

Vol 46 No 1  
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# COMPASSIONATE FRIEND



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

## Death on Tracks



**In this Issue:**  
**Cruelty can never  
be "Necessary"**  
**Elephants and Ivory**  
**Vegan Proteins**  
**Donkey Meat**  
**Beehives**  
**Vermin**



## Beauty Without Cruelty - India

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## Beauty Without Cruelty

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**Photo courtesy:** Shashank Prabhakar

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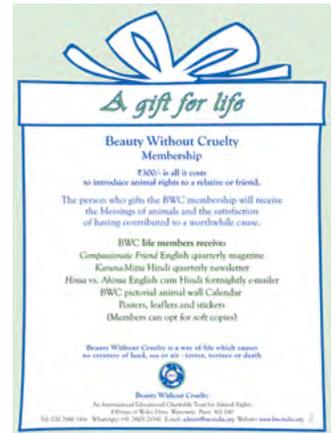
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## Help!

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torture and death.

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# From my Desk...

## Violence towards fellow Humans begins with Violence towards Animals



In August-September 2022 the National Council of Educational Research and Training (NCERT) undertook a digital survey to obtain suggestions and inputs for formulation of National Curriculum Frameworks.

That's when BWC wrote to NCERT saying it was extremely important to teach students reverence for all life and that it be included in the National Curriculum. We explained that many countries had documented that criminals at a young age had first been violent towards animals.

We also informed them that with the aim of instilling compassion among children, we had for years been distributing non-animal hair paint brushes, stickers and phonetic alphabet bookmarks to school children free of charge.

**If any member would like to receive such packets for children of their family and their friends, do let us know how many and we shall be happy to send.**

## The Draft Prevention of Cruelty to Animals (Amendment) Bill, 2022

In view of it having taken decades for the Government of India to come forward with amendments to the Prevention of Cruelty to Animals Act, 1960, one would have expected a better pro-animal overhaul. Increasing penalties and including a couple of significant amendments is good, but not good enough.

While BWC submitted four pages of comments to the Draft Bill, we also wrote to the Prime Minister because he has been urging India to break the shackles of colonialism and let colonial laws go. We brought it to his notice that the Protection of Animals Act, 1911, from which considerable wording and phrases were copied in our Prevention of Cruelty to Animals Act, 1960, continued to remain there in the 1982 amendment, and now again in the Draft Prevention of Cruelty to Animals (Amendment) Bill, 2022.

We pointed out the frequent use of the word “unnecessary” and the phrase “without reasonable cause” which needed to be deleted because no pain, no suffering, no cruelty, etc. inflicted upon animals can ever be termed necessary, nor can there be a reasonable cause to inflict cruelty upon any animal. Exceptions condoning animal cruelty go against the very purpose of the Act which should only seek to stop all cruelty to animals as its title states.

BWC is hopeful that the PM will embrace the current world view that respects animals as sentient beings, having the faculty of sensation and perception, or the ability to feel physically and emotionally. We have requested him to endorse our stand otherwise the proposed Draft Bill will continue having archaic, ridiculous and unjust ideas of treating animals as commodities or movable property.

 **Diana Ratnagar**  
Chairperson

# A Bleak Future for Elephants

*This change in law gives enormous scope for trading and will facilitate elephant capture from the wild says Suparna Baksi Ganguly*

In December 2022, a pall of gloom descended over conservationists and animal lovers in the country.

The Upper House of Parliament approved the passing of the amendment bill to the Wild Life (Protection) Act, facilitating the transfer of captive elephants for religious and any other purpose. Notwithstanding the debates, arguments, letters of appeal to the Ministry of Environment, Forests & Climate Change, reaching out to Parliamentarians for seeking their support to prevent mass abuse of captive elephants, the amendment passed through both houses of Parliament, received Presidential assent and has been published in the Official Gazette dated 20th December 2022.

Item No 27 in the Gazette states:

*In section 43 of the principal Act, in sub-section (2), the following proviso shall be inserted, namely:*



**Spike chains are a common instrument of restraint for keeping elephants still, which is against their very nature but is done often enough as to permanently disable them.**

*“Provided that the transfer or transport of a captive elephant for a religious or any other purpose by a person having a valid certificate of ownership shall be subject to such terms and conditions as may be prescribed by the Central Government.”*

This recent law reveals how far India has regressed from its goals of wildlife protection and conservation. Elephants are the only Schedule 1 wildlife which, even prior to the amendment, could be inherited, remain as personal property and be transferred to another person in limited transactions.

