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# COMPASSIONATE FRIEND

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

**In this Issue:**

**Live Animal Exports  
Bill scrapped**

**Cruelty on Char  
Dham Yatra route**

**Pork in GM Soy,  
Beef in GM Peas**

**Nodal Officers  
for Animal Welfare**

**Marine Jails and Prisons for Birds**



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## Contents

- IFC From my Desk...
- 3 Interesting News
- 6 The Perils of Public Aquariums and Avaries
- 12 Vegan Recipe *Capsicum*
- IBC On International Tiger Day

## Beauty Without Cruelty

is grateful to

## Siddho Mal Charitable Trust

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towards this issue of



### Beauty Without Cruelty

is a way of life which causes  
no creature of land, sea or air  
terror, torture or death

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## From my Desk...

### Banana Bio-Fortification

**A**mid massive objections to Genetically Engineered (GE) mustard being introduced in India, BWC got to know that Banana Bio-Fortification developed by the Queensland University of Technology, Australia, had been transferred to 5 institutions in India. In reply to our queries asking if animal origin Iron and Pro-Vitamin A (PVA) were being used for GE Bananas, we were informed by 2 institutions that they "used gene sources from the Banana itself for PVA enrichment, and from Rice for Iron enrichment".

BWC finds it difficult to understand that Iron fortification of Banana is from Rice, whereas the Food, Safety and Standards Authority of India (FSSAI) recommend that Rice itself be fortified with Iron!

### Veg@Lent Recipes

**F**or the 14<sup>th</sup> year Veg@Lent recipe leaflets were sent to Catholic Bishops of Churches in India for free distribution in their dioceses before Ash Wednesday. 58,000 leaflets were distributed this year.



## Blood Money from Live Animal Exports

In response to the Government of India asking for comments on their Draft Live-stock and Life-stock Products (Importation and Exportation) Bill, 2023, BWC was probably the first to strongly object that we were "horrified to read the Bill which is totally anti-animal and encourages exploitation of all species and for all purposes" and therefore "we strongly feel that the Bill needs to be scrapped". Soon after a social media campaign, the Bill was withdrawn.

BWC then wrote to the Ministry of Commerce and Industry as follows for their kind consideration:

"Live animal export has been stopped or is being phased out by most countries due to intense cruelties like over-crowding which occurs to make it commercially viable. Long sea journeys are stressful, animals are abused, starved, and often drown resulting in death. Many animals sent by air suffer and die too, basically because of unbearable pressure in aeroplanes. Those that do survive are then brutally slaughtered or gruesomely sacrificed.

"We ask you as compassionate human beings, do you think it ethically right for India to breed, raise and subject innocent animals to such suffering, only to be killed abroad and their flesh eaten? Is it worth the blood money India earns?

"It is high time that India banned trade in all live animals and joins other countries who can no longer watch their farm animals suffer and die in agony or are killed, by trading them just like any other commodities."



Corralled to be shipped for slaughter. Photo courtesy: amigologistics.com

## State Police Nomination of Nodal Officer for Animal Welfare

Following a Memorandum issued by the Director General of Police, Tamil Nadu, dated 24.03.2023 appointing a Police Nodal Officer for Animal Welfare, BWC wrote to the Chief Secretary and the Director General of Police of every State to similarly appoint Nodal Officers of the rank of DSP/AC.

We explained that by doing so they would not only be supporting animal welfare by ensuring that no illegal activity, transportation or cruelty is inflicted upon animals, but that there is no conflict among people over animal welfare issues.

We sent them the High Court of Andhra Pradesh order dated 05.07.2022 directing the appointment of Nodal Officers in order to prevent illegal slaughter and transport of animals.

An important circular from the Animal Welfare Board of India dated 28.06.2021 to all DGPs on the subject of appointment of Nodal Officers was enclosed as well.

Only Assam, Telangana and Himachal Pradesh responded. Therefore along with Tamil Nadu, as of date 4 states have appointed Police Nodal Officers for Animal Welfare.

## Camel Slaughter Halted

**A**gain this year, a month prior to Bakri Eid, BWC wrote to all the state governments enclosing court judgements and circulars reminding them that trafficking and slaughter of camels was illegal. Except for information received from an undisclosed source that camels were slaughtered in Telangana, we presume the Police took action everywhere else and they were not allowed to enter the states and were therefore not sacrificed, particularly in Uttar Pradesh.

