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Spring 2026



COMPASSIONATE FRIEND

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

Veg@Lent
Leaflet
included

In this Issue:
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Silk cannot
be *ahimsak*
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Remarkable
Escape from Zoo

Elephants should remain in the Wild...



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

☎ +91 74101 26541

✉ admin@bwcindia.org 🌐 bwcindia.org

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Beauty Without Cruelty

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Spring 2026

Devendra Kumar Jain

On 29 December, 2025
Devendra Kumar Jain,
aged 96, passed away.

He was
Founder-Chairman of
the INOX-GFL Group.

The first donation
BWC received from the
Siddho Mal
Charitable Trust
was way back in 2009.
And the last one was his
annual sponsorship for
our Winter 2025 issues of
Compassionate Friend
and Karuna-Mitra.

BWC will miss him as a
life member and donor.

Om Shanti

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at least one life
subscription to a
friend or relative,
we would easily
double our strength.**

**Remember, there
are no restrictions
imposed on BWC
members: we accept
non-vegetarians,
vegetarians
and vegans.**

From my Desk...

Advertisements no longer seen

The management of two companies using animals in an offending manner in their advertisements were approached by BWC: Ambuja Cement's "*Mazbooti ki Misaal*" in which a child was flying a kite possibly with *manja* and an elephant was made to perform unnatural acts; and "Hard work always wins" by Ramco Cements depicting a race between a hare and tortoise. Both the advertisements have not been seen telecast since.



Illegal trade in Blackbuck Carcasses prevented

In November 2025 upon knowing that 28 blackbucks had died, presumably due to bacterial infection at the Rani Channamma Mini Zoo, Belagavi District, BWC immediately requested the Karnataka State Minister of Forests, Ecology

& Environment, and both the Assistant and Deputy Conservators of Forests to make sure that the carcasses were not auctioned but destroyed by incineration to ensure that their skins and antlers were not illegally traded. We were relieved to receive a reply with pictures showing the incineration.

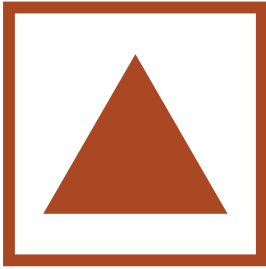


NO Silk is *ahimsak*

Since Eri Silk was called *ahimsak* in *Mann ki Baat* by our Hon'ble Prime Minister Shri Narendra Modi, BWC wrote to him enclosing a poster which clearly explained that even though the cocoons used for so-called ahimsa silk contain no worms, the moths that emerge from them are destroyed. An acknowledgment was received stating that the PMO had forwarded it to the Ministry of Textiles.

Interesting News

“Consumption of non-veg food is harmful to health and environment”



At BWC, we were very pleased to know in September 2022 that 3 Jain religious trusts of Mumbai had filed a PIL in the High Court saying that advertisements for non-vegetarian food should be banned in print, electronic media and internet since it was in violation of the right to life, to live in peace and to privacy. The PIL also sought a direction to print a warning on packaged non-veg food stating “Consumption of non-veg food is harmful to health and environment.” Unfortunately, the HC felt the petitioners were encroaching on others’ rights, and said a person bothered by such advertisements could simply ignore them; moreover, the HC claimed not to have the power to create such laws and that it fell under the purview of the legislature. The Court allowed the petitioners to withdraw the PIL, but gave them permission to file a new, more detailed petition later, which till end-2025 had not been done.

Ban on 7 aggressive Dog breeds

The Municipal Corporation of Chandigarh had banned 7 aggressive dog breeds and cross-breeds: American Bulldog, American Pitbull, Bull Terrier, Cane Corso, Dogo Argentino and Rottweiler under the Municipal Corporation of Chandigarh Pet and Community Dogs Bye-Laws, 2025.



A greyhound hunting a rabbit for practice.

Photo: unknown

Pointing out that greyhounds were turned aggressive, ferocious and dangerous by making them chase and tear apart live bait like rabbits and cats as part of their training for races, BWC asked the Mayor to consider adding Greyhounds to the list of dogs that had been banned.

