

JOURNAL OF BEAUTY WITHOUT CRUELTY-INDIA

COMPASSIONATE FRIEND

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OH BOY!
VEGAN
RECIPES



POSITIONS AVAILABLE

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OBITUARY

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POSITION AVAILABLE: RESEARCH OFFICER

Beauty Without Cruelty is looking for a Research Officer for leading the research efforts of the organisation and to maintain and take forward BWC's compiled list (*Vegetarian Shoppers' Guide*) of vegetarian consumer products. The position is valid for Mumbai and Pune; candidates from either place may apply.



DUTIES: The research would relate to products and processes used in the consumer goods industries like food products, clothing, cosmetics, household chemicals, stationery. A combination of theoretical and experiential knowledge of industrial practices, direct correspondence with companies, field visits to companies, laboratory testing, etc. is to be used in this research. The field visits could be outside Mumbai also. All expenses are paid by the organisation. Alongside information acquisition, compilation of gathered data on computer would

be her/his responsibility also.

PROFILE DESIRED: Background in the FMCG sector, especially the food and cosmetics industries, would be the most valued asset in the candidate. Otherwise, Science graduate, possessing good oral and written communication skills, basic computer knowledge (MS Word, Excel, email, and web browsing). The computer proficiency requirement can be waived if the person carries experience of value. Vegetarian preferred.

REMUNERATION: on par with other domestic NGOs. If you meet the requirements (or know anybody else who does) and would like to work with us, please call us at Pune on 2686 1166 or at Mumbai on 2421 1511 or 93225 13114



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This issue brings with it a new column: Vegan Recipes. There have been requests for this from many

sources, and as our own experiences in vegan cookery grew, we felt we were ready to come out with such a column now.

This column is not to be taken as a health-food section. Sadly, it is going to be quite the opposite for some of the recipes (e.g., cake) that are meant to be purely tongue-centred substitutes for otherwise non-vegan items. But since veganism comes under strongest attack for its natural exclusion of 'fun' foods and over-focus on health, recipes of items such as these are intended to retain those neo-vegans or vegan-aspirants who are looking for fun mixed with caring. But all caution is not thrown to the winds, we do exercise restraint in the ingredients we use. We are thankful for those readers who have already contributed some recipes, and we look forward to receiving many more from others too.

This issue was meant to come out in time for Easter and therefore the *Vegetarian Communities* column is about a Christian order this time, but because of domestic health problems with our editorial staff, the deadline of Easter was not possible to meet. We hope the column is still of value to readers. This time's column is especially important to us because it is authored by a member who responded to our notice to be a contributing author and gladly took up responsibility for the entire research for this time's column. We are happy to let you know that at least three other such members responded with offers

of research and authoring future instalments of this column. We thank them very much for it.

The news of the passing away of one of our very loyal and active members, Dhiren Shah (45), of Mumbai, without any apparent causative factor behind it, brings with it a numbing sense of uneasiness and almost fright as if to ask "Why he? Who next?" Just a few weeks before his death, he had put us on the track of the varakh manufacturers who claimed to be making it without use of slaughtered animal skin. We will always remember Dhiren for inspiring our investigation of *ahimsak* varakh.

Our investigation of *ahimsak* varakh yielded a happy outcome, that the claims of the manufacturers were quite genuine, but our certification of it as being cruelty-free is not to be taken as a recommendation to consume more and more varakh. Varakh is like vegan junk food: it may be vegan but that doesn't make it nutritious. All we can say is that if you *must* have varakh, have *ahimsak* varakh.

Enjoy reading this issue. We hope to bring out the next issue within 3 months from now.

Ranjit Konkar, Ph.D.
Editor



Dear Editor,

3rd Feb, 2007

I live in Bandra-Khar area in Mumbai and regularly see milch cows being herded into the lanes and by-lanes to search for food. These animals forage for food in garbage depots competing with dogs, cats, and other stray animals. It is doubtful whether they can pick up any cattle food. But they eat vegetable and food leftovers contaminated with garbage. The owners tie them up in streets and milk them with the view to sell their milk. One can understand the poor quality of the milk yield.

Complaints to the local SPCA and traffic police have not yielded any results. Can you help?

Prithvi Madhok

Editor: Traffic police would only pass on the buck to the municipality who, if they show any interest, would simply confiscate the cattle, and force them to be kept tied at stalls. A solution that does not require any authorities intervention is to undertake a garbage segregation drive in which one asks residents of the locality to keep aside their fruit and vegetable peels. These could be fed to the cows before spoiling, so that they do not have to eat rotting organic stuff, edible mixed with inedible. If you take the initiative, **BWC** would gladly support you in carrying out this exercise.



Dear Editor,

1st March, 2007

The Compassionate Friend volume no. 2-4 is very good. It is a good idea to revive vegetarianism among the human population through competitions and stories. I liked the history of Agarwals.

Komala via email

Editor: Thank you, Komala, for your complements and we are glad you liked our Vegetarian Communities column. Rather unfortunately, one feedback we got was entirely negative, insinuating that we are encouraging and glorifying casteism by mentioning specific communities by name! We were rather shocked to get that comment especially since the only intention of the column is to enlighten readers about which are the various demographic groups that have adopted vegetarianism as a habit. There is no intention at glorifying the community for just one habit; at the same time we find nothing wrong in giving credit where it is due.



Dear Editor,

14th Feb, 2007

Received your calendar for the year 2007. I would like to suggest to you that we must make attractive stickers for cars (small size), also the message of cruelty towards animals can be printed on note books front cover, it is also very effective. Small Kids and students are our future end users. We can show small documentary films to schools.

R. M. Kankriya

Editor: We do have a presentation program (which includes documentary film clippings) that we are giving to schools very successfully and yes, we are distributing stickers to all students. In fact, in an earlier mailing of this magazine, all readers were mailed a sample also. But car stickers and notebook covers remain to be done. We might try them out at a suitable date soon.



Dear Editor,

5th Feb, 2007

Yesterday I was going through the latest issue of Compassionate Friend and almost at the same time I came to notice a small news item published in Hindustan Times (Delhi edition) which I found highly disturbing. I am attaching that clipping with my letter.

The students going abroad on exchange programmes from our esteemed organizations like IIM are being forced into non-vegetarianism by circumstance. Something must be done in this regard. In a year or two my own son (who presently can not even eat on the table where non-veg food is served) may face a similar situation! I fear that this must be happening in other institutes also.

I request you to kindly take up this matter with IIM management on behalf of all vegetarians.

Ratnesh K Jain

Editor: We will certainly approach the IIMs with a request and a plan a) to make the host institutions abroad aware of the vegetarian dietary habits of the majority of our students and how it is a matter of principle and not merely taste for them, and b) to persuade them to offer vegetarian alternatives (preferably Indian) on the menu, to make culture shocks less drastic.



