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# COMPASSIONATE FRIEND

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

**Live Bait**

**In this Issue:  
New Non-Veg Symbol  
Save Water  
And a Vegan Food Chart!**





## Beauty Without Cruelty - India

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## Beauty Without Cruelty

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# From my Desk...

## Vegan Food

**A**nimal rights activists, human rights activists, wildlife and environment activists are all very concerned that the world is on the verge of a global food crisis because what we eat harms or helps us.

By not eating flesh, eggs or dairy, we will be healthy, animals will not be specially bred to be killed, human hunger will be eliminated, and we will be healing our environment.

If crops fed to animals were to be consumed by us there would be no shortage of food for human consumption. The feed to meat ratio varies depending on species (poultry, pigs, cattle, sheep & goats) and whether produced in a developed or developing country, but on an average 4 kilograms of feed yields only 1 kilogram of meat. There is no doubt that meat is a second-hand food that needs to be given up if not for the sake of the animals, then for the sake of fellow humans.

The slogan "No Meat, No Heat" has been coined because of greenhouse gas emissions that have resulted in climate change which have slowly

but surely been adversely affecting our planet and in turn us. To date millions of environmentalists have turned vegan, but many more need to because it brings down a non-vegetarian's carbon footprint by 73%. Veganism conserves water, cleans the soil, reduces energy consumption, and purifies the air.

Indians know that *saatvik* foods are beneficial because they consist of whole grains, fresh fruit and vegetables of good quality that are neither over-cooked nor under-cooked, and therefore nourish the consciousness. They give psychological strength as contrasted with *raajasik* foods which energise, but this energy is not beneficial or balanced.

Meat and fish are *raajasik* and *taamasik*. Upon being killed, the process of degeneration and decay of the carcass immediately begins. Foods which are dead, partly spoiled, processed, preserved or stale are called *taamasik*. Such foods create feelings of heaviness, lethargy, irritability and restlessness.

Newly turned vegans need to remember that malnutrition arises due to an imbalanced diet: too much, too little, or wrong proportions of nutrients. The fact is that if a person eats an imbalanced diet and takes no nutritional supplements, deficiencies occur even in non-vegetarians. When the intake has unfortunately been nutritionally poor, and people have fallen ill, certain doctors have blamed their new vegan diets saying they lack in vitamins such as B12, as a result of which some persons have gone back to their old unhealthy carnivorous habits.

Please keep in mind that every thing vegan is not healthy. Processed foods, refined oils, white sugar, *maida*, pasta, white rice, bread, etc need to be avoided. Salty-cum-greasy fast-food is what makes it dangerously addictive. Genetically modified (GM) foods

such as corn and soy are also harmful in large quantities. The lab-grown meats and fake dairy products and other such substitutes which aren't even vegetarian to begin with, contain GM items along with a large number of ingredients and chemical additives, plus they are ultra-processed, making their consumption unadvisable.

The choice is ours whether to follow a healthy plant based diet or not. For those who wish to switch to being vegan, enclosed is a Vegan Food chart. It has been prepared by BWC under the expert guidance of Dr Danesh Chinoy, a Physiotherapist, Health and Wellness Coach.



**Diana Ratnagar**  
Chairperson

## Films to Watch on Netflix

***The Game Changers* (2018)** is the story of a UFC injured fighter who discovers how a plant based diet enhances and improves endurance in athletes. Doctors, scientists and vegan sportspersons are interviewed who reiterate that a vegan diet helps overall performance and well being.

***Cowspiracy: The Sustainability Secret* (2014)** reveals that the real cause of climate change, global warming and environmental destruction, is animal agriculture – livestock breeding and raising animals for slaughter.

***What the Health* (2017)** examines the connection between meat, dairy, pharmaceutical industries and health organisations. It proves that serious health problems are a consequence of consuming meat and dairy products, and that a conspiracy exists to cover this up.

## Live Bait

**W**hen a wild animal kills in nature, the prey has a fair chance of survival by fleeing as fast as it can. But, when the prey is put down as live bait, it is downright cruel and unethical.

