

Vol 49 No 3
Monsoon 2026



COMPASSIONATE FRIEND

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

In this Issue:
Chicken Dinners
Pollute Rivers
Lab-grown Meat
is Non-Veg
Vegan Substitutes
for Eggs

Feathers Plucked in Pain for the Vain



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

☎ +91 74101 26541

✉ admin@bwcindia.org 🌐 bwcindia.org

Monsoon 2026

From my Desk...

Lab-grown Meat is Non-Veg

People mistakenly think that meat grown in a petri dish or lab-grown meat is imitation or synthetic meat and not actual flesh.

It begins with giving anesthesia to a living animal such as a cow, bull, buffalo, chicken, pig, goat, sheep or fish and surgically collecting its stem cells. The biopsy is then placed in growth media consisting of fetal bovine/calf serum obtained (without any form of anesthesia) by drawing blood via cardiac puncture from the fetus of a pregnant cow.

Some of the names under which the resultant so-called imitation meat is marketed are cellular agriculture, cultivated meat, cell-based meat, cultured meat, lab-grown meat, vitro meat, in-vitro meat, hydroponic meat, test-tube meat, vat-grown meat, clean meat, victimless meat, slaughter-free meat, mock meat, shmeat and synthetic meat.

It is positively non-vegetarian and cannot be affixed with India's vegetarian or vegan symbols.

Contents

- 1 From my Desk...
- 2 Interesting News
- 5 Feathers are the new Fur
- 10 Chicken Dinners are Polluting the World's Rivers
- 12 Say NO to Eggs
Vegan Substitutes for an Egg
- IBC Vegan Recipe *Soybean*

Beauty Without Cruelty

is grateful to

a Vegan Supporter

for donating ₹ 1,50,000/-
towards this issue of

COMPASSIONATE FRIEND and **करुणा-मित्र**

Beauty Without Cruelty
is a way of life which causes
no creature of land, sea or air
terror, torture or death

Published and edited by

Diana Ratnagar
Chairperson, BWC-India

Designed by

Dinesh Dabholkar

Printed at

Shree Mudra
181 Shukrawar Peth,
Pune 411 002

Front cover: Feathers

by Dinesh Dabholkar

using AI

COMPASSIONATE FRIEND ©

is the copyright of

Beauty Without Cruelty - India

Unauthorised reproduction
in any manner,
without written permission
from the publisher,
is prohibited.

This periodical is printed
on paper free of animal
substances
and published every
spring (February),
summer (May),
monsoon (August)
and winter (November)

“The animal was not killed for the biopsy” and “just a little fetal calf serum used” as compared against slaughter of animals for meat are illogical justifications. Those who feel strongly about the immorality of causing pain and death to animals, avoid all animal derived substances, even as ingredients in lab-grown meat.

As of 2026 over 140 companies are in the cellular agriculture sector with US and Australia considered leaders. New Zealand and Israel also manufacture it. Singapore was the first to give approval to a California-based startup selling cultivated meat in their country. But in 2023 Italy was the only country to ban the production of lab-grown meat in order to protect its traditional agricultural heritage, support rural farming livelihoods and avoid potential risks to human health arguing that long-term nutritional impacts remain unproven for such foods that are highly processed.

Donors, Donations and Donees

Should those who do not eat meat support those who eat animals even indirectly? Donations are gifts ranging from financial assistance, physical goods and biological assets given to needy people.

The following categories of biological donations are given by people who are veg and non-veg, but who are the recipients?

Living donations: blood, bone marrow, kidney, a part of liver/lung/pancreas.

Those who are veg, need to ask themselves whether it is advisable to donate blood, if it benefits a person who eats animals – animals that will be killed and consumed as meat by the donee?

Should the need arise, those who do not eat animals need to ask themselves if they would be ethically right in accepting blood or organ donations from non-vegetarians who eat animals. Chickens, goats, cattle, pigs, fish and others experience fear, terror, bewilderment, panic, anger and helplessness at the time of slaughter and these emotions that are present in the animals’ flesh get transferred to those who consume their meat.

Dead or non-heart beating donations: eyes, heart valves, skin & fascia, bones & tendons, cartilage, veins & arteries.

Those who eat no flesh and have pledged their eyes upon death, need to be aware that their eyes may be given to non-vegetarians. Many souls would be upset if their corneas were used by a non-veg recipient to look at and eat animal flesh with glee.