This change in law gives enormous scope for trading and will facilitate elephant capture from the wild by opening up the informal trading networks – these are, no doubt, getting geared up for a volley of demands from the southern states of Kerala and Tamil Nadu and from the northern and western states of Rajasthan and Gujarat.....the gaps will now be filled in by vociferous and insistent demands from multiple institutions and individuals, emboldened by the recent Amendment.

As many as 3,938 people have lost their lives in wild elephant attacks in India between 2014 and 2022, the Ministry of Environment, Forest and Climate Change, has said in response to an RTI filed by Kerala-based RTI campaigner K Govindan Nampoothiry.

In a misguided, strangely naive response to human deaths caused by wild elephants, many Parliamentarians actually believe that all problems caused by wild



**Accidents are a common occurrence in Kerala when elephants are hurriedly packed into unsuitable vehicles for rushed participation in temple festivals.**

elephants can be resolved by capturing them and presenting them to religious institutions and others, for living in abusive forms of captivity! Instead of focusing on protecting elephant corridors, creating robust laws to prevent the encroachment of forest lands and blaming the construction of developmental activities in their major movement and connecting paths, they have voted for their capture, torturous training and eventual trading to private partners.

The Rules, which promise to govern this Amendment clause, will be set by a group of Committee members, whose composition is yet unknown to the public. As per the last Project Elephant,



**Terrifying for humans as well as for tortured elephant, running amok is an expression of untold distress at the grave injustice that the elephant is subject to. Often killing people and injuring himself, the elephant is subject to the harshest of physical violence after he is secured.**

it was formed exclusively by government officials, government veterinarians and members of the Captive Elephant Owners Association of Kerala. There were no civil society representatives, stakeholders or activists. We hope and pray that better representation is allowed and followed, to have a balanced view of when and how captive elephants can be acquired and disposed of.



**Solitude loving tuskers are wild animals who prefer to stay alone in forest spaces except when they look for mates or stay with small bachelor herds. Here in the Pooram setting in Kerala, they are exposed to the worst triggers of uncontrolled crowds, proximity to other male elephants and shattering cacophony of sounds which often drives them insane with stress.**

We hope that the year 2023 brings some relief to the tortured and abused captive elephants of India. We, as a country, lost a magnificent chance to secure their future and safety... the photographs alongside are indicative of what they go through - the past was not so good and the future seems even bleaker!



*Suparna Baksi Ganguly is the Co-founder Trustee of Compassion Unlimited Plus Action (CUPA) and Wildlife Rescue & Rehabilitation Centre (WRRC).*

*She is also a life member of BWC-India.*

**The photographs on these pages are from a collection added to over many years, and the author extends her deepest gratitude and acknowledgment to the unknown photographers.**

## FYI

### Illicit Ivory

**S**urprisingly in November 2022, India abstained from voting on a proposal at the CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora) meeting to allow commercial sale of ivory from African elephants. It was part of India's deal with Namibia for the transfer of cheetahs to Kuno National Park. Luckily the proposal, also supported by 3 other countries who had stockpiled elephant tusks, was defeated.

Trade in all elephant ivory (both African and Asian) therefore stands banned in India. Apart from the illegality, we need to protect, not support poaching of elephants.

In July 2020 it came to light that at least 60 elephants had been poached in the forests of Tamil Nadu for 375 kgs of ivory in the last 10 years; and 2 persons were to blame for 300 kgs of this quantity which had been sold by them to a smuggler. For reasons best known to the TN Forest Department, on 3 occasions they had apprehended these 2 persons, obtained confessions from them, but allowed them to go out on bail and they continued poaching.

In February 2021 acting on a report by Wildlife Crime Control Bureau (WCCB) which stated that TN elephants were being poached by people from other states and that no action was being taken against the middlemen and kingpins,



**Kill the Ivory Trade, Not the Elephants.**

*Photo courtesy: ElephantVoices*

the Madras High Court ordered a CBI (Central Bureau of Investigation) probe into all elephant poaching cases in the state. Citing recent deaths of at least 8 elephants and the recovery of 300 kgs ivory from the accused 2 persons, the Court went on to ask how only male elephants had got electrocuted. (Females do not have tusks.)

