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COMPASSIONATE FRIEND

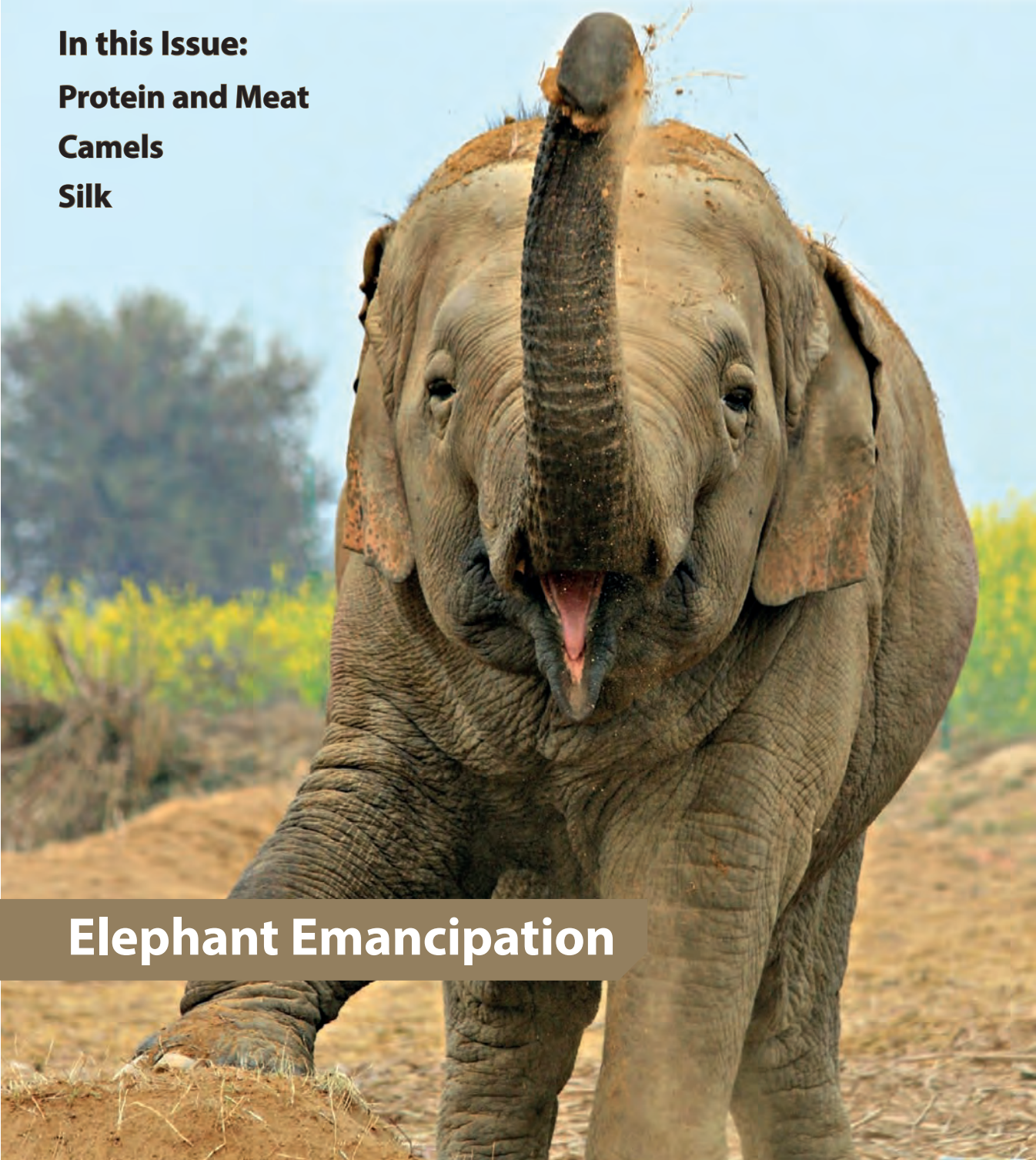
Journal of Beauty Without Cruelty - India
An International Educational Charitable Trust for Animal Rights

In this Issue:

Protein and Meat

Camels

Silk



Elephant Emancipation



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Front Cover: Rescued elephant, Laxmi enjoys a dust bath
at the Wildlife SOS's Elephant Conservation and Care Center in Mathura, India.