## Cruelty to Mules on Char Dham Yatra route

**A**ll hotels, guest houses, restaurants and eateries located at Kedarnath, Badrinath, Gangotri and Yamunotri serve pure vegetarian food and consumption of non-vegetarian and alcohol is strictly prohibited at these holy places.

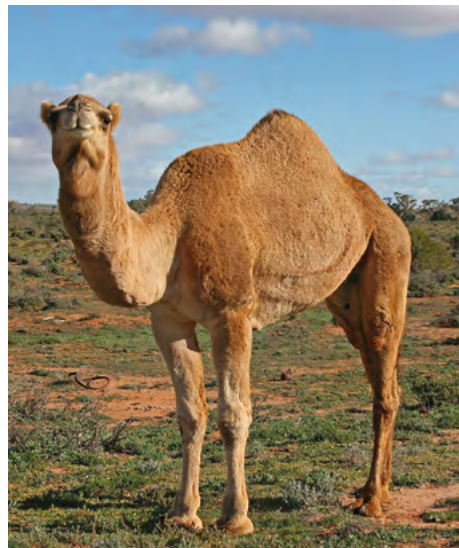
That's as far as respect for animals goes... in June 2023 a video showing a horse used to go up to Kedarnath being forced to smoke weed caused a big outcry on social media ([youtube.com/watch?v=y2uQMtVuimM](https://www.youtube.com/watch?v=y2uQMtVuimM)). Luckily the men were arrested. Another video showed how donkeys were grossly abused en route ([youtu.be/p2laduhZc70](https://youtu.be/p2laduhZc70)). About 8,000 animals are authorised to carry pilgrims and goods uphill to the shrine.



**Horse forced to smoke weed on Kedarnath trek.**

**Photo courtesy:** @manshi\_mehra\_ on twitter.com

BWC informed the Chief Minister, Uttarakhand that the Supreme Court had in 2018 ruled that the use of mules to ferry pilgrims from Katra base to the Vaishno Devi shrine in J&K should be phased out and the owners be rehabilitated. The bench had expressed concern over the mule droppings lying en route and 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 or horses) should be allowed on the new route. Similarly, we requested the Uttarakhand Chief Minister to phase out the use of mules, donkeys and horses on the Char Dham Yatra route.



**Camel in the wild.**

**Photo courtesy:** Jjron on wikipedia.org



**Pilgrims walk past a dead donkey on their way to the shrine. Photo courtesy:** amritvichar.com



**Diana Ratnagar**  
Chairperson

# Interesting News

## Monkey *Tamashas*

In April 2023 on Hanuman Jayanti a *bandarwalla* with monkeys on his bicycle were spotted at Pritampura in Delhi. BWC immediately wrote to the Chief Wildlife Warden, Delhi and the Animal Welfare Board of India to take immediate appropriate action against the monkey *tamashas* that had restarted.



An Indian monkey trainer rides a bicycle with one monkey sitting on the back and another running behind after performing routines with them on a street in Jalandhar

Photo courtesy: [saudigazette.com.sa](http://saudigazette.com.sa)

## Lumpy Skin Disease (LSD) in Cattle made people turn Vegan

In April 2023 the Government of India announced that 1,89,000 cattle had died last year due to LSD. BWC thinks it is unlikely that only that many died. LSD infects cattle via vectors such as mosquitoes and in addition to getting nodes/lumps on skin they get fever, lesions in mouth, lose weight, edema develops in the udder and there is a drop in milk yield. Fearing transmission of LSD, at first many people in Rajasthan, and then elsewhere in India switched to consuming black tea made by boiling tea leaves with jaggery, fennel, black pepper and cardamom.

## Illegal Ivory

In April 2023 in an undercover operation, an ex-aide of the late notorious poacher Veerappan was caught along with others in Gujarat for trying to sell ivory. Ivory tusks weighing a total of 13.9 gms were found.

## Crackers cause Death

While sadistic behaviour of tying strings of fire-crackers on tails of dogs, donkeys, etc. and igniting them are becoming rare, bursting crackers in the vicinity of animals and birds continue to occur and result in terrible frightening experiences for the animals and birds. Candles that fly up and burst in mid-air which are used on birthday cakes are as dangerous. For example, in April 2023 at a candle making unit in Dhule (Maharashtra) the chemicals utilised in their making were not carefully handled resulting in the death of 1 girl and 3 women workers.