Fur Free

Towards the end of 2025 the Council of Fashion Designers of USA which runs the New York Fashion Week schedule, announced that events on the official calendar starting September 2026 will no longer be allowed to use trapped and farmed animal furs including mink, fox, rabbit, chinchilla, racoon and dog.

Earlier in 2018, the British Fashion Council had announced that the London Fashion Week would be fur-free. Then in 2022, the Copenhagen Fashion Week followed with its own ban. A growing number of designers and celebrities shun animal fur, for example Burberry, Chanel, Gucci, Louis Vuitton, Versace, Michael Kors and Prada no longer utilise fur in their collections.

In December 2025 Poland imposed a ban on fur farming making it the 24th country in Europe. They have around 3.4 million animals such as mink, fox, chinchilla and raccoon dog farms so it is a big step towards the European Union-wide fur free ban. Whilst no new farms can be established, unfortunately, the law has a provision giving them 8 years till 2033 to undertake a phased closure.

Lady Dowding, the founder of Beauty Without Cruelty pioneered the international anti-fur movement thus making such bans very gratifying for our organisation.

Caution: Shearling is Animal Fur

Shearling is wrongly passed off as “faux fur” although it is sheep fur, sheepskin or lambskin. It is made from the tanned skin of a young sheep with the wool (fur) left intact, creating a suede-like exterior and a warm, fluffy interior. It is not a by-product of the meat industry as made out to salve consciences.



A sheepskin or shearling pelt.

Photo: Liudmyla Ivashchenko, dreamstime.com

Mass Animal Sacrifices stopped

In October 2025 the Calcutta High Court passed an order in favour of Reforms Social Foundation and Akhil Bharat Krishi Go Seva Sangh forbidding the Bola Kali temple to have mass animal sacrifices. It was reiterated in favour of Shree Vardhman Pariwar in November 2025.

Santhanakoodu Urus festival Veg

In January 2026 the Madras High Court ordered the Sikandar Badusha Dargah atop Thiruparankundram hill in Madurai district to celebrate only Santhanakoodu Urus festival – there should be no animal sacrifice or cooking of meat on January 6, 2026. The Tamil Nadu government had submitted that just as in 2023 the festival was only for Santhanakoodu Urus. Therefore, permission was only granted for

Kandhoori Mahautsav and the earlier order of the HC strictly followed with no animal sacrifice, carrying meat, cooking of and carrying any non-vegetarian food anywhere from the basement to the top of the Thiruparankundram hill.

Hides, Bones, Horns, Skulls

In November 2025 an illegal cowhide unit in Nagpur was vandalized throughout the night by cow vigilantes. 27 tonnes of raw cowhide and other bovine remnants were seized from the warehouse along with a Chhattisgarh registered truck carrying about 2,500 cow skins.

It seems the unit had been operating for several years supplying leather outside Maharashtra, especially to West Bengal, but it came to light only after following a foul smell from the structure for some weeks. Activists who were alerted, spotted heaps of cowhides, bones, horns and skulls inside.

Appeal to release jailed Penguins

In November 2025, a cross-party group of 75 British MPs demanded the release of 15 gentoo penguins “trapped” at Sea Life London Aquarium.

Similarly, BWC continues to strongly disapprove of the Byculla penguin prison because it endorses and encourages their imprisonment.



Penguins are said to be “trapped in the basement” at the aquarium. Photo courtesy: mirror.co.uk

Escape from Zoo

A juvenile flamingo born in captivity and caged in the British Cornwall Zoo escaped in November 2025 and was found roughly 210 kms away on a beach in France. She was only a few months old and her wing had been clipped to prevent her from taking flight, yet she managed to fly to freedom, and it is presumed she did it in one day.



