

Vol XXXVII No 2 Summer 2014



COMPASSIONATE FRIEND

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

**Smuggling
Live Cattle**

Superstitions

Animal Sacrifice

**Special Offer
for Readers**

Meat Export Policy





Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420

E-mail: admin@bwcindia.org Website: www.bwcindia.org

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is grateful to
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COMPASSIONATE FRIEND

by donating ₹ 1,00,000/-

Beauty Without Cruelty

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

COMPASSIONATE FRIEND

is printed on paper
free of animal substances
and published every
spring (February),
summer (May),
monsoon (August)
and winter (November)

Published and edited by

Diana Ratnagar

Chairperson, BWC - India

Designed by Dinesh Dabholkar

Printed at Mudra

383 Narayan Peth, Pune 411 030

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From my Desk...

The editor of *Compassionate Friend*, Ashoke Dasgupta, has resigned. BWC is grateful to him for having edited our magazine for five years.

So now, I am back as editor – hopefully interim editor!

This issue covers how many, where and why, India's cattle are killed: smuggled into Bangladesh to be killed for meat and leather, and killed within India for meat export. Animal sacrifice at the *Ekvira Devi jatra* is also included. Depressing, so here's some good news.

Heritage Status for Camels

BWC was pleased to receive a letter from the Rajasthan Government saying they were considering according state heritage status to the camel. In response to our long standing appeal, the government planned to pass legislation to effectively check smuggling and slaughter of camels out of the state.

Circuses without Animals

International circuses without animals are increasingly popular. It was therefore not at all surprising when after 26 years the Great Oriental Circus made a come back

without a single animal or bird in the show! Instead, forty artistes from Nepal, Africa and India enthralled the public with their acts.

The management of the Great Oriental Circus and Rambo Circus is the same. Although Rambo continues to have animals, two years back they were the first to hold a show without animals at the Prithvi Theatre in Mumbai.

BWC hopes all circuses in India will voluntarily stop exhibiting animals. But if they don't soon enough, it is high time the government imposes a ban on all animals, birds and fish exhibits and performances.

No Penguins

The Central Zoo Authority replied BWC that the Greater Cochin Development Authority, Kochi, had not applied for, nor had permission been granted to establish a penguin park in place of the dolphinarium that they were not allowed to start. In May last year on grounds of cruelty and commercialisation of wildlife the Ministry of Environment & Forests had rejected all proposals to set up dolphinariums anywhere in India, and this had included Kochi.

Emus are Out

Thank goodness the get-rich-quick emu farms are continuing to lose favour. The government has empowered the Securities and Exchange Board of India (SEBI) to crack down on such Ponzi schemes that promise unreasonable high returns. Over the past two-three years 80% farms have closed and thousands of emus have been abandoned in Tamil Nadu, Maharashtra, Andhra Pradesh, Gujarat, Orissa, Delhi and Punjab. The farmers are back to growing crops.

Animal Rights Activism

BWC thanks life members like Mr K Sridharan for promoting animal rights and a vegan lifestyle. He recently wrote to the *Tirumala Tirupati Devasthanam* to stop the use of silk in their daily *Kalyanotsavam* function because thousands of silk moths are killed. He argued how then could it be termed *mangalakaram* or auspicious? He also requested the temple authorities to reconsider selling *laddus* in bulk so that the consumption of *ghee* was lessened.

Animals in Processions

In response to frequent requests made to the Pune Police by the Sarva Jeev Mangal Pratishthan and Beauty Without Cruelty, they began issuing orders banning the use of animals (camels, elephants, horses, ponies and cattle) in processions and rallies. The first such order was passed for Shivaji Maharaj Jayanti celebrated on 19 March 2014.

Repulsive Ad on TV

In March 2014 LIC India's TV-advertisement depicted a family rejoicing when the father reeled in not one, but two, fish. BWC wrote to the company to withdraw the ad since it encouraged fishing which was contrary to our Indian culture of *ahimsa* or no-killing. Much to our relief, the ad is not longer aired or found on the internet.