## Frogs and Reptiles in peril

According to the IUCN (International Union for Conservation of Nature) 1,532 species of anurans (frogs) and 825 species of reptiles in the world are critically endangered and vulnerable due to agriculture and its management practices (read pesticides).



## Compostable vs. Biodegradable Plastics

It is worth keeping in mind that in April 2023 amid growing “greenwashing” claims of companies about their products using “biodegradable plastic” the Bureau of Indian Standards (BIS) announced that as of now there was no 100% biodegradable plastic in India. The government gave certificates only to “compostable plastic” manufacturers which was quite different.

## Peacock Plucked to Death

In May 2023 a young man plucked a peacock of all its feathers and killed it while his sister watched with glee. They circulated the video on social media making it possible for the forest departments of Madhya Pradesh and Maharashtra to trace and arrest the culprits a month later.



Screengrab showing man plucking the peacock while still alive. The video can be viewed on [www.youtube.com/shorts/rJiMDmZ9Xqw](https://www.youtube.com/shorts/rJiMDmZ9Xqw). Photo courtesy: [dnaindia.com](https://www.dnaindia.com)

## Moving Lions with and without Live Bait

In June 2023 just before Biparjoy cyclone struck the area, beat guards were made to herd the Gir lions to safer, higher altitudes. This was done using two methods. In the first 3 or 4 guards surrounded some lions without disturbing them and made familiar sounds so that they moved. Even if one lion reached on top of a hillock, the rest slowly followed. The second method utilised was to keep ungulates (hoofed mammals like cattle, goats and pigs) in areas where the lions were required to be moved. This was done in the evenings so that the pride killed the live bait and remained there to finish consuming the carcasses for the next couple of days.

## Pork in GM Soy, Beef in GM Peas

A company called Moolec has created transgenic soya beans called “Piggy Sooy” in which a quarter of the protein is pig protein in place of plant protein. The company is also creating pea plants that contain beef proteins. It claims that the products will provide similar taste, texture and nutritional value as meat, but without the high costs associated with cultured meat production.



Photo courtesy: [moolecscience.com](https://www.moolecscience.com)

They justified themselves by pointing out that 98% of all soy grown in the USA is Genetically Modified (GM) and the success of Impossible Foods mock meat shows that consumers aren't deterred by GM products. Impossible Foods' key ingredient is modified yeast and GM yeast is produced using heme protein or with rennin, i.e. animal rennet derived from the stomachs of unweaned calves that are slaughtered, the use of which is banned in India for cheese making.

## Cheetahs at Kuno National Park

**A**t BWC, we strongly feel the Memorandum of Understanding and Cooperation on the Reintroduction of Cheetahs to India between India and South Africa needs to be suspended. In addition to the deaths (8 and counting) there are worrisome reports that two are missing and one got maggots under its tracking collar. Some cheetahs had escaped and had to be tranquillised and returned to Kuno National Park.



Screengrab of a sick Uday. Photo courtesy: theprint.in

## Forest (Conservation) Amendment Bill, 2023

**T**he Parliamentary Joint Committee examined the controversial proposed amendments and endorsed the Bill in its entirety. The 1996 Supreme Court judgement protecting forests even if they were not recorded as such is diluted. No protection is given for 'deemed forest' areas and tourism and commercial use is allowed. Within 100 kms of international borders no forest clearance is necessary for construction of highways and other projects. The amendments which encourage plantation cultivation may increase tree cover, but will be unable to stem the loss of dense forests which are crucial as carbon sinks and wild life habitats.

## Transporting occurs in-between Milking and Slaughtering of Buffaloes

**C**oming down heavily on 4 cattle owners who were transporting buffaloes in cramped trucks in violation of norms, the Nagpur Bench of the Bombay High Court observed that the animals too had emotions, feelings and senses similar to a human being. Justice Govinda Sanap said "The only difference is that the animals cannot speak. Therefore, though their rights are recognised under the law, they cannot assert the same. The rights of the animals, their welfare and protection have to be taken care of by the concerned in accordance with law."