Frankie has been spotted on several occasions in Goulven Bay in northern France. Photo courtesy: bbc.com

This incident proves beyond doubt that even captive-born birds (and animals) do not like being caged. In this case she was found feeding, preening and having a great time on the beach

Update on Tirupati's laddu prasadam

It was revealed in a Times of India Editorial of November 2025 that the supplier of so-called ghee used in laddus for the Sri Venkateswara temple was allegedly so corrupt that he re-supplied the same product with tweaks via another fraud dairy in Tirupati itself. So, the Sri Venkateswara temple laddu prasadam was first found to be made with animal fats (beef tallow, lard and fish oil) and the second time it was checked it was found to contain chemicals, no milk in the mix at all. Imagine, 68 lakh kilograms worth ₹ 250 crore!

**TIRUMALA LADDU
ADULTERATED GHEE CASE**

**CBI MONITORED SIT
REVEALED THAT**
68LAKH KG
ADULTERATED GHEE




**WORTH RS. 250 CRORES
SUPPLIED TO TTD
BETWEEN 2019 - 2024**

**SUPREME COURT APPOINTED SIT MENTIONED IN ITS REPORT
SUBMITTED TO NELLORE ACB COURT THAT SHOLE BABA DIARY
NEVER PROCURED MILK FROM ANYONE BUT SUPPLIED 65 LAKH
KGS OF ADULTERATED GHEE TO TTD**

The Editorial went on to say that FSSAI (Food Safety and Standards Authority of India) itself must be held accountable for being oblivious to such an extensive high-profile fraud. Five nationwide surveys had been conducted since 2011, all revealing a broken unorganized sector and the 2023 survey was not even made public. BWC feels, if not for cows and buffaloes, harmful chemical adulteration is a very good reason to give up consuming milk and milk products.

WCCB and MP-STSF nab WL trafficker

In December 2025, Yangchen Lachungpa, one of the world's most elusive wildlife traffickers for whom an Interpol Red Notice had been issued in October 2025 was arrested. For 10 years she used trafficking corridors she herself set up particularly for tiger bones and pangolin scales, that linked MP's tiger reserves to Nepal, Tibet and China.

Let's hope her arrest will lead to exposing the top tier of global wildlife contraband markets.

“Death Track”



The carcass of a tiger lies on a railway track.
Photo courtesy: asianage.com

In December 2025 the Madhya Pradesh Forest Department wanted to seize a speeding train that had mowed down an adult male tiger on the Budni-Midghat railway line, calling it a “death track” which passes through the Ratapani Tiger Reserve. On this line in the past year, 9 big cats, including tiger cubs, had been killed. BWC wrote to the West Central Railway HQs requesting speed limits, etc. be imposed and strict action be taken against the Driver of the train.

NH-45 “wildlife safe” now

In contrast, also in December 2025 and in Madhya Pradesh, 12 km of the Bhopal-Jabalpur NH-45 was made “wildlife safe” by NHAI. Continuous iron fencing on both sides



The asphalt is overlaid with raised red thermoplastic markings. Photo courtesy: indiatimes.com

of the highway guide animals to the openings of 25 wildlife under-passes. On this stretch that cuts through tiger habitat near the Nauradehi Wildlife Sanctuary in Madhya Pradesh, 5mm raised red speed bumps for over 2 kms create vibrations under vehicle tyres, alerting and forcing drivers slow down well before they reach the area where animals like tigers and deer are likely to cross the road. They are like the rumble strips suggested by BWC to the Ministry of Road Transport & Highways a few months earlier.

Turtles rehabilitated successfully

In January 2022, the Delhi Forest Department set up a camp to house trafficked, injured and rescued turtles at the Asola Bhatti Wildlife Sanctuary and introduced special grasses, basking logs, sandy sunspots and rock-lined edges for them. By 2025 it was home to 250 turtles of 4 species: the Indian flap shell turtle, Indian roofed turtle, black pond turtle and yellow spotted pond turtle.