Dear Editor,

15th Jan, 2007

Recently Karnataka State Government had announced the introduction of eggs in its mid-day meal scheme to schoolchildren. Because of public outcry and the wide opposition from the general public and organization, the education ministry had to call for the public's opinion and suggestions on the matter.

As we are in public service and always support good causes, we wrote to the Education Minister and the Minister for Primary and Secondary Education, strongly opposing the Government's decision. A copy of a study report on the disadvantage of eggs was also sent.

We humbly request you to do the needful to oppose the Government programme through your vast set up.

Ashok Mehta
Mehta H P Jain Foundation



Dear Editor,

18th Feb, 2007

There are many so-called Rajasthani village mock-ups — "Choki Dhani, Dhola-ri-dhaani" etc., recreated in major cities of Pune, Hyderabad, Delhi etc. I have visited these places where they charge a costly fee for providing entertainment to visitors. This entertainment involves all sorts of animal rides—horse, camel, bullock-cart, and elephant. The animals here are kept in pathetic conditions—they are no pastures in the cities and the owners of these villages do not find it fit to spend on their food or shelter.

Sreeja via email

Editor: We paid a visit to one of these Chokhi Dhaani places in Pune and did indeed find the condition of animals deplorable. There was no evidence of cruelty, however. We plan to approach them with a request to look after the welfare of their animals failing which we would complain to the Animal Welfare Board of India. We understand that the wild animals have already been confiscated for lack of licences.

Editor: Through the prompt actions of committed individuals and organisations like yours, the Karnataka government finally backed out of the mid-day meal scheme altogether. **BWC** will remain alert, however, and ready for the next attempt at providing unsuitable food to school children anywhere.

BWC lends support to Sarvodaya's efforts to ban bull slaughter



The slogan painted on the bull says it all: **Save me.**

Phule of the 19th century to the awareness of the importance of keeping alive the progeny of bulls. Baramati was chosen to be the destination because it is the home town of Sharad Pawar, our Union Minister of Agriculture, who has blocked the passage of the bill at the Centre on the

The Sarvodaya group, which consists of the followers of Mahatma Gandhi and Vinoba Bhave primarily, took out a padyatra from Pune to Baramati between 23rd and 31st March to raise awareness about the importance to the country and directly to the rural population, of stopping the legalised slaughter of bulls. This was in the context of the Maharashtra state government (or certain cabinet ministers in it) calling for a review of its own decision taken in 1995 to ban slaughter of bulls in the state! Pune's Phule waada was chosen as the starting point to commemorate the contribution of Mahatma Jyotiba

...Continued on inside back cover

Ahimsak varakh is finally here!

Varakh not made from beating between skin of slaughtered animals is finally and actually here! It may not have reached your grocer or even your city but be patient and it will.

BWC's recent investigations in Delhi, Agra, and Jaipur reveal two manufacturers who use non-animal material to beat silver and gold in to produce varakh. Their output is, according to none less than the commercial consumers of it, the *mithaiwalas*, a match for its animal-skin counterpart available without alternative all these years.

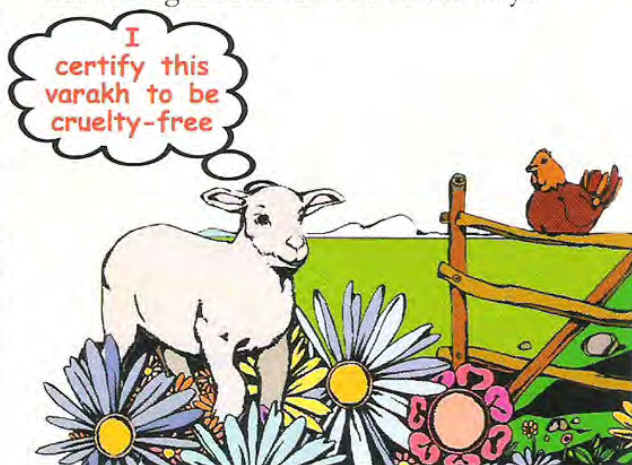
Our visit to **Agra** confirmed to our naked eyes the truth of traditional varakh-booklet production as reported and captured on photographs by the late Dr. Nemichand Jain of Indore from his visit to the same site years ago. We confirm that the environs in which the varakh 'booklets' are produced is the hell-on-earth he reports: the unhygienic, polluted conditions of an open sewer and gutter around which they operate in Khatikaana *mohalla*, the overpowering stench of dead animal skin all around, are enough to make you want to vomit.

The craftsmen claim difficult times for them: declining markets; long gaps between replenishment by customers; pathetic working conditions; high competition among themselves. We were surprised to hear about the market being down considering the increasing consumption of varakh evident day by day. We asked them if they wanted to induct their children into the same trade; they answered that with the difficulty of getting jobs elsewhere, there was no choice left for them. We were unconvinced about that also, considering the government-mandated reservation in education and employment opportunities for the scheduled classes. The unhygienic conditions of work seemed to be a result of the nature of their own business.

'FACTORY' VARAKH

At a place just outside **Delhi**, we got to witness the factory production of varakh. The management of the company was kind enough to entertain our request to be shown around their plant. Their surroundings resemble clean-room conditions of electronics factories, and our visual inspection of the process revealed nothing objectionable in the cushioning material they use. We were allowed to handle all material used and were even given free samples of their silver varakh. But, to our surprise, they would not oblige us with a signed declaration of vegetarianism that we ask from everyone. They also did not allow us to take samples we wanted of the cushioning material nor to take pictures. Whether it is because of a lack of interest from their side or something deeper, we do not disclose the name of the company here.

The company at **Jaipur**, on the other hand, was completely open not only to inspection but to surprise inspection and even to photography and videography (with restrictions). They gave us material samples on the spot, and hot off the machinery. A declaration of 'animal-use-free' was also signed and sent to us within days.



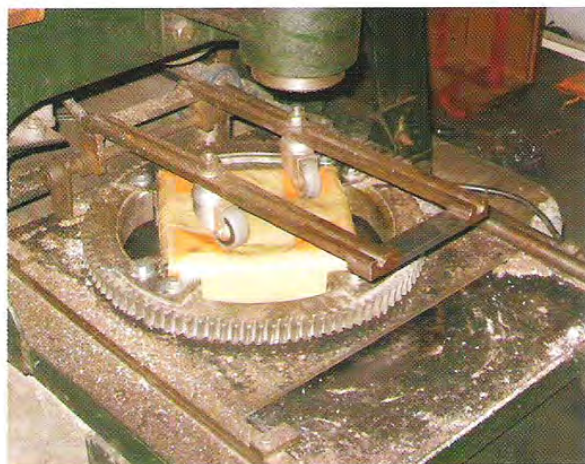
The name of this manufacturer is **Kanishka** and the brand is **KSK**. The cushioning material they use is a treated paper (details kept confidential to respect intellectual ownership of manufacturer) whose contents have not been disclosed but have been certified by M/s Kanishka to be animal-free.