The Judge dismissed the case of cattle owners seeking interim custody for their buffaloes from the Gittikhadan police saying "The buffaloes were cramped in the vehicles, which were not fitted with padding. There was no provision of water and fodder... It is, therefore, seen that the



52 Buffaloes cramped in a container were intercepted at Chandrapur Maharashtra in July 2023 and taken to a pinjrapol. But it is not an isolated case.

buffaloes were transported in a very cruel condition."

Earlier in April 2022 the cattle owners had filed a case in the Judicial Magistrate First Class Court for getting back the custody of the buffaloes but it was rejected, just as it was again rejected in June 2023.

*BWC feels those who object to cruelty in transporting and slaughter of buffaloes should begin by not having milk and milk products. Buffalo meat or carabeef is the end-product of the milk industry.*

# The Perils of Public Aquariums and Aviaries

*Time to close existing ones and halt new constructions says Sri Divya*

**H**yderebad has set its sights on constructing India's grandest aquarium and aviary within its state. While this endeavour may be perceived as progress by the authorities, a deeper examination reveals a concern that extends far beyond the city's borders. When we consider the broader implications for our planet, it becomes evident that this project will have adverse effects on nature. Rather than fostering development, it has the potential to disrupt the delicate equilibrium of ecosystems, given the interconnectedness of the world and all living beings.

Let us first explore the origin of the wildlife destined for these captivating facilities. The vast majority of these creatures are plucked from their natural habitats, as captive breeding for most species proves unsuccessful. This practice is rife with illegality and employs methods that inflict significant harm on delicate ecosystems. Consider, for instance, the plight of saltwater fish, captured using the insidious cyanide fishing technique—a method banned across numerous regions. Shockingly, up to 90 percent of fish caught with cyanide perish before reaching retailers. Moreover, this poisonous tide claims yet another casualty—coral reefs—whose vibrant polyps wither and perish, transforming into desolate marine wastelands.

Each live fish caught with cyanide destroys about a square yard of coral, according to biologist Sam Mamauag of the International Marinelife Alliance,

in the Philippines. Similarly, the capture of birds from the wild is often orchestrated by poachers, who, with their treacherous traps, inadvertently snatch away the lives of many innocent creatures, from the moment of capture to their challenging journey and arrival at their final destination. Tragically, the insatiable demand for exotic avian specimens, fuelled by zoos, aviaries, and the pet trade, has driven countless species dangerously close to the edge of extinction. A poignant example lies within the African grey parrot, whose population in Ghana has dwindled by a staggering 99 percent, ravaged by relentless poaching.

Aside from ethical concerns, practical issues arise with these large-scale establishments. They require substantial amounts of energy, water, and resources, depleting scarce reserves and burdening an already water-scarce landscape. In a city where sweltering summers force residents to endure the



**A fish trapper squirts cyanide solution on corals.**  
*Photo courtesy: James Corvine/NOAA.*



wait for water tankers and sacrifice a significant portion of their earnings to meet their daily water needs, the proposed park's projected consumption of three million litres of water is unjustifiable. Compounded by Hyderabad's landlocked location and lack of access to the ocean for obtaining saltwater for its aquarium, the project heavily relies on tap water, creating a severe strain on the city's valuable water resources. This lack of a sustainable water source poses a substantial challenge for the project's overall viability and success.

The inclusion of a 'Touch Tank' in the aquarium also raises significant concerns regarding the potential spread of infections and safety risks for both humans and animals, including accidents and animal attacks. Touch pools, which are designed for interactive experiences, are not suitable for deep-sea creatures accustomed to expansive ocean habitats. The shallow nature of these petting pools prioritizes human convenience over the natural needs and behaviors of these animals. Constant handling and disturbance in touch tanks deprive them of their freedom



**The demand for water tankers for domestic usage has sharply increased owing mainly to depletion of groundwater levels.**

**Photo courtesy: siasat.com**

and privacy, leading to increased stress levels and discomfort. Furthermore, human touch erodes the protective mucous coating on their skin, making them susceptible to parasites and introducing harmful bacteria into the tank, posing a threat to their health. The complexity and wonders of nature cannot be replicated. Keeping marine animals in even the largest aquariums fails to replicate the vastness of the ocean or adequately meet their needs, resulting in significant suffering. Unnatural conditions in captivity, such as artificial food, temperature, lighting, and water quality, increase their susceptibility to diseases. Walk-through aquariums with glass walls can confuse fish, leading to collisions with barriers, injuries, and even death. The tragic incident at Okinawa Churaumi Aquarium, the second largest in the world, where a high-speed tuna capable of swimming up to 43 miles per hour collided headfirst with the tank's wall, resulting in fatal bleeding and instant death, serves as a poignant reminder of the welfare concerns associated with captive marine parks.



