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COMPASSIONATE FRIEND

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

The Great Nicobar Impasse

In this Issue:
**Wild Animals
in Captivity**
**Paradigm Shift in
Drug Development**
**No Elephants
for TN Temple**





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Summer 2026

From my Desk...

The Great Nicobar Project impasse

It is the ₹ 80,000+ crore Great Nicobar Project Vs doubtful survival of Leatherback Sea Turtles, Corals, Megapode, Macaques, Crabs, Crocodiles, Forests and Tribals.

Timeline:

2017

Andaman & Nicobar Islands Development Agency (IDA) constituted.

2020

"Holistic Development of Great Nicobar Island" decided upon by IDA

2021

*NITI Aayog got the master plan prepared for an international container transshipment terminal, greenfield township, airport, and power plant.

*IDA submitted application to the Environment Ministry (MoEFCC) seeking environmental impact assessment.

*Expert Appraisal Committee (EAC) issued detailed Terms of Reference.

*Public hearing of 138 participants took place, including Tribals. Clearance from MoEFCC applied for by IDA.

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Leatherback Turtle Hatching

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*EAC recommended clearance.

*In principle clearance granted for diverting 130.75 sq kms forest land.

*Environmental and Coastal Regulation Zone clearances were issued with multiple safeguard conditions covering ecology, pollution, tribal welfare, and monitoring.

*Environmentalists filed appeals against the Project before the National Green Tribunal (NGT).

2023

*NGT upheld environmental clearance but ordered a review of certain “unanswered deficiencies” by a High-Powered Committee (HPC) under MoEFCC.

*HPC wanted “general and specific” environmental safeguards to be complied with.

2024-2025

*PIL filed (December 2024) in the Calcutta High Court.

*MoEFCC filed Affidavits and Rejoinders before NGT.

2026

NGT disposed of the matter accepting MoEFCC submissions on safeguards.

Those Affected

Leatherback Turtles: Galathea Bay is their nesting site. Construction of a port dredging tons of sand and silt can damage this habitat, and shipping can disorient the turtles.

Corals: Galathea Bay also has corals. Their degradation can harm marine creatures and the ocean itself.

Megapode: The bird classified as vulnerable by the IUCN (International Union for the Conservation of Nature) nest close to the coast. Construction can therefore disrupt their breeding sites leading to their extinction.



Nicobar megapode.

Photo courtesy: roundglassustain.com

Forests: 7,11,000 trees will be felled, obviously adversely affecting inhabitants: species like the Nicobar long-tailed macaque, robber crabs, salt-water crocodiles, as well as the Shompen and Nicobarese tribal communities whose lives are interwoven with the island’s forests.

The Great Nicobar Project involving an international container transshipment port, airport, power plant, and township is being opposed in the Calcutta High Court with specific reference to the Forest Rights Act, 2006.

BWC wonders if the recent global protection for oceans which aims to protect biodiversity from climate change, pollution, and overfishing, significantly benefiting coral reefs from destructive ventures, can help. In 2025, the Global Ocean Treaty also known as the UN Biodiversity Beyond National Jurisdiction (BBNJ) Agreement covering two-thirds of the ocean, got the support of around 70 countries. The BBNJ Agreement or High Seas Treaty that came into force in January 2026 enabled the creation of marine protected areas and strict environmental rules to achieve 30% ocean protection by 2030.

Interesting News

Better late than never...

In a welcome move, the CM of Uttar Pradesh ordered officials to treat Chinese *manja* deaths as murder by registering FIRs against all those involved in its supply, sale and use because during 2025 at least 8 people had been killed due to *manja*.

Saving Sparrows



Anish Ahamad with his handmade sparrow nests.
Photo courtesy: [indiatimes.com](https://www.indiatimes.com)

In Manipur there is an environmentalist, Anish Ahamad who has between Churachandpur and Bishnupur districts, installed free particularly from March to September, hundreds of handmade sparrow nests woven from natural fibre. He shows families where to place and how to tie the nests. And he estimates that local sparrow numbers have risen annually by 5,000.