Heart-beating donations referred to as “brain dead”: almost all other organs such as kidney, liver, lung, pancreas, small intestine, voice box or larynx, glands, uterus, ovaries, fat, eyes, middle ear bones, skin, fascia, bone, cartilage, tendons, veins, arteries, nerves, fingers and toes are taken from those whose heart is still beating.

These organs must be removed from patients who are not yet dead, and haste is essential to ensure transplanting success. One is either dead or alive, not in-between. Brain-dead certification has been viewed as an aid for organ donations. As soon as the organ is removed death occurs.

To know more about this deception, *The Nasty Side of Organ Transplanting* — Chapter 1, is worth reading on the Organ Facts website: www.organfacts.net/nso



Diana Ratnagar
Chairperson

Interesting News

Our Right to Know

A manufacturing company challenged the 2014 amendment made to the Legal Metrology (Packaged Commodities) Rules, 2011, specifically Rule 6(8). Under this amendment, products containing ingredients of animal origin must display a red or brown non-veg symbol and those from veg sources the green veg symbol on the packaging. Therefore, the Delhi High Court directed the Legal Metrology Department and the Drug Technical Advisory Board to form a clear and unified view by 21 May 2026 if this should apply to products like toothpaste because till now the latter had treated such marking as voluntary for drugs and cosmetics. Unfortunately, no final judicial or regulatory consensus was reached.

Wool Marks

Although the Wool Mark logo, launched in 1964 by the International Wool Secretariat based in Australia is widely recognized as a symbol of 100% wool content, in March 2026 the Government of India offered Bharat Wool Mark and Pashmina Mark certifications. BWC feels it will now be easier for those who do not want to use wool because products with these marks affixed will also definitely be woollen.



Indian launches its own Wool Mark certifications.

Photo courtesy: apparelresources.com

Manja can cause Murder

The Chief Minister of Uttar Pradesh was the first to order officials to treat *manja* deaths as murder. Soon after the Aurangabad Bench of the Bombay High Court directed the Maharashtra state government to pay compensation ranging from ₹50,000 to ₹1,50,000 to 11 victims of *manja*. The court also pulled up the Special Task force to ensure that undertakings were taken from 23 manufacturers; moreover, they should coordinate with the road transport authorities, local self-govt bodies, highway police, transport associations and courier service providers to keep a check on illegal nylon *manja*.

Fish feel Pain

A decade ago the Royal SPCA's Research Animals Department announced that people who eat fish should be aware that they are causing the death of an animal who is sentient, who has experiences, interests. Fish as sentient animals that form friendships, experience positive emotions and have individual personalities. Researchers found that zebrafish are social animals in a similar way to humans and other mammals. In short, fish should not be viewed as lesser animals.

This information was reinforced according to a 2026 study published in the journal Scientific Reports: fish experience not just death but a prolonged and intense form of distress when killed by air asphyxiation. In fact, they suffer excruciating pain for at least 10 minutes after being caught. This was proved after scientists developed the Welfare Footprint Framework, a tool that measures pain in minutes allowing researchers to compare welfare outcomes across species and conditions. The research team applied this method to killing trout where air exposure is used. When pulled out of water,

a slow and stressful decline begins with their gills collapsing, they gasp in panic, their blood chemistry spirals, oxygen disappears while carbon dioxide builds, and they can go on suffering thus for as long as 25 minutes ending in death.

Protection for Peruvian Amazon Bees

In a global first for insects, in 2026 Municipalities in Satipo and Nauta in Peru, passed Ordinances that gave protection to native stingless bees of the Peruvian Amazon (and their habitat) as legal subjects with rights to exist, thrive, and be defended in Court.

These stingless bees help pollinate about 80% of tropical plant species, including cacao, coffee, avocados and many wild fruits. Meliponiculture is the breeding and managing of stingless bees and is similar to Apiculture that has stinging bees – however, both types are exploited for their honey.



Amazonian Stingless Bees.

Photo courtesy: Luis Garcia, earthlawcenter.org

Robotic Pachyderms

As of April 2026, over 26 life-size mechanical elephants were being used in temples for rituals and during festivals for parades, particularly in Kerala to replace live elephants in ceremonies. The first robotic pachyderm was introduced in 2023. They look life-like, weigh roughly 500 to 800 kgs and can move their head, ears, eyes, tails and trunk and are often operated via electricity.



More and more people are renting out mechanical elephants for religious rituals, weddings and other ceremonies. Photo courtesy: Jamie Fullerton, theworld.org

growing trend to use them for weddings and private events has also been noticed.