**Touch tanks are extremely stressful resulting in premature death for the creatures and can even prove harmful for humans who touch them. Photo courtesy: unknown**

However, the mistreatment of birds is perhaps even more distressing. Birds are finely tuned metabolic machines designed for flight. In the wild, birds undertake remarkable journeys, covering vast distances ranging from 15 to 600 miles or more each day. Their regular flights often reach heights around 500 feet, while during migratory journeys, some species can fly as high as 10,000 to 13,000 feet or more. Depriving them of their birthright to fly freely is both cruel and fundamentally unjust. Captive birds are deprived of exercise, stimulation, freedom, and the wisdom derived from flying, which are essential aspects of their natural behavior and evolutionary adaptation.

Many bird species are highly social, residing in flocks and participating in various social activities like preening, flying together, playing, and sharing parenting duties. These social interactions are crucial for their well-being as they strengthen bonds and contribute to their survival in the wild.

Confinement leads to frustration and distress, compromising the health of the birds and giving rise to a range of abnormal behaviors, including excessive grooming, aggression, feather picking, and self-mutilation.

When held in captivity, migratory birds experience a phenomenon known as 'Zugunruhe', where they exhibit migratory restlessness in accordance with their inherited calendars. These birds feel an urge to move and display behaviors such as hopping about, fluttering their wings, and moving from perch to perch, mimicking their wild counterparts undertaking migratory journeys. The term 'Zugunruhe' was coined by Johann Andreas Naumann, who recognized it as an expression of the migratory instinct in birds.



**Lesser Flamingos gathering building nests.**  
*Photo courtesy: researchgate.net*



**Large macaws, parrots and parakeets gather to eat clay.**  
*Photo courtesy: Steve Wood*



**Bird confined in an aviary.**  
*Photo courtesy: Snowmanradio on wikipedia.org*



High mortality rates among animals are another undeniable concern associated with human-created artificial facilities, highlighting the severity of the issue. For instance, within 8 months of its inauguration, more than 25 exotic birds died in the Chandigarh park. In another incident, during a renovation in 2015 at the Taraporewala Aquarium in Mumbai led to the death of 2,100 fish from 228 different species within just 9 months. Similarly, in 2014, 12 sharks procured from Malaysia for the Surat aquarium died within an hour of being placed in the pool. These distressing examples, however, are not isolated incidents. Even touch tanks have witnessed devastating consequences. In 2015, all 54 stingrays at Brookfield Zoo met their demise due to low oxygen levels, leading to the closure of the exhibit. Similar incidents occurred in 2008 when 19 stingrays died at the same zoo due to water temperature spikes, and when 41 out of 43 Cownose rays perished at the Calgary Zoo in Canada due to low oxygen levels. The Shedd Aquarium and a Florida zoo also experienced the loss of over 30 stingrays in 2019 and the entire stingray population in a tank in 2021, respectively. Most recently, the ABQ BioPark in New Mexico tragically lost thirteen southern stingrays and all four cownose rays.

Given the evidence of cruelty, destructive practices, and environmental impact, it is imperative to reconsider the establishment of a Public Aquarium and an Aviary in Hyderabad. Instead, we should prioritize wildlife conservation, habitat preservation, and biodiversity education. Redirecting substantial financial resources towards meaningful conservation methods would benefit marine life and natural resources. It is high time that existing captive facilities be closed, as there are no valid reasons or ethical justifications for keeping animals in

captivity solely for human amusement. The consequences of having wildlife in captivity have extensive and far-reaching effects on our planet's overall health, as emphasized by documentary filmmaker Erik E. Crown, whose work focuses on environmentalism and animal rights. Crown states, "Zoos and aquariums worldwide are accelerating the climate crisis by removing keystone species and important animals from performing their natural function, keeping forests regenerating. With a record number of forest loss to the industry and disappearing reefs, we're able to see firsthand what happens when the balance of nature is disrupted. Every animal has a specific function in how they help keep nature regenerating."