Wild or Domestic Animals' Meat – no difference

When in February 2026 it came to the notice of BWC that there was a request for non-vegetarian food to be served in rest houses across reserved forests, sanctuaries and tiger reserves of Maharashtra, although some forest officials had rightly opposed the request saying such facilities lie in ecologically sensitive areas and allowing non-veg would

undermine wildlife conservation, BWC wrote to the Maharashtra Minister of Forests not to agree to serve or allow non-veg because the meat of wild animals and birds will be surreptitiously consumed.

Goats do not matter, but Cheetahs matter?

It was announced in the Madhya Pradesh Assembly that the state government spends ₹35,000 daily on goat meat to feed the cheetahs at Kuno National Park, and during fiscal 2024-25 they spent ₹1.3 crore. Imagine the number of poor innocent goats that were bred to be killed just to feed the cheetahs... BWC feels wild animal killing in nature is different to humans supplying mutton for cheetahs.

Area-wise ban on Meat and Fish sale in Bihar

In February 2026, Bihar banned the sale of meat and fish near educational institutions, places of worship and in crowded areas, citing public health risks and concerns that such environments could encourage violent behaviour among children.

Presidential Banquets Veg

At BWC, it was a pleasure to read that Presidential banquets held in 2025 for high-profile diplomatic visits were vegetarian with cuisines from across the country thus evoking kindness and benefiting the environment. Moreover, India's deep roots with vegetarianism got established.

Chandigarh Gaushala in pathetic condition

A video of the shocking and pathetic conditions in Raipur Chandigarh Government Gaushala was sent by BWC to the Governor of Punjab who is Administrator

of Chandigarh requesting him to get something done immediately to save as many animals as possible; and to take strict action against the management and all those responsible.

Bird-hits

The Ministry of Civil Aviation records showed that Bird-hit incidents in India had gone up steadily during the years 2021 to 2025, with 2024 being the only exception as the number dropped slightly from the previous year:

Year	Number of Bird-hit Incidents
2021	775
2022	1,131
2023	1,371
2024	1,278
2025	1,782

Shocking Pink Elephant

It shocked us at BWC to learn that a Russian photographer was allowed to paint pink a 67-year-old elephant named Chanchal from Hathi Gaon. The stress could very well have contributed to her death from cardiac failure a couple of months later. We asked the Dy CM of Rajasthan to take immediate strict action



Shocking pink elephant. *Photo courtesy: tribuneindia.com*

against those responsible for permitting it and said that the cruel act would probably stop tourists from visiting Jaipur, the state's pink city.

Delhi Polo and Horseracing tracks to close soon

In March 2025 the Land and Development Office of the Urban Affairs Ministry again slapped Notices on Indian Polo Association and Delhi Race Club, asking them to vacate the prime land on Lok Kalyan Marg, i.e. the Jaipur Polo Ground whose lease for 15.2 acres expired in March 1993, and the Delhi Race Course whose lease for 53.2 acres expired in December 1994.

Sound Sleep

Researchers from the Columbia University and the University of Chicago after tracking participants' diet and sleep, concluded that those who ate high amounts of fruits, vegetables and complex carbohydrates like whole grains during the day rested more peacefully that night; whereas those who ate meat had disrupted sleep. This information was published in a journal entitled "Sleep Health" in 2025. Meat intake and poor sleep quality including a 60% higher risk of sleep issues arise in addition to insomnia. After all, meat consumption has always been associated with inflammation which is a known risk factor for obstructive sleep apnea.

Deer Deaths

On 20 March 2026 at Sanjay Park Rescue Centre in Ambikapur District in Chhatisgarh, presumably stray dogs killed 15 deer in their enclosure. BWC immediately wrote to the State Forest Minister:

"The 3-member inquiry team led by SDO (Forest) Ambikapur needs to check as to whether and how the dogs managed get

inside and kill so many deer and that too at a rescue centre where they should have been safe. It is also important to know how many of the deer were having antlers and horns to fight back and were still killed. It seems spotted deer, barking deer and four-horned antelopes were among those that were killed. Strict action needs to be taken against all persons responsible for letting this occur.

“We request you to please make sure that not even one of the 15 carcasses is auctioned or disposed without any trace. Following postmortem, they should all be destroyed by incineration – not even burial – to ensure that their skins and antlers/horns are not illegally traded.

“Suspecting poaching of wildlife body parts, the Central Zoo Authority of India had way back in 1996 directed all Zoos never to auction, but to destroy all carcasses, particularly those of deer.”