These innovative creations honour tradition while prioritising the well-being of living elephants. Temples who have been donated robotic pachyderms have pledged never to own or hire live elephants. BWC hopes many more such elephants will be used and the use of live elephants will be phased out soon.

Prey bred in Zoo for Tigers in Sanctuary

In April 2026, the Katraj Zoo sent 30 spotted deer/cheetal and 10 sambar deer to the Sahyadri Tiger Reserve as prey for tigers. No doubt unethical, but very surprising because the sambar is classified as Vulnerable (VU) on the International Union for the Conservation of Nature (IUCN) Red List of Threatened Species.



Shipped off as bait. Photo courtesy: pudhari.news

Vegan India Conference

On 6 & 7 June 2026 Vegan First held their 5th Vegan India Conference in Mumbai. It featured speakers, sessions, workshops and exhibitors. BWC sent a considerable amount of literature including 500 BWC Phonetic Alphabet bookmarks for Animal Activists for distribution among those present.

Beginning of the End of Polo and Horse racing



Jaipur polo ground under government scanner.
Photo courtesy: businessday.in

In June 2026 the Delhi government took over the Jaipur Polo Ground because interim relief was declined to them by the Patiala House district court. It is the first among 3 properties to be taken over by the government – the other two being the Delhi Race Club and Delhi Gymkhana – for a “larger public purpose”.

Similarly in October 2024 the Singapore government scrapped horse racing 181 years after the British introduced it, and took over 300 acres to make way for 14,000 new homes.

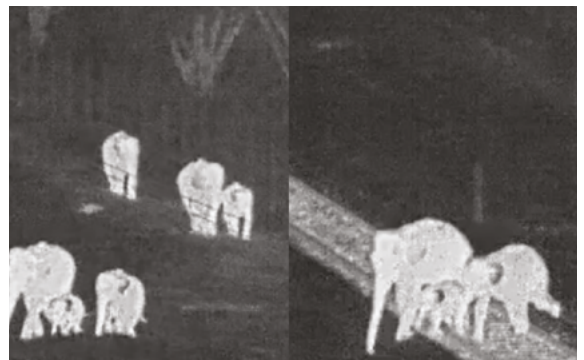
Brazil's Lei Sansão

In 2026 Brazil reinforced its 2020 Sansão Law giving protection to domestic pets. The reinforcement was pushed following a public outcry over severe abuse cases. Courts also reaffirmed that dogs and cats were sentient beings having strong rights. Protection was

expanded to ban cosmetic alterations like tattoos and piercings on pets. Offenders who abuse dogs and cats face prison sentences of 2 to 5 years alongside heavy fines and a ban on owning pets. (The bill was named after Sansão, a pitbull dog whose severe mutilation sparked nationwide outrage and major protests across the country.)

Elephant-Train Collisions End

At BWC we were very pleased to know that Artificial Intelligence (AI) was being utilised to prevent elephant-train collisions. They alert locomotive pilots to slow down or stop, thus allowing the animals to safely cross the railway tracks. In the Walayar-Madukkaral section (between TN & Kerala) an AI surveillance network has recorded thousands of safe crossings with zero fatalities. Such surveillance is being extensively deployed in TN and Odisha. The initiative called Gajraj has proved effective during night, dense fog and rain when visibility is low. Optic cables are buried alongside the train tracks. They pick up ground vibrations when elephants come close to the tracks. This triggers AI alerts up to half a kilometre in advance. Already operational across hundreds of kilometres under the Northeast Frontier Railway, nationwide expansion will cover over 1,000 route kilometres in critical elephant habitats.



AI assisted warning systems save elephant lives.
Photo courtesy: freepressjournal.in

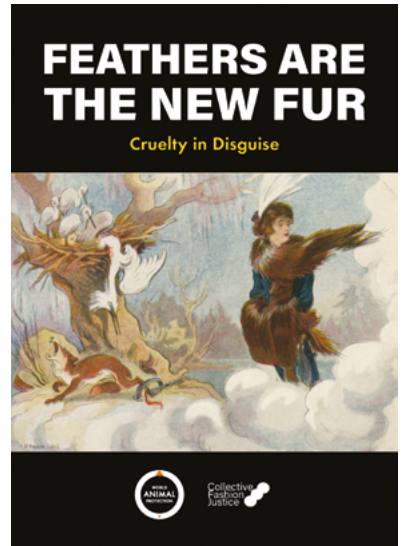
Feathers are the new Fur

*The joint report **Feathers are the New Fur: Cruelty in Disguise**, published by World Animal Protection and Collective Fashion Justice, exposes how the fashion industry is replacing banned animal fur with decorative bird feathers, says Shubhobroto Ghosh*

The investigation highlights that switching from fur to feathers simply transfers systemic animal abuse from one species to another. The majority of decorative feathers—such as ostrich, peacock, and pheasant feathers—come from supply chains where wild birds are confined in factory farms, plucked, and slaughtered solely for luxury aesthetics.