We can explore innovative alternatives that prioritize animal well-being. One of the best options would be to promote observing these wonderful animals in their natural habitats, which not only benefits tourism but also supports local communities. Additionally, wildlife documentaries provide an excellent means of experiencing and learning about animals without causing them harm.

Advanced alternatives include virtual tours, models, and videos that offer solutions to reduce animal suffering. For example, lifelike animatronic dolphins in the US and immersive exhibits like National Geographic's Ocean Odyssey and China's VR exhibit provide realistic encounters with sea life using advanced technologies. By leveraging technology, virtual experiences offer glimpses into the animal kingdom while ensuring animal freedom.

Given the current declining trend in global wildlife, it is crucial to avoid projects that could exacerbate the situation. Let's look at some alarming facts:

- Over the last 50 years, humans have wiped out 68% of the world's wildlife.

- Around 90% of top predator species, like sharks and swordfish, have experienced significant population declines.
- Within the past 50 years, freshwater aquatic life has declined by 83% worldwide.
- In India, 120 freshwater fish species are threatened, with 71 endangered and 49 vulnerable, according to Lakra et al. (2010).
- India's bird population, including migratory birds, has declined by 80%, according to the State of Birds' Report 2020.
- Globally, almost half of all bird species are declining, with one in eight facing the threat of extinction.

Nevertheless, there is hope. In 2011, the Honourable High Court of Gujarat recognized birds' fundamental right to live freely and stated that they should not be confined to cages. The Animal Welfare Board of India (AWBI) has consistently advised against keeping birds in cages, with the most recent advisory being issued in 2021.

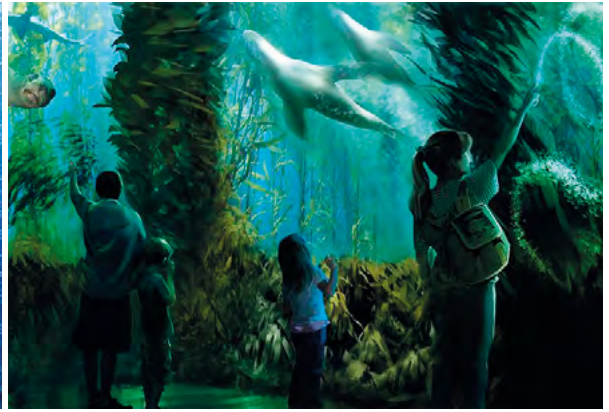
In 2014, the Delhi High Court acknowledged birds' right to fly and banned the caging of birds for commercial purposes. In 2013, the Union Ministry of Environment and Forests (MoEF) asked all states to reject proposals for dolphinariums, whether by private parties or government agencies. They urged the states not to allow the import or capture of cetacean species for commercial entertainment or public exhibition.

A new generation, keenly aware of these intricate interdependencies, is rising to challenge the prevailing mindset. They understand that this pivotal moment demands conscientious action, where each step forward must be tread with compassion and wisdom, safeguarding the well-being of humans, animals, and the very fabric of our planet. Let us embrace this reality and forge a path guided by reverence for the marvels of the Earth. For in our collective journey, we shall find no joy in the suffering of our evolutionary ancestors, but rather in the harmonious coexistence.



**Animatronic dolphins in development. Photo courtesy: edgefx.com**





**National Geographic Encounter: Ocean Odyssey in New York.** Photo courtesy: tripster.com

A PIL (public interest litigation) has been submitted by a group of five individuals in the High Court of Telangana, seeking a stay order. They are Aditya SK - Co-founder Project Daya (NGO), Sai Pravalika - Advocate and Animal Activist, Sashi Kiran Tikka - Film Maker, and Film Actresses Renu Desai and Sri Divya. During the initial hearing on 27 June 2023, the HC issued notices to the government. Chief Justice Ujjal Bhuyan and Justice N Tukaramji, constituting the bench, directed the special Chief Secretary of Municipal Administration,

the Hyderabad Metropolitan Development Authority (HMDA), and the Department of Animal Husbandry, Dairy Development and Fisheries to provide their responses by 4 August 2023. Following the court order, the Minister of Municipal Administration and Urban Development (MA&UD) responded by requesting the petitioners to meet with the Special Chief secretary of HMDA.