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From my Desk... Compassion in Action

In November 2015, Sudarshan Kumar, Beauty Without Cruelty life member and Executive at Bengaluru, first tried to convince the Jindal Naturecure Institute to stop keeping an aquarium. We supplied detailed factual information regarding the unknown and unnoticed suffering fish were subjected to, and pointed out that all aquariums emit negativity, something that a nature cure centre would not want at their hospital.

BWC thanks the authorities who upon realising the cruelty involved, released the gold fish into a pond on their campus in September 2016. This pond contained another species of fish but it has been observed that both are Okay.

People who no longer want to keep fish tanks face a dilemma. They aren't sure what the ethical thing to do is. Killing is not an option of course, nor is feeding them to bigger fish. Releasing them in a lake or river could very likely result in harming the ecosystem. Gold fish released in Australia's Vasse river have known to thrive and grow up

to 16 inches and turn from pets to pests. Giving them to a rehabilitation centre where they are taken care of till they naturally die is the best thing to do, but may not be possible due to lack of such a facility.

As birds and fish kept in captivity cannot survive in the wild, they could be housed in bigger and better enclosures. Just because one has an empty cage or a fish tank one doesn't need to buy more birds or fish to fill them and perpetuate the cruel trades.

In August 2016 a life member of Beauty Without Cruelty, Joyce Cardozo informed us that the Pullela Gopichand Badminton Academy had been forcing their trainees to eat non-vegetarian foods. She wrote them, and so did we, saying how very difficult it was for those who have never eaten flesh on religious or ethical grounds, to eat an animal. We pointed out that many people did not eat meat because they wished to remain healthy. After all, a growing number of world class athletes and sportspersons do not consume meat. It had been scientifically proved that a nutritionally adequate diet can be easily obtained from plant sources. We drew their attention to the following three websites:

- ➔ www.nomeatathlete.com/vegetarian-diet-athletes/
- ➔ www.mnn.com/food/healthy-eating/photos/9-superstar-athletes-who-dont-eat-meat/fueled-by-vegetables
- ➔ www.greatveganathletes.com/

BWC hopes they have reconsidered and will henceforth let their trainees remain vegetarian – in fact, encourage non-vegetarian ones to turn vegetarian.

On 26 August 2016, an elephant and two calves were hit at about 7.30 pm by the Kharagpur-Adra Passenger train in South-Eastern Railway's Bankura-Howrah section of West Bengal. Exactly a month later on 26 September 2016, another train accident took place in the night when two elephants were crossing the Guwahati Dibrugarh railway track, about 4 km east of Dimapur in Assam. They were mowed down and dragged by the UP Rajdhani Express.

BWC wrote to Shri Suresh Prabhu, Union Minister of Railways that since the majority of such accidents occur between dusk and dawn, the railways could seriously consider stopping the movement of trains through forest areas from 6 pm to 6 am. We feel it is high time this be done because for decades

it has been impossible for an effective mechanism to be put in place by all the authorities concerned. We also asked for strict action to be taken against the drivers of the trains involved in accidents with animals.

BWC is quite hopeful Shri Prabhu will take appropriate action since he is a life member of Beauty Without Cruelty and is supportive of the cause.

Activism has no limitations. In an effort to make people give up eating meat, Mahammadyusuf F Dakhani, a BWC life member from Bijapur started a vegetarian group approaching people conversant in Kannada.

