Go eco-friendly, go vegan

Vegan activist, Advika Gupta, 23, was in the Chandigarh recently to encourage plant-based diet. Gupta who is an animal rights advocate said that the city will have a vegan food restaurant in the coming week.

Born and brought up in Delhi, Gupta graduated from Stanford University in 2016.

"As I changed from being a meat-lover to a vegan, I felt the need to spread the message in India. Our country has one of the largest vegetarian populations in the world," Gupta said.

Talking about the popularity of vegan food in India vis-a-vis the West, she said "In India, we focus a lot on vegetarianism and every restaurant will have a vegetarian menu. In US, it is the opposite, as every place will have a non-vegetarian menu and vegetarian menu is rare."

"In India, where people consume a lot of butter, ghee, milk; there is a need to spread awareness about veganism," she said.

Vegan activist Advika Gupta in Sector 17, Chandigarh, on Sunday.
KESHAV SINGH/HT

"To cater to vegans, one restaurant is coming up in Chandigarh and three in Ludhiana. The trend is also picking up in Bangalore, Mumbai and Delhi," she said. "In the West, veganism is in trend," Advika said.

Gupta has been conducting workshops for individuals and restaurant chefs to introduce vegan-menus and plant-based alternatives. She has also started a chapter for the international organisation, Meatless Monday, in India.