Lab testing and microscopy analysis revealed that multiple major retail brands incorrectly label garments as “faux feathers” when they actually contain genuine, animal-derived feathers. Beyond animal welfare, the global wild bird and feather trade threatens wild populations, disrupts biodiversity, and increases the risks of spreading zoonotic diseases.

Independent polling shows that most consumers firmly oppose killing wild animals for fashion, but a widespread lack of supply-chain transparency leaves them unaware of feather industry practices.



Courtesy: Collective Fashion Justice



Feather necklace of the Ka'apor people, South America. Photo courtesy: Daderot on wikimedia.org

This document exposes the cruelty, environmental impact, and ethical issues associated with the use of wild bird feathers in the fashion industry and advocates for a shift to cruelty-free alternatives.

Historical Use of Feathers in Fashion

- Feathers have been used for decoration for over 44,000 years, symbolizing social status across cultures.
- In Western history, feathers from exotic wild birds like ostriches, peacocks, and hummingbirds were highly exploited, leading to near extinction of some species due to the fashion industry's demand.

Modern Exploitation and Industry Practices

- Today, millions of wild birds, especially ostriches, are farmed and slaughtered annually for their feathers, often through live plucking causing pain and distress.
- Feathers are primarily sourced from confined birds in feedlots, with live plucking and slaughter as the main collection methods, supporting a lucrative but cruel industry.

Environmental and Biodiversity Impact

- Ostrich farming contributes to land degradation, climate change, and biodiversity loss, with over 1,300 bird species threatened globally.
- The industry's practices threaten endangered species and spread zoonotic diseases, with South Africa dominating global ostrich feather production.

Ethical and Welfare Concerns

- Wild and farmed birds are systematically exploited, denied natural behaviors, and killed after short lifespans, often as young as nine months.
- Live plucking and slaughter methods cause significant animal suffering, with inadequate legal protections and ongoing illegal trade.

Use of Feathers in Fashion Industry

- Feathers are used for decoration in luxury and fast fashion, including trims, accessories, and statement pieces, often from ostriches, peacocks, and turkeys.
- Many brands continue to use feathers despite bans on exotic skins, with some mislabeling real feathers as faux, misleading consumers about animal welfare.

Public Perception and Consumer Awareness

- Surveys show high opposition to farming and killing wild animals for fashion, but limited awareness exists about how feathers are sourced.
- Consumers often mistake real feathers for animal-free materials, and many support brands that avoid using feathers once informed.



Parrot feather bolero.

Photo courtesy: falling_angel on flickr.com

Alternatives and Industry Recommendations

- Sustainable, animal-free alternatives like 3D printing, recycled, and bio-based materials are available and increasingly used.
- Industry calls for bans on wild bird feathers, increased transparency, and government-level import restrictions to prevent cruelty and illegal trade.

Global Industry Standards and Legal Loopholes

- Animal welfare standards for ostrich farming vary widely across countries and are often non-binding, using language like 'should' rather than 'must' or 'shall'.
- In Australia, South Africa, and the US, legal protections are weak or limited, with many regulations being industry certifications or inaccessible laws, leaving animals vulnerable to cruelty and neglect.

Environmental Impact of Ostrich Feather Production

- Ostrich farming contributes significantly to climate change, emitting over 62,000 tonnes of carbon equivalent annually, with feather processing being more climate-intensive than skin production.
- Land degradation, water pollution from manure runoff, and resource-intensive feedlot systems exacerbate ecological harm, especially in biodiversity hotspots like South Africa's Klein Karoo.



Ostrich feather fan.

Photo courtesy: Mr Nostalgic on wikimedia.org

Processing and Dyeing of Feathers

- Feathers are cleaned, bleached, and dyed using toxic chemicals like formaldehyde, which are often unregulated and can hinder biodegradability.
- The transformation of feathers into decorative products raises ethical questions about using more sustainable, non-animal materials for fashion.