All it needs is a basic desire to be part of a change that benefits animals and humans (including ourselves). It takes very little effort to spread the message of respecting all life forms. In our daily conversations especially with children we can make them aware of things which could eventually lead them to make lifestyle changes. Everyone – yes, everyone, no matter what age, means, background or present position – can make a difference in their own way.

Diana Ratnagar
Chairperson

All that Glitters is not Kind

Compared to other forms of animal cruelty, silk production has not had the attention of animal welfare and rights activists it deserves
says Shubhobroto Ghosh

You want to look attractive and gorgeous for a party or intend to make heads turn. You want to look fashionable and glamorous and appear like a beauty queen. What better attire to adorn yourself with than silk, pure silk, to dazzle in a social gathering. The material is luscious, soft, smooth, glossy and lovely. It is something that many women (and some men) crave for along with diamonds and fur. But as with diamonds and fur, silk production entails a level of monstrosity and barbarity that would make any sensitive person blanch. Unfortunately, very few people are aware of, and even less care for the savagery involved in pure silk production.

Let us put it this way. When we talk about animals, most of us would be horrified if we saw animals beings being boiled, roasted or skinned alive. And most of us would find it abhorrent to kill butterflies. However, in silk production, every day, millions, if not billions of innocent silkworms and silk moths are killed only to cater to a vain fashion need of one species. How does it happen?

Let us turn to history. It is said that silk was discovered



Silkworms (*Bombyx Mori*).

Photo courtesy: Fastily at wikipedia.org

immediate fascination for the fabric, regardless of the fact that the silkworm inside had been boiled to death. She conveyed her enchantment with the fabric to the royal court who got taken in and started harvesting silk in large quantities. The lives of the animals hardly mattered, presumably because they were just considered to be insects not worthy of any ethical obligation, just as they are now.

For a long time, China kept this secret and then slowly the art (if mass killing can be called an art) spread to the western world and travellers crisscrossed continents in search of this valuable fabric. As the secret of making silk came out of China, more countries took a fascination for the fabric. India became a major silk production centre.

For silk garments, for one meter of fabric, more than 3000 silkworms are boiled alive. The silk production process starts with the female silkmoth laying eggs and being crushed and ground to pieces immediately after producing eggs to check for diseases. Remember that the silk has to be the purest and finest quality with the best quality of sheen and dazzle, never mind if the creature who originated the material has to be brutalized to death. The male silkmoths are dumped in garbage cans and are also chopped to pieces in grinders. Some gratitude that but not unnatural for the human species to exhibit to other animals.

The silkworm feeds on mulberry leaves and laboriously spins a cocoon after revolving thousands of times for just one cocoon. The valuable silk filament covers the cocoon and the silkworm stays inside undergoing metamorphosis to become a silkmoth that would eventually emerge from the structure to the sunny world outside. But for this natural magic to happen, the emergent silkmoth has to pierce his way through the cocoon making a hole in the process and cutting through the silk strands. This

is too much for us, is it not? How dare a mere insect destroy his own creation that we covet so that it can adorn us? So the cocoon is thrown in boiling water and the silkworm dies an agonizing death so that the fine and intact silk threads can be unwoven intact. Of course, there are other methods of killing silkworms inside cocoons, piercing them, baking them and electrocuting them.

Compared to other forms of animal cruelty, silk production has not had the attention of animal welfare and rights activists it deserves. One principal reason is perhaps that it is easier to identify with a cute mammal or bird or even a reptile than an invertebrate. People think, “It is only a worm,” conveniently forgetting that the worm is the precursor to the moth which in essence assumes the same form as a butterfly, a creature that has been the centre of human myth, folklore and poetry for millennia. Many of us would not wilfully harm butterflies but we do not mind crushing and hammering their cousin silkmoths to death.

