

## Review Article

# Vegetarianism: A Life Style for Sustainable Development

Trilok Kumar Jain<sup>1</sup>, Nirupa Jain<sup>2</sup>

<sup>1</sup>Director at the Ecosystem for Innovation and Entrepreneurship, SGVU, Jaipur, India; <sup>2</sup>Voluntary researcher with Knowledge Creators, Rishabh Dev Educational Society, Bikaner, India.

## I N F O

**Corresponding Author:**

Trilok Kumar Jain, Director at the Ecosystem for Innovation and Entrepreneurship, SGVU, Jaipur, India

**E-mail Id:**

trilokkr.jain@mygyanvihar.com

**Orcid Id:**

<http://orcid.org/0000-0001-5734-5956>

**How to cite this article:**

Jain TK, Jain N. Vegetarianism: A Life Style for Sustainable Development. *Int J Agri Env Sustain* 2023; 5(2): 30-32.

Date of Submission: 2023-11-07

Date of Acceptance: 2023-12-11

## A B S T R A C T

This article addresses the pressing issues surrounding the current state of the world and the imminent threats to nature resulting from human overexploitation. The authors advocate for the promotion of vegetarianism as a crucial lifestyle choice for sustainable development. The discussion emphasises the need to instill awareness and education, particularly among students, to foster a nature-friendly world in the future. The article explores the interconnectedness of all living beings on the planet and underscores the importance of proactive measures for the preservation and protection of wildlife. Keywords such as vegetarianism, SDGs (Sustainable Development Goals), and social entrepreneurs are introduced to encapsulate the core themes discussed in the article. The authors posit that embracing a vegetarian lifestyle is a vital step towards mitigating climate change, preserving ecosystems, and securing a harmonious future for the planet.

**Keywords:** Vegetarianism, SDG, Social Entrepreneur, Wildlife Conservation, Ecosystem Preservation

## Introduction

Nature is at risk today. Animal species are becoming extinct. The list of endangered species is increasing every day. The entire ecosystem is at stake. The planet is connected through a subtle, invisible link among all of us. We are all connected to each other. The disappearance of a few species is a warning bell for us, and it may cause huge disturbances to our environment, causing unexpected disturbances in the future. There is a need to take proactive, planned actions for the preservation and protection of wild life and living beings. The entire world has to take some concerted actions and take some hard steps to safeguard our planet.<sup>1-3</sup>

Once upon a time, the Indian subcontinent was full of wild animals, including peacocks, deer, different species of birds, and other animals. Once upon a time, there were thousands of Asian lions; now, hardly 500 are left. Once upon a time, there were many different species of wild animals that

have disappeared completely from the planet. Today, we all realise that the number of species is reducing at an alarming rate. Take the Great Indian Bustard, for example; it is almost extinct. It is now very difficult to find it. There are a few communities in Western Rajasthan that do not allow the killing of dears, so the dears are able to survive; otherwise, they would have also vanished. The result is visible in the overall ecosystem. Tigers and other wild animals have difficulty surviving due to the reduced population of other wild species. The population of tigers in India has crossed 3000, and it is now mentioned as unsustainable. Today, it is said that the tigers would not be able to find enough wild life for feeding. These are indications of the impending dangers due to the threats created by our own actions.<sup>4,5</sup>

Being a vegetarian has become a virtue with the changing times. The world around us is undergoing massive changes due to climate change. People are getting badly affected.

The poor are the worst affected. There are unexpected changes in the weather. The poor farmers are getting badly affected. The people of the island countries are the worst affected. All this has been due to the policies of mankind. Our overexploitation of natural resources has led to this situation. The future seems to be even more difficult. We have to take the necessary actions to reverse the trends. The decisions may be hard to take, but we have to take those decisions in order to save the planet. There are many important decisions that we have to take. These decisions include<sup>6</sup>:

- A. Minimizing human encroachment on forests, wild life and natural ecosystems
- B. Minimizing human interference with ocean and forest ecosystems.
- C. Adopting vegetarian life style
- D. Minimizing our consumption
- E. Adopting environment friendly products
- F. Promoting those companies, which are responsible companies i.e. adopt responsible production processes
- G. Switch to renewable sources of energy

Out of all these methods, the most important one here is the decision to be vegetarian. This is not a difficult decision for most people because human beings are essentially vegetarians, and it is a matter of choice. Fortunately, there are so many tasty food varieties that there is no need to become a vegetarian. People from the Indian subcontinent can take the lead and spread vegetarian dishes around the globe.

- a. There are many reasons for the compelling need to become vegetarian. Some of these reasons are: Birds and animals are getting endangered. A large number of birds and animals are being killed every day for human consumption. This is despicable considering the fact that these birds and animals are already in short numbers. It is important to protect our natural habitat. However, every day, a large number of poachers engage in killing birds and animals in forests for their own living.
- b. Spreading diseases – due to many unknown factors, there are raising level of stress among birds and animals, which are causing diseases among them. These diseases are now spreading to human beings from eating non-vegetarian diets
- c. Rising obesity: an ordinary person is today overweight. There is a need to reduce human The average intake of an ordinary person is increasing, and this is not required. We have to encourage people to eat less but be healthy.
- d. Disturbing natural ecosystems: killing animals, birds, and fish is causing disturbance in the natural ecosystem. Whales are left now in very low quantity. In spite of

the ban, many endangered species are being killed every day because they are in huge demand in hotels and restaurants. This is causing an imbalance.<sup>7-9</sup>.