BWC's New Short Film

Say NO to Animal Jails is a five minute film directed for BWC by our life member, Nikita Mor. It has been uploaded on our website www.bwcindia.org. Do have a look to see whether the mother is able to convince her adamant son to visit the zoo or not.

Diana Ratnagar
Chairperson

Superstitions about Animals

Many animal and bird body-parts are considered lucky, but it is a fallacy that such 'lucky charms' are indeed lucky **says Khurshid Bhathena**

Hundreds of sayings that place animals in an unfavourable light are responsible for subconsciously giving rise to superstitions. Animal fights, hunting and sacrifices were regular features in ancient India. Worship of divinities in animal forms and as vehicles of gods continues to this day, but has not eliminated the practice of sacrificing animals. Animal sacrifice is the most unfortunate of superstitions. Buffalos, goats, chickens and their young are the common animals killed in the name of religion to appease certain deities.

It is also unfortunate that humans believe certain animals are lucky, and others unlucky. Towards this end many species (wild and domesticated) are exploited in unimaginable ways.

Particular wild animals' body parts are coveted for black magic and that's when poaching fuels superstition under the guise of religion.

It is less conspicuous to keep some wild animals' body-parts for good luck than to house a live wild animal

because that's not allowed. For example, star tortoises and turtles are gifted or bought because they are considered lucky. Few realise how unlucky and extremely cruel it is for the creatures to be kept in small tubs cooped up in apartments, walking on tiles, instead of earth.

Each and every body-part of wild animals, birds and reptiles, ranging from big cats to owls, to boas, are in demand for some ritual or another. They are converted into talismans or good luck charms upon being sacrificed.

Religious Beliefs

Some buyers in Kerala believe that having a tiger skin, claws or teeth in their prayer room brings them prosperity.

A white owl is considered a companion and *vahana*/vehicle of Goddess Lakshmi – the goddess of wealth – and therefore a harbinger of prosperity. Sellers successfully convince the gullible that owls are lucky and by worshipping them, they will get wealthy.

Owls are sold mainly during religious *melas* because that's where customers are easily found. Owls used for black magic are killed. Every conceivable body-part of the owl is precious for believers. It is felt that a *taviz*/talisman consisting of owls' eyes or an organ, has magical or medicinal powers for the wearer, keeper or user.



Owls such as the one above are captured from the wild and sacrificed for so-called cures.
Photo courtesy: Neeraj Mishra.

Unlucky Fish

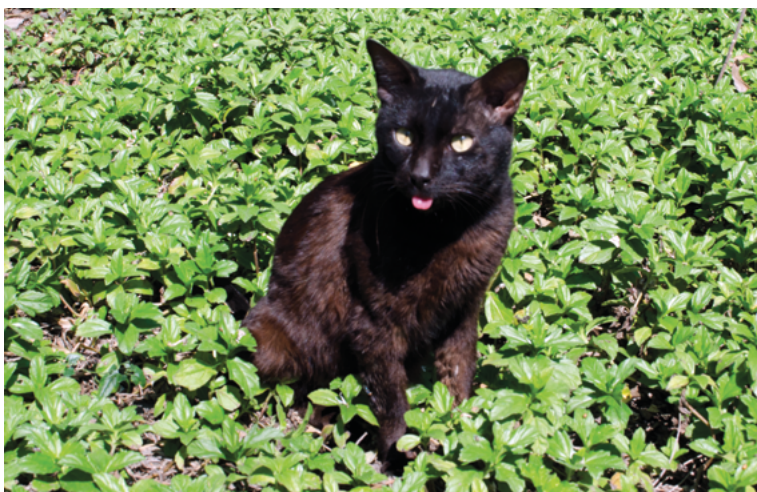
Not only do creatures of land and air suffer but so do those who live in water. Feng Shui recommends keeping brightly coloured Arowana gold fish in multiples of nine for 'prosperity and growth'. Makes one wonder how people can experience good luck and get wealth at the cost of torturing innocent lives. They are small, but feel as much pain and can suffer just like us.