We therefore have the pleasure of certifying **KSK Gold and Silver Varakh** as **vegan** by our standards; it would find place in the next edition of our Vegetarian Shoppers' Guide. We wish to point out that this is not a recommendation to use it but only a certification of authenticity. The decision of using varakh or not might rest upon many other factors for the reader.

We would like to mention that M/s **Kanishka** are so conscientious in their commitment to vegetarianism that they claim not to use even grease in their machines since it is made from tallow, and use vanaspati instead ! We have not verified that yet but if true, they would be the first producer we know who is not only aware of the source of grease but uses his resources to use an alternative.

WHERE DO WE GET IT?

Unfortunately, the availability of neither manufacturer's products is satisfactory. The Delhi manufacturer has a branded product in the market, although not in every city. Kanishka's work is still in the research stage and not mechanized yet except for the pounding. The proprietor of Kanishka says that he is currently able to meet only limited demand but is working towards gearing up for mass production at which time he would be able to supply through retail outlets. Till then those who want to correspond with him may use the following address: Shri Surendra Karnavat, Proprietor, Kanishka Gold and Silver Varakh, Chokkho Amber, Jaipur. *...Continued on Pg. 19*



▲ Mechanised pounder used for beating the silver.



▲ Workers inserting silver strips between treated paper used in place of lambskin as cushioning material while pounding.



▲ A skilled worker deftly stacking pounded sheets for cutting.

The Seventh Day Adventists

Bindi Mehta
(PG Diploma in Journalism)



On the occasion of Easter, let us look at one of those denominations of Christianity that explicitly subscribes to vegetarianism...

Vegetarian Christians in the past

How does Christian tradition inform diet? For the past 1,900 years, most Christians have eaten meat, but interestingly, many of the early Christians were said to have been vegetarians. Several early Christian groups, including the Jewish Christians, who were among Jesus' first followers, were vegetarian [1]. Subsequent Jewish Christian sects of the first centuries of the Common Era (CE), including the Nazarenes, Ebionites, Elchasaites, and Ossaeans, continued to espouse vegetarianism [1]. Many Gnostics and Gnostic groups, such as the Manicheans, were also vegetarian [1].

James (Jesus' brother) was widely recognized as vegetarian [1, 2, 3], and ancient sources [1] also describe Matthew and all the apostles as abstaining from flesh. Many early church leaders practiced vegetarianism, including Saint Clement of Alexandria, Origen, Basil the Great, Gregory of Nazianzus, Arnobius, the Desert Fathers, Saint John Chrysostom, Jerome, and Tertullian [1, 4, 5].

In the Middle Ages, the Bogomils, who resembled the earlier Manicheans, were also vegetarian [1]. Similarly, the Albigensians advocated vegetarianism as an ideal [1]. With the passage of time, Christianity saw the establishment of various orders and sects and with it the rise of several leaders who adopted and encouraged vegetarianism. Prominent among these were John Wesley (founder of

Methodism), Ellen G. White (a founder of Seventh-Day Adventist Church) and William and Catherine Booth (co-founders of the Salvation Army).

SEVENTH-DAY ADVENTISTS: messengers of good health

The seeds of the Adventist movement were sown by William Miller in the 1840s in the United States when he predicted the second coming of Christ on earth. 'Advent' literally means the coming of Christ to the world and an 'Adventist' is one who believes that the second coming of Christ to the world is near. Thus, all those who followed Miller came to be known as Adventists paving the way for this new order of Christianity.

Although Miller's forecasted dates proved to be untrue, leading to the 'great disappointment' and the return of most followers to their original churches, there were a small number of Millerites who came to believe that Miller's calculations were correct, but that his interpretation of Daniel 8:14 was flawed. These Adventists came together and formally established the Seventh-Day Adventist Church on 21st May, 1863, thus appointing Saturday (the seventh day of the week) as the official day for Sabbath or the weekly ritual of worship and rest.



At the beginning of 2006, the SDA or the Seventh-Day Adventist Church had a worldwide membership of over 14 million and its mission program had reached 202 countries. The General Conference of Seventh-Day Adventists is the governing organization of this Church. It is located in Silver Spring, Maryland, USA.

Seventh-Day Adventists are known for their emphasis on diet and health and their advocacy of vegetarianism. Since the 1860s when the church began, wholeness and health have been an emphasis of the Seventh-Day Adventist Church. Seventh-Day Adventists present a health message that recommends vegetarianism and expects abstinence from pork, shellfish, and other foods proscribed as “unclean” in Leviticus 11. The Church does not permit its members to use alcohol, tobacco, or drugs.

The pioneers of the SDA Church had much to do with the common acceptance of breakfast cereals into the Western diet. John Harvey Kellogg was one of the early founders of the SDA health work. His development of breakfast cereals as a health food led to the founding of *Kellogg's* by his brother William Kellogg. Among other prominent figures were James White, Ellen White, and Joseph Bates. Ellen White came to occupy a particularly central role; her many visions and strong leadership convinced her fellow Adventists that she possessed the gift of prophecy.



Ellen White was one of the founders of the SDA Church. She was a vegetarian health reformer, and vegetarianism and other health teachings of the Adventists are due to her efforts. She believed that the human body represented God's temple and therefore it should not be abused.

The Seventh-Day Adventist Church operates numerous schools, hospitals and publishing houses worldwide, as well as a prominent humanitarian aid organisation, the Adventist Development and Relief Agency. All these play a role in the church's health message and worldwide missions outreach.

The evidence of figures

Several studies in the US involving Adventists have found that they enjoy healthier and longer lives vis-à-vis the general population. Research [6, 7] funded by the National Institutes of Health has shown that the average Adventist in California lives four to ten years longer than the average Californian. The research, as cited by the cover story of the November 2005 issue of National Geographic Magazine, asserts that Adventists live longer due to not smoking or drinking, and their healthy, low-fat vegetarian diet rich in nuts and beans.

The Seventh-Day Adventist Church Health Study [8] is the only major ongoing study on the general health and mortality of vegetarians in the U.S. Data was collected from 1976–1988. Of the 34,192 participants, all members of the Seventh-Day Adventist church, 29 percent were vegetarian, while 7–10 percent of the vegetarians were vegan. Compared to non-vegetarians the above vegetarians had about:

- half the high blood pressure and diabetes
- half the colon cancer
- two-thirds the rheumatoid arthritis and prostate cancer

Breast, lung, and uterine cancers tended to be lower in vegetarians but could have been due to random chance.



