and cigarettes, some are his customers, some his acquaintances and others his employees. Gangadharan, who works for Vipin, says he used to feel drained, exhausted and complain frequently of body pain and lethargy. It was then that his employer ordered him to give up meat and eggs. "Today I am much more alert and energetic and have managed to convert my family members too," says he. Gurusamy, a smoker for three years, gave up cigarettes a year ago and has not thought of it ever since.

There are more interesting tales of a Muslim tailor who gave up meat about a year ago. "I am waiting for Bakrid to see if he will to keep his vow." Of the Muslim girl who he converted to vegetarianism when she was betrothed, "She went to her in-laws, told them that she would stay only a vegetarian and till this day remains that way", says Vipin who keeps a constant watch on his "patients" and rewards them.

"It is a humbug that non-vegetarians are stronger than vegetarians," declares Vipin. "There is more protein in groundnuts than eggs. Vegetarian diet gives you the stamina and more memory power." And as you look at him incredulously, he adds, "Why are doves entrusted with taking mail and not a crow? Because a crow just doesn't have the capacity to think".

Vipin is full of such examples. "You may think a cheetah is more powerful, but it is the deer that can run faster."

Closer home, Vipin has tried out his experiment on his German Shepherd. Fed on Bananas, rasgolla and panneer it is much more intelligent than an average Alsatian, he says.

Vipin has yet another project up his sleeve - an Ayurvedic hospital with all modern facilities for diagnosis.

"That would require a lot of money. Till then, I go about counselling all who come to me with problems", Vipin points out.

*Courtesy - Indian Express.*

నివాసితులకు నోటీసులు పంపినట్లు చెప్పారు. డీపీఆర్ కు కేంద్రం ఆమోదం తెలిపిన అనంతరం 2019లో పనులు ప్రారంభం అవుతాయని తెలిపారు.



మాట్లాడుతున్న విపిన్ చంద్ బాంట్

## 'జీరో థెరపీ' తరపున ప్రదర్శన

విల్లివాక్కం, న్యూస్ టుడే: ఆరోగ్యంగా ఉండాలంటే ఎలాంటి ఆహారం తీసుకోవా లనే ఆంశంపై ఆయనావరం బస్టాండ్ సమీపం కేహెచ్ రోడ్డులో ఉన్న జైన్ దాదా వాడి మైదానంలో 'జీరో థెరపీ' తరపున ప్రదర్శన ఏర్పాటుైంది. శనివారం ఉదయం మొదలైన ఈ కార్యక్రమం ఆదివారం వరకు కొనసాగనుంది. పలు ఆహారాహార చిత్రాలు కొలుపుదీర్చారు. ఆంధ్రప్రదేశ్, కోల్ కతా, కర్ణాటక ప్రాంతాల వారు కూడా పాల్గొనుచుకున్నారు. తమ ఆనుభవాలను అందరితో పంచుకున్నారు. తమ సంస్థకు చెందిన వారు సబ్బులు, షాంపూలు వంటి వాటిని ఉపయోగించరని వ్యవ స్థాపకుడు విపిన్ చంద్ బాంట్ తెలిపారు. వెల్లులి, ఉల్లి, బంగాళా దుంపలు, పెరుగు, నెయ్యి గుడ్డు వంటివి తినరని పేర్కొన్నారు. పళ్లు తోముకునే అలవాటే లేదని, తాము తీసుకునే ఆహారం వల్ల నోటీ నుంచి చెడు వాసన రాదని చెప్పారు.

## ప్రాజెక్టుకు వ్యతిరేకంగా పోరాడితే సంఘ విద్రోహాలా?: దినకరన్

...

దీనికే ఖండిస్తాం దని ర్నర్ తీరు మార్చుకోవ లలో గవర్నర్ కు నియ లపై 2 సెక్షన్ల కింద చేశారని, రాత్రికి రాత్రీ కారాగారానికి తరలిం రకు గవర్నర్ చర్యల భరించలేక రాజీనామా పేర్కొన్నారు. నల్లజెం

## విద్యార్థులు

వేలూరు, న్యూస్ టుడే: సెల్ ఫోన్ వ్యామోహం యారని వేలూరు జిల్లా పేర్కొన్నారు. స్థానిక అది ద్రావిడ ఉన్నత న్యాయ సేవల విభా తివాచీలు, కుర్చీలు గ్ర వారం పంపిణీ చేశ శాలి అద్యక్షతన న్యాయ తిగా హాజరై వీటిని

## రజనీ, డి

చెన్నై, న్యూస్ టుడే: మంలో మాటల వివా తండ్రి ఎస్ఎ చంద్రశే: కానీ కొందరు పోరాట తర్. దీనిపై అగ్రహం మాధ్యమాల్లో విమర్శి తియేటర్ వద్ద 'కాలా' ధ్వని అభిమానుల ము

## ■ शाकाहार को बढ़ावा देने पर जोर ■ प्रदर्शनी व विचार गोष्ठी की शुरुआत



चेन्नई के कून्नूर हाई रोड स्थित दादावाड़ी में शनिवार को शुरू हुई प्रदर्शनी के मौके पर उपस्थित अतिथि व अन्य।

