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COMPASSIONATE FRIEND

Journal of Beauty Without Cruelty - India
An International Educational Charitable Trust for Animal Rights

Crocodiles

Wasps in Figs

Non-Veg Fertilisers

PILs to the Rescue!

Pledge your Support



Elephant Exploitation



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420

E-mail: admin@bwcindia.org Website: www.bwcindia.org

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From my Desk...

Living with Wildlife

Section II of the Wildlife Protection Act, 1972, has always been used to declare wildlife such as *neelgai*, wild boar, porcupine, *sambhar*, *cheetal*, hare, jackal, monkey, black deer and parrots that damage crops, as vermin, and permission has been granted to hunt them.

As if this wasn't bad enough, the government's new draft National Wildlife Policy shockingly recommended that wildlife be used for religious and cultural purposes. Politicians have also been thinking the government can go against the Supreme Court ruling of 2014 and grant permission to bullock cart racing and *jallikattu* terming them cultural events.



Dancing bear.

Photo courtesy: advocacy.britannica.com

No doubt, this so-called National Wildlife Policy cannot overrule the existing Wildlife Protection Act, 1972, but just in case it does get implemented, it will undo our efforts over decades in protecting India's wildlife because our wild animals and birds will move faster towards extinction, and it will make existing poachers and smugglers flourish.

Our Prime Minister Shri Narendra Modi has said "India is no more a land of snake charmers – we wow the world with the (computer) mouse". How can we then allow snakes, monkeys or bears to dance on the roadside, or animal and bird fights that could claim to be a part of our cultural heritage? We must move on and shoot with the camera, not gun, as we do for tigers.

There can be no mid-way option... either our wildlife will or will not be allowed to be hunted, tortured, and their body parts utilised by the superstitious and common for so-called religious and other purposes. As it is, it is difficult to get appropriate action taken promptly against offenders of wildlife (whether it be tigers or turtles that are poached and smuggled), so imagine how much more difficult it would be should permission be granted to exploit wildlife under the guise of religion or culture.

BWC hopes the Ministry of Environment, Forests and Climate Change totally abandons all such atrocious ideas of wild animals and birds being used for any reason whatsoever.



Snake charmer.

Photo courtesy: newworldencyclopedia.org

Talking of wildlife, BWC also wishes the government would treat our national bird on par with our national animal – trade in tiger parts would never be allowed. It is high time that an immediate ban on the sale, transfer and trade of peacock feathers in India is imposed, more so as export of peacock feathers is not permitted.

And, we cannot forget the elephant, India's national heritage animal, which is yet to receive the respect it deserves. It needs to be living free in the wild, not captive in training camps, temples, zoos or circuses.

Diana Ratnagar
Chairperson



Monkey and madari. Photo courtesy: vichitrapedia.com

Cry for Crocodiles

Crocodile killing centres no longer attract tourists and a ready market is not found for meat, skin or even trinkets, says Khurshid Bhathena

The Ministry of Environment, Forests and Climate Change has yet again been approached to allow the commercial exploitation of crocodiles. That is to say their breeding should continue, not for the sake of conservation, but for “harvesting” or killing them to sell crocodile skin.

Beauty Without Cruelty has requested the government not to give permission for such outrageous ventures.

In India all crocodile projects were purely for conservation. They were initiated in 1975 with the help of the United Nations Development Programme (UNDP) and Food and Agriculture Organisation (FAO) when the population of crocodiles had reached alarmingly low levels – in 1970 there were only 30 pairs left. The Crocodile Conservation Project was explicitly mandated to collect eggs from the wild, incubate them, rear the hatchlings to one metre in length and release them back into the wild.



A gharial living in the Chambal river. Crocodiles may not be lovable creatures, but that's no justification to convert them into leather goods such as bags, shoes, wallets, belts and watch straps. Photo courtesy: Mike Needham.

It doesn't make it ethical to kill them just because all the crocodiles were not released back into the wild. They were bred and raised under conservation programmes and their numbers increased to thousands only due to conservation efforts.

Sinister Over-breeding

If today the Ministry approves killing or culling of crocodiles which have been over-bred, it will set an undesirable precedent. If in future any other wildlife species, like say tigers, are also over-bred as a result of an over-successful conservation programme (in the wild or in zoos) no one will see anything wrong in also allowing them to be killed for their skin and/or other body-parts for sale.