Tigers, deer and calves are all protected animals, yet:

Canned hunting by releasing prey such as deer in an enclosure to teach captive tiger cubs to hunt if and when released into the wild is not uncommon.

Calves are known to be tied to trees just outside national parks for old and ailing tigers to kill and eat.

Similarly carnivores in zoos are fed live animals.

Dogs, goats and chickens are living creatures just as much as leopards, yet they are used to lure leopards. BWC has received assurances from the Ministry of Environment, Forest and Climate Change (Government of India) that “the practice of putting live baits for tigers and panthers has been done away with” and that “instructions have been again reiterated to all the State Governments”.

The article by Amar Heblekar which follows is an eye opener just like his earlier one which we had printed 24 years ago in the summer 1997 issue of *Compassionate Friend*. (It can be read on our website.)

# Of Leopards and Live Bait

*Every wildlife enthusiast wants to add another “trapped leopard” to his bio-data and this has led to rampant use of live baits and trapping of leopards even where it is not necessary says Amar Heblekar*

**H**aving grown up on a diet of Jim Corbett and Billy Arjan Singh, I took it in my stride as nothing far from normal, to be surrounded by a wild leopard and two cubs prancing around my staff quarters during my first posting in a wildlife sanctuary 30 years ago. The fact that this residence was not far from the town did not matter much, for I knew that leopards are very adaptable to human habitations and can live unseen for its full life time unless it makes the mistake of lifting a prized pet dog from some human captivity.

Leopards essentially avoid conflict, but the mere accidental sighting of a leopard in any human habitation is enough to alarm people. It is in this situation that I have often been called and demands are made to lay traps to capture the leopard immediately and “take it back to your jungle”.

Being one of the few trained wildlife managers in wild animal rescue and rehabilitation, I was always on call in case of any wild animal conflicts in the State. And most of the conflicts were resolved without the necessity of capture, especially in case of leopard related issues.

Such situations demand delicate handling and depending on the situation, counseling rather than action has often prevailed. Simpler village people are easier to convince that the leopard has always been living in their surroundings for generations and mean no harm and that mere sighting of a leopard does not necessitate its capture.

But city people are more difficult to handle, often with phone calls and pressure from more authoritative quarters. In such cases, it needs more delicate handling. In the late 1990s, with no mobile telephones and less media pressure, wildlife rescue was a specialized job with few takers and only those really dedicated to it.



The Karnataka forest trapped a leopard by using a live dog. *Photo courtesy: deccanherald.com*

## No need for Live Bait

Trapping of wild animals to resolve conflict was rarely used, even when used was considered in desperate situations. I have had to use traps on only few occasions and even then the bait for trapping leopards has always been the remains of its last kill.

On several occasions, pressure situations have forced me to lay traps even when I didn't want to, or the situation did not require the use of traps. In such cases, I have used the trap without the bait, as a placebo, to placate inflated egos of highly placed persons. I have found that laying of trap (without any bait) in such situations with much fanfare has been more beneficial, often involving a prominent local to monitor the situation, explaining the standard procedure of what to do once the leopard is trapped!

I remember one case when a Minister that I had respect for, was very insistent that I lay a trap in his constituency because of panic from the residents. I did lay the trap without any bait, but only after explaining in private to the Minister of what I was doing and why,

as I didn't want to lie to him. My respect for him increased as he accepted my decision and in fact played along deputing responsibilities of the traps custody.

This was 20 years ago, when wildlife as a career had no glamour and therefore very few takers. Postings in wildlife sanctuaries by Forest Officers were not sought after except for a few who had a passion and love for wildlife. But with the advent of mobile telephones and internet, expertise in wildlife related topics became more sought after. It is considered cool to be photographed with a live snake round your neck and absolute "viral" to be photographed with a leopard cub in hand.

And suddenly it was doubly cool to "rescue" snakes or other wild animals and being photographed during the act! Hence suddenly you have the internet flooded with images of snakes "rescued" from someone's garden (!) and then handed over to the Forest "authorities for rehabilitation in the wild". And if it is a case of a leopard being sighted even in the vicinity of a forest area, it has wildlife lovers and rescuers rushing to "rescue" that leopard!