A turtle at the Asola Bhatti Sanctuary near Delhi.
Photo courtesy: Vikas Chowdhary, downtoearth.org.in

Kabootarbazi

The Sunday Times of India of 26 October 2025 carried a half page article on *Kabootarbazi* disclosing plans to hold competitions in Rajasthan during winter. BWC therefore requested the Animal Welfare Board of India to stop the events on grounds of cruelty just like they had in 2015 at Agra.

Elephants should remain in the Wild...

...not in Camps

On getting to know that a captive elephant was hit on her hind leg with a sickle by *kavadi* Vikram who was drunk at the Abhayaranyam camp in Mudumalai Tiger Reserve, BWC wrote to TN Forest Department. While suitable



Photo: Danendra Kumar Hardel, dreamstime.com



Photo courtesy: newindianexpress.com

legal action had been taken against him, we emphasised that this cruel incident clearly indicated why elephants should not be kept in captivity or in camps and exploited under the guise of conservation for so-called eco-tourism, but should remain in the wild.

...not in Temples

The Madras High Court had on 28 February, 2023 ordered that no temple or private person in the state should acquire elephants. Within 4 months an interim



Photo: Ewamemwa2, dreamstime.com



A mechanical temple elephant. Photo courtesy: petaindia.com

stay had been granted by the Madurai Bench. Then in 2025 plans to transfer a wild baby elephant from Uttarakhand to the Nellaiappar Temple in Tamil Nadu made PFCI (People For Cattle in India) with financial support of BWC, file a PIL in the Madras High Court to stop the transfer.

...not be carrying tourists up to Amer Fort

The Deputy Chief Minister, Rajasthan was approached by BWC with a request to quickly phase out the elephants used at Amer Fort. The Director Archaeology and Museums, Rajasthan was also sent the 2020 Health Investigation Report of Captive Elephants at Amer and Haathi Goan in Jaipur, in compliance with the directions of the Hon'ble Supreme Court. Their recommendation: "In a phased manner the elephant rides in Amer Fort may be withdrawn and switched over to other modes of transportation like electric or battery-operated vehicles."



Photo: donyanedomam, dreamstime.com



Photo courtesy: Matyas Rehak, dreamstime.com

were taking place were at Kaziranga National Park (Assam), Manas National Park (Assam) Periyar Wildlife Sanctuary (Kerala), Bandipur National Park (Karnataka), Nagarhole National Park (Karnataka) and Madumalai National Park (Tamil Nadu).

...not be hit by Trains

On 20 December 2025 the Mizoram-New Delhi Rajdhani Express hit a herd of wild elephants in Assam's Hojai district killing 7 and injuring others. The collision resulted in the engine and 5 coaches being derailed which indicates the high speed at which the train was travelling. BWC wrote to the Chief Minister of Assam asking him to take immediate necessary steps to ensure that such incidents are never repeated.

Seven weeks earlier BWC was very pleased to know that on 1 November 2025 about a dozen long-distance

express trains were halted late at night for about 3 to 4 hours between Bisra and D Cabin section under the Chakradharpur division of the South Eastern Railways, close to the Jharkhand-Odisha border, in order to ensure safe passage to a herd of 22 wild elephants.

...not be giving Safari rides

Alas, by the end of 2025 elephant safaris were offered at several national parks and wild life sanctuaries, not only at Corbett (Bijrani and Dhikala) and Rajaji (Chilla zone) National Parks, thus ending a 7-year suspension prompted by the 2018 Uttarakhand High Court order that restricted commercial use of elephants (including joy-rides) due to cruelty, stress, habitat damage-cum-disturbance, unregulated tourism and increasing human-wildlife conflict. Other places where safaris



Photo courtesy: pragativadi.com



*Khurshid Bhathena is a Trustee
and Honorary Secretary BWC-India*

The Hidden Cruelty of Horseracing

“Behind the glamour and gambling of horseracing lies an industry built on coercion, confinement, and suffering, where horses are bred, broken, and discarded for human entertainment” says Nitharshni Rajagopal

Horseracing is frequently presented as a sport of elegance, tradition, and partnership between humans and horses. This carefully crafted image masks a far darker reality. Behind the spectacle of glamour and gambling lies an industry built on coercion, confinement, and suffering, where sentient beings are treated as disposable tools for profit.