In today's conservation conscious, and environmentally friendly, green world, such killing centres are condemned, they no longer attract tourists, and a ready market is not found for meat, skin or even trinkets.

It is therefore imperative that breeding crocodiles in India be quickly and totally halted by the government. Since 1981 the Ministry has been repeatedly advising States that breeding crocodiles should be stopped, but they have paid no heed.

Farming cannot stop Poaching

A flourishing illegal trade in crocodile skins (as claimed by proponents of crocodile farming) is no reason whatsoever to make killing and trade in crocodile skins legal. If killing is indeed occurring, the Wildlife Crime Control Bureau should investigate and every one responsible ranging from those who are meant to uphold the law by apprehending offenders, to poachers, tanners, manufacturers and smugglers, should all be taken to task, caught, and punished appropriately.

There is no difference between the skins of farm-bred and wild crocodiles, so proposals of commercially exploiting crocodiles in farms (even foreign species) while conserving crocodiles found in the wild, will turn out to be absolutely counter-productive and totally against the very work and purpose of conservation undertaken by the government and voluntary organisations.

Wild crocodiles have vanished in countries such as Papua New Guinea after captive breeding for commercial gain was introduced. Let us learn from such mistakes and not begin to commercially exploit crocodiles here, even under the guise of “conservation through sustainable use”.

Sane Advice

In this context, the paragraph reproduced below is most relevant. It is from the Indian Crocodile Conservation Project report written by Dr H R Bustard, formerly Chief Technical Advisor, Gol/UNDP/FAO Indian Crocodile Conservation Project:

“A final thought – should the Indian Crocodile Conservation Project be exploiting crocodiles for their skins? A purely personal view is that it should not. Very definitely India would lose tremendous international esteem by allowing any commercialisation of the *gharial*. The current status of the saltwater crocodile indicates that it could not withstand any commercialisation. And were the mugger to be opened to commercialisation, it would not be possible for many officers to distinguish between the skins of the various species when they have been made into finished products, e.g. ladies handbags. Furthermore, even if it is suggested that all skins would come from closed crocodile farms (where all the ‘product’ has been produced from eggs laid in the farm), and how would it be possible to know that these were



Crocodile, alligator and caiman skin handbags, like the one above made of gharial skin, are used by vain women around the world.

not being augmented from illegally taken wild stock? I faced this problem with the huge stocks of skins of many reptile species held in Calcutta in 1974. Had they been allowed into trade they could have been continually replaced by freshly-taken wild skins. In my view, in a country with such inventive talent as India there can be no adequate safeguard for the wild population – tags, etc., can easily be faked – were India to be opened up to crocodile farming. India is different, a country with different values, and it should stand firm against commercial exploitation of its wildlife. For the foreseeable future, let the profits come from wildlife tourism, not from the gun or skins/hides/furs.”

Well said! So let’s uphold it and never allow commercial farming of crocodiles in India.



Khurshid Bhatena is
a Trustee & Honorary
Secretary of BWC-India

Kerala's Chained Elephants

For 180 years not a single elephant in Kerala has been allowed to mate because elephant calves are illegally captured and brought to Kerala from Assam, Arunachal Pradesh and Odisha
says V K Venkitachalam

The Kerala state emblem portrays two unchained elephants. But elephants in Kerala live and die in chains. In-between they are subjected to cruelty by many sections of society and with the help of the state government itself.

2015: From 1 January to 6 May elephants killed 10 persons (5 *mahouts*, an elephant owner, a veterinary doctor, an ex-service man, a car driver and a vegetable vendor). Till 27 June, 3 elephants died due to torture. Till 5 July, 304 elephants ran amok 1,864 times.

Flouting Laws

Temples, churches and mosques all use elephants for their festival celebrations. There exists a strong nexus between communities and politicians which forms the base of the



The Kerala state government emblem has two unchained elephants. But, elephants live shackled in chains.
Photo courtesy: Green Kerala.



Photo courtesy: cd-main.caudn.com

The following recent statistics on elephants give ample evidence of the high degree of mismanagement.

2014: Elephants killed 7 persons (5 *mahouts*, a lady devotee, and a man who was cycling on the road). 24 elephants were subjected to torture and died. 310 ran amok 2,011 times.

mafia that controls elephant exploitation in the state.