## Why Capture?

Mere report of sighting of leopard in any habitation, even if that habitation is adjacent to a forest, has led to scores of wildlife rescuers rushing with their traps and bait cages to "rescue the leopard"! Scientists who have studied leopards and other large cats have published that these animals can and have lived in close proximity to human habitations without causing any harm or conflict with people.

In a paper published by Vidhya Athreya and Aniruddha Belasare, it is reported that 19 leopards have been trapped between 2004 and 2006 in Ahmadnagar Forest Division, and not a single one of them is because of any conflict or attack, but on merely sighting of the leopard in habitation. In one

case, the leopard escaped from the trap cage after a fortnight in captivity and there was no report of even any human attack after this escape.

Trapping leopards with live bait is no rocket science and one of the easiest things to do and **larger media coverage and glorification of “wild life saviors” has led to its downfall.** Every wildlife enthusiast wants to add another “trapped leopard” to his biodata and this has led to rampant use of live baits and trapping of leopards even where it is not necessary.

The tendency of the new age animal lovers and wildlife rescuers is to trap the leopard and “release it in a wildlife sanctuary” which is home of the wild animal. Leopards are strongly territorial animals and have very strong homing skills. There is one documented case of a female leopard trapped in Junnar Forest Division and released after inserting a micro-chip. The release site was 200 km away in Yaval Wildlife Sanctuary. She was recaptured after several days in Chalisgaon which is 90 km away and in the direction towards Junnar. It was identified as the same leopard on the basis of the micro chip.

I strongly believe that no leopard ever “invades human civilization” nor does it ever want any conflict with human beings. Leopards have learnt to live close to human habitations and there are records available on this for several hundreds of years in the past. Jim Corbett writes about them, there is even mention of how to handle human wild animal conflict in Kautilya’s *Arthashastra!*

Human wild animal conflict resolution is an art that has to be pursued with passion. It needs the same amount of dedication and handling as is done and used by Doctors treating human patients for mental disorders. Gone are the days of using strait



**A leopard captured using a live dog lure near Mata Vaishno Devi shrine in Jammu.**

See *The Tribune* video by Devinder Thakur: <https://youtu.be/PLdiMmNn78A>

jackets for such cases and any use of this for treatment of humans is considered inhuman or cruel.

Same is the case in use of handling human wild animal conflicts. Such conflict rarely requires use of traps and other instruments; rather these conflicts are resolved by using habitat management techniques in wildlife conservation. Yet, in the absence of a monitoring mechanism, rush of glamour seeking personnel to such sensitive postings as well as untrained wildlife rescuers and public pressure have led to rampant rescue operations of snakes and leopards – the two wildlife that are seen prominently in human habitation areas.

Snakes and leopards have unfortunately adapted to live in close proximity of human habitation. The larger snakes like pythons and cobras are thus “rescued” most often and released in territory that is foreign to them and thus inevitably the wildlife rescuer has signed the death warrant for the reptile.

In the rare case that it is absolutely essential to trap a leopard, the best resort is to **use the last kill of the leopard as the bait.** Leopards always return to its kill as it does not usually eat its prey in one sitting. The kill is usually hidden in some bushes or partially buried in some corner. The best

bet is to set the trap on its path towards the kill and the trap must be well camouflaged with leaves and branches of vegetation.

### Trapping is not Rescuing

Incredibly, the trapping of the leopard or any other wild animal, in any human habitation or otherwise **amounts to hunting** unless it has the **written authorization** of the Chief Wildlife Warden, this practice goes on unabated, very often reported in the news media as well as electronic media, glorifying the event.

Further, there are no guidelines or legal measures on the trapping of any wild animal in human habitation except for the provisions of rules issued by the National Tiger Conservation Authority to deal with emergency arising due to straying of tigers in human dominated landscapes.

In the absence of any such legal provisions, the wildlife lovers have a field day “rescuing” snakes and leopards and other wild animals from their habitats and “releasing them in wildlife sanctuaries or forests”.