In view of this, it was not surprising when in March 2022, a jewellery shop in Salem was found selling items made from ivory which was first claimed to be artificial, then that of deer horn. Fox teeth were also found.

As many as 35 ivory tusks were also seized in March 2022 at Jaipur by the Special Operations Group of Rajasthan Police and the WCCB.

During a joint raid by the WCCB and the West Bengal Forest Department, 4 ivory statues were seized in Hooghly district in April 2022. As a matter of policy in order to stop smuggling, the Government of India did not value them.

In May 2022, 6 elephant tusks weighing 9 kgs were seized in Odisha by the Special Task Force of the Crime Branch. Again in June 2022 they seized 2 elephant tusks weighing 4.5 kgs.

In July 2022 the Assam Wildlife Bureau and Forest Division arrested 2 persons with 9 ivory tusks weighing 6 kgs.

In August 2022 the WCCB and Telangana Forest officials seized 26 pieces of ivory jewellery from a seller in Hyderabad who was selling genuine and fake ivory. Fake ivory could very well be bone of another animal.

Ivory, horn, bone, teeth or beaks of wild and domestic animals and birds are widely used in jewellery and artefacts. Just by looking at the item one can never be sure whether it originated from cattle or camel, elephant, rhino or deer.

BWC requests readers to resolve never to buy any item made of animal bone. Inlay work can be of bone or mother of pearl which is as bad, although it could also be metal, marble, stone or wood.

## ‘Vermin’

**M**an-animal conflicts made the British introduce the concept of ‘vermin’ animals in India. *Shikaris* were paid to kill or eliminate animals that were considered pests. Such bounty hunting was in addition to hunting for sport.

Schedule V that listed ‘Vermin’ has been totally removed from the Wild Life (Protection) Amendment Act, 2022.

One would imagine this is good news that no longer is any animal or bird listed as ‘vermin’ and therefore allowed to be hunted. But, it is not at all as straight-forward as it seems. ‘Vermin’ now means any wild animal notified under Section 62 of the Act.

Section 62 reads:

***Declaration of certain wild animals to be vermin*** – *The Central Government may, by notification, declare any wild animal other than those specified in Schedule II to be vermin for*



**Wild boar that had been declared vermin shot dead by forest officials at Aruvappulam in Ranni taluk of Kerala. Photo courtesy: thehindu.com**

*any area and for such period as may be specified therein and so long as such notification is in force, such wild animal shall be deemed not to be included in Schedule II for such area and for such period as specified in this notification.*

Schedule II includes 41 mammals, 864 birds, 12 reptiles, 5 amphibians, 58 insects, 14 molluscs, 10 sponges. They can now be easily declared as ‘vermin’.

Over the years, citing man-animal conflict, wild life such as nilgai, wild boars, porcupines, deer, hare, jackals, monkeys, peacocks and parrots that have damaged crops, have been declared as ‘vermin’ and encouraged to be killed by giving handsome monetary incentives for every carcass. Snares and poisons have however backfired as they attract other animals, both wild and domestic.

Interestingly, a farmer from Jalore, Rajasthan, suggested that instead of culling nilgai, the government should tranquilise and move them to the Ranthambore National Park or some other wild life sanctuary.



**Image of a nilgai which was buried alive - taken from a video removed “for violating YouTube’s policy on violent or graphic content”. Between 2016 and 2019 almost 5,000 nilgai were killed after being declared vermin in Bihar. Photo courtesy: indusscrolls.com**

# Animals Hit and Run by Speeding Trains

*The Vande Bharat Express hasn't even spared cows says Nirmal Nischit*



**Tiger at Dudhwa National Park. Photo courtesy: Ankit Kashyap**

**E**lephants, tigers, leopards, hyenas, sloth bears, gaur, nilgai, deer, wild boar, owls, peacocks, pythons and other species are killed by speeding trains. Railway lines cut through natural forest trails of wildlife which have caused an alarming rise of accidents – an under-estimated 32,000 animals were killed on railway tracks in India between 2016 and 2018. “Under-estimated” because very many accidents involving species like langurs, birds and reptiles go unnoticed and/or unreported. Between April 2019 and January 2023 more than 1 lakh cattle were hit by trains.