For 180 years not a single elephant in Kerala has been allowed to mate because elephant calves are illegally captured and brought to Kerala from Assam, Arunachal Pradesh and Odisha. Carried out with the tacit support of forest officials, including the Wildlife Crime Control Bureau, the majority die due to separation from their mothers and deficient care on arrival in Kerala.

In reply to an application under RTI, the Kerala Forest Department acknowledged that out of 684 captive elephants in the state, 384 had to date (June 2015) no ownership certificate.

Whenever there is no festival work, elephants are used in marriage processions or for inaugurations. Some are made

to give joy-rides to tourists. If such work is unavailable, they are made to pull wood because Kerala's elephants are never kept idle, but made to continuously work. Anything that brings in money is made possible with no consideration for their plight.

Abuse and Deceit

A Kerala state government order specifically bans the use of elephants for any new purpose, and no permission had been given to any one to use elephants as part of observing World Environment Day, yet on 5 June this year, Kerala shockingly witnessed a new use. The Ernakulam District Panchayat President, who happens to be the President of Ernakulam District Committee of Society for the Prevention of Cruelty to Animals, used an elephant as a seat for his presidential address to commemorate World Environment Day. It was part of a ceremony organised for distributing saplings to students. An elephant named Vattekkad Ayyappan had been brought to Ernakulam from Kothamangalam (a distance of 38 km) and forced to stand on the tiled surface in front of the Panchayat office for 4 long hours without fodder or drinking water.

Earlier, when the Animal Welfare Board of India (AWBI) asked the Kerala state government to ensure that the Thrissur *Pooram* organisers conduct the festival after registering and obtaining permission from the AWBI, the state's Forest Minister made a public announcement to the effect that Kerala was not interested in implementing any such advice and went on to declare that the state was against imposing restrictions laid down by the AWBI.

Such attitudes from politicians help festival organisers, contractors, decorators, transporters, elephant agents, owners, *mahouts* and veterinarians to thoroughly exploit elephants. 2,500 festivals in 14 districts of Kerala are held between November to May, the estimated gain of which is ₹2,000 crore, and everyone involved benefits.

The Animal Husbandry Department allows elephants to be used for 14 days continuously without checking on their fitness despite the Wildlife Protection Act, 1972's Rules for transporting animals requiring physical verification certificates to be limited to 12 hours.

In simple words, an elephant owner can obtain a favourable fitness certificate from a veterinarian (even if the animal is in *musth* or has wounds) and use it for the next 14 days although the elephant is transported to participate in different festivals across Kerala.

Committing Sin

Several deities have animal mounts or *vahana*, like Goddess Durga has a lion, Lord Parameshwara a bull, Lord Ganesh a rat, Lord Subrahmanya a peacock, Lord Bhairava a dog, Lord Mahavishnu a *garuda* (humanoid eagle) and rests on a giant snake. But, none of the temples which have idols of these deities use these live animals as a vehicle for carrying the idols.

Nowhere, except in Kerala do temple authorities insist on making live elephants carry idols. The authorities of the temples argue that the idols must be carried by elephants in their festival processions in order to appropriately bless devotees. Such abuse of elephants is a sin in Kerala, God's Own Country.



V K Venkitachalam
is Secretary, Heritage Animal
Task Force, Thrissur, Kerala.

Elephant Exploitation

Elephants are thoroughly exploited because people do not acknowledge that like humans, they are very sensitive and feel pain, both physical and mental.



Poached for its ivory, this elephant is seen bleeding to death without tusks and trunk, in a pool of mud in Assam. *Photo courtesy: AP.*



In a rare incident elephant calves were rescued from poachers. However, hundreds from the wild are routinely captured and smuggled inter-state.

Photo courtesy: The Arunachal Times.



An elephant tragically killed by a speeding train within a forest reserve in the North-East. *Photo courtesy: EPA.*



Elephant electrocuted to death inside the Nagarahole Tiger Reserve.

Photo courtesy: Conservation India.