We are in effect, not addressing the human – wild animal conflict by trapping or capturing wild animals; we are aggravating it. Addressing human–wild animal conflict necessarily involves dialogue, not between man and animal but between the protected area/wildlife manager and the aggrieved local.

Most problems and conflict are solved by dialogue and understanding. The conflict solving is not necessarily begun the day the leopard or wild animal appears but is a continuous process. The trap is the last resort and to be used as rarely as a gun is used in solving human disputes.

And live bait must never be used for the simple reason that it is **not ethical**. Just as no human being has the right to cause physical or emotional harm to another human being, so does he have no right to cause such harm to any living being.

The Wildlife Institute of India in Dehradun is one of the Institutes that conduct short term courses for Forest Officers in wild animal rescue and conflict resolution. Forest Officers nominated for attending the course unfortunately do not always serve in postings that require their newly acquired skills to be used in the field.

Though there are guidelines or recommendations in place issued by the Institute as well as the Ministry, very few of the trained Forest Officers get posted in the Wildlife Sanctuaries or Divisions in practice. Similarly, wildlife rescue squads of the Forest offices around the country almost never have trained personnel in wildlife rescue and rehabilitation.

Because of this reason, the necessity of trapping leopards or the methods used in trapping leopards are rarely examined. Every distress call of a leopard sighting is responded by laying a trap using live bait and the leopard thus trapped is transported away to the nearest Sanctuary and released without understanding the consequences.

The need of the hour is to not only get trained Officers posted in wildlife sensitive areas but also to monitor the action of enthusiastic wildlife rescue volunteers. Rules that are in place for handling cases of trapping wild animals have to be followed in letter and spirit. Long term measures of handling human wild animal conflict issues have to be tackled as such without the use of such instruments of torture as cages and traps, live bait or otherwise.



*Amar Heblekar is Principal, Goa State Forest Research and Training Institute for Forest Guards and Foresters.*

*He conducts training courses including wild animal rescue without the use of live bait.*

*He is a BWC–India life member and Compassionate Friend Summer 1997 carried his article on the same subject.*

# New FSSAI Labelling Regulations

The Food Safety and Standards Authority of India (FSSAI) made the Food Safety and Standards (Packaging and Labelling) Regulations, 2011, but now the Food Authority has decided to divide these regulations into two regulations:

- (i) The Food Safety and Standards (Packaging) Regulations, 2018; and
- (ii) The Food Safety and Standards (Labelling and Display) Regulations, 2019.

Reproduced below are relevant sections from the December 2020 Notification of the **The Food Safety and Standards (Labelling and Display) Regulations, 2019:**

## 1.2. Definitions:

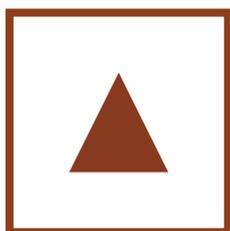
(1)(o) **“Non-Vegetarian Food”** means an article of food which contains whole or part of any animal including birds, insects, fresh water or marine animals or eggs or products of any animal origin, but does not include milk, milk products, honey or bees wax or carnauba wax or shellac.

(1)(v) **“Vegetarian Food”** means any article of food other than Non-Vegetarian Food as defined in these regulations.

## 2. Labelling Requirements:

### 5(4) Declaration regarding Veg or Non-Veg

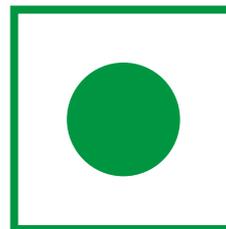
5(4)(a) Every package of Non-Vegetarian Food containing ingredients including food additives, processing aids of animal origin shall bear a declaration to this effect made by a symbol and colour code as stipulated below. The symbol shall consist of a brown colour filled triangle inside a square with brown outline having the sides not less than the minimum size specified in the Table mentioned in the regulation 5(4)(c), as indicated below:



Provided where any article of good contains egg only as Non-Vegetarian ingredient, the manufacturer, or packer or seller may give declaration to this effect in addition to the said symbol.