Similarly expensive fishquariums (a tiny fish tank with adjoining compartment to keep stationery like pens, pencils, scissors and mobile phone) are promoted. Said to have calming benefits on humans, but that's untrue because the fish within are cruelly subjected to living in an extremely cramped space, LED lighting, battery operated clock cum calendar working 24/7 and other disturbances that frighten them enough to impart negativity into the room.

Superstitions Galore

The rabbit's foot, shark's teeth, killed butterflies, elephant tail hair, big cat's skin, teeth and nails, bear's paws, claws and hair, bird's head, beak, feathers and claws, emu toe nails and eggs, pangolin's scales, moulted snake skin/ *kentchuly* and goat skulls, are some of the many animal and bird body-parts considered lucky by humans. But, it is a fallacy that such "lucky charms" are indeed lucky.

Some animals, birds and reptiles are said to be symbols of good tidings and fortune. But, a bat or an owl flying



Midnight, a black cat that was luckily rescued! Photo courtesy: Shashi Kumar.



A cruel contraption. Photo courtesy: ThinkGeek.

over a house is said to be a harbinger of death. In some cultures a black cat is lucky, but considered a bad omen in other parts of the world. Similarly, a peacock feather may be thought of as an evil eye. A rhyme about spotting crows goes: One's bad, two's luck, three's health, four's wealth, five's sickness, six is death.

However, certain Indian notions concerning animals are not harmful for animals or humans, like if a crow crows outside your home it heralds the arrival of relatives or guests, or if you find yourself covered in bird droppings, it brings good luck! If one believes that sighting a cow, elephant, snake or a braying donkey is auspicious, so be it!



Khurshid Bhathena is a
Trustee & Honorary Secretary
of BWC - India.

Plunder of India's Dignity

Although the export of live cattle from India is banned, for Bangladesh smuggling-in is not a crime
says Kamlesh Shah

Money robbed can be compensated, but when one's dignity has been robbed it is irrecoverable and that's what has happened to India. None of our governments when in power have prevented the plunder of our cattle. Appeals have not been heeded, leading to so-called intellectuals advocating that this large-scale robbery be now legalized. They argue our cattle are smuggled into Bangladesh anyway. Abattoirs have been established along the border in Bangladesh and they are flourishing with the help of Indian smuggler-suppliers who routinely lift cattle off the roads, transport them inter-state via road and rail, and criminally dispatch them at night across the Indo-Bangladesh border. Our citizens need to know in which direction our nation is heading. The shameful story of how our sacred cow is treated follows. As a nation, are we not losing our dignity by allowing our *gaumata* to be killed?

Smuggling made Easy

To cater to Bangladesh's desire to eat beef, it is estimated that every year 15 to 20 lakh live cattle are smuggled from India via land and sea. Thousands of our holy cows, bulls and calves are illegally sent each and every day to Bangladesh where they are slaughtered. Three ways to get the cattle across are:

- The animals are injected with a chemical which makes them restless and they run fast through the fence where there are gaps.
- A bamboo crane is quietly and quickly set up and one by one the animals are deftly hung on it (takes no more than seven seconds each) and sent across to the Bangladesh side.
- Animals, particularly calves are thrown into the Ganga and Brahmaputra and forced to swim with the tide across to Bangladesh, whereas others are taken across by the smugglers in boats.

The Border Security Force (BSF) do seize cattle, but it can not be denied that it is under their watchful eye that smuggling flourishes. How then, can corruption and connivance not be ruled out?

In October 2013 *The Daily Star* (the No.1 English newspaper of Bangladesh) carried an article entitled *Celebrating Sacrifice* which revealed that of the 10 million cows that came from India each year, 4 million were around *Bakri Eid*. A research report prepared a few months earlier by Observer Research Foundation said that approximately 20,000 to 25,000 heads of cattle worth \$81,000/- were smuggled every day from India to Bangladesh i.e. annually 90 lakh, worth \$29 million. They also stated that every third head of cattle killed in Bangladesh was from India. (Note: In view of the nature of the activity being illegal the number of cattle claimed to be smuggled varies from source to source.)