Tourists watch an elephant calf undergoing training (read torture) at a Government camp. *Photo courtesy: Animals India.*



The sole of the elephant's feet has tender skin, which painfully cracks after walking on hot tar roads. *Photo courtesy: Frontline.*



An *ankush* (goad that hurts) is used on the elephants' sensitive parts to train, tame and control captive elephants throughout their lives. *Photo courtesy: illustra-azione.org*



Many elephants like the one above run amok because they are oppressed and abused. *Photo courtesy: K K Najeeb (The Hindu).*



Caparisoned elephants are decked up with gold plated decorations covering their foreheads, eyes – and wounds. Turmeric and ash, even charcoal paste is smeared on their hind legs to cover skin lacerations. *Photo courtesy: Frontline.*



Several temple elephants like the one above have killed their *mahouts* in retaliation. *Photo courtesy: Dance with Shadows.*

BWC's successful campaigns stopped the ivory trade in 1992, and ended elephant polo in 2011. But, wild elephant herds and their habitats need proper safeguarding. Elephants continue to be killed, captured and tamed to shift logs, carry people and *howdahs*, go in temple processions, perform in circuses and live in zoos.

Fact, not Fancy

Non-Veg Fertilisers Grow Vegetables

Plants get their food from the soil. When the soil is rich in nutrients they flourish. They thrive still better with added nutrients that enrich the soil. These nutrients are fertilisers.

On 25 September 1985 the Ministry of Agriculture and Rural Development (Department of Agriculture and Cooperation) issued The Fertiliser (Control) Order, 1985.

Organic and Bio-Fertilisers

All Indian farmers (even those who use chemical fertilisers and sprays) before sowing, put traditional manure in their fields. They test their soil for micronutrient deficiencies only when their crop yields fall, after which they rejuvenate it by using large quantities of organic fertilisers.

Traditional or farmyard fertiliser is organic manure and comprises of dung or faeces of livestock such as cows, goats and pigs. Organic fertiliser can also contain slaughter waste in the form of bones, blood, tendons, organs, feathers, egg shells, trash fish, and skin of animals and poultry poop.

Poultry manure is used for most plantation crops, except legumes, says Nirmal Nischit

Interestingly, the agro-sector watch-dog, Crop Care Federation of India (CCFI) has said that organic foods are not all that safe as they have been made out to be, citing bean sprouts from an organic farm in Germany that had killed 31 people and infected a thousand more between May and June 2011, caused by an E. coli outbreak from pig manure. Moreover, CCFI say that as per studies undertaken by the Indian Agricultural Research Institute 33% products claimed to be organic in India have higher pesticide residues than the foods grown conventionally using pesticides!

In rural areas slaughter-house waste, blood and rumen digesta are collected and used directly as an organic fertiliser. Elsewhere, after waste-processing, it is marketed as blood meal, dried blood or animal plasma.

Cattle manure is known to farmers, but not all are familiar with poultry waste which consists of head, feet, feathers, viscera, offal, blood, egg-shells, etc. India produces almost 8 million tonnes of poultry manure annually. It is used for most plantation crops (except legumes) since crops absorb the nitrogen in poultry manure – similar to urea which is produced from ammonia and carbon dioxide. Mushroom cultivators use wheat and paddy straw as base materials for composting, but add poultry manure to it. Although it can be made and marketed as pellets, it is usually applied directly (composting is not needed), particularly in farms close to poultry units.

Dry fish waste manure is another product related to killing, and is added to poultry diets. In fact, fish and beer waste are now considered food for cattle and poultry in some parts of India.



Poultry manure.
Photo courtesy: hencam.com

Compost consists of all types of decomposed organic matter, be it of plant or animal origin, suitable as a fertiliser. Whereas, green leaf manure (mulching) is when branches of plants or trees are added to a field prior to ploughing. Manure from dry leaves is also good, more so since it avoids heaps of fallen leaves being illegally burnt in a clean up job off roads.

Bio-fertilisers contain living micro-organisms like bacteria, algae and fungi. They also contain organic wastes and claim to be eco-friendly, posing no threat to the environment. Eco-friendly does not make it free of animal derived substances.

We have heard of how earthworms eat decaying organic matter from the soil and let off castings. Worm castings or worm manure is commonly called vermicompost and is a bio-fertiliser. It consists of un-



Vermicompost.
Photo courtesy: compostingtips.info

digested material, soil and bacteria, deposited by worms. (Vermiculture is the same, but its purpose is to simply increase the number of worms that produce manure.)

Phosphatic Fertilisers

Green or fresh bones (those that are not brittle) derived from young, healthy, slaughtered animals, mainly cattle, are sold to companies who crush and sell them as raw or steamed bone meal which is used as an ingredient in some phosphatic fertilisers.