*BWC: The symbol was changed to help colour-blind persons.*

5(4)(b) Every package of Vegetarian Food containing ingredients including food additives, processing aids of plant origin shall bear a declaration to this effect by a symbol and colour code as stipulated below. The symbol shall consist of a green colour filled circle inside a square with green outline having the diameter not less than the minimum size specified in the Table mentioned in the regulation 5(4)(c), as indicated below:



5(4)(d) Declaration regarding Veg or Non-Veg shall also be prominently displayed as provided in this regulation on the pamphlets, leaflets and advertisements in any media.

The symbol shall be prominently displayed on the package having contrast background on

principal display panel, just close in proximity to the name or name or brand name of the production front of pack.

Provisions of regulations (5)(4)(a) and (5)(4)(b) shall not apply in respect of mineral water, packaged drinking water, carbonated water, alcoholic beverages, liquid milk, milk powders and honey.

5(7)(e) Fortified Food and Organic Food shall be marked with the logo as specified in schedule II of these regulations. FSSAI may specify logo for any other food as decided from time to time.

*BWC: No mention of Non-Veg or Veg origin of vitamin fortifiers.*

5(14) Declaration regarding Food allergen:

The following foods and ingredients which are known to cause allergy shall be declared separately as

Contains..... (Name of allergy causing ingredients)

(i) Cereals containing gluten; i.e., wheat, rye, barley, oats, spelt or their hybridized strains and products of these (To be declared as name of the cereal);

(ii) Crustacean and their products (To be declared as Crustacean);

(iii) Milk & Milk products (To be declared as Milk);

*BWC: Vegans would particularly get to know if milk is an ingredient in products on which the Veg symbol has been affixed.*

(iv) Eggs and egg products (To be declared as Egg);

(v) Fish and fish products (To be declared as Fish);

(vi) Peanuts, tree nuts (e.g. almonds, walnuts, pistachio, cashew nuts) and their products (To be declared as Nut);

(vii) Soybeans and their products (To be declared as Soy);

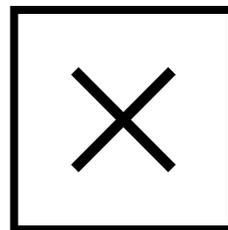
(viii) Sulphite in concentrations of 10mg/kg or more (To be declared as Sulphite)

Provided that in case presence of ingredients due to cross contamination which are known to cause allergy may be declared separately as May contain ..... (Name of allergy causing ingredients).

Provided further that this declaration is not required in case of oils derived from these ingredients.

Raw agricultural commodities are exempted from the allergen labelling requirements.

5(15) **Every package of food materials sold in retail but which is not meant for human consumption** example Pooja water, Ghee for diya, Oil for Pooja, etc. shall bear a declaration to this effect as stipulated below. The symbol shall consist of a black colour cross inside a square with black outline having the sides of square not less than the minimum size specified in the Table mentioned in the regulation 5(4)(c), as indicated below:



*BWC: Vegans would get to know if ghee/milk is an ingredient.*

### **3. Display of information in food service establishments:**

9(2) Food Service Establishments shall also mention the information specified below against the food items displayed on the menu cards or boards:

(b) logo for Veg or Non-Veg.

# Save Water the Cruelty-Free Way

before World Water Day, 22 March 2021 says Ritambhari M.

**H**ave you ever wondered if there was no water, how all of us would survive? We all know that in order to save water we need to reduce our consumption of it, but not many are aware of the little things we do every day to water that contaminates it. Harsh chemicals such as those found in household cleaners and detergents are not only bad for the earth and water, they are also tested on animals.

Water itself is a great cleanser. Unfortunately, with the industrial revolution quite a bit of it has been polluted. Instead of blue or blue-green water bodies we mostly see black or brown ones. Instead of checking water pollution levels, governments resorted to revolutionise the detergent industry, while failing to recognize that the surfactants contained in them further pollute water bodies, are bad for both humans and animals who need to drink that water. Additionally, these detergents are tested on animals and are bad for both the earth and for the human body.