The Vande Bharat express hasn't even spared cows. Cattle were hit on the Gandhinagar-Mumbai route, not once but twice and that too within a week of being inaugurated. Alongside is their response to BWC.

Every time BWC has got to know of an accident, we have written to the Railways and Environment Ministries. We have been repeatedly requesting that they do what it takes to stop wildlife from getting injured,

and that they should instruct engine drivers to slow down and if they harm any animal strict action should be taken against them. We have also been suggesting that trains should not run through forests between 6 pm and 6 am.

This year we reminded them of the December 2021 Madras High Court's stringent orders against the Railways. A division bench of Justice V Bharathidasan and Justice N Sathish Kumar said “We would not mind summoning the highest official concerned and make them vicariously liable for the death of the jumbos”. The Court then directed the Centre to come up with a proper plan.

BWC was therefore pleased to know that in October 2022 the Railways proposed the construction of permanent underpasses at 100 locations in India. However, we hope that they will continue with their effective “Plan Bee” thanks to which a considerable number of elephants have been saved.



Office of the,  
Principal Chief Engineer  
Western Railway HQ  
Churchgate,  
Mumbai-400 020

No. WR-HQ0ENGG(WPMC)/5/2020 - (E-27016)

Date: 16/11/2022

Mr. Diana Ratnagar,  
Beauty without Cruelty (INDIA)  
Wanowarie  
Pune - 411040

Sub: Cattle hit by Vande Bharat Express: Ms. Diana Ratnagar (MR/C/e-office 1283276 dated 14.10.2022),

Ref.: I) Railway Board's letter No. 2019/CE-II/CA-iii©/DR dated 20.10.2022.  
II) BWC'S Letter dated 14.10.2022.

\*\*\*\*\*

In the letter referred to above, you have given your objection and suggestions regarding Cattle ht by Vande Bharat Express on Gandhinagar – Mumbai route. The parawise remarks in regard to the above referred suggestions related to Civil Engineering Department of Western Railway are as under:

Item No.	Suggestions	Remarks
A)	On the route of Vande Bharat Express strong fencing/Boundary Wall should be put on either side of track with provision of Gates which can be opened to cross the track by cattle.	Railway is going to construct boundary wall all along the route of Vande Bharat Train between Mumbai-Ahmedabad. 143 km length has already been covered and work for the balance is in progress. Provision of 2mx2m subway for crossing of pedestrian and cattle is also under consideration.
B)	Public residing in nearby area should be informed regarding timing between which Vande Bharat express is likely to pass, so that they do not attempt to cross the track then.	In this regard, wide publicity was given about the train timings of Vande Bharat Express through print media as well as social media. Further, the awareness & sensitization campaigns which are being undertaken by RPF staff of WR were also given wide coverage.
C)	BWC is surprised to know that Railway was only concerned about damage of train and seems to have no remorse or sympathy for the 4 Buffaloes and 1 Cow that they were grievously injured and must have died.	Railway have its deepest sympathy for deaths of animals due to train accident, however Railways have priority of passenger safety. Further, it is also mentioned that trespassing is punishable offence according to section 147 of Indian Railway Act 1989.

16.11.22  
Chief Engineer/Planning  
Western Railway

Copy /-  
Director Civil Engineering (Plg) Railway Board, New Delhi- For kind Information Please.

# Donkey Meat

*The demand for donkey skins has obviously resulted in lots of donkey flesh being available and so a growing donkey meat and blood market immersed alongside the existing demand for donkey milk says Khurshid Bhathena*

**D**onkeys and mules are both equines like horses, ponies and zebras. The 20th Livestock Census released in 2019 found India's equine population had significantly decreased: donkeys were 50.24% and mules 8.83%, whereas horses & ponies 40.93%.

Only 1,20,000 donkeys were left in India, the population having fallen by 62%. In fact, the donkey population has shown a declining trend over the last 4 Livestock Censuses.

The Indian Penal Code, 1860, Section 429 does not allow slaughter of mules or donkeys:

***Mischief by killing or maiming cattle, etc. of any value or any animal or the value of fifty rupees*** – *Whoever commits mischief by killing, poisoning, maiming or rendering useless, any elephant, camel, horse, mule, buffalo, bull, cow or ox, whatever may be the value thereof, or any other animal of the value of fifty rupees or upwards, shall be punished with imprisonment or either description for a term which may extend to five years, or with fine, or with both.*

Donkeys and mules are not listed under the Food Safety and Standards Act as animals that are allowed to be slaughtered and their flesh eaten in India as listed under the Compendium Food Regulations.