Human and Worker Welfare Concerns

- Workers in slaughterhouses face high risks of injury and psychological trauma, including 'perpetration induced traumatic stress' similar to PTSD.

- Reports indicate workers are underpaid, threatened, and punished for speaking out, highlighting exploitation and poor working conditions in the industry.

Exploitation of Other Bird Species

- Peacocks, pheasants, turkeys, and other birds are exploited for their feathers through illegal poaching, wild capture, and factory farming, often with minimal transparency.
- Wild peacock and peafowl populations are threatened by illegal trade, with evidence of live plucking, smuggling, and bloodied feathers, contributing to species decline.

Biodiversity and Disease Risks

- Intensive ostrich farming damages ecosystems, reduces biodiversity, and risks wild populations through escape or release of farmed birds.
- Poor farm conditions increase the risk of zoonotic diseases like avian influenza, Newcastle disease, and Crimean Congo hemorrhagic fever, threatening both wildlife and human health.

Challenges in Traceability and Mislabelling

- Lack of transparency and proper labelling in the feather supply chain makes it difficult to verify species origin, often hiding illegal or unethical harvesting.
- Wild and farmed bird feathers are frequently mislabelled or illegally traded, with high risks of cruelty and biodiversity loss.

Alternatives and Innovations in Feather-Free Fashion

- Designers are developing synthetic, plant-based, and innovative materials like laser-cut fabrics, embroidery, and 3D printing to emulate feather properties.
- The market for animal-free, sustainable materials is growing, with only a few

companies currently working on next-generation feather alternatives, presenting opportunities for innovation.

Industry Policies and Consumer Perception

- Few brands have comprehensive policies banning wild or exotic feathers; many still use feather accents, often justified by misconceptions about sourcing.
- Public awareness campaigns reveal consumer opposition to feather cruelty, but mislabelling and lack of regulation continue to mislead buyers.

Regulatory Gaps and Calls for Policy Change

- International and national regulations are inconsistent, with minimal import controls and weak enforcement, allowing illegal trade and exploitation.
- Some fashion weeks and brands have adopted feather-free policies, but overall, the industry lags behind in adopting comprehensive bans on wild bird products.

Ethical and Environmental Recommendations

- Urgent need for fashion industry to implement policies banning exotic and wild bird feathers and to shift towards animal-free, sustainable alternatives.
- Governments and international bodies should strengthen regulations, enforce bans, and promote transparency to protect wild birds and reduce environmental harm.

Wildlife and Animal Product Exploitation in Fashion

- Various animal-derived products like cat fur, raccoon dog fur, exotic leathers, and feathers are sold or used in fashion, often involving cruelty and illegal practices.

- Several reports highlight mislabeling, smuggling, and seizures of wildlife products by law enforcement agencies globally.

Impact of Wildlife Trade on Biodiversity and Disease

- Wildlife trade threatens species with extinction and disrupts ecosystems, with climate change further endangering bird populations.
- Zoonotic diseases like avian influenza and CCHF are linked to animal farming and wildlife interactions, posing health risks.



Ostriches crammed inside a truck under cruel conditions.
Photo courtesy: PeTA

Alternatives and Policies for Feather-Free Fashion

- Many brands and organizations promote cruelty-free, sustainable materials, including plant-based and innovative tech fabrics.
- Policies and initiatives aim to ban or restrict animal-derived materials, encouraging transparency and ethical practices in fashion.

Ethical and Sustainable Fashion Movements

- Increasing awareness and activism advocate for banning animal products, promoting fur alternatives, and implementing strict animal welfare policies.

- Fashion industry shows a shift towards cruelty-free designs, with brands like Stella McCartney leading commitments.

Regulatory Frameworks and Industry Commitments

- International regulations like CITES control wildlife trade, while brands adopt policies to eliminate animal-derived materials.
- Digital passports and transparency initiatives support sustainable and ethical supply chains in fashion.

The report's advocacy has successfully pushed prominent brands and global fashion councils to update their animal welfare policies. Melbourne Fashion Week, Copenhagen Fashion Week, and Australian Fashion Week have enacted complete bans



Ostriches in Samutprakarn Crocodile Farm and Zoo in Bangkok in Thailand. Photo courtesy: Shubhobroto Ghosh

on wildlife-derived materials, explicitly prohibiting fur, exotic skins, and feathers from their runways. Major digital retailers and clothing brands like THE ICONIC and GANNI have instituted strict phase-outs and bans on wild bird feathers, opting for bio-based or recycled alternatives.