NPK Fertilisers

N stands for nitrogen which enhances green foliage. They are made from ammonia; for example, urea contains 46% nitrogen.

P is for phosphorus which ensures strong roots. They are extracted from the chemical treatment of phosphate minerals. Added content can be of animal origin as stated above under phosphatic fertilisers.

K is for kalium, the Latin name for potash or potassium which promotes healthy plant growth. Potash is a mixture of potassium minerals.

Compound or complex fertilisers are those that contain two or more of the above nutrients.

Helpful organisms can be killed by these synthetic fertilisers that sterilise the soil – thus requiring more and more of the same chemical fertiliser. In addition, concentrated forms of nitrogen and phosphorus, if not absorbed by plants, seep into nearby water bodies resulting in excess algae growth which kills aquatic life.

Facing Facts

Synthetic fertilisers can kill life and harm the environment.

Organic fertilisers can themselves be made of ingredients derived from animals, poultry or fish.

We detest the slaughter of animals, poultry and fish. We don't eat their flesh, but we have unfortunately landed up indirectly supporting factory farming and slaughter.

The vegetables and fruits we eat, particularly if organic, are grown with the help of bone, blood, feather and fin fertilisers that are so-called by-products of killing.

The 'breed to kill' industries would not do so well if they did not generate additional income by selling their unwanted waste. It helps them financially while solving their problem of waste management and it conveniently makes them say they are not causing pollution.

PILs to the Rescue!

Cats

With reference to the article on cats in our previous issue of *Compassionate Friend*, BWC is pleased to inform readers that we are supporting People for Cattle in India (PFCI) in a Public Interest Litigation (PIL) to be filed against cat slaughter.

Camels

Support has also been extended by BWC to PFCI for their PIL against illegal trafficking and slaughter of camels. The hearing on 23 June 2015 was typical in as much that the respondents asked for time to file their counter reply. PFCI Counsel convinced the Court that the motive was animal welfare and no community was being targeted. Two lawyers voluntarily joined in support and the matter was posted for 27 July 2015.

Horses

Victorias should have come to a halt with the end of the Victorian era, but better late than never... In response to a PIL filed by the Animals and Birds Charitable Trust of Mumbai, in June 2015 the High Court directed all

authorities to ensure that the use of victorias and horse-drawn carriages in Mumbai be completely stopped after a year. The bench felt that using horse-driven carriages in Mumbai for joy-rides was an avoidable activity and completely illegal that violated Sections 3 and 11 of the Prevention of Cruelty to Animals Act. "In other cities, such carriages may be used for other purposes too. But if it is noticed that carriages are used for joy-rides, then that should be stopped by the concerned authority," was also said by the division bench of Justices of the High Court.

Dogs

In June 2015 the newspapers prominently revealed that the Army's working dogs, when old, were euthanized, not retired.

BWC immediately wrote to the President of India who is the Commander-in-Chief of the Defence Forces of India, the Prime Minister, the Defence Minister and Chief of Army Staff, saying that it was morally, ethically and culturally wrong to kill these dogs when they were old and unable to work.

Since they had served the nation, they required to be retired in style. When the demand for One Rank One Pension was met, we asked the government to consider including a pension (to be used for their upkeep) for the animals.

We also suggested that some dogs could be given to senior or even retired Army personnel to keep and take care of in their homes. Whereas the others could retire in a shelter (retirement home) specially set up for them where they could live out their natural lifespan.

And last but not least, the new rules could cover all animals like horses and mules, also used by the Defence Forces so that they are all appropriately rehabilitated.

A month later, in response to a PIL, the Centre admitted that the current practice of putting to sleep the Army's retired service dogs (Labradors, German and Belgian Shepherds) was against the Prevention of Cruelty to Animals Act, 1960, and assured the Delhi High Court that the Defence Ministry would soon come out with a policy to stop euthanasia and detail the arrangements for the dogs after they retire or are found unfit or inactive.

New Rules for Transportation of Livestock

Come January 2016, under the Central Motor Vehicle (11th Amendment) Rules, 2015, a new rule No. 125E will come into force. It pertains to special requirements of motor vehicles transporting livestock to be in accordance with specifications laid down by the Bureau of Indian Standards (BIS).