Big Money for Both Sides

A cow valued between ₹500/- to 3,000/- in India, fetches as much as ₹20,000/- to 40,000/- in Bangladesh. There is no doubt that our cows sold are not used for agriculture or milk production, but killed for meat, skin and bone. Bangladesh's economy heavily banks on the India's cows. The citizens consume the meat and export nearly \$1 billion worth of leather goods – some come back to India! Their annual turnover from smuggled Indian cattle is estimated at more than ₹25 billion. Although the export of live cattle from India is banned, for Bangladesh smuggling-in is not a crime. 1993 onwards a smuggled cow can be legally traded and Bangladesh proudly derives revenue from taxing our smuggled cattle. A cattle 'smuggler' becomes a 'trader' and pays Taka 500 (₹394/-) as Customs duty after he declares that he found the cattle 'roaming near the border'. This convenient arrangement has enabled the country to earn substantial revenue. The skin is processed into leather and the bones collected from the slaughtered cattle are used by the ceramic industry. Bangladesh exports bone china to 50 countries and in 2010 earned \$30.78 million from export.

Cattle smugglers are brazen enough to frequently attack BSF soldiers and even kill them. They say India should legalise cattle export for the sake of peace on the border. Smugglers have dared to demand this because they have the backing of the Mafia.



Rivers and waterways along the border are regular smuggling routes. Photo courtesy: Star Archive.

Accepting the demand to legalise export of cattle will prove suicidal for our nation. Instead, we need to deal firmly with our own smugglers and with Bangladesh.

We must not forget that in exchange for our cows, they pass off fake currency, arms and ammunition which spread terrorism. Enough is enough! We'll face cattle bankruptcy if we do not wake up and take action. Our cows are not bred and reared to support and feed smugglers and terrorists.



Kamlesh Shah is
Head of the Research Team
at Shri Vardhman Parivar.



Enroute the Indo-Bangladesh border to be smuggled across. Cattle are tied close to each other so the maximum number can be accommodated in a lorry.

Back to Square One

Meat exporters have supply targets and their raw material is living animals, the younger and healthier the better say Rajendra Kumar Joshi and Diana Ratnagar

Last year Jainacharya Vijay Ratnasundarsurji requested the Rajya Sabha (RS) Committee on Petitions to review India's Meat Export Policy. The RS secretariat received over 10 lakh memoranda in support of the petition. People expected the Committee to seriously reconsider meat export and recommend a ban, but their report No 151 presented in February 2014, to say the least, was disappointing.

The Committee stated its findings, observations and recommendations, but at no point did it suggest that export of meat should be banned although overwhelmingly demanded by over a million persons for cogent reasons. Instead, there is good reason to fear that some of the recommendations that were made will lead to more animals being slaughtered.

Only one recommendation made by the Committee was somewhat good: subsidies and tax benefits given to the meat export industry should be banned. But, in view of



Slaughtering buffaloes. Photo courtesy: www.danwatch.dk.

the Administration's bias in favour of meat exporters, it remains to be seen if and when this will get implemented.

Killing with Compassion

Although the Committee began by observing "animal slaughter goes against the basic principles of Indian culture and philosophy, which teaches compassion for animals and is against the teachings of 'ahimsa' taught by Mahatma Gandhi, father of the nation" it merely recommended a "more humane and compassionate approach towards preventing the slaughter of animals". No outright ban on export was recommended even though the exporters are private entrepreneurs who for the sake of monetary gain are not observing 'ahimsa' and mercilessly killing our cattle to supply meat to foreigners.

Kill More for Export

It is strange the Committee's "distress" and "noting" serious flaws such as monetary greed did not result in a recommendation to ban export of meat. The Committee even observed that a "ban on export of meat would lead to massive unemployment is neither sustainable nor tenable". Such inconsistency is puzzling, and more so when the Committee went on to acknowledge that export of meat from India was as low as 1% of the total foreign exchange reserve.

Worse still, the Committee recommended reducing “the carcass overload within the country by making requisite changes in the trade policy” and indicated it was in favour of permitting export of meat cuts with bone to Pakistan. This recommendation will lead to more animals being slaughtered due to the creation of a bigger export demand for meat and leather.