Donkeys and mules, alongside oxen, horses and ponies, even yaks, are classified as beasts of burden used for heavy labour. An ass is another name for a donkey. They are always put to work in harsh conditions. No wonder there exist charities and sanctuaries in many countries exclusively for their welfare.



**Donkeys made to pull a cart containing their slaughtered friends (donkey meat). Photo courtesy: Times of India**

## Donkey Meat

The decline of the donkey population started years ago with donkey skins being smuggled out to China from which medicinal gelatine called *Ejiao* is made. India exports donkey skins both legally and illegally. (China breeds the largest number of mules in the world, followed by Mexico.)

The demand for donkey skins obviously resulted in lots of donkey flesh being available and so a growing donkey meat and blood market immersed alongside the existing demand for donkey milk.

In October 2022 as much as 400 kgs of donkey meat was seized in Hyderabad and 7 persons were arrested. Within a month, 2 men were arrested (while 5 others escaped) and 20 kgs of donkey meat was seized at Guntur. In Prakasam, Bapatia, Krishna, West Godavari and Guntur districts of Andhra Pradesh people are known to consume donkey meat imagining it to be an aphrodisiac and that it can heal particular ailments. These so-called health and medicinal benefits have

been touted in order to create a demand for donkey meat so that it brings in additional income to what is earned from donkey skins.

The state's donkey population declined 53% in 7 years from 10,164 in 2012 to 4,678 in 2019 due to illegal slaughter. So much so, by 2022 donkeys were brought from Rajasthan to meet the created demand.

## Drudgery

A hinny is produced by mating a female donkey (jenny) and a male horse (stallion); whereas, a mule is from a jack (male donkey) and a mare (female horse). Both hinnies and mules are sterile and are bred with the sole aim of extracting hard work out them, but more often than not the animals turn out to be stubborn and are therefore mercilessly whipped to work hard and continuously for long hours. Both have exceptional memories and can form close and loving bonds with humans.

Brick kilns use mules, donkeys and horses to transport wet and dry bricks, either by cart or pack, both within the brick kilns and from the kilns to other locations for use in the construction industry.

In Kerala many of the 600 or so donkeys made to trek up the hill from the base camp at Pamba to the Sabarimala temple and down 4 kms carrying mainly jaggery, rice and foodstuffs got exhausted and were left to fend for themselves. However, in November 2010 just before the season began, the Travancore Devaswom Board which is in charge of the temple's administration pledged to the Kerala High Court that henceforth it would ensure that the donkeys were properly inspected and only if found fit would be allowed to go up, numbered, given medical treatment, and not abandoned by contractors and owners.

In 2018 the Supreme Court ruled that the use of mules to ferry pilgrims from the Katra

base to the Vaishno Devi shrine in Jammu & Kashmir should be phased out and the mule owners be rehabilitated. The bench had expressed concern over the mule droppings lying en route. The National Green Tribunal had earlier said that a new path should be constructed to the shrine exclusively meant for pedestrians and battery-operated cars and no mules (donkeys, ponies or horses) should be allowed on this new route. However, rates for ponies and palanquins are advertised on websites.

## Defence

Luckily the practice of the Defence sending retired horses and mules to vaccine manufacturing centres where they were tortured to produce anti-venom serum was stopped years ago in 2001. This used to happen despite having named a mess lounge Pedongi after a bay mule that pulled loads from 1962-92 in the Indian Army's Transport corps. In fact, mules played an important role for India during wars like the Chinese aggression of 1962 and Kargil 1999.

Army dogs, horses, camels, yaks and mules used by paramilitary services now all retire with benefits (just like humans of their corps) and no euthanasia or auction is conducted for worn-out cases.

This came about in 2016 after BWC wrote to the President of India who is the Commander-in-Chief of the Defence Forces of India, the Prime Minister, the Defence Minister and Chief of Army Staff, saying that it was morally, ethically and culturally wrong to kill Army's dogs, horses and mules when old and unable to work. In response the Defence Ministry assured BWC that instructions had been given for "immediate cessation of further destruction of old and worn out animals".