The report has implications for India too, since captive ostriches are being farmed here, especially in Tamil Nadu, Andhra Pradesh, and Maharashtra. Because ostriches are native to Africa, they thrive best in the dry, semi-arid, and drought-prone regions found across these states. An enhanced demand for Ostrich meat, eggs and feathers in India can exacerbate the welfare conditions of captive birds as well as potentially put pressure on wild populations.

World Animal Protection and Collective Fashion Justice, apart from raising awareness on the detrimental effect of feathers in fashion for birds, have also raised awareness on cruelty in leather, fur and silk in the fashion industries.



Shubhobroto Ghosh is Wildlife Campaign Manager at World Animal Protection in India. He is a BWC-India Life Member and has more than 500 publications, including the book, 'Dreaming In Calcutta And Channel Islands'.

Ratite farming condemned by BWC

Internationally farming of ratites has never resulted in expected returns and the industry has been rife with monetary scams.

The National Bank for Agriculture and Rural Development (NABARD) has also stopped providing loans for ostrich farming.

By 2013 emu farming was no longer a favoured "get rich quick" scheme in India. There were no takers for the birds – live or dead – or their eggs.

Since the 1990s BWC had played a crucial role by undertaking public awareness campaigns and approaching authorities in bringing down emu and ostrich farming in the country. Detailed information on Ratites is available on our website page www.bwcindia.org/Web/Awareness/LearnAbout/Ratites.html

Unfortunately, some emu and ostrich farms still exist in India.

Chicken Dinners are Polluting the World's Rivers

Intensive chicken farming is creating devastating river pollution in many places around the world, and the damage is accelerating. All over the world, rivers near major poultry farming regions are in crisis. Here's what's really going on.

Catastrophic damage

Chicken is the most farmed land animal on the planet, with billions slaughtered every year to meet global demand. That scale of farming produces a staggering amount of waste. And it's ending up in our waterways.

Chicken manure produces phosphates that run off into rivers and streams, triggering toxic algal blooms.

- Algae strips oxygen from the water, suffocating fish and destroying ecosystems
- Several species are under serious threat, including salmon, otters, freshwater mussels, and eels
- Rivers that were once thriving ecosystems are becoming ecological dead zones

The poop problem

Chicken poop creates big problems for our environment.

Research consistently shows that intensive chicken farms produce waste at a scale the land simply cannot absorb, with contaminated runoff finding its way into nearby waterways.

Communities are fighting back

The pressure on the industry is growing. In the UK, over 1,300 people are taking legal action against chicken producers in what lawyers are calling the country's biggest ever environmental pollution claim. It's just one



Photo and image opposite courtesy: veganuary.com

example that communities worldwide are no longer willing to bear the cost of cheap meat and eggs.

Regulations exist in most countries to limit agricultural runoff. But enforcement is another matter entirely. Time and again, the industry has avoided accountability while rivers continue to decline.

What actually needs to change?

Short-term fixes - stricter enforcement, banning new intensive units, moving manure away from river catchments - can slow the damage. But campaigners warn these measures will simply shift the problem elsewhere.

The real solution is structural: a move away from intensive animal farming altogether, and a transition to sustainable, plant-based food systems.