Racehorses are selectively bred, confined, trained through fear, and pushed beyond their physical and psychological limits, often from a very young age. When their bodies can no longer endure the strain or they stop generating profits, they are discarded. What the industry calls “sport” depends entirely on the denial of a horse’s autonomy, dignity, and right to live free from harm.

This article examines some of the most common and systemic forms of cruelty in horseracing. While not exhaustive, the practices described here reveal a consistent pattern. Cruelty is not an accident of horseracing. It is the foundation on which the industry rests. Even if racing were made “99 percent less cruel,” the core injustice would remain. Horses are treated as slaves, denied freedom, autonomy, and dignity. For that reason alone, this exploitation must come to an end.

Pain as Control: Whips and Mouth Bits

One of the most visible forms of violence in horseracing is whipping. In a 2020 study published in the journal *Animals*, Professor Paul McGreevy and colleagues examined



A foal born into the horseracing industry is oppressed as young as a few months old with a halter to control and break them in. All photos in this article courtesy: tairashorsephotos, instagram.com

whether horses experience pain from whipping in a way comparable to humans. Their findings showed no significant difference between horses and humans in the density of nerve endings in the outer layers of the skin, nor in skin thickness. As Professor McGreevy explained, this is expected. Horses, like humans, require sensitive skin to respond to their environment.

Despite this, whipping remains normalised and even defended within racing. Yet whips do not make horses run faster, nor do they improve safety. Their function is simple. They inflict pain and instill fear. Whipping is not encouragement. It is a threat designed

to force compliance. If the same act were inflicted on a dog or any other companion animal, it would be immediately recognised as abuse.

Equally troubling is the routine use of mouth bits, tongue ties, and lip chains. Racing incident reports frequently record “sore oral commissures”, a clinical phrase that masks real injury. The horse’s mouth is richly innervated, and pressure from a bit causes immediate and often intense pain.

A 2020 study by Professor David J. Mellor, also published in *Animals*, documented strong aversion responses to bits, noting that they can cause breathlessness, panic, and anxiety. Bit placement interferes with normal breathing, producing sensations similar to suffocation. The behaviours commonly observed in racehorses, such as gaping mouths, teeth grinding, excessive salivation, head tossing, and tail swishing, are not signs of excitement. They are well-established indicators of distress.

When the industry calls this “communication”, it obscures the reality that obedience is extracted through pain.

Confinement and Psychological Suffering

When not racing or training, racehorses are typically confined to concrete stalls for 21 to 23 hours a day. In India, stables measuring 12 feet by 12 feet are considered legally adequate. Yet adequacy should be measured against the needs of the animal, not the convenience of the industry.

Horses are highly social, wide-ranging animals. When given freedom, they spend over 60 percent of their day foraging,

with the remainder devoted to grooming, play, rest, and social interaction. Prolonged confinement deprives them of these essential behaviours and leads to profound physical and psychological harm. Common consequences include colic, respiratory disease, obsessive pacing, cribbing, weaving, head shaking, and self-mutilation.

If it would be considered unacceptable to confine a young child to a small room for nearly an entire day, it is worth asking why this is considered normal for horses.

Fear at the Starting Gates

The starting gate is one of the most stressful environments a horse is forced to endure. Horses are prey animals, instinctively wired to avoid narrow, enclosed spaces without clear escape routes. A starting gate is noisy and confining, exactly the kind of environment that triggers a horse’s flight instinct.

Horses who hesitate to enter the gates are often pushed, pulled, or struck. Some are fitted with blinkers or hoods, not to calm them, but to confuse or desensitise them. Horses labelled as “fractious” or “reluctant to stall” are not disobedient, but traumatised.



The starting gates open, and the horses run in fear.

When the gates open suddenly with a loud bang, many horses panic, rear, or leap sideways. Injuries at the starting gates are, therefore, all too common. Horses do not run in a competitive spirit. They run because they sense danger. Racing exploits this instinct and turns fear into spectacle.