Observance of Lent

Originating in the fourth century of the Church, the season of **Lent** spans 40 weekdays (which means Sundays are excluded) beginning on Ash Wednesday (21st February this year) and climaxing during Holy Week with Maundy Thursday (the day of the Last Supper), Good Friday (the day of Crucifixion, 6th April this year) and Easter Vigil *i.e.* the concluding Saturday before Easter.

Originally, Lent was the time of preparation for those who were to be baptized (formally accepted as members of the church), a time of concentrated study and prayer before their baptism at the Easter Vigil, the celebration of the Resurrection of the Lord early on Easter Sunday. But since these new members were to be received into a living community of Faith, the entire community was called to preparation. Also, this was the time when those who had been separated from the Church would prepare to rejoin the community.



What is it that makes **Lent** stand out from other Christian festivals and secures it a mention in this column? Well, it is that during Lent the Church advises all Christians to follow a vegetarian diet. As a school teacher from Mumbai who spoke to **BWC** put it, “These traditions are instilled in us right from the age of five when we join formal schools. The Church tells us to abstain from meat, eggs, and hard liquor during the period of Lent. A lot of people have only one meal per day during this holy period. If I have a family and children, I’ll definitely bring them up in the same tradition.” Her loyalty to her faith’s dictat spells a continued lease of life for Vegetarianism to survive in organised Christendom.

INTERVIEW

The Inter-religious and International Federation of World Peace (IIFWP) conferred upon him the ‘International Ambassador of Peace Award’ in 2005. The Oriental Watchman Publishing House at the **SDA** base in Pune, Maharashtra, has seen him play a variety of roles over the years ranging from Book Editor to Director. Listeners tuning in to the **Adventist World Radio (AWR)** can hear him discuss health-related issues and the importance of values in life. **BWC** took the opportunity of meeting this distinguished representative of the SDA Church, Mr. *Edison Samraj*, in Pune. Excerpts from the interview with Mr. Samraj (indicated by his initials ES):

BWC: When and how did the SDA order come to India?

ES: The roots of the Adventist movement in India were laid down by two individuals,

William Lenker and A T Stroup, who landed in Madras as book agents in the year 1893. They traveled allover India promoting the Adventist health literature and books among the English-

speaking population of the country's major cities. In the years to come, South India became the center of focus for SDA work. Through J S James and G G Lowry, work was established in Prakasapuram, a small village in the South. At that time, the inhabitants of Prakasapuram were suffering from many ailments. The SDA centre tried to change their lifestyle habits, among which adoption of a vegetarian diet was a primary focus. The SDA movement in India was organized as a union for the first time in 1910.

BWC: Has the order always advocated vegetarianism? What about the consumption of eggs—is it allowed?

ES: The SDA order worldwide is more than 150 years old. Its founders believed that the body is a temple of God. From this belief flows the reasoning that whatever one eats or drinks, it should glorify God. The SDA Church has, thus, always advocated vegetarianism. However, consumption of eggs is not a major distinguishing factor for us while defining vegetarianism.

BWC: Can it be said that all SDA followers are vegetarian?

ES: A generalized statement like that cannot be made, though of course, one can say that the SDA order worldwide promotes vegetarianism, be it any country, time, or place. We do a lot of research and give people facts and figures, which would help them choose a vegetarian lifestyle.

BWC: Why does the SDA Church advocate vegetarianism—is it just due to health reasons?

ES: Health is one of the main reasons behind the SDA stand of vegetarianism, though it is not the only one. However, the SDA idea of health should also be understood well, as it extends much beyond mere physical well-being. We believe in the

concept of holistic health, which means that there should be harmonious development of the body, mind, and soul. An ideal diet and a healthy lifestyle with a positive approach are given a lot of importance in this perspective.

BWC: An ideal diet should provide all the essential nutrients and nourish the body and soul. A vegetarian diet can very well fulfil this role while a non-vegetarian diet merely enhances the animal-like passions within human beings while also disturbing the piety of the soul.

ES: The SDA order is based on the philosophy that man is created in the image of God and any consumption that diminishes this image is to be avoided, be it meat, alcohol, or tobacco. For example, intake of alcohol alters one's consciousness, disillusion one from reality, affects one's social relationships and finally takes a toll on one's spirit. So it is best avoided.

BWC: Do SDA followers abroad face a cultural crisis due to their vegetarian eating habits?

ES: Yes, there is a culture clash on a regular basis. Despite this long-existing cultural practice, we are trying to develop a strong counter-culture with consistency. We are raising more awareness, telling people there are alternatives and giving them choices.

BWC: You have worked in the area of healthcare. How can vegetarianism improve the global health scenario? Can it help the poor?

ES: Today most diseases can be traced to a strong tradition of a non-vegetarian diet. Heart diseases, obesity, diabetes and the likes are taking a toll on people's health everywhere. A vegetarian diet can provide soy beans, seeds, nuts, whole grains, etc.,

...Continued on Pg. 18



This new column we are starting is meant for all those vegans who must have, with great courage, forsaken the life of the majority and chosen to walk the lonely path of a plant-eater but who are unable to detach themselves from the smells, tastes, and textures of confectionery, baked products, milk shakes...oh, if only they could be made from less exploitative things than milk, eggs, and honey!

Well, *they can*. In keeping with the spirit behind **BWC**'s name we present in this column recipes (contributed by our readers themselves) that increase your enjoyment and your pleasure in life, but not at the cost of any other creature's comfort or life. These recipes will not be of obviously vegetarian things like vegetables and fruits (although we understand that preparing even these is a challenge to many people) but of such things that are traditionally milk- or egg-based. These fall into the following categories, which typically present challenges to a host who doesn't know how to entertain a vegan guest:

1. **Confectionery:** Wickedly sinful tongue-ticklers like cakes and brownies, that necessitate multiple visits to the confession box.
2. **Milk(less) shakes and ice-creams**
3. **Sweets:** Indian sweets like kheer (kheer? Without MILK?!!!), gajar halwa, doodhi halwa, rawa laddoo,...
4. **Indian paneer sabzis:** like matar-paneer
5. **Buttermilk-based items:** like kadhi, chhaas, ...
6. **Beverages:** (that leave a white moustache too ;-).
7. **Bread Omelette:** without eggs

While we make no claims about the nutritional value of the confectionery (the less of which is eaten the better), the others are *not* junk food. In all of these, there is an eye on the amount of oil and refined flours *etc.*, that is used.

So hop on and take your ride. We start this column with a chocolate cake recipe provided by Gayathri Rao of Goa.



Vegan Chocolate Cake

Ingredients

1 cup sugar (powdered fine), 1½ cups maida,
1 tsp baking soda,
½ tsp salt, 3 tbsp cocoa powder.
Sieve all these together.