Self Certify to Kill

The Committee first stated that there was total chaos because the issue of animal health was dealt with by several departments like animal husbandry, animal welfare, dairy, environment, health, and commerce. Then, acknowledging that the international demand for meat of young and healthy animals was being met, not by slaughtering old and unproductive ones as submitted by the Ministry, the Committee recommended a critical analysis of the meat export policy by setting up a Commission comprising of farmers, cattle owners, experts working in this field (read butchers) and its recommendations should be implemented by the Government. We very well know the outcome will not favour animals, but the exercise will probably be completed soon because till then no new slaughter house under APEDA (Agricultural and Processed Food Products Export Development Authority) will be allowed to come up. However, over the last year the government approved 3 new export-oriented units of buffalo meat processing plants. (According to APEDA, there are about 3,600 slaughter houses in India and one integrated abattoir and meat processing plant for buffaloes; plus 24 meat processing plants, of which 13 are exclusively for export.)

Breed to Kill

The Committee’s worst recommendation was that “all APEDA recognized meat export houses should not be allowed to export until they involve themselves in actual rearing of buffaloes” because it pointedly encouraged the breeding, raising and killing (factory farming) of cattle for export of meat and leather. It is certain that *all* cattle will be slaughtered (not only male buffaloes since they can not be selectively bred and raised for slaughter) more so because the Committee wants FSSAI (Food Safety and Standards Authority of India) to be involved.

Kill One and All

Permitting slaughter puts all cattle at risk, not only the dry and old ones derogated as ‘useless’. The short term gain of selling the animal for its flesh and bones, overrides the long term gain of milk and dung production. However, we must acknowledge the fact that the unwanted male buffaloes of the dairy industry are the very animals allowed to be killed for export of meat.

While recommending a ban on slaughter of female buffaloes for export, the Committee unnecessarily suggested undertaking a survey of the declining female buffalo population. As has happened in the past, the survey will be rigged and unchallengeable. It is a known fact that female buffaloes are also slaughtered. Let us not forget that meat exporters have supply targets and their raw material is living animals, the younger and healthier the better. They could be male or female buffaloes, or even cows, oxen and calves, and no one can by looking at the meat say which animals were killed.

No where in the report did the Committee recommend accurate labelling of meat



for export although it kept stressing that the meat of male buffaloes should only be exported. In which case, the Committee ought to have added that the meat be marked as internationally called “carabeef” or “buffalo meat” and nothing else. The word “meat” is vague. “Beef” is meat of cattle/bovines, including meat of buffaloes, cows and bulls. “Veal” is meat of buffalo or cow calves. Under India’s Export Policy 2012 “beef of cows, oxen and calf” is prohibited but “meat of buffalo (both male and female)” is allowed as “bovine animals”.

Teach to Kill

Is it is job of the Government to teach how to kill animals? The Committee thought that stunning of animals is a globally accepted practice and recommended it. It is obvious that it is unaware that stunning is not accepted in Islam and *halal* slaughter is mandatory. The majority of exporters, importers and consumers are Muslim and they insist on having *halal* meat. Moreover, whether mechanical or chemical, more often than not, it fails as a result of which animals suffer twice – the pain of the failed stunning, followed by the pain of being killed.

Smuggle to Kill

If the Committee was serious about stopping the rampant smuggling of live cattle (to be slaughtered for meat and leather) along the Indo-Bangladesh border, it would have recommended an immediate ban on inter-state movement of cattle. Recommending that the Ministry of Home Affairs should prevent smuggling was not good enough.

Effluents due to Killing

The Committee felt “that the very best method of dealing with disposal of animal carcasses is to avoid the need to slaughter the animals” yet wanted involvement from the Ministry of Health and Family Welfare. Significantly, it did not mention the Environment Ministry or Pollution Control Board who are mandated to deal with the issues. Irrelevant to our subject, several recommendations related to improvement of sanitary conditions, pollution due to effluents in land, sea and air, supervision, testing, corruption, etc. in slaughter houses were made. How can these recommendations help the animals *after* they have been killed? Also, suggesting that abattoirs be shifted to the outskirts of towns is like throwing dirt at someone else’s doorstep.