So how does one break this cycle of water pollution, animal cruelty and danger to human and animal health? Fortunately, naturally occurring solutions are available to us. There are easy to make alternatives to detergents. These alternatives are environment friendly, vegan and great for the human body. I have been using these products since 2016 and have had no reason to complain. I have divided the cleaners into 3 categories:

## For utensils

Dry soapnuts (*reetha* or *boondi kottai*), powder them and use the powder as needed. For removing oil from utensils, soak vessel in vinegar or lime juice for 15-20 minutes; then scrub vigorously.

## For clothes

(a) Soak a handful of soapnuts in 1 glass of water for about 6 hours. (b) Put soaked soapnuts and 4 glasses of water in a pressure cooker. (c) Cover the cooker and pressure cook for 1 whistle. (d) Switch off the gas, allow the cooker to cool, open and allow the solution to cool. (e) When the water is cool, squeeze out the soapnuts and throw them. (f) Store soapnut solution in a bottle.

To use: Add 1 tablespoon of soapnut solution to half a bucket of hot water. Soak your clothes in it for 15-30 minutes. Scrub, rinse, wash and dry. This solution can also be used for washing machines, only you'll need to add more soapnut solution. The grey water is good for plants and the earth.

## For household cleaning

I use a bio enzyme made of citrus peels, but vegetable peels can also be used. How to make bioenzyme: Mix 1 part jaggery, 3 parts citrus or vegetable or fruit peels and 10 parts water in a 10 litre water can. Tightly close the lid. Every once a week for the first 3 weeks uncap the lid to let out the gas that accumulates in the can. Then allow the enzyme to process the contents for 45 days (if you're in a warm climate region) or 90 days (if you're in a cold climate region). After this period, simply squeeze out the solution and pour into bottles. To use: For floor: Pour 1-2 tablespoons of bio enzyme in half a bucket of water. Mop the floor as usual. For any stains on the floor, pour bio enzyme on the stain; let it stand for 30 minutes; scrub vigorously with a cloth. For toilet: Pour bio enzyme on the toilet bowl. Let it stand for 30 minutes. Scrub with a brush. Flush. The same procedure can be used for cleaning bathroom tiles or any other ceramic item.

Do try these easy environment- animal- and human-friendly alternatives, and pass the word around.



Ritambhari M. is a BWC life member

# Vegan Recipe *Ice-Cream*

**C**oconut milk is a great dairy substitute because it is lactose-free. It is important to know that coconut contains lauric acid, a proven antiviral, antibacterial, and antifungal agent found in mother's milk.

Date syrup is one of the oldest sweeteners available today. It is a natural healthy alternative to sugar since white sugar is processed.

Almonds are a good source of protein, fibre and calcium; and they have a high content of manganese, Vitamin E, magnesium, tryptophan, copper, Vitamin B-2 and phosphorus.

Apart from having stress-bursting effects, vegan dark chocolate improves immunity.

No wonder then that the vegan ice-cream below is a wonderful alternative to dairy ice cream or even frozen dessert.

## Vegan Coconut Almond Chocolate Chip Ice-Cream

(serves 4)

### Ingredients

500 ml coconut milk cream (cans/packs)

½ cup date syrup

¼ teaspoon salt

2 tablespoons cornflour

1½ teaspoons vanilla extract

100 grams raw almonds, coarsely chopped

100 grams vegan dark chocolate chips

### Preparation

Shake the cans of coconut milk thoroughly before opening.

Separate ½ cup coconut milk and set aside.

Combine the remaining coconut milk with date syrup and salt in a saucepan. Warm over medium-low flame for 2 minutes.

Whisk ½ cup coconut milk with cornflour until well combined. Add it to the warm coconut milk and cook for 8 more minutes over medium



heat until the mixture begins to thicken. Do not allow the mixture to boil.

Now whisk in the vanilla extract. Remove from the heat into a small bowl

Allow to cool for 30 minutes, then cover with plastic wrap and chill in freezer for 4 to 5 hours.

Churn the mixture in an ice cream machine. Add the chopped almonds and chocolate chips at the very end.

When thickened to a soft-serve ice cream consistency, spread into a large loaf pan and freeze overnight until the ice cream has firmed up completely.

**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.**



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# GO VEGAN

FOR THE ANIMALS FOR YOUR HEALTH FOR THE PLANET



MERCY FOR ANIMALS



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