1/3 cup cooking oil (sunflower), 1 tbsp vinegar,
1 tsp vanilla essence, 1 cup cold water

Method

Put all the wet ingredients in a bowl. Add the dry mixture.
Stir well but do not beat together. Pour into a well-greased and
floured 8 inch x 8 inch baking pan. Bake in a pre-heated oven at
180°C for 35 minutes.

For Mocha Icing—Ingredients

1 tsp cocoa, 1 tsp coffee,
1 tsp oil (sunflower), 200 grams icing sugar

Method

Put the cocoa, coffee, and oil in a small bowl.
Add 2-3 tbsp of warm water and stir well. Add sieved icing sugar.
Continue adding warm water and keep stirring until it reaches a
pourable consistency. Pour on cake when it has cooled and keep
spooning it back on the cake as it drips.

Points about the cake:

-  It is important not to use too much baking powder–vinegar, otherwise the cake would end up very dry. At the same time too little would make it less soft than desired
-  This cake is not heavy on icing, in order to reduce its 'junk' value.
-  The butter that is traditionally used is substituted by any clear, refined, odorless vegetable oil, e.g., Sunflower.

What role do eggs play in cakes?

Eggs are the leavening agents—they release the gas that rises through the batter and make it soft and porous.

A combination of baking powder and vinegar can be used to generate the CO₂ required for leavening.



'BEARING THE BRUNT OF LAW

Maharashtra Herald, January 2, 2007

"My bears are like my children and I want them back" says Shamid, as he begs to take back his bear the authorities seized four months ago. But the law is proving to be his biggest foe.

Last week, the nomadic man covered 500 km, traveling on buses and trucks, to reach Bangalore to claim his animal, only to run against legislation that makes his profession bear-dancing unlawful.

Bear-dancing, prevalent in India since the pre-Mughal era, was declared illegal by the Wildlife Protection Act, 1972.

Some animal activist groups have begun rehabilitation programmes for the Qalandars. But the Qalandars of North Karnataka are offering stiff resistance to the packages that they say are not suitable to their needs. Years of mental conditioning will have to be effaced from Shamid's mind before he can consider an alternative profession.

Shamid and his community have now mobilised themselves to fight against discrimination against them. "Why didn't you stop us 30 years ago when the law was passed?" is one question they keep on asking.



Editor: If a law lies unimplemented for long, does it become invalid? If the premises on which the law was based (e.g., cruelty) are still valid, should the intended beneficiary of the law lose her/his/its benefit because enforcement agencies have not been doing their job over the years? Not if you ask us. The same thing happened in Tamil Nadu a few years ago when a furore was created over someone wanting to implement TN's anti-sacrifice law (it actually has one!) which in its 30-40 years of existence had never been implemented in even a single case. The law was unfortunately repealed. Can there be a greater loss than that? Maybe a lesson to us to set up precedents of enforcement of every law.

And Now, Laloo's Goat Milk Ice-Cream

The Economic Times, February 15, 2007

(Lay-loo, not Laloo, as in our beloved railway minister's name) Laura Howard's goat-milk frozen items are winning shelf space in upscale grocery freezers across the US.

Howard's goat milk journey began in the aftermath of the September 11 attacks, when, like a lot of people, she began questioning her life choices. She began studying yoga more intently, visited India, and came up with the realisation that: "I wasn't going to have any answers until I learned how to treat my body better and treat my mind better." A change of diet followed, with goat milk replacing cow milk.

"I thought, What if I make ice-cream with this?" she said, adding: "I literally would look for goats in the field and go knock on the door." She settled on Petaluma, a dairy town in the rolling hills about 45 miles north of San Francisco.

Part of goat milk's popularity is that some people find it easier to digest, although there hasn't been a lot of academic research in that area.

Editor: So is this goat-milk ice-cream going to be the goat's saviour from the butcher's knife? Probably, for the few goats involved today (until, of course, they become unproductive and "have" to be sent off to the butcher). But if success causes

the ice-cream to be mass-produced, goats can expect to be hormonally treated to produce more milk and to lose their male babies who would be starved of what is solely their birthright. Let's wish Laloo's a limited success so it stays small...and beautiful.





Harsh jungle life dampener for 'save tiger mission'

The free Press Journal- Mumbai, January 1, 2007



Lack of proper amenities for forest staff who lead a harsh life in jungles and delays in paying compensation for human and cattle deaths are among the main shortcomings in the management of the country's tiger reserves, an expert panel has said.

Suggesting a wide range of measures for protecting wildlife, the National Forest Commission in its latest report too has recommended special allowances and incentives for wildlife rangers to compensate for the harsh nature of their job.

I got first-hand experience of this and became aware of the real hardships that forest guards live (or survive) under when I worked as a volunteer at Ranthambhore National Park in 2006. To sum up: no electricity, no gas, no fresh vegetables, **no clean drinking water!** Imagine staying in the heat of Rajasthan without a fan! Imagine spending your time not chasing poachers but **collecting dry firewood** to cook your meal! Imagine quenching your thirst with brownish water pumped up from the ground. On a cloudy day, when the solar pump doesn't work, no drinking water at all! Fresh vegetables are a luxury one almost feels guilty expecting. But the most pathetic fact is that to fight the infiltrators or poachers, which at times are in large numbers, all that the forest guard gets is a stick. A **stick?** Yes, a stick. And oh yes, all the monitoring is done on foot.

- Rajiv Sethi, Life Member, BWC

Is it any surprise that the tiger is disappearing from India? When forest guards, instead of getting to focus on the task at hand and being armed suitably for the task, have to go foraging for firewood and live in the heat of the jungle without fans and run after poachers with a stick in hand, how long do you give the tiger in India? Is the Prime Minister (Chairman of the Tiger Cell) listening?
- Editor



BJP opposes eggs, prefers banana

Maharashtra Herald, January 17, 2007

Karnataka government's plan to introduce egg as part of the mid-day meal scheme for school children may be given up with the coalition partner BJP seeking a review of the decision taken by Chief Minister H. D. Kumaraswamy, a non-vegetarian.

The BJP wants egg to be replaced by milk or bananas, a view echoed by many Hindu and Jain seers. Deputy Chief Minister B. S. Yediyurappa of the BJP said egg will mostly be replaced by milk. "There is need to serve milk and fruits instead of eggs under the scheme," he said.

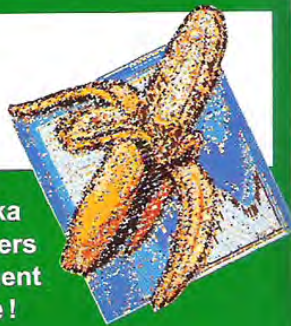
Even some NGOs involved in the scheme are refusing to give eggs with mid-day meals. ISKCON, which covers under its Akshaya Patra scheme around 2.3 lakh children in the State, has said it was not comfortable with the idea of egg meal.