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

# The Rising GI (Greed and Ingratitude) Index

*How did we as a species become so greedy as to steal the only food honeybees consume and so ungrateful to honeybees who are responsible for all the variety of foods available to us asks Ritambhari M*

I recently attended the ALT EFF (All Living Things - Environmental Film Festival) held at Ooty and watched a film made by Rajani Mani called *Colonies in Conflict* that is filmed on the *Apis dorsata* honeybees who make their hives in high rise buildings in Bengaluru and how residents in these buildings find them a menace and have them removed. In the process thousands of bees are killed.

In the question and answer session that followed, I brought up the point that while care can be taken to ensure the honeybees are not smoked or bagged out of their hives causing them to be killed in the process, the act of stealing the only food bees consume is unacceptable. As I delved into it deeper, the fact that humans who consume all manners of food that bees pollinate hit me deeply enough to ask the question, how did we as a species become so greedy as to steal the only food honeybees consume and so ungrateful to honeybees who are responsible for all the variety of foods available to us?

In cities like Bengaluru, in the name of economic development thousands of hectares of forest cover are being cleared

## Do watch



[youtu.be/P3ko5JJ-iRs](https://youtu.be/P3ko5JJ-iRs)



Giant Honey Bee (*Apis dorsata*).

Photo Courtesy: Rison Thumboor, commons.wikimedia.org

taking away from honeybees the tall trees they make their hives in. This is in addition to what humans do to them when humans steal their food and the wax bees line their hives with to keep themselves warm during winters.

And now in addition to stealing honey for food, the human GI Index (Greed and Ingratitude Index) has risen so much, they are clearing forest cover, and using beeswax and honey for the cosmetic industry!

It's the same for other products sourced from animals as well, be it milk, skin, bones, flesh, tissue, hair – these are all stolen not just for food but also for the clothing and cosmetic industry.

I observe that there's a rise in the GI Index while if we as a species were to consider ourselves good, loving and kind human beings, it is our CG Index (Contentment and Gratitude Index) that should be on the rise.



Ritambhari M is a life member of BWC.

She writes to spread awareness about ethical, social and environmental issues.

## Bee Products

**B**eekeeping has been mistakenly touted as environmentally friendly because honey bees pollinate. Actually introducing bee boxes puts honey bees into competition with wild pollinators (bumblebees, butterflies, moths, flies, ants, other insects, even bats and sun birds in India) and exacerbates the problem. There is no doubt that indigenous pollinators are negatively impacted by honey bees being introduced in or released into wild or new areas for the commercial production of honey.

It is incorrect to feel that no cruelty is involved in obtaining honey and other bee products. Honey is the bees' food and we steal it from their hives/homes by pulling out dripping honey comb frames and replacing them with empty ones. They do not make it for human consumption, but for their own sustenance, therefore it cannot be considered or marked vegan, leave alone vegetarian. Similarly, other bee products like beeswax/*mom* and bee larvae, snatched from beehives are not meant for human consumption.

Other bee products are bee pollen/bread or ambrosia consisting of flower pollen gathered by worker bees as a primary food source for their hives (mistakenly used as a veg protein diet), bee venom (used in medicines and as beauty treatment), beeswax/*mom* (used in a wide variety of applications covering cream & lotion cosmetics, lipsticks, foods, pharmaceuticals, paints, candles, polishes, lubricants, paper straws, as well as for arts and crafts), propolis (a resinous, anti-fungal and anti-bacterial mixture similar to beeswax that bees collect from botanical sources for sealing small gaps in their hives), bee larvae (eaten: e.g. by Nagas – huge quantities are sold in the weekly bazaar at Dimapur,

bee larva powder and royal jelly (used as a food supplement/tonic and in cosmetics). Beeswax/*mom* is commonly referred to as white wax/bleached wax or yellow wax and is obtained by steeping honeycombs in boiling water.

The European Food Safety Authority and the US Food & Drug Administration have taken action against companies that have claimed health benefits to market royal jelly products. It is the secretion from the glands of nurse bees and is the food of all the colony bees. However, when the hive is producing new queens the worker bees construct special queen cells and the larvae in these cells are fed copious amounts of royal jelly that triggers the development of queens with fully developed ovaries needed to lay eggs. Royal jelly is stolen from colonies when the queen larvae are about four days old.

Like in the case of royal jelly, there is no evidence to prove that propolis is a natural healing agent. It is bee glue and is used by the bees as a sealant to fill open spaces in their hives.