Racing Against Biology

Racehorses begin training as early as 18 months, long before their skeletal systems are fully developed. Although horses reach adult height around two years of age, their spines do not fully mature until about five years. Despite this, they are raced with 50 to 60 kilograms on their backs.

Back pain is one of the most common conditions in ridden horses. A 2024 study by Domańska-Kruppa and colleagues found that 90 percent of flat racehorses showed clinical signs of back pain. Put simply, horses are not meant to be ridden or raced.

Another widespread condition is exercise-induced pulmonary haemorrhage, or EIPH, which involves bleeding in the lungs during intense physical activity. At the 2021



This is Zafirah, after a race, sweating profusely, veins bulging, nostrils flared, eyes widened, and face tensed. This is horseracing.

American Association of Equine Practitioners' Convention, Dr Warwick M Bayly stated that EIPH is unavoidable in horses performing maximally at high speeds. If the most basic action in a "sport" causes pain and suffering, the only just response is to ban it.

Heat stress further compounds this suffering. Following strenuous exercise in hot or humid conditions, horses accumulate more body heat than they can dissipate. Races are routinely held in the afternoon, even when temperatures exceed 30 degrees Celsius, while spectators celebrate "victories" without regard for the toll on the horses.

Injury, Collapse, and Death

For over 300 years, racehorses have been selectively bred to have lighter bones that enable faster speeds. Running at a breakneck pace places immense repetitive stress on fragile limbs, particularly the fetlock, cannon, and pastern bones. Surviving limb injuries often means a lifetime of lameness, while fractures frequently lead to euthanasia.



A racehorse is sprayed with water post-workout to cool them down from heat stress.



A racehorse gasping for breath as the jockey whips them to make them run faster.

Unlike the peaceful passing afforded to companion animals, these deaths often occur amid pain, fear, and agony, with nobody to comfort the horse or say goodbye.

Sudden deaths are also tragically common. In recent years:

MAYFLOWER, seven years old, collapsed and died at the Chennai racecourse in 2024.

JORDANO, three years old, died from shock before his first race in Bangalore in 2024.

SMASH SHOT, five years old, collapsed during training in Kolkata in 2025.

DEUS EX MACHINA, seven years old, died of cardiac arrest during a race in Mysore in 2025.

DOMINA, seven years old, collapsed near the finish line in Bangalore in 2025.

Heart arrhythmias and murmurs often go undetected until a fatal collapse occurs. If adolescent children were dying of cardiovascular failure at such rates, there would be public outrage. Horses deserve no less concern.

Colic as an Industry Outcome

Colic is an extremely painful and often fatal condition caused by severe abdominal distress. While often described as unavoidable, research tells a different story. Dr Nathaniel White of the Marion duPont Scott Equine Medical Center identified major risk factors for colic, including feeding grain before hay, keeping horses confined in stalls for more than 12 hours a day, and training for racing or eventing.

All these conditions define the life of a racehorse. Under such circumstances, colic is not a coincidence. It is a predictable outcome of the unnatural and stressful lifestyle imposed by the horseracing industry.

The Myth of Retirement

The industry often reassures the public that retired racehorses live peaceful lives. In reality, "retirement" frequently means being sold off. Most racehorses are discarded by the age of seven or eight. A small minority are sent to stud farms, where they are used for breeding. Many others are sold to riding



This racehorse won a race, but lost their freedom. They are forced to pose for pictures, disregarding the evident distress they are going through.

schools, tourist carriage operations, or other exploitative industries. Some are even bled to death for serum.

In May 2025, after eight horses died in Jabalpur, authorities discovered that 57 racehorses had been covertly transported from Hyderabad without proper medical clearances. Locked up and starved, many did not survive. This case offers a glimpse into the widespread neglect faced by ex-racehorses once they are no longer profitable.