### Options and pathways

There are many ways in which these actions can be taken, which include the following:

1. Education and Training in Vegetarian Dishes: Implementation of programmes in educational institutions to provide training and awareness about vegetarian dishes, equipping students with the skills to prepare and appreciate plant-based meals.
2. Education and Training about Nature Conservation: Integration of comprehensive education and training programmes highlighting the significance of vegetarianism for nature conservation fosters a deeper understanding of the environmental impact of dietary choices.
3. Legal Measures: Implementation of stringent legal measures, including a complete ban on hunting or killing of endangered species, Regular updates to the list of endangered species ensure the timely inclusion of new additions for enhanced protection.
4. Camera Recorded Slaughter Houses: Mandating the use of surveillance cameras in all slaughterhouses to prevent clandestine activities and ensure transparency in the treatment of animals. This measure aims to deter illegal practices threatening endangered species.
5. Government Policies for Ecosystem Protection:

Proactive formulation and implementation of government policies supporting natural ecosystem preservation. This includes policies promoting vegetarian food, eco-friendly lifestyles, and measures to safeguard the environment.<sup>10-13</sup>

### Conclusion

In conclusion, the challenges posed by the current state of our planet necessitate a multifaceted approach. The proposed options and pathways underscore the urgency of addressing over-exploitative practices through education, legal frameworks, and societal awareness. Embracing a vegetarian lifestyle emerges as a pivotal element in this comprehensive strategy, offering a sustainable solution for mitigating environmental degradation.

Moreover, collaboration between educational institutions, legal authorities, and government bodies becomes imperative to implement and enforce these measures effectively. The call for camera-recorded slaughterhouses reflects a commitment to transparency and accountability in addressing illegal practices that threaten endangered species.

As we stand at the crossroads of environmental sustainability, it is essential for governments to take proactive measures and issue policies that support and incentivize eco-friendly choices. The preservation of our ecosystem demands immediate and concerted efforts. Failure to act promptly jeopardises not only the delicate balance of our planet but also the well-being of future generations.

In essence, the promotion of vegetarianism stands as more than a dietary choice; it symbolises a conscious commitment to environmental stewardship. Governments, institutions, and individuals must unite in a collective effort to foster a harmonious coexistence between humanity and the natural world. Only through such collaborative endeavours can we hope to secure a resilient and thriving planet for generations to come.

## References

1. Bhawe, N., Gupta, V. K., & Jain, T. K. (2007). The Entrepreneurship of The Good Samaritan: A Qualitative Study to Understand How Opportunities Are Perceived in Social Entrepreneurship (Summary). *Frontiers of Entrepreneurship Research*, 27(23), 1.
2. Bhawe, N., Gupta, V. K., & Jain, T. K. (2006). The Entrepreneurship of the Good Samaritan: a Development Framework to Understand Social Entrepreneurship Using Insights Form a Qualitative Study. In *Babson Research Conference, Madrid*.
3. Jain, T. K. (2018). The Cox Leadership in Academics: A Case Study on University Administration and Institution Building by Inspiring Multiple Rovers. *Available at SSRN 3305637*.
4. Jain, T. K. (2018). The Road From Entrepreneurship to Social Entrepreneurship: The Journey and the Challenges. *Available at SSRN 3284984*.
5. Jain, Trilok Kumar(2019), Transformation of Higher Education in India: Roadmap and Possibilities (December 31, 2018). Available atSSRN: <https://ssrn.com/abstract=3308523> or <http://dx.doi.org/10.2139/ssrn.3308523>
6. Jain, Trilok Kumar (2019), Higher Education Administration: Case Study of a University in India (January 9, 2019). Available at SSRN: <https://ssrn.com/abstract=3312820> or <http://dx.doi.org/10.2139/ssrn.3312820>
7. Rip, A. (2014). The past and future of RRI. *Life sciences, society and policy*, 10(1), 17.
8. Clark, M. A., Springmann, M., Hill, J., & Tilman, D. (2019). Multiple health and environmental impacts of foods. *Proceedings of the National Academy of Sciences*, 116(46), 23357-23362.
9. Joy, M. (2015). *Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters*. Bloomsbury Publishing.
10. IPCC. (2019). *Climate Change and Land: An IPCC Special Report on Climate Change, Desertification, Land Degradation, Sustainable Land Management, Food Security, and Greenhouse Gas Fluxes in Terrestrial Ecosystems*. Intergovernmental Panel on Climate Change.
11. Leitzmann, C. (2014). Vegetarian nutrition: Past, present, future. *The American Journal of Clinical Nutrition*, 100(suppl\_1), 496S-502S.
12. Springmann, M., Wiebe, K., Mason-D'Croz, D., Sulser, T. B., Rayner, M., & Scarborough, P. (2018). Health and nutritional aspects of sustainable diet strategies and their association with environmental impacts: a global modelling analysis with country-level detail. *The Lancet Planetary Health*, 2(10), e451-e461.
13. Willett, W., Rockström, J., Loken, B., Springmann, M., Lang, T., Vermeulen, S., ... & Murray, C. J. L. (2019). Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *The Lancet*, 393(10170), 447-492.