The GI (geographical indication status) was awarded to Bastar in Chhattisgarh for *dhokra/dokra* artefacts. It is non-ferrous metal casting using the lost-wax casting technique that utilises pure bees wax. Also at Swamimalai, a small village near Kumbakonam in Tamil Nadu, the sculptors and artisans of bronze idols received a GI tag for their ancient art of lost-wax technique of bronze-idol casting using soft dough of bees wax and gum resin. Unfortunately manufacturers do not readily utilise the good vegan (plant and mineral derived) substitutes for beeswax that are available: carnuba wax, soy wax, candelilla wax, ceresin wax, earth wax, bayberry wax, and Japan wax.

## Vegan Recipe *Mangalorean Beans*

**M**angalorean Beans are also known as Navy, White, Haricot and Cannellini beans. They are called Navy beans because they were listed in the staples served to US sailors since the 18th Century. They proved to be protein-rich and nutritious, yet inexpensive. Australia began cultivating them during World War II and they were extensively used for baked beans.

These amazing beans are loaded with protein, dietary fibre and carbohydrates, but very little sugar. They also contain B Vitamins (especially folate), Vitamin E, Vitamin K, as well as saponin, ferulic acid and p-coumaric acid. They are rich in iron and contain good amounts of potassium, phosphorus, magnesium, copper and manganese. They contain complex carbohydrates and unsaturated fats.

Their consumption can lower LDL or bad cholesterol. They are known to regulate blood sugar and blood pressure, and lysine ensures tissue repair. They are gut-healthy, low-calorie, and play a crucial role in triggering metabolism.

### Mangalorean Beans *Puli Kootu*

#### Ingredients

1 cup white beans soaked overnight  
 2 tablespoons tamarind paste  
 ¼ teaspoon turmeric powder  
 1 tablespoon chopped coriander  
 ½ teaspoon jaggery powder  
 2 tablespoons oil  
 Salt to taste  
 1 pinch asafoetida/*hing*  
 Water

#### Roast and grind masala:

2 dry red chillies  
 2 tablespoons grated coconut  
 1 teaspoon *dhania*  
 1 teaspoon *urad dal*  
 1 tablespoon *chana*

#### For seasoning/*tadka*:

1 tablespoon mustard seeds/*rai*  
 1 teaspoon *urad dal*  
 1 teaspoon *chana*  
 1 sprig *curry patta*



#### Preparation

Boil beans for 10 minutes.

Continue to boil and mix continuously while adding one after another: tamarind, turmeric, salt, masala, jaggery, coriander leaves.

Fry *tadka* ingredients in oil and pour over beans.

Serve with rice or *roti*.

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

# Vegan Proteins



**Pumpkin Seeds**  
Raw, 100 g  
**30 g**



**Pistachios**  
Roasted, 100 g  
**20.4 g**



**Kabuli Chana**  
Cooked, 100 g  
**18.8 g**



**Rajma**  
Cooked, 100 g  
**18.8 g**



**Tofu**  
Cooked, 100 g  
**18.8 g**



**Mangalorean Beans**  
Cooked, 1 cup  
**17.4 g**



**Pulses**  
Cooked, 1 cup  
**16.2 g**



**Black Beans**  
Cooked, 1 cup  
**16 g**



**Walnuts**  
Raw, 100 g  
**15.23 g**



**Butter Beans**  
Cooked, 1 cup  
**13 g**



**Green Soyabean**  
Cooked, 100 g  
**11.7 g**



**Spelt**  
Cooked, 1 cup  
**10.7 g**



**Ragi**  
Cooked, 1 cup  
**9.8 g**



**Makhana**  
Roasted, 100 g  
**9.7 g**



**Hemp Seeds**  
Raw, 1 cup  
**9.5 g**



**Rajgira**  
Cooked, 100 g  
**9.3 g**



**Green Peas**  
Cooked, 1 cup  
**8.6 g**



**Quinoa**  
Cooked, 1 cup  
**8.1 g**



**Soy Milk**  
Raw, 1 cup  
**6.3 g**



**Guava**  
Ripe, 1 cup  
**4.2 g**

# Trained and Tamed



**All captive elephants have been subjected to hunger, torture and fear. Without such abuse they would not allow tourists to ride on them, give them a bath, take selfies, or participate in religious rituals.**



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