Review and Kill

In response to a Supreme Court direction, the Ministry of Commerce had in 2006 stated that the Meat Export Policy (a document that does not even exist!) needs no change. Yet the RS Committee concluded “the entire Meat Export Policy be again reviewed by the Department of Commerce”. Asking them is akin to asking butchers whether they feel it is good to slaughter animals.

Booming Business

So, we are back to square one with the value of country’s meat export expected to grow by at least 5%. 11,07,506 MT meat, worth ₹ 17,400 crore was exported last fiscal. Meat yield from an average adult buffalo is 110 kgs, therefore at least 1,00,68,236 buffaloes were killed. Many more animals must have been killed because the majority were male calves and their carcasses weigh less.



Rajendra Kumar Joshi is a Trustee of the Viniyog Parivar Trust, and Joint Secretary of the Akhil Bharat Krishi Goseva Sangh. Diana Ratnagar is Founder, Managing Trustee & Chairperson of BWC - India.



Gelatine hard shell and softgel capsules. Photo courtesy: Shashi Kumar.

Gelatine is written with or without an 'e' at the end of the word. Before it got unclassified as an additive, gelling agent or emulsifier, its number was E441. It is now considered as a food in its own right and needs to be listed separately as an ingredient on packaged food articles.

As its name indicates, gelatine is used to gel and lands up in unexpected items that range from gummy candies to a binder in matchsticks and India ink, to the commonly known capsules and jelly.

Gelatine is extensively used by the food, pharmaceutical, photography and cosmetic industries. No different to hide glue, it is derived from connective tissues, skin and bone of slaughtered animals such as cattle, horses, pigs, poultry and even fish.

World production of gelatine is about 3,75,000 tons a year. The basic manufacturing process consists of removal of impurities, dilution with hot water and acid to extract hydrolyze collagen, followed by several steps to refine and obtain dry brittle, translucent sheets or leaves that are light yellow, almost tasteless and odourless. It is also made into a powder.

To use it, gelatine needs to be first dissolved in boiling water and cooled. The most well-known gelatine food product is jelly, followed by marshmallows. However, some yogurts, certain desserts, and a few ice creams can contain it too. Aspic is what gelatine is called when made at home. It is a non-veg broth that has gelled.

Whether food grade/edible or not, gelatine is *always* of animal origin. In practice there is no such thing as 'vegetable gelatine' even though an additional dictionary definition is 'similar substance' because the use of gelatine can be replaced in certain applications by vegetable gums.

Fact, not Fancy

Gelatine

Nirmal Nishchit

Vegetarian jelly has been selling in India for many years. Seaweeds such as China grass/agar-agar, marine algae and carrageenan, as well as pectin, konjac, guar gum and cellulose from plants, can easily replace gelatine jelly crystals.

Vegetarians know, but may choose to ignore that capsules are made of gelatine and therefore non-vegetarian. Pharmaceutical (and photographic) grade gelatines are generally made from bones of cattle. Powders are filled in hard capsule shells where as soft-shell/softgel ones are used for liquids, but breaking them open and swallowing the contents does not absolve us of their use.

Vegetarian capsules (no different to those made of gelatine) are available but since they are more expensive, they aren't readily used by pharmaceutical companies.

In short, gelatine is a widely used and not so hidden a product which we need to watch out for, more so, if we have reverence for cows.

Ekvira Devi jatra

The chief pujari said he dreamt the
Devi did not want animals sacrificed
says Dr Kalyan Gangwal



Left: The owner of the Jai Malhar Chicken Shop said "This year my sales have fallen a lot because young people do not sacrifice animals".
Right: Chickens crowded in a rusty and dirty cage, awaiting their fate. Photos courtesy: Nitin Gaikwad.

The Ekvira Devi temple is situated in the Buddhist caves at Karla, close to Lonavla in Maharashtra. Devotees who attend the Ekvira Devi jatra (religious fair) are mainly fisher-folk of the Koli community and Saraswat Brahmins. Families camp on the hillside for one-night, two-days.

The main day for animal sacrifice falls on the seventh *tithi* of *Chaitra* of the Hindu calendar when goats and chickens are killed in honour of the goddess.