Several organisations working for animals, including Beauty Without Cruelty demanded such an amendment to prevent overcrowding of animals in trucks (headed for legal or illegal slaughter, etc.) and the terrible suffering that accompanies it.

Vehicles carrying cows and buffaloes, horses and mares, sheep and goats, pigs and poultry, will soon be required to obtain special licences which will be issued by the Regional Transport Office (RTO) after vehicles are modified with permanent partitions in appropriate species-specific sizes within which individual animals will be loaded and transported. The vehicles will not be permitted to carry any other goods.

We hope that a special squad involving the Police, the RTO, and other authorities, will effectively monitor, check and apprehend those who violate this law. We also hope that the inter-state movement of cattle will be curtailed.

FYI

Dead Wasps in Figs

More than once BWC has been asked whether figs contain insects making them non-veg. The answer is yes – and no!

Figs and fig wasps have been inseparable for millions of years because the wasps are the plant's sole pollinators.



Figs are actually flowers that grow inwards. The figs from the male trees produce pollen, and the figs from the female trees are the edible ones.

When a female wasp enters a male fig it easily lays eggs. The males that hatch, after impregnating the females, usually die inside or escape with difficulty because they are wingless; but the female wasps that hatch get out easily carrying pollen and continue the cycle of laying eggs.

When a female wasp enters a female fig she gets trapped, is unable to escape, but before she dies from exhaustion, she lays eggs. Therefore, this fig lands up containing at least one dead female wasp. The fig absorbs the dead insect and it becomes a part of the ripened fruit. Without it, the fig will not ripen or be edible. This is why some vegetarians and vegans do not eat figs.

The figs that are commercially grown and sold in India are:

Common or edible figs produced parthenocarpically – that is without the aid of fig wasps or pollination. The varieties of figs that fall under this category are called Poona, Conadria, Mission, Kadota and Brown Turkey.

Capri figs and wild figs are not edible but these male trees are grown for the sole purpose of pollination with fig wasps, without which Smyrna figs cannot be produced. The main variety of figs thus produced is called Calimyrna.

Lastly, the first crop of San Pedro figs, known as Breba, is parthenocarpic, but the main or second crop is pollinated by wasps like the Smyrna figs.

How about Pledging your Support?

Some discerning BWC members gave suggestions which we were pleased to incorporate in our recent version of the BWC Pledge Form. We therefore request those who filled it years ago, to re-fill it.

BWC Pledge Forms have been in existence for 30 years. Participation has always been entirely voluntary. No commitment is insignificant and pledging not to use even one item is appreciated by BWC. Members could easily reinforce their resolve by ticking what they have already stopped using or doing.

This year BWC looks forward to receiving many more filled forms. It will indicate that we are making a bigger difference in helping humans live compassionately and saving animals from commercial exploitation and death.



I, solemnly confirm that I pledge not to use/consume/witness: (mark as applicable)

Imitation/non-animal origin products with similar names are not to be confused with these items.