*Sri Divya is the leading environmentalist who has objected to the Aqua Marine Park and Aviary Kothwalguda, Hyderabad*

**T**elangana had called for bids by 21 June 2023 for an Aqua Marine Park and Aviary Kothwalguda, Hyderabad, objections to which had been sent to the Telangana government by a group of animal activists of the state. They also launched a social media campaign.

BWC joined their efforts by writing to the Union Ministry of Environment, Forest and Climate Change requesting them not to grant permission for this or any such project elsewhere in India. In addition, BWC wrote to the Prime Minister saying that if Gujarat can give up plans to establish an Oceanarium at Somnath, so could all other states like Telangana at Kothwalguda where an Aqua Marine Park had been proposed, and at Goa at Quitol where plans to construct an Oceanarium were being made.

BWC wonders why at a time when more and more people in different countries are becoming concerned and speaking out and objecting to aquariums, we in India are thinking of setting up elaborate aquariums – for what and whose benefit? For example, because of SeaWorld's failure in America, it decided to expand and managed to establish itself at Abu Dhabi in May 2023 with dolphins, sea lions, sharks and aquatic birds being kept in captivity at this park. On cruelty and exploitation grounds BWC strongly advises against visiting all underwater zoos, particularly those being touted like this one to potential Indian tourists.

# Vegan Recipe Capsicum

**C**apsicums were introduced in India during the British Raj and since the first successful crop originated in Shimla, capsicums got to be known as Shimla *mirch*.

Another name for capsicums is bell peppers. They are part of the nightshade family along with brinjal, potatoes and tomatoes. In India they are mainly available in green, red and yellow. Their colours attribute to varying nutrients and antioxidants. They contain high amounts of beneficial micro-nutrients, are high in Vitamin A and Vitamin B6, and are extremely high in Vitamin C.

It has been proved that consuming capsicum regularly prevents anaemia, reduces anxiety, prevents cancer, boosts immunity, promotes cardiac health by lowering blood pressure and cholesterol levels, improves bone health and is good for eyes..

Bell peppers are not related to black pepper, but to cayenne pepper, which works as an analgesic and can soothe aches and pains.

Interestingly birds' receptor cells are immune to hot chilli peppers, the alkaloid responsible for the burning sensation humans and other mammals experience when eating chillies.

## Capsicum and Corn Tikkis

### Ingredients

#### Tikkis

- 1 cup sweet corn kernels
- 1 cup chopped capsicum
- 2 teaspoons finely chopped green chillies
- 4 tablespoons rice flour
- Salt to taste
- Oil for frying

#### Green Chutney

- 2 green chillies
- 2 cloves garlic
- ¼ inch ginger
- 2 cups coriander leaves
- 1 cup mint leaves
- 2 tablespoons desiccated coconut
- 1 tablespoon lemon juice
- ½ teaspoon cumin powder
- Salt to taste
- Water as needed

### Preparation

#### Tikkis

Coarsely grind corn kernels without using water.

Transfer to a bowl and add capsicum, chillies, rice flour and salt. Mix well.

If the mixture is soggy or sticky, add more flour.

Make small balls and shape into *tikkis*.

Deep/air fry. Drain on absorbent paper.

Serve with green chutney (recipe alongside).

#### Green Chutney

Blend green chillies, garlic, ginger, coriander, mint, coconut and lemon juice to a fine paste.

Add cumin powder, salt, water and blend it again.



**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.**



# On International Tiger Day 29 July



Tiger, tiger, you have a day  
All dedicated to you -  
Are you enjoying yourself, Tiger,  
Feeling all special and loved?

Or are you, Tiger,  
Busy foraging for food and shelter?  
Your jungles are all taken up by us,  
Your food no longer roams free  
for you to run behind and catch.

Tiger, tiger, do you know  
why the jungle is missing?  
We razed it to the ground  
to build ourselves a factory,  
a factory to make cars  
and cement and computers in,  
or we razed it to the ground  
to erect an animal factory  
for our lust for meat,  
or we razed your home,  
the jungle, Tiger,  
to build a mansion  
for a family of three or four.