Do not visit Wild Life Prisons

The National Zoo Workers' Union complained in January 2026 that 1 of the 4 jackals that escaped from their Delhi Zoo enclosure entered the bear's burrow. The Ranger-in-Charge ordered a fire to be lit inside the burrow to smoke out the poor jackal. Chilli powder was added to the fire resulting in a traumatic, painful and unimaginably cruel death. The animal's charred body was secretly disposed. Taking away their freedom is bad enough but torturing them to death for having escaped captivity is more than disgraceful.

33 and counting... Tigers Electrocuted

Between 2013 and 2025 (over 12 years) 110 tiger deaths in Maharashtra were linked to humans, of which 33 were electrocuted.



The Maharashtra State Electricity Distribution Company Ltd had prepared 127 proposals worth ₹ 82.44 crore to install insulated aerial bundled cables in vulnerable areas, but none received full funding. Moreover, the state had made no budgetary provisions for protecting wildlife from electrocution in 2025-26. BWC therefore wrote to the CM Maharashtra requesting appropriate and timely action.

Hati Bondhu

In February 2026 following a family of 3 being trampled to death by elephants at Barkipunu village, Mahuadatand, Bokaro in Jharkhand, BWC wrote to the CM and Forest Minister suggesting they contact Hati Bondhu and ask them to help by suggesting measures to stop human-elephant encounters resulting in deaths of both elephants and humans. Hati Bondhu is a Gawahati based NGO that grows paddy in demarcated areas on community land specifically for elephants so that the herds are kept away from crops intended for harvest.

Stolen Dogs escape Slaughter

In March 2026 the Meat Mafia stole 7 dogs from a village in China. They were friends so bonded to escape and amazingly walked back 17 kms over 2 days on the Chanshuang Expressway to return to the 3 homes they were stolen from. A few dog meat restaurants still operate in China and there are numerous incidents of pet dogs being stolen by them.

10% Elephant Corridors Non-existent

In 2026 sounding an alarm over the rapid disappearance of elephant corridors across the country, the Supreme Court-appointed Central Empowered Committee found that nearly 10% of the 150 identified corridors in India had effectively become non-existent.



Elphants crossing a road.

Photo courtesy: assamtribune.com

The Committee warned that infrastructure development had emerged as the single biggest threat to elephant corridors nationwide and that restoration efforts in impaired corridors was crucial, especially since evidence in some states had proved that revival was possible.

Overpasses being used by Wildlife

To prevent collisions with wildlife, 5 overpasses built over the Delhi-Mumbai Expressway near the Ranthambore Tiger Reserve, were opened in June 2025 from the Kota side with traffic flowing towards Sawai Madhopur to New Delhi. The 12 kms eco-friendly overpasses which have soil and native vegetation consisting of 35,000 trees so wildlife feel it is habitat, are being regularly used particularly by tigers and sloth bears.



Animal overpass.

Photo: indiatimes.com

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Sd/- Diana Ratnagar
Signature of Publisher

Wild Animals in Captivity

It is tragic when the whole world is debating the captive animal ethic, India seems to have set a regressive example says Shubhobroto Ghosh

The word 'zoo,' apart from meaning a place having a collection or gathering of animals, also indicates a place marked by rampant confusion and disorder. With the first zoo being recorded in Hierakonpolis five thousand years ago, and well over ten thousand captive animal facilities in existence all over the world now, the informal, negative connotation likely stems from the noise and perceived chaos that can occur in large, crowded public places, drawing a comparison to a noisy environment with many animals. Additionally, the very nature of captive animal facilities as they always existed and exist still make this comparison with confusion and disorder extremely apparent.

Alipore Zoo mismanagement

With the onset of 2025, there was a lot of fanfare regarding the 150th anniversary of Alipore Zoo in Kolkata. There are many points of concern regarding this institution, and by implication, all other captive institutions in India and beyond.

Reports indicate significant discrepancies and missing animals from Kolkata's Alipore Zoo, highlighted by discrepancies in the Central Zoo Authority inventory and local records, leading to a Public Interest Litigation (PIL) in the High Court, with activists citing large drops in animal numbers (over 1,000)



Wolf in Rohtak Zoo. Photo courtesy: Payel Biswas

and concerns about data gaps and transfers to other facilities, prompting calls for transparency and proper management.