"When the intention is to increase the nutritional value of food, why should the government insist on supplying egg, when even milk, soyabeans and fruits can give the same nutrition?" asked Chanchalapathi Das, vice-chairman of Akshaya Patra Foundation

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Kumaraswamy has backed the egg proposal, asking who "doesn't like eggs?"

Editor: At the moment of going to press, we learn that the Karnataka Government has dropped the midday meal scheme altogether. One wonders why the bananas idea did not work out. Dr. Vijaya Venkat, a prominent nutritionist in Mumbai, calls bananas second only to mother's milk in value!



Guru's word saves hundreds of shark

The Indian Express, January 24, 2007

Fishermen of Saurashtra are cutting their expensive nets and releasing the 30-ft whale shark that would fetch at least Rs 80, 000. They once butchered by the hundreds as the gentle giants came to breed in the warm waters of the Arabian Sea.

On the face of it, behind this change of heart is one man's word of faith, Morari Bapu's.

Central government ban killing of whale shark in 2001. Every year, at least 250 whale sharks migrates from as far as the waters of Australia and Mexico to give birth in the warmth of the Arabian Sea along the Saurashtra coast.. The rare guests were hunted in the hundreds every year by fisherman who modify their normal fishing boats, arming them with harpoons weighing 8 to 10 kg and ropes tied to half a dozen empty plastic barrels. "The waters of Veraval and Bhidiya harbor used to turn red," say K Babariya, Veraval range forest officer.

Agents of fish processing and export firms would pay up to Rs 1 lakh for a 40-foot whale shark weighing 8 to 10 tonnes. Its fins, liver from which oil is extracted, and meat has great demand and fetch a heavy price in the international market. In the coastal fishing towns, it is said that if a fisherman netted two whale sharks in a season he could afford to sit at home the rest of the year.



"A couple of corporate houses also approached me and I joined their efforts." Besides the International Fund for Animal Welfare and Wildlife Trust of India, Tata Chemicals and Gujarat Heavy Chemicals have also joined the campaign to save the rare breed. But holy man's words have indeed tamed greed. The powerful Kharwa community, which dint care for the laws, has also fallen in line. "We used to get good money but after the ban and with Morari Bapu appealing, most fisherman have stopped catching that fish," said Narsinh Dholki, president of the Kharwa Association.

The soft spoken guru famous for his Ram kathas told Indian Express, "Whale sharks come to Saurashtra coast to give birth and end up getting brutally killed. I reasoned with the fishermen by comparing the whale shark with a daughter who comes home to give birth. Instead of death we should give them respect."

Editor: A daughter coming home to birth...what a beautiful comparison! It is poetic spirituality like this that convert *Valyas* into *Valmikis*. One wishes that the rest of India's numerous spiritual gurus also enter the rough-and-tumble and change people around them without thinking worldly matters too mundane. A thousand lectures on spirituality cannot equal one act of saving life. And these are numerous lives that he has succeeded in saving just by the force of his personality

'Taxi Mafia' turns a new leaf in Goa National Park

The Free Press Journal- Mumbai, February 7, 2007



The Mollem National Park, a tropical forest region bordering Goa and Karnataka, is witnessing a silent revolution with the otherwise infamous tourist jeep operators turning into new leaf following Forest Department's initiatives.

"These jeep operators, mainly locals, ferry tourists across to Doodhsagar waterfall. They were defamed as taxi mafias because they did not know how to behave with the tourists during the 14-km-long bumpy drive in the National Park," Amar Heblekar, range forest officer, told reporters at Mollem. Since his posting at this park a year ago, Heblekar decided to turn tourism industry's disadvantage into an asset by training all these jeep drivers in the importance of Nature. The Forest Department's office near Mollem check post turned into a school for this. "We trained them how to behave with the tourists."

Heblekar said, "The drivers were well versed with the wildlife as they have grown up with it. We taught them how to present this wildlife to the guests," adding that the jeep drivers are earning better tips as they win guest's hearts by adding newer things to their knowledge of wildlife.

Editor: It is BWC's pride to let its readers know that Amar Heblekar is our life member for many years. Congratulations, Amar! Very interesting to know of your social experiment which has not come a day too early and which needs to happen at every tourist site of India. And oh, along with the taximen, please include the tourists in your exercise of sensitisation and behaviour towards Nature so that they don't litter, shout, play loud music and scare away animals.

VICTORY FOR ANIMALS!

From animalaid.co.uk

Following a 16-month campaign by Britain's largest animal rights group Animal Aid, Wyevale Garden Centres, the second biggest retailer of pets in the country, with animals being sold in approximately half of its 115 stores has announced a new policy decision to stop selling live animals in its stores. A three-year campaign against DIY chain Focus also culminated in the company ceasing to sell live animals in 2005.

Garden centers are totally unsuitable environments in which to sell animals. Animals bought on a whim often find themselves neglected and/ or abandoned at already hard-pressed rescue centers once the novelty has worn off. Furthermore, based on its detailed research, Animal Aid has found staff in such establishments are frequently unable to provide even the most basic advice on husbandry and may be ignorant of the often-complex physical and emotional requirements of the animals being sold. This is the case with exotic birds, available in some Wyevale centers



Editor: Congratulations to Animal Aid! It certainly educates everyone to learn about the needs of companion animals and how 'impulse buying' on a whim is unlikely to lead to a long relationship between the pet and its new owner.

Protest over death of horse on film set, inquiry ordered

The Indian Express, January 29, 2007

The Bikaner police have initiated an inquiry over the death of a horse, which died during the shooting of *Dron* in a village near Gajner. Following wide-scale protests by animal welfare organizations, shooting of the movie has been temporarily suspended.

The inquiry was initiated after activists from People for Animals group along with members of the Bishnoi Samaj on Thursday submitted a memorandum to District Collector

The use of animals in such violent incidents has to be stopped. "When stars are not ready to risk their lives and use stuntmen, are the lives of animals not precious," said Babulal Jaju, state president of People for Animals.

Editor: We couldn't have put the point across better ourselves. Human performers consent, animal performers are forced.

Remove the ban on export of marine species: Experts

The Financial Express, January 11, 2007

Experts have urged the government to lift the ban on export of marine species having medicinal value seahorse and pipefish. Cited that these marine creatures are no longer in the category of endangered species.

These marine creatures have high medicinal value and are usually exported to China. Traditional Chinese medicines use extracts of these species to cure a number of chronic ailments.

When asked as to why these marine creatures cannot be of use in the country for preparing medicines, Raffi said, "In India no one has this knowledge. The knowledge of preparing medicines from these marine creature is only in the traditional Chinese system"



Editor: Unfortunately, small sea creatures, far-removed from our species in evolution, get no sympathy even if headed for the same Chinese doctors' blender-extractor that the mighty tiger is. Must we encourage any of this blood-and-gore system of medicine at all?