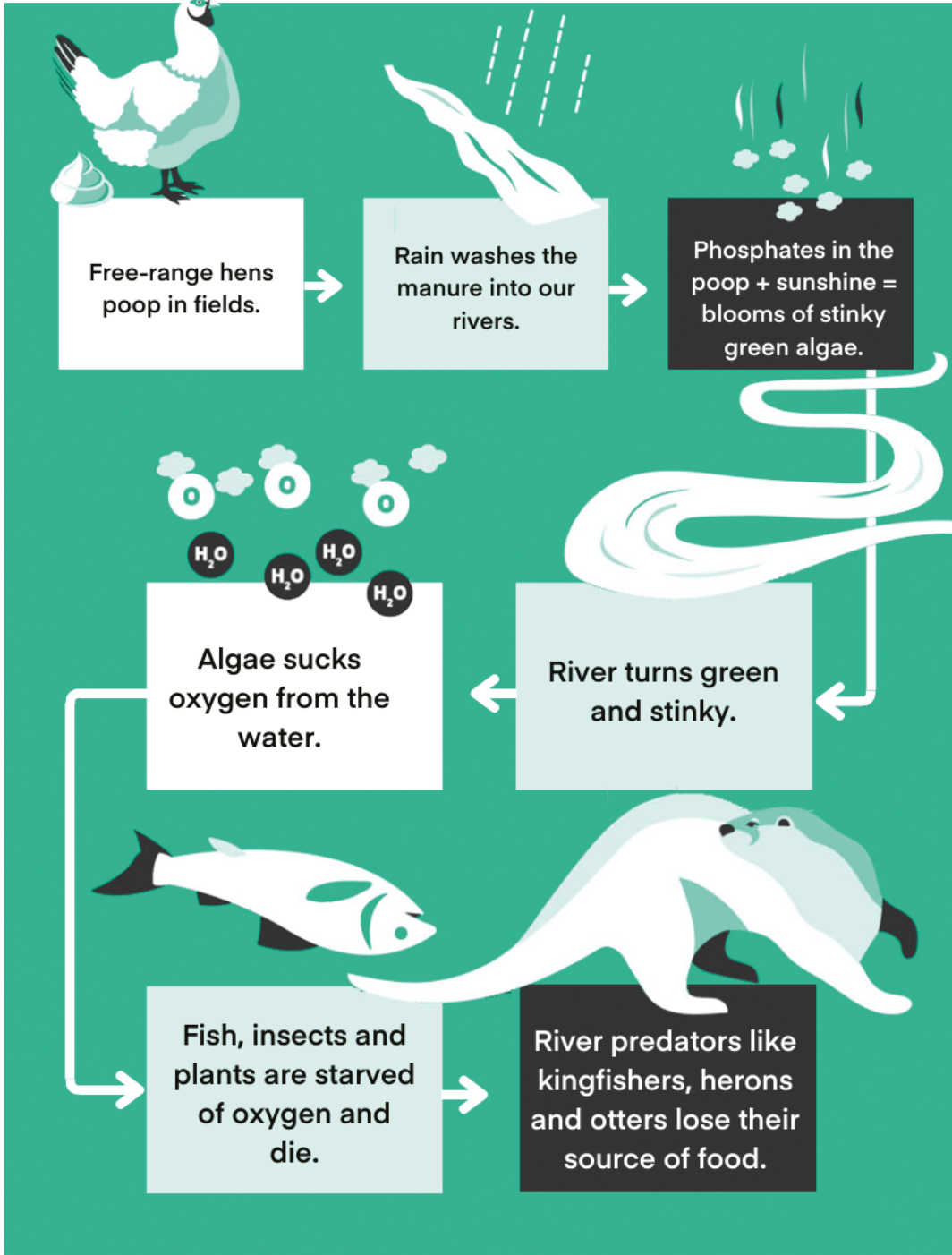
The most powerful vote you have is on your plate. Reducing demand for chicken and eggs is one of the most direct ways to ease the pressure on our rivers and on our planet.



Prashanth Vishwanath

Country Director – India VEGANUARY

HOW FREE RANGE FARMS THREATEN OUR RIVERS



Say NO to Eggs Ovum, Zygote, Embryo

Hens are raised as “Layers” for laying eggs and “Broilers” for being killed for meat. Ironically it is the hen (layer) that is raised for remaining alive and “producing” eggs whose quality of suffering is far worse than that of the male chicken (broiler) that is raised to be killed. Unfortunately, some animal welfarists think “cage-free” or “free-range” or even infertile eggs are acceptable, but what needs to be strongly campaigned for instead is no poultry farming – no eggs and no chickens. It is unethical for humans to grow grain and feed it to poultry.

By July 2026 as many as 13 States & UTs were giving eggs in the Mid-Day Meals to school children. It is obvious that this was done to help the poultry industry sell their surplus eggs.

For years eggs have been falsely advertised as the cheapest and best source of protein, instead of beans.

It seems that ISKCON’s Akshaya Patra Foundation is being edged out because they refuse to include eggs on religious grounds. The NGO runs 78 kitchens across 16 States and 3 UTs providing over 23.50 lakh children in more than 25,768 schools and Anganwadis with freshly cooked vegetarian Mid-Day Meals on school days.

The proposal to include ISKCON has been challenged in the Calcutta High Court even though bananas, soya chunks and raisins are considered good alternatives. Just 25 grams of dry soya contains exactly double the amount of protein derived from an egg, is low-fat, as well as high in iron and fibre. Apart from this, eggs are non-veg, an outcome of cruel poultry rearing, allergenic, over and above which there are strong religious and cultural taboos on their consumption.