There are massive data discrepancies as the Central Zoo Authority (CZA) 2023-24 report showed far fewer transfers from Alipore Zoo than listed in the zoo's own records for the same period, suggesting many animals were unaccounted for.

Activists have raised an alarm over a long-term decline from 1,452 animals in 2011 to 351 in 2024. While some animals are transferred out, the sheer scale of the disappearances point to issues beyond routine transfers, with large numbers going to other zoos.

In 2023-24, Alipore Zoo reportedly sent 51 animals to a facility in Western India, plus 33 others to two other West Bengal zoos, totalling 84 transfers, but records do not align, leading to suspicions of mismanagement or unaccounted animals.

In the current status (as of late 2025 reports), concerns remain high, with ongoing scrutiny over inventory records and the movement of captive animals, underscoring a need for better oversight and public accountability in one of India's oldest zoos.

An investigation is currently underway regarding reports of over 300 animals "missing" from the Alipore Zoo's official inventory in Kolkata. The discrepancies were flagged by a local NGO, SWAZON (Save Wild Animals of Zoo and Our Nature), which has filed the PIL in the Calcutta High Court.

The ongoing fiasco in Alipore Zoo points to very serious management issues in zoos, with regard to proper maintenance of records and transparency in animal transfers. In the absence of probity in these areas there is ample room for questioning the claims of zoos regarding conservation, education and animal welfare.

Dubious claims by Zoos

In recent years, we have seen an unbelievable spurt in wildlife trade, specifically in non-native exotic animals that have been seized in different places in India and abroad where they have been identified as being destined for India. This points to a very unhealthy trend in this country of stoking a demand for exotic pets, regardless of the implications of this to animal rights, animal welfare, conservation, environment and just pure human ethics and decency. It does not require a human being to be an activist to realise that keeping animals in captivity without a valid reason (as in rescue centres because they

cannot be released due to illness or injury) is completely unnecessary and cruel and does nothing to advance the current discourse on kindness to animals and stewardship of the environment. It is tragic when the whole world is debating the captive animal ethic, India seems to have set a regressive example.

Killing dressed as Conservation

There are disturbing reports emerging about culling animals in several European zoos accompanied by proclamations justifying this kind of mindless slaughter. In July 2025, Nuremberg Zoo in Germany killed twelve healthy Guinea Baboons and dismembered and fed six of them to predators in the zoo. A paper entitled, 'Zoos must embrace animal death for education and conservation,' by Marcus Clauss, Mads Frost Bertelsen et.al, published in PNAS (Proceedings Of the National Academy of Sciences of the United States of America) on 31 December, 2024, makes the case that "planned and respectful culling of animals to maintain reproductively active zoo animal populations is a rational and responsible approach to zoo population management." This totally misguided and completely inhumane approach, based on



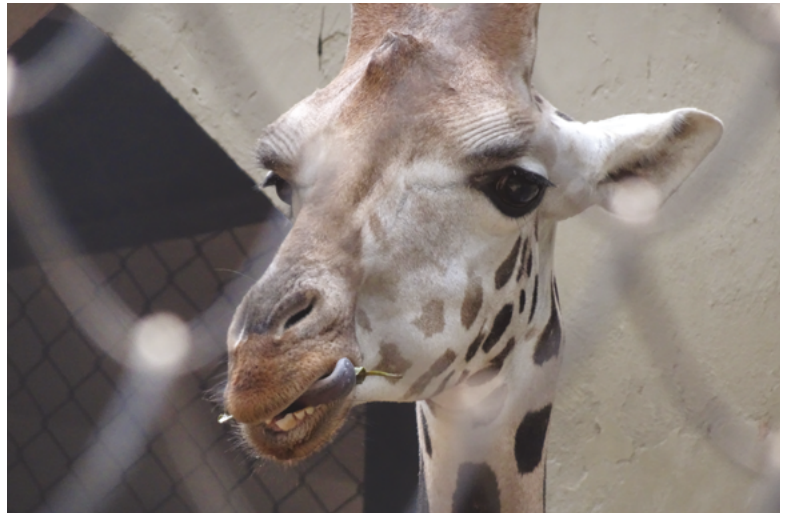
Tiger in Rohtak Zoo. Whether zoos like Rohtak should zoos large animals like tigers is questionable. Photo courtesy: Payel Biswas