Spurned by mother, it's off to the zoo for these tiger cubs

The Financial Express, January 11, 2007

Two frisky eight-month old twins tiger cubs Era and Sandhvi rescued from Bandhavgarh National Park after they were separated from their mother, Bandhvi, tranquilised, after she killed two people, are now doomed for a life in captivity as their mother has refused to accept them.

Bandhvi refused to eat the meat offered to her for days, till rules were broken and was allowed to kill live goat to save her from starvation. The cubs are playful with each other and aggressive with keeper, but are unlikely to learn the ways of the wild, feel forest officials.

Retired PCCF A P Dwiwedi has called for developing a protocol that would enable forest authorities to release such animals in the wild gradually. First, they could be released in a small enclosure and offered live baits and later, they could be set free in the wild, are some of the proposals being made.



Editor: Being made a captive live bait is a nightmare that no animal should be subjected to. The horrors of Chinese farms where live buffalo are thrown to tigers bear mentioning here.

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disturb

ધીરેન શાહ

Dhiren Shah (45) passes away

Ranjit Konkar

Dhiren Shah, one of our very active and loyal members from Ghatkopar, Mumbai, passed away on 7/01/2007 in circumstances whose mystery will remain unknown to us.

While at a family picnic at Sooraj Water Park in Thane, Dhiren is reported by his family members who were around him to have been caught unawares and overcome by an unexpected bout of uneasiness. What was assumed to get over in a few seconds seems to have grown in severity in a matter of minutes and in a mind-boggling turn of events, culminated in his death, leaving those around him (family and friends) stunned and speechless in horror. A person full of life and vigour plucked from this world without any preamble.

What factors they were—physical, mental, or a combination—which led to the fatal end, and whether they were hidden from Dhiren himself we will never know. Devoid of all bodily vices (tobacco, alcohol, meat), in fact an active campaigner against them, attentive to his physical fitness by doing sit ups among other things, in touch with his inner self through regular yoga and meditation, there doesn't seem to be any reason that unnatural death should have visited him at the early age of 45.

His family has borne the shock of his departure from their midst with a fortitude and maturity that would have made Dhiren happy. Upon visiting his home only a week after the event, this writer found little trace of the atmosphere of gloom shrouding a place of recent demise. The family reports owing the strength to bear the sorrow to Dhiren's own legacy of a life of spirituality-based service to others.

Nature's ways are unknown to us; one trembles at the consequences of the lack of our knowledge of the fine balances that need to be maintained to keep the flame alive in the seemingly most fit of us. Which of these balances was upset in Dhiren's case, we do not know. But what is in our hands is to live life to the fullest, like Dhiren did. His 'fullness' came, however, not from indulgence but from practising and preaching humility, compassion, and the opportunity to be of service. Dhiren leaves behind not only his family (wife Meena and son Atman) but also numerous students who used to study Jainism under him. Perhaps they would help the family carry his torch forward.

Dhiren was personally well-known to this writer; he had visited us in one of our screenings of the BWC Film, and was in constant touch regarding the Vegetarian Shopping Guide that we publish, suggesting new brandnames to us to follow up, forwarding us cuttings of product ads proclaiming to be "100% Veg," and what is his most noteworthy work, publishing his own work called Khalel (meaning 'disturbed' in Gujarati) through which he spread awareness about cruelty-based products just like we do at BWC. Through this publication, the circulation of which we are told goes into the tens of thousands (70 thousand), he has very faithfully played the role that we urge all our members to play—that of the torch-bearer who shows the way to others.

May his soul rest in peace.



COMPASSIONATE FRIEND



combined with other lifestyle changes like regular exercise, meditation, and a positive attitude can work wonders.

Secondly, vegetarianism can help restore Man's relationship to Nature to its rightful position. The human body is designed only to digest vegetables. So if the original diet plan given by God is followed, it will help human beings to stop exploiting Nature and thus serve the cause of a more equitable distribution of resources.

BWC: How does the SDA order help its members stay vegetarian?

ES: We have national-level workshops for healthcare workers and regional representatives, where we train them in holistic health and moderation. They go back to their respective areas and spread the movement further. In all our schools (we run 300 in India), we have a 'Health and Temperance Week', observed as a fixed part of our annual calendar, wherein students participate in the 'Temperance Contest' where they chart out the ill-effects of alcoholism, drug addiction, smoking and the likes. The SDA mission additionally runs 12 hospitals, 5 colleges and one lifestyle center in India. We also distribute a lot of healthcare literature (they claim to be leaders in health education since the 1890s: **BWC**) to help our followers make healthy lifestyle decisions.

BWC: You're associated with Adventist World Radio. Do they air content promoting vegetarianism and health?

SE: The AWR has a daily 10-minute segment specially dedicated to the cause of health and vegetarianism. It is called 'NEW START' which can be decoded as: N=Nutrition, E=Exercise, W=Water, S=Sunshine,

T=Temperance, A=Air, R=Rest, and T=Trust in God. Different speakers go on air everyday to help the listeners improve their 'holistic health'.

BWC: What about other Christian orders? Does the SDA Church make any efforts to have them join the vegetarian movement?

ES: We do not condemn other Christian orders. We offer choices to them, there are many who have joined the SDA order.

BWC: What about other Christian orders? Does the SDA Church make any efforts to have them join the vegetarian movement?

ES: We do not condemn other Christian orders. We offer choices to them, there are many who have joined the SDA order.

BWC: Christians have traditionally not been looked upon as a vegetarian community. As a community leader, would you hope that someday all Christians go veg?

ES: It is true that Christians have traditionally not been perceived as a vegetarian community. Of course I would be very happy if all Christians were to practice vegetarianism.

BWC: Your message for BWC readers...

ES: *The way to make this world a better place lies in maintaining the social and spiritual order that God has ordained for man. The moment we deviate from that there is bound to be destruction and disappointment. If you accept it and take it seriously, then your life is in harmony with God's principles and you enjoy perfect peace, which humanity is in need of today.*

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THANKS!

Our sincere thanks to Shri Surjit Singh Nagpal (and his wife) of Agra for hosting us during our visit there. He was kind and generous enough to put us up at his own home, take time out to accompany us on our work, take us around on his own scooter and car and use his network of contacts to introduce us to the varakh-booklet-producing community of Agra. We are proud of the help of members like Surjityi.