This year the Ekvira Devi jatra was held from 5 to 7 April

2014. It was the seventh year that Beauty Without Cruelty and Sarva Jeeva Mangal Pratishthan campaigned together against the sale, slaughter and sacrifice of chickens and goats.

Fortnight-long Campaign

On 29 March we met the temple trustees, *pujaris* and village elders. Shri Bapu Gogawale, a police official, accompanied us. The *Sarpanch* was also approached.

A couple of days later, we were happy to hear the chief *pujari* Shri Sanjay Govilkar say that he had dreamt the Devi did not want any animals sacrificed.

Again this year, Shri Manoj Kumar Lohiya, SP of Rural Police assured us that no live animals or alcohol would be allowed on the hill. In addition he ordered liquor shops to be closed during the three days of the *jatra*. Vehicles entering the temple campus from the highway were checked and confiscated alcohol bottles were destroyed.

In response to our letter for help, the Deputy Collector of Pune, Shri Suresh Jadhav also assured us that they would extend necessary help to control the animal sacrifices.

On 2 April we held a press conference which was attended by about 20 reporters following which our campaign was well covered in the newspapers and on the Pune Vritta Darshan, a cable news channel. The publicity must have dissuaded a large number of devotees from bringing live animals with them to the *jatra*.

Publicity

Display of huge hoardings at the entrance of the temple campus, at Kamshet, Lonavla and elsewhere in region, leaflet distribution at the temple site and as insertions in newspapers, and one-to-one discussions further con-

achieve this, we need much more understanding and support from the temple authorities and government functionaries. We will therefore continue to try to make them see our point of view.



Dr Kalyan Gangwal is Founder-President of Sarva Jeeva Mangal Pratishthan, Pune.



No one could have missed seeing this hoarding when turning off the highway to enter the temple campus.

Photo courtesy: Nitin Gaikwad.

vinced many devotees not to bring animals next year or even buy them there.

Although this year a larger number of goats and chickens were unsold, devotees did buy many and got them slaughtered in the butcher shops at the foot of the hill. They were beheaded in front of live animals and poultry who sensed they were next in line because they could smell blood and see legs jerking involuntarily – a typical abattoir scene, but with roadside witnesses.

We are however pleased to report that year-on-year since 2008, our efforts have lessened the number of animals sacrificed during the *jatra*.

Many more animals would be saved if the butcher shops are closed on the days of the *jatra* and no goats and chickens are sold on and around the hill area. But to

Form IV (See Rule 8)

Statement about ownership of the newspaper entitled

Compassionate Friend as required to be published in the first issue every year after the last day of February.

Place of Publication:

Beauty Without Cruelty (India)
4 Prince of Wales Drive
Wanowrie, Pune 411 040.

Periodicity of Publication: Quarterly

Printer's Name: S. J. Patwardhan
Nationality: Indian
Address: Mudra

383 Narayan Peth, Pune 411 030.

Publisher's Name:

Diana Ratnagar, Chairperson
Beauty Without Cruelty (India)
Nationality: Indian
Address: 4 Prince of Wales Drive
Wanowrie, Pune 411 040.

Editor's Name: Diana Ratnagar
Nationality: Indian

Address: 4 Prince of Wales Drive
Wanowrie, Pune 411 040.

Names & Addresses of individuals who own the newspaper and partners or shareholders holding more than 1% of the total capital:

Chairperson
Beauty Without Cruelty (India)
4 Prince of Wales Drive
Wanowrie, Pune 411 040.

I, Diana Ratnagar, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dated: 1st March 2014.

Sd/- Diana Ratnagar
Signature of Publisher

Vegan Recipe

Lotus Seed

Lotus seed, also known as Fox nut/*Thamchet*/*Makhana* is generally available shelled and dried therefore needs to be soaked in hot water and while the water is still warm the lotus seed should be used for cooking. (It is important that cold water not touch them so do not soak overnight.) There is no need to soak if roasted, salted and served as a snack.