ideology couched as science is what makes the zoo rationale so persistently dubious. Indeed, Bertelsen is the individual who killed the two-year-old giraffe named Marius in Copenhagen Zoo in Denmark in 2014, an indescribably cruel and monstrous act that was condemned worldwide, even within the zoo establishment. The argument traditionally favoured by the zoo establishment that species upon species can be saved for posterity by keeping them indefinitely in captivity with no hope of ever releasing them was behind the unfortunate killing of Marius the giraffe in Copenhagen Zoo in Denmark. I have not found a single case of any animal ever being returned to the wild from Copenhagen Zoo based on the breed and release philosophy of zoos, and the breed and indefinitely keep ideology led to the overpopulation of animals in Copenhagen Zoo that were deemed necessary for culling. The basic ideology of 'keeping species on ice' forever is increasingly being questioned today. The most recent pronouncement by Marcus Clauss, et. al., that zoo animal populations are ageing and therefore in need of killing to maintain a healthy age ratio only serves to illustrate how pernicious this mindless line of thinking is and calls for a total reappraisal of the zoo ethic.

it has recently been mired in controversy over management practices that seriously question the nature of their conservation commitment. Although still a significant exceptional zoo in an establishment that is marked by bad practices than good, the fall of grace for Jersey Zoo indicating substandard animal management is a red flag for zoos in India that point to Western zoos as ideal examples of conservation and education.

A reappraisal of the Zoo concept

Indeed, the spotlight on zoo management has brought us to examine the progress of three of the most well-known zoos in Great Britain and indeed the world, Jersey Zoo and Howletts and Port Lympne zoos in Kent. Whilst Jersey Zoo has long been the lodestar of the conservation zoo movement,



**Giraffe in Alipore Zoo, that has been accused of illegal wildlife trade.
Photo courtesy: Shubhobroto Ghosh**

The Aspinall Foundation run zoos, Howletts and Port Lympne on the other hand are setting a true example of what a zoo can achieve by changing the model of keeping and breeding and culling animals to releasing animals and officially endorsing the total ending of the zoo concept over a period of time. Founded by maverick gambler and conservationist, John Aspinall and run by his eldest son, Damian Aspinall, the philosophy of the Aspinall Foundation is to openly criticise the concept of keeping animals in captivity for entertainment. Damian Aspinall, as the chairman of the Aspinall Foundation, has repeatedly called for all traditional zoos to be closed down and the animals to be rehabilitated under proper protocols. Damian

Aspinall has openly stated that his idea of closing down zoos applies to his own zoos too, and that he ultimately wants to wind down his own zoos at Howletts and Port Lympne zoos and turn them into sanctuaries for abused animals from circuses and venues that abuse wild animals in entertainment. For his outspoken stance on cruelty inherent in zoos and the mismanagement of the overwhelming majority of zoos, Damian Aspinall and his family have expectedly invited the wrath of the traditional zoo community who have abused and threatened his family online.

The Sentience and Consciousness factor

In this swiftly changing world, we are witnessing a sea change in our attitudes to each other and animals and now to machines with the development of large language models of artificial intelligence. Conventional ideas on sentience are being challenged on a regular basis and a serious discussion has started on the nature of sentience and consciousness in entities that do not have biological bodies, like machines. Technocrats like Elon Musk and Ilya Sutskever, developer of Open AI, have indicated the distinct possibility of the existence of sentience in Artificial Intelligence. According to Musk, if artificial intelligence is not yet sentient it soon will be and it may surpass human intelligence. In this scenario, it is plausible to think that the millions of animals incarcerated in zoos, are all sentient and conscious creatures, capable of feeling pain and pleasure like us.

The recent case of a Jackal allegedly being burnt to death in Delhi, a Hippopotamus collapsing in his moat in Alipore Zoo in Kolkata, the numerous reports of live animals being seized in different points in India to assuage the insatiable greed of private collectors, the

riding elephants of Amer Fort in Jaipur, the resumption of elephant rides in Corbett Tiger Reserve and the tragic death of the elephant named Swarnimoyee in Kaziranga last year, all indict us with the allegation that we have not recognised sentience and consciousness adequately in our fellow creatures yet. The recent death of a young veterinarian caused due to a hippo attack in Shimoga Tiger and Lion Safari in Karnataka, also raises new questions on the nature of captive animal facilities.