The Mid-Day Meal Scheme works as an incentive for parents to send their children to school. Fruit should not be stopped because it is the healthiest of all foods. Just 25 grams of pistachios would work wonders because the child would get the same amount of protein as from one egg plus many other beneficial nutrients. BWC has informed this to Akshaya Patra Foundation for their consideration.

Sunday ho ya Monday, NAHI khao Ande

Vegan Substitutes for an Egg

Binding

½ avocado
 ½ banana
 ¼ cup pumpkin
 2 tbsp sesame paste
 2 tbsp fine breadcrumbs
 1 tbsp ground flax seed with 3 tbsp water
 1 tbsp ground chia seed with 3 tbsp water
 3 tbsp peanut butter

Density

1 tbsp soy protein powder with 3 tbsp water
 ¼ cup tofu blended in mixer

Glazing

oil mixed with water

Leavening

1 tsp baking soda
 1 tbsp white vinegar

Texturising

½ banana
 2 tbsp corn flour with 2 tbsp water
 1 tbsp agar agar with 1 tbsp water

Thickening

corn flour
 arrowroot flour

Vegan Recipe Soybean

The soybean industry asked the Government of India to declare 2026 as the “Year of Soy”. According to the Soy Food Promotion and Welfare Association, soy is the most cost-effective source of good-quality protein and vital nutrients. Although not considered an oil seed, soy is mainly grown for oil extraction, and the resultant seed cake is used as feed for livestock, poultry and aquaculture. Refined GM soybean oil and animal feed is permitted to be periodically imported even though India strictly prohibits growing GM soy.

Processed soybeans available as chucks and granules are eaten as an alternative to meat because soy is considered high in protein, looks and tastes like meat if the same condiments as those for cooking meat have been utilised. Highly processed soy isolates in supplements or protein powders may not offer the same benefits as whole soy foods like tofu/bean curd (soy paneer), tempeh (fermented soybeans), edamame (green soybeans in pods) and soy milk.

Compared to scrambled eggs, tofu *bhurji* is far superior because it is higher in iron and calcium, richer in dietary fibre and entirely cholesterol-free.



Tofu Bhurji Scramble (serves 2)

Ingredients

200 grams firm tofu
1 tbsp oil
½ tsp cumin seeds
1 tsp ginger, grated
2 green chillies, finely chopped
1 medium onion, finely chopped
1 cup colored bell peppers, diced
1 medium tomato, finely chopped
½ tsp turmeric powder
¼ tsp red chilli powder
½ tsp garam masala powder
salt & lime juice to taste
2 tbsp coriander, leaves, chopped

Preparation

Press tofu under a heavy object for 15-20 minutes to drain the water.

Crumble the tofu gently with your fingers and keep aside.

Heat oil. Add cumin seeds and let splutter.

Next, add ginger and green chillies and sauté.

Then add onions and bell peppers. Sauté for 2-3 minutes.

Add tomatoes, turmeric, red chilli & garam masala powders and salt. Cook for 2-3 minutes till the tomatoes are soft and mushy.

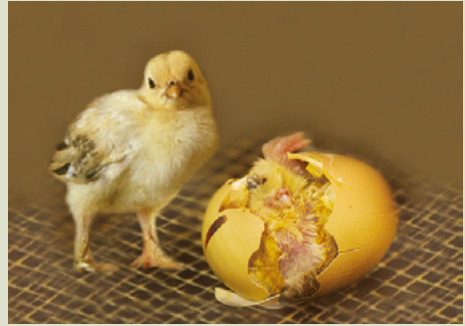
Then add tofu, mix well and cook covered on medium low heat.

Add lime juice and garnish with coriander leaves.

Breeding for Profiteering



**Born and raised...
only to be killed and eaten.**



The life sentence begins...



**Broilers — males raised as flesh
whose beaks are sliced off
with hot irons.**



**Layers — females lay eggs
round the clock, with artificial light
tricking them to believe it is daylight.**



**If we did not breed chickens for meat and eggs,
we would not need to kill them en masse to stop bird flu from spreading
to other birds, and also from being transmitted to humans.**



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

☎ +91 74101 26541

✉ admin@bwcindia.org

🌐 bwcindia.org



For Private Circulation only. Reg. No. 35650/77