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Animal Hair Brushes – for grooming hair, shaving, polishing shoes, painting walls, make-up, art work, etc. | <input type="checkbox"/> Meat – flesh of any creature: processed, raw or cooked |
| <input type="checkbox"/> Bone, Horn, Ivory, Tortoise-shell – bone china, gelatine capsules, show pieces, inlay work, jewellery, clips, combs, boxes, musical instruments, etc. | <input type="checkbox"/> Milk – dairy products, toiletries, cosmetics, etc. |
| <input type="checkbox"/> Coral and Pearls – jewellery, show pieces, etc. | <input type="checkbox"/> Perfumes without green veg symbol – attar, otto, concentrates, scents, incense, eau, fragrances, etc. |
| <input type="checkbox"/> Cosmetics, Toiletries and Household Items without green veg symbol – toothpastes, soaps, shampoos, creams, lotions, lipsticks, nail-polish, clasp sticks, hair preparations, powders, make-up items, after shave lotions, deodorants, air fresheners, disinfectants, detergents, paints, adhesives, lubricants, etc. | <input type="checkbox"/> Pesticides |
| <input type="checkbox"/> Eggs – shampoos, toiletries, food, etc. | <input type="checkbox"/> Products Tested on Animals |
| <input type="checkbox"/> Entertainment – visit circuses with animals, zoos, aquariums, aquatic parks, animal & bird fights, animal joy rides, animal races, view films depicting torture & killing of live creatures, etc. | <input type="checkbox"/> Religion – <i>agarbatti</i> & candles without green veg symbol, animal & bird sacrifices, use of <i>kasturi</i> , <i>amber</i> , <i>varkh</i> , peacock feathers, etc. |
| <input type="checkbox"/> Feathers – show pieces, fans, brushes, art & crafts, shuttles, head wear, apparel, accessories, etc. | <input type="checkbox"/> Shellac/Lac – show pieces, jewellery, sealing wax, etc. |
| <input type="checkbox"/> Honey and Bee Products – food, cosmetics, supplements | <input type="checkbox"/> Shells, Conches, Mother of Pearl – jewellery, wrist watch dials, show pieces, lamp shades, inlay work, knife handles, frames, etc. |
| <input type="checkbox"/> Leather, Reptile Skins and Fur – footwear, hand-bags, wallets, purses, belts, watch & other straps, garments, accessories, show pieces, suitcases, book covers, office materials, furniture, cricket balls, car upholstery, etc. | <input type="checkbox"/> Silk – garments, accessories, show pieces, carpets, etc. |
| | <input type="checkbox"/> <i>Varkh</i> – on <i>mithai</i> and <i>paan</i> , beverages containing silver foil, etc. |
| | <input type="checkbox"/> Violence oriented Pastimes – flying kites with <i>manga</i> , air guns, catapults, fishing, hunting, trapping, poisoning animals, bursting firecrackers, etc. |
| | <input type="checkbox"/> Wildlife – flesh, trophies, pets, antlers, claws, teeth, body parts, live bait, etc. |
| | <input type="checkbox"/> Wool – garments, headgear, shawls, wall-hangings, carpets, etc. |

for a period of years/my life time. I also pledge not to sell/buy/accept/support the same during this time.

Date Signature
 If you are a BWC Member NAME &
 please quote your Membership ADDRESS
 No. (In Capitals)

Send filled forms to:
Beauty Without Cruelty
 4 Prince of Wales Drive, Wanowrie, Pune 411 040, INDIA. Tel. Tel: +91 20 2686 1166 Fax: +91 20 2686 1420
 E-mail: admin@bwcindia.org Website: www.bwcindia.org
 0095 Tel. E-mail

Members can request BWC for additional printed copies of the BWC Pledge Form (in English and Hindi) for family and friends. The form can also be downloaded from our website www.bwcindia.org/Web/PlayYourPart/PledgeForm.pdf

Whether the Pledge Form is filled or not, BWC requests members to please make a conscious effort to look out for and use only those consumer items (in addition to packaged food articles) that have the green veg symbol – products such as soaps, toothpastes, cosmetics, perfumes, detergents, cleaners, disinfectants, air fresheners, *agarbattis*, candles, adhesives, brushes, crockery, etc. Remember, if there is no symbol affixed, the product almost certainly contains animal substances.

Vegan Recipe

Avocado

The avocado has a not so commonly known animal sounding name: alligator pear. The fruit is native to Mexico, but commercially grown all over the world.

Avocados are very popular among vegans because of their monounsaturated fat content that can be heart protective. They also contain 35% more potassium than bananas, and are rich in dietary fibre and folic acid.

Since avocado has a bland taste it is a versatile ingredient in recipes. Mexicans make guacamole and eat it with corn chips. However, most people like them sprinkled with powdered sugar or a salad dressing.



Guacamole *(serves 4)*

Ingredients

- 2 large just-ripe avocados
- 1 tbsp lime juice
- ½ pod garlic, crushed
- 1 ripe tomato, chopped
- 1 large red onion, chopped
- ¼ tsp Tabasco sauce or
- 1 Jalapeno/green chilli, finely chopped
- white pepper to taste
- salt to taste
- ¼ cup coriander, finely chopped (optional)

Preparation

- Cut avocados lengthwise, scoop out and add lime immediately.
- Mash smooth.
- Add garlic, tomato and onion.
- Mix.
- Add Tabasco sauce/chilli, pepper and salt, followed by coriander.
- Mix well.
- Serve as a dip with corn chips or carrot sticks, or eat as a spread.

Do visit www.bwcindia.org/Web/Recipes/Recipesindex.html for an assortment of Beauty Without Cruelty's tested and tasted, healthy and delicious vegan recipes.

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Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420 E-mail: admin@bwcindia.org Website: www.bwcindia.org