The Path ahead

It was Carl Sagan, writing in his Pulitzer Prize winning book, 'The Dragons of Eden' in 1977 who had written on the topic of great apes being kept in captivity. "If chimpanzees have consciousness, if they are capable of abstractions, do they not have what until now has been described as 'human rights'? How smart does a chimpanzee have to be before killing him constitutes murder? What further properties must he show before religious missionaries must consider him worthy of attempts at conversion? I will not gloss over the difficulties. I am aware of the complex and thorny nature of these problems. But I think it is certainly worthwhile to raise the question: Why, exactly, all over the civilized world, in virtually every major city, are apes in prison?" Today, it will not be out of context to say the concern of Carl Sagan applies to the welfare and rights of all animals in zoos and captive facilities everywhere. It is up to us to follow his example and critically examine the captivity ethic in zoos and all facilities everywhere.



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'.

A Paradigm Shift in Drug Development

Non-Animal Methods are no longer just “alternatives to animal models” says Dr Surat Parvatam

The pharmaceutical sector and global regulatory science - that traditionally relied on animals - is currently undergoing a paradigm shift towards human-relevant science. This is driven by the rapid strides in human-based technologies and computational tools, and a growing realisation that animals cannot accurately mimic the complexity of human disease. This is also evident from the failure rates in clinical trials – only 10–14% of drug candidates that enter the clinical trials receive approval to enter the market. This translational gap has led to the recent global legislative reforms, such as the New Drugs and Clinical Trials (Amendment) Rules, 2023 and US FDA Modernization Act 2.0, which now allow the use of non-animal methods for testing drug safety and efficacy.

However, despite this global shift, this field is still nascent in India. To address this, a landscape study was performed by Humane World for Animals India, Dr Reddy’s Laboratories, DBT BRIC-inStem, and Animal Law & Policy Network (ALPN) to document and assess the advances in non-animal methods across various sectors, including generics, new chemical and biological entities, cell and gene therapy, and pyrogen testing. This report comes at a pivotal and opportune moment, where several countries are now accelerating the momentum to develop and adopt non-animal methods.

One of the central strengths of the report lies in its sector-specific analysis across different product categories. It identifies areas where animal testing has now become obsolete or can be replaced by emerging human-based

technologies. For example, in the domain of generics and differentiated drugs, of which 20% of the global demand is provided by India, minimal or no animal studies may be required when robust human bioequivalence data, established safety profiles, and globally accepted scientific knowledge exist.

The report analyses economic and strategic gains, where these methods can shorten development timelines and improve success rates across multiple modalities.

Apart from documenting the opportunities, the report also highlights the challenges and proposes the ecosystem-level changes, including setting up a National Centre for Excellence in non-animal methods (NAMS) to coordinate development and validation; an industry consortium to support the adoption of NAMS; strategic funding to support technology maturation; regulatory harmonisation; and establishing NAMS “supply chain infrastructure” in India.

These ecosystem-level recommendations aim to propel India from a passive adopter to a global supplier of these technologies and leader in the modern regulatory science and innovation. The methods are not just “alternatives to animal models” but the path towards harmonising patient-centric medicine, innovation, and humane science. This report aims to be a catalyst to achieve this paradigm shift in India.



Dr Surat Parvatam is

Senior Program Director Research &

Toxicology Humane World for Animals India

No Elephant for TN Temple

PFCI's PIL in Madras HC with financial assistance from BWC successful

Background

In February 2023 the Madras High Court ordered the Secretary of the Environment, Climate Change and Forests Department along with the Hindu Religious and Charitable Endowments Department to direct all the temples in Tamil Nadu not to acquire elephants anymore. The HC passed the Order while hearing a petition pertaining to the injuries sustained by a private female captive elephant named Lalitha from Virudhunagar who fell on a few occasions and died later – the Order pertained to both temples and privately owned elephants.

However, in June 2023, the Madurai Bench of the Madras HC ordered an interim stay while hearing the appeal preferred by the State.

Then in 2025, there were plans to transfer a wild baby elephant from Uttarakhand to the Nellaiappar Temple in Tamil Nadu. Therefore, PFCI (People For Cattle in India) with financial support of BWC, filed a PIL in the Madras High Court to stop the transfer.