THE TRUTH BEHIND THE TRADITIONAL VARAKH

Some of the things we learnt in our visit to Khatikaana mohalla, Agra:

- ▶ The varakh booklet raw material is made in Agra *and nowhere else*.
- ▶ Every animal's skin consists of two layers: the outer layer from which the hair grows, and a layer beneath that, the inner layer. The booklet is made from the outer layer, which has to be separated from the inner. The process of separating the two is a highly skilled, deft, and dexterous manual task done by using a knife called a *raapi* that has a

lateral sharp edge. It is to prevent others learning the art and losing their own hold over the business that the *pannigars* of Agra refuse to let the process be captured on film.

- ▶ The outer layer is tanned in concoctions of organic material like flour and salt to remove all hair, flesh, and blood from it. The tanning is done over 10-12 days by transferring the skins from vat to vat, and is the source of the unbearable smell of dead animal tissue all around.
- ▶ The inner layer of skin is not thrown away but is used in making... book-binding! Here again the *pannigars* claimed a drop in business because of the drop in production of books owing to the dominance of electronic media in the information sector.
- ▶ The hair that is removed from the raw hides goes into making... *kambals* and other woollen products! Did you know? Consider that as a reason for avoiding wool; who knows where it might have come from—live or killed sheep? 

Schools covered after the last issue of **COMPASSIONATE FRIEND**

No	Name of School	Medium	Gender	Students
1	Hansraj Morarji Public School, Andheri (W)	English	Boys	150
2	Sarvodaya Vidyalay No. 2, Ghatkopar (W)	Marathi	Co. Ed	300
3	Chhatrapati Shivaji High School, Ghatkopar (E) ♦♦●	Marathi	Co. Ed	275
4	D. S. High School, Sion (E)	Marathi	Co. Ed.	250
5	Vanita Vikas Mandal's Vikas Vidyalaya, Ghatkopar (E)	Marathi	Co. Ed.	250
6	R. M. Bhatt High School, Parel ♦♦●	Marathi	Co. Ed.	300
7	Sarvodaya Vidyalay (Hindi), Ghatkopar (W) ♦♦●■	Hindi	Co. Ed.	300
8	Sant Gnyaneshwar Vidya Mandir, Ghatkopar (E)	Marathi	Co. Ed.	150
9	ST Mehta high School, Ghatkopar (W) ♦♦●	English	Girls	225
10	Dominic Savio Vidyalaya, Ghatkopar (E) ♦♦●	English	Co. Ed.	200
11	Manav Mandir School, Walkeshwar ♦♦●	English	Co. Ed.	160
12	S. I. E. S. High School, Matunga (E) ♦♦●	English	Co. Ed.	325
13	Ghatkopar Shiksan Prasarak Mandal's Marathi Vidyalaya	Marathi	Co. Ed.	175
14	Vesava Marathi Vidya Mandir, Andheri (W)	Marathi	Co. Ed.	75
15	Vesava English Vidya Mandir, Andheri (W) ♦♦●■	English	Co. Ed.	75
16	Khar Education Society's Jr. College of Commerce, Khar (W)	English	Co. Ed.	200
17	Nagindas. L. Khandwala College, Malad (W)	English	Co. Ed.	120
18	Fr. Agnel College of Engineering, Bandra(W)	English	Co. Ed.	20
19	Environment Teachers Meet -Holyname School, Colaba	English	Teachers	45
20	Environment Teachers Meet - Balmohan High School, Dadar	English	Teachers	55
21	SL & SS Girls High School, Thakurdwar	Marathi	Girls	100
22	Shardashram Boys Marathi School, Dadar	Marathi	Boys	250
23	Lord Harris Upper Pri. Municipal School, Dhobitalao ♦	Marathi	Co. Ed	105
24	Diamond Jubilee High School For Girls, Dongri	English	Girls	75
25	Sow. Ushadevi Pandurang Waghe High School ♦♦●	Marathi	Co. Ed.	60

KEY (♦ agreed to use only non-animal hair brushes, ♦ agreed to never offer non-vegetarian food in their canteens, ● agreed to make non-leather shoes and belts compulsory, ■ agreed to provide only plastic shuttlecocks and cork balls (for cricket))

We are delighted to announce that as many as 11 of these have given us their concrete commitment to the cause by joining our Life Reverent Program

We congratulate these schools for their decisions, which were taken entirely voluntarily. It is very rewarding for us to know that the commitments were made in response to watching our program. That is the role we wish to play, of bringing about a difference through pro-active steps arising out of awareness-raising. BWC is proud of these schools and grateful to them for joining the cause.

And what to say of the reward of the audience's response, especially the innocent children's? Here are some of the more moving moments we have experienced during the programs:

Chhatrapati Shivaji H. School: Principal Mr.Sarodaye took keen interest in recommending schools after seeing our program. He recommended 15 schools of Ghatkopar (East and West). This was the highest-ever!

Diamond Jubilee School (Dongri): The effect of our program in this school was so positive that a student named Amreen refused to eat non-vegetarian meal at home! Not only did she refuse the food but also requested her family members to refrain from eating non-vegetarian food. Her father called us (out of curiosity) to know what we had told them in our programme that she has become so adamant for a vegetarian diet in a staunchly meat-eating household. One more feather in our cap!



...Continued to inside cover



*"Cause God created us
to live peacefully with animals
and not for us to kill
and behave like cannibals"*

In loving memory of Abhishek C Rathod (26 Jul 1989 - 8 Feb 2005)

(MESSAGE SPONSORED BY THE RATHOD FAMILY)

...Continued from Pg. 20

National Science Day (28th February 2007) was a very apt occasion for BWC to conduct a workshop for the 'Nature Club' students of **Student Literary and Scientific Society's (S. L. & S. S.) Girls' High School**, Thakurdwar, Mumbai 400 002. We displayed 25 of the best entries received by us during our recently-held poster competition. Students were asked to observe these posters carefully and note down 1) the poster they liked the most and 2) the message they got from the poster they liked. The best three winners on these criteria were given prizes. The idea of the workshop was to make the students compassionate towards animals and go home with some message on preventing cruelty to animals.



Reading some of the reactions in Marathi from the students, we felt that our efforts towards that end were 100% successful. The first prize winning comment was by Ms. Monica Dias. 2nd and 3rd prizes were given to Ms. Pranali Chavan and Ms. Sanskriti Bari, all from 9th A.

...Continued from Pg. 3



Local villagers and *padyatris* keenly watch our audio-visual live powerpoint presentation made by Sunita Kulkarni from our Mumbai office.

grounds of unsustainability. BWC lent support to the *padyatra* by being present at their first three nightly halts with our laptop and projector to play PETA's footage of the slaughter of bulls at Deonar slaughterhouse and to give our Powerpoint presentation on lifestyle-related abuse of animals to the local people assembled there. The purpose was to acquaint the villagers with what they might not know about the fate of bulls and other animals sold by them. Swami Chetan Namito, our trustee at BWC's Pune office, and Sunita Kulkarni and Suresh Agarwala from BWC's Mumbai office all took part in the effort.



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