The nutritional value of lotus seed is far superior to most foods – both veg and non-veg. The health benefits of consuming *makhana* regularly are immense: cardiac protection, diarrhoea cure, proper kidney function, blood pressure regulation, arthritis pain relief, anti-impotence and anti-aging, plus 25 grams a day imparts great energy.



Makhana Curry (serves 4)

Ingredients

- 2 cups lotus seed/*makhana*
- 1 small coconut
- 1 large onion, chopped
- 2 tomatoes, puréed
- 1 tsp *garam masala*
- 1 tbsp ginger-garlic paste (optional)
- 1 tbsp chilli powder
- 1 tbsp coriander/*dhania* powder
- ¼ tsp turmeric/*haldi* powder
- 1 cup green peas, shelled
- 3–4 cups water
- salt
- 2 tsp lemon juice or vinegar
- 2 tbsp coriander leaves for garnishing

Preparation

Soak lotus seed in hot water and while the water is still warm drain.

Roast lotus seed. Keep aside.

Shred coconut, steep in hot water and strain to extract ½ cup thick coconut milk. Keep aside.

Heat the oil. Sauté onion and tomatoes followed by *garam masala*, ginger-garlic paste, chilli, coriander and turmeric powders.

Stir in coconut milk and then add green peas. Add 2 or 3 cups water, cover and let simmer till green peas are cooked.

Add lotus seed and cook further. If necessary add more water.

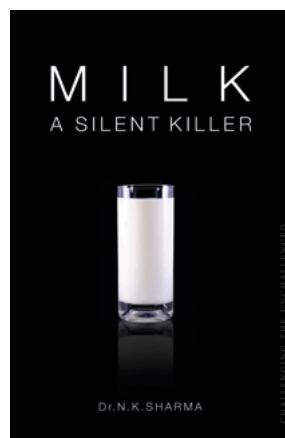
When done, remove from fire and mix in lemon juice or vinegar. Garnish with chopped coriander leaves.

Serve with brown rice or *roti*.

Special Offer

Answer these 10 questions correctly to
receive a copy of this book.

(This is BWC's way of saying thank you
for reading our magazine.)



1. What are gelatine capsules made from? _____

2. What is buffalo meat called? _____
3. Do importers want meat of young and healthy cattle? _____
4. Name the circus without animals that recently
made a come back in India. _____
5. What happens to cattle mercilessly smuggled across the Indo-Bangladesh border?

6. If inter-state movement of cattle is banned, will smuggling
across the Indo-Bangladesh border lessen considerably? _____
7. Is the nutritional value of lotus seed/*makhana*
superior to most veg & non-veg foods, or only to veg foods? _____
8. Name an animal that is killed for its body part,
erroneously considered lucky. _____
9. Year-on-year, are lesser animals sacrificed during the *Ekvira Devi jatra*? _____
10. Do more Nepalese or Indians sacrifice animals at *Gadhimai*? _____

Post your replies (on this page or a photocopy) to reach BWC by **15 June 2014**.
State your name, postal address, e-mail id, mobile and BWC membership number.

The correct answers and the names of those who answered all the questions
correctly will be printed in the next issue of **Compassionate Friend**.

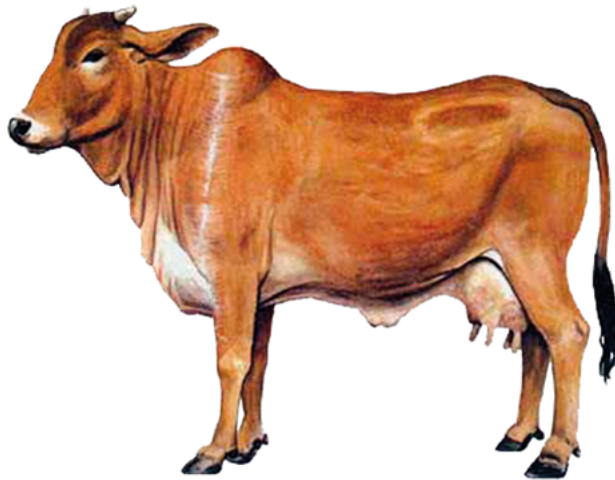


Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420 E-mail: admin@bwcindia.org Website: www.bwcindia.org

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