**चेन्नई.** दवाई बिना स्वस्थ जीवन जीने की कला के प्रणेता विपिनचंद बम्ब के नेतृत्व में जीरो थैरेपी (निशुल्क) स्वयंसेवक संस्थान प्रदर्शनी एवं विचार गोष्ठी (इन डेथ) की शुरुआत शनिवार को हुई। यह आयोजन 24 जून तक कून्नूर हाई रोड स्थित दादावाड़ी में चलेगा।

इसमें शाकाहारी खाने की वैज्ञानिक प्रमाणित शोध द्वारा ये बताया जा रहा है कि संपूर्ण स्वस्थ रहने के लिए क्या नहीं खाना व क्यों नहीं खाना चाहिए। प्रदर्शनी में भोजन के मुख्य पहलुओं जैसे पीएच, सुगर, म्वायस्चर से अवगत कराया जा रहा है।

इस दौरान जिज्ञासुओं के प्रश्नों पर चर्चा भी की जा रही है। आज के दौर में संवेगात्मक प्रज्ञता, कार्य कौशल, रिश्तों और स्वास्थ्य जैसे हर क्षेत्र में सफलता की कुंजी

साबित हो रही है। इस पर आहार की भूमिका इस आयोजन के मुख्य आधारों में से एक है। इस मौके पर रविवार को विपिनचंद बम्ब की लिखी पुस्तक वैजिटरियनिज्म फार ह्यूमैन हेल्थ एंड एनिमल वेल्थ का विमोचन किया जाएगा।

पुस्तक का विमोचन सुगालचंद जैन करेंगे। पुस्तक की पहली प्रति प्रकाशचंद मूथा प्राप्त करेंगे। प्रदर्शनी का उद्घाटन रोटेरियन बाबू पेरम ने किया। इसमें शाकाहार को बढ़ावा देने पर जोर दिया जा रहा है।

इससे दिमाग अलर्ट रहता है। साथ ही विभिन्न आहारों व गंध के शरीर पर पड़ने वाले प्रभाव के बारे में लाइव बताया जा रहा है। इसमें ऊर्जा के प्रभावों को भी बताया गया। इस दौरान कई लोगों ने इस थैरेपी से होने वाले लाभ से जुड़े अनुभवों को बांटा।

# Forum

## *Should one resort to animal killing for a healthy and balanced diet?*

Maneka Gandhi, it seems started it all, the ethics or otherwise of being a vegetarian or a non-vegetarian. She has added the necessary pep to the age-old debate on the rights and wrongs of what you eat. At a time when she has been awarded the Diwaliben Award (1999), for espousing the cause of vegetarianism, we at Forum can nibble at the for and against of being a vegetarian.

### Vegetarian by evolution

Vipin Chand, president, Rotary Midcity, has changed more than 200 non-vegetarians into vegetarians in the last two-and-a-half years.



“Man is a vegetarian by physiology. The different stages of human evolution including the Cro-Magnon man (precursor to homo sapiens), have represented vegetarianism. It is so alien to consume meat, fish or egg that even dictionaries have not acknowledged the word ‘non-vegetarian.’ Non-vegetarians have low life expectancies. On the other hand, vegetarians are found to have higher instances of alpha waves generated in the brain.”

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“Can I smoke here?” In a city that is one big ashtray, it may sound ridiculous to ask. The man who asked the question had lived in Chennai till a couple of years ago. But you see, he now lives in Kerala where there is now a ban on smoking in public places. “The moment the police see a lighted cigarette they chase you away as if you are a thief,” said a young just-arrived-from-home Keralaite in disgust. Well, what do Chennaiites think? Should Tamil Nadu take a leaf out of Kerala’s book or remain the way it is?

### Smokers kill others too



Vipin Chand, president of the Rotary Club of Madras City which admits only vegetarians, teetotallars and non-smokers, says a fierce ‘yes’.

“When you are a smoker, not only do you die, but you kill others too. It is a crime. If I find an auto driver smoking I do not hire his auto. I ask him to drop the beedi or cigarette, and if he refuses, I look for another auto. I haven’t cut my hair in years because I’m yet to find a barber who does not smoke.

“It is no doubt a good idea to ban smoking in public places, but how do we enforce it? I doubt if such a law will serve the purpose. What we need to do is to educate the public and create an awareness that smoking is not an act that can be condoned. If everyone begins to look down upon smoking, then I think we can convert the smoker.

“We have this problem in our club. For the past two years, the membership was just four. Now it is twelve. We

have now launched an awareness campaign.

“After all, I see no reason why anyone should want to smoke. Last week, I was woken up by beedi smoke and found a thief lurking near the bedroom.”

### No going back



M Selvaraj, attendant in a city parking lot, claims he is a recent convert and swears he will never go back to smoking. “It is a good idea (to ban smoking). I was smoking one-and-a-half packets of cigarettes everyday till about six months ago. Today, but for an occasional fag, I have given it up completely. Now everyone is happy – my wife, children, and others at home. I suffered from severe cough and cold that wouldn’t go away inspite of treatment and then I met this gentleman who advised me to try and give up smoking. I did, and now I feel better”.