Breeding Without Consent

Breeding practices in the horseracing industry are deeply invasive and distressing. Mares have their reproductive cycles manipulated through artificial lighting and hormones. During mating, they are often restrained with lip twitches and hobbles, while handlers physically immobilise them to prevent resistance.

Stallions, meanwhile, are isolated and compelled to mate repeatedly during breeding seasons. Natural courtship behaviours are suppressed in favour of speed and efficiency. Even “teaser” ponies are used, exposing them to the same stressful conditions.

At every stage, the goal is not well-being but mass production. The industry treats horses as reproductive tools rather than sentient beings capable of fear and pain.



The ‘victorious’ racehorses are being paraded to show off, but what people need to actually see is their suffering and enslavement.



This is Charlie, completely helpless and struggling under his jockey’s reins.

A Moral Reckoning

Horseracing claims to love and celebrate horses, yet every stage of the industry relies on exploitation. Even if certain practices were marginally improved, the fundamental injustice would remain. Horses are forced into lives they did not choose, for entertainment they do not understand, at immense cost to their bodies and minds.

Ending horseracing is not a radical demand. It is a moral necessity. As society confronts animal exploitation, we can all begin by refusing to participate.

Do not watch. Do not bet. Do not attend. Boycott horseracing – from this Chinese New Year, 17 February 2026, that ushers in the year of the Fire Horse.



Nitharshni Rajagopal is the President of Erase Horseracing India, a grassroots group focused on exposing systemic cruelty in the horseracing industry and campaigning for a ban on horseracing. She is also a BWC-India life member.

Vegan Recipe *Broccoli*

Broccoli was the precursor to cauliflower, both human inventions. It was cross-bred from leafy cole crops in the Mediterranean. It is closely related to cruciferous vegetables such as cabbage, Brussels sprouts, kale and cauliflower. These vegetables reduce cell damage caused by certain chronic diseases and protect against certain types of cancer. However, all cruciferous vegetables should be cooked and consumed in moderation by people having hypothyroidism since they contain goitrogens/oxalates. Broccoli has many essential Vitamins, especially Vitamin C, calcium, folic acid and protein. It is said to help relieve stress, anxiety, panic and even depression. Its bioactive compounds have shown to reduce inflammation in body tissues. Eating broccoli supports blood sugar regulation in people with diabetes.



Broccoli *Jhunka* (serves 4)

Ingredients

1 cup chickpea flour/*besan*
2 teaspoons oil
1 teaspoon cumin seeds/*jeera*
1 cup onion, finely chopped
6 cloves of garlic, chopped
2 green chillies, finely chopped
1 green capsicum/*Shimla mirch*, chopped
1 red capsicum, chopped
4 cups broccoli, chopped
Salt as per taste
½ teaspoon fennel/*saunf* seeds
1 teaspoon turmeric powder
¾ teaspoon red chilli powder
4 teaspoon coriander/*dhania* powder
Lemon juice and coriander leaves/*kothmir*
- for garnish

Preparation

Dry roast the *besan* in a pan over medium heat for 4 to 5 minutes. Stir occasionally to avoid burning. Keep aside.

Heat oil in pan over medium heat, add cumin seeds and roast.

Add onion, garlic, and green chillies. Cook until the garlic is translucent. Add capsicum and cook for 2 minutes.

Then add broccoli with a pinch of salt and mix well. Add sufficient water, mix well, cover and cook till the broccoli is well done.

Mix fennel seeds, turmeric, red chilli and coriander powders, and salt to the roasted *besan* and add to the pan. Mix well. Cover again and cook for a minute. Sprinkle 2 to 3 tablespoons of water and mix in.

Add water as needed so there is no dry flour. It should not clump around the broccoli and vegetables. Cover and cook for 3 more minutes.

Garnish with chopped coriander leaves and a dash of lemon.

Serve with *chapatti/bhakri*.

Horse Racing is Cruel

While you cheer –

We run in fear



You bet –

We die



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

☎ +91 74101 26541 ✉ admin@bwcindia.org 🌐 bwcindia.org



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