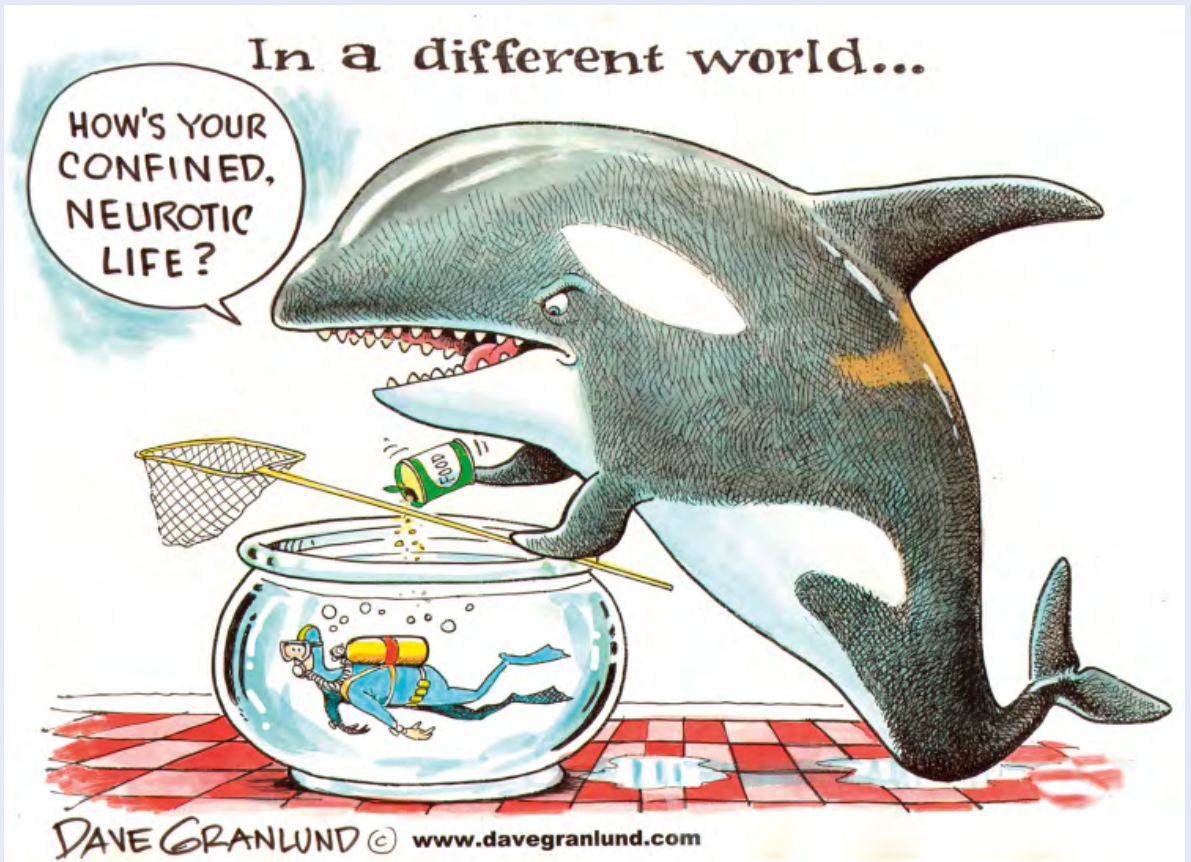
Tiger, Tiger, do you even know  
there's a day dedicated to you?  
Do you feel special and loved today?  
Do you feel safe, Tiger,  
as humans hunt you down for  
your skin, tail, teeth and bones?  
Or are you happy being caged in a zoo -  
a lifetime of imprisonment  
for a crime you didn't even do?

Tiger, Tiger, did you know  
We humans are great  
at playing the game of "care".  
First we rob you of  
everything Mother Nature gave you freely,  
then we put our names  
to everything we supposedly give you,  
and choose to feel great about it.

Don't be cheated, Tiger,  
We're just playing a game  
called ego boost.



*Ritambhari M is a life Member of BWC.  
She writes to spread awareness about  
ethical, social and environmental issues.*



**A stunning illustration to show  
exactly what it would feel like  
if roles were switched**



**Beauty Without Cruelty - India**

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