PFCI's PIL Successful

I'm pleased to share a strong and encouraging update following the Madras High Court proceedings towards our PIL filed to stop the transfer of a baby elephant



Baby Asiatic Elephant. Photo: unknown



Nellaiappar Temple.

Photo courtesy: Theni.M.Subramani, wikimedia.org

from Uttarakhand to Tamil Nadu temple. The Government of Tamil Nadu has clearly stated before the Court that **no permission has been granted** to bring the baby elephant into the state. The Court has recorded this position unequivocally, reinforcing that **without due legal approval, the transport cannot take place at all.**

Importantly, the Court has also affirmed our right to act in the future explicitly stating that **if any such permission is granted at a later stage, we are fully empowered to approach the appropriate forum and challenge it immediately.**

In effect, this ensures that:

The baby elephant **cannot be brought in at present and**

Any future attempt will **face immediate legal scrutiny and opposition from us.**

This is a significant and strategic win as it places a clear legal barrier in the way of the proposed transfer while safeguarding our ability to intervene decisively going forward.

Thank you BWC for your continued support in making this possible.



G Arun Prassana is Founder and Secretary,
People For Cattle in India

Vegan Recipe *Salad Dressings*

Nutritious salads consist of leafy greens, various raw or par-boiled vegetables, fruits, berries, cooked whole grains, sprouts, beans, fresh herbs, nuts, seeds, etc. over which salad dressings are poured or sprinkled to make them tasty. Vegan salad dressings themselves provide nutrient plant-based fats, vitamins and antioxidants, while being free from dairy and eggs which are known to lead to high cholesterol. They enhance nutrient absorption from greens thus supporting heart health, and aid in lowering blood pressure and inflammation.

Salad dressings can contain dairy like cheese, yogurt and milk. Some may even contain non-veg items such as eggs and anchovies. And commercial ones could contain artificial ingredients and harmful preservatives.

Below are two simple and flavourful vegan salad dressing recipes which we hope you will prepare and enjoy eating.

Roasted Red Pepper Dressing (250 ml)

Ingredients

1 red capsicum
 Oil for brushing
 1 tablespoon lemon juice
 2 teaspoons whole grain mustard paste
 ½ teaspoon powdered jaggery
 ¼ cup vegetable oil
 ¼ cup virgin olive oil
 ½ teaspoon salt
 1 tablespoon fresh rosemary, finely chopped

Preparation

Pierce a fork through the capsicum, brush oil evenly over it and roast on a slow flame till it turns fully black.

Immerse the capsicum in cold water, remove the skin, stem and seeds and finely chop it. Keep aside.

Blend in mixer till smooth lemon juice, whole grain mustard paste, jaggery, oils and salt.

Transfer to a deep bowl, add capsicum and rosemary. Mix well.

Lemon Dill Dressing (250 ml)

Ingredients

1 teaspoon lemon juice
 1 teaspoon lemon rind
 2 teaspoons whole grain mustard paste
 ½ teaspoon powdered jaggery
 ½ teaspoon salt
 ¼ cup vegetable oil
 ¼ cup virgin olive oil
 ¼ cup finely chopped dill/*shepu* leaves

Preparation

Combine the lemon juice, lemon rind, whole grain mustard paste, jaggery and salt in deep bowl and whisk well.

Add the oils gradually to the mixture while continuing to whisk it continuously.

Add the dill leaves and mix well.

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**

Eri Silk

Eri silk is mistakenly promoted as *ahinsak*. Nothing of animal origin can be *ahinsak*.

Moreover, the insects are not wild, but cultivated – caterpillars specially bred to be eaten and their cocoons spun into silk.



The eggs hatch into larvae and spin cocoons around themselves.

The pupae inside these cocoons are extracted, killed, and cooked, while the cocoons are spun into so-called Peace/*Ahinsak* Silk.



To continue with the exploitation, a few silk moths are allowed to emerge from the cocoons, mate, and lay eggs. Being domesticated and captive-bred, they are unable to survive and so die.

Beware – of sericulturists, weavers and sellers' tales.

**Eri Silk is NOT *ahinsak*,
NOT cruelty-free, ethical, or vegan.**

Will you **YOURSELF KILL**...



...to Eat its Flesh? ...to Wear its Skin?

If NO
How can you...



...eat **MEAT?**

...use **LEATHER?**



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