Indeed the silk topic brings out the dichotomous aspect of human nature. Recently with greater awareness on animal issues, there have been concerns voiced about the methods used in silk production. Efforts have been made to replace the traditional violent method with a more animal friendly one resulting in what is known as *ahimsa* silk. In *ahimsa* silk production, the silkworm is allowed to complete the full life cycle and is not killed prematurely. It is also reported that there are some forms of wild silk where the silkworm is allowed to complete the natural lifespan. However, due to inconsiderate selective breeding, silkmoths that now emerge out of cocoons are pretty much incapable of living out their natural lives and die soon after. The whole aspect of cruelty in silk production is really a troublesome one because this animal species seems doomed one way or another, and plainly because of human vanity.

It has been posited that the fate of silkworms is trivial compared to other animal cruelty issues and indeed other problems but some individuals have stood up for the rights of all creatures to be treated with respect. After all, silk is an arbitrary luxury product and no wearer of silk would lose anything if he replaced this fabric with a less cruel one.

Apart from killing thousands of animals, the pure silk industry abuses humans too. Hundreds of thousands of children, some as young as five, toil as “slaves” in India’s pure silk production industry, enduring beatings, burns and 12-hour days, according to Human Rights Watch. They are bonded labour, powerless

children doomed to remain bound to their employers because they are recruited to work in exchange for a loan to their families that they can never earn enough to repay. The human rights group interviewed children, employers and officials in three states, Uttar Pradesh, Tamil Nadu and Karnataka, which form the core of India’s silk industry, and produced a shocking picture of a world of cruelty and gross exploitation. Their 85-page report concluded that “at every stage of the silk industry, bonded children as young as five work 12 or more hours a day, six and a half or seven days a week under conditions of physical and verbal abuse.

The humane options for avoiding cruelty in silk production include:

Avoiding silk altogether in all forms, the best option.

The second best option is to wear artificial silk since it is made of material other than silk including synthetic cloth and rayon.

Silkmoths deserve to live. Let them live.



Shubhobroto Ghosh is
a BWC life member.

He is the author of the Indian Zoo Inquiry and the book, *Dreaming In Calcutta and Channel Islands* and has investigated the captive wild animal industry for more than two decades.

A Ray of Hope for Elephant Slaves

*An overview of the Supreme Court
Petition on Captive Elephants is
presented by Suparna Baksi Ganguly*



Amber Fort elephant in Jaipur Hathigaon (April 2016) tied for 18 hours in an isolated concrete cell after giving joyrides to tourists. Most suffer from depression and severe foot conditions. Photo courtesy: Suparna

The present Writ Petition on elephants in captivity in India was filed before the Hon'ble Supreme Court on 26.06.2014 seeking appropriate Orders to effectively implement the provisions of the Wild Life (Protection) Act 1972, the Prevention of Cruelty to Animals Act 1960, and various government directives to protect elephants held in captivity in different parts of the country. The petitioners were WRRC, HIS, WPSI, SAI, PAWS and Shri Shakti

Banerjee. The respondents were Union of India, AWBI and all State Governments that have a private elephant presence in various holdings. The intervener was PFA. Whereas, BWC extended critical financial support for some of the legal expenses incurred.

The current state of the health, welfare, safety and upkeep of the majority of captive elephants in the custody of private ownership is abysmally poor. Due to ill-treatment and/or inadequate facilities several instances of death and severe injuries to captive elephants are being reported across the country. Elephants held in captivity are also known to turn violent under mental and physical stress leading to panic and stampede in public areas, often causing loss of life of *mahouts* and bystanders and damage to property.

According to the Ministry of Environment and Forests, Government of India, in 2000 there were estimated to be 3400-3600 elephants in captivity in the country. Captive elephants are found with private individuals, in religious institutions, zoos, circuses, forest camps, tourist spots etc. As the Indian Elephant (*Elephas maximus*) is a Schedule I

species under the Wild Life (Protection) Act 1972, transfer, acquisition, transport etc. of captive elephants is governed by the Wild Life (Protection) Act 1972. Captive elephants are also protected by the provisions of The Prevention of Cruelty to Animals Act 1960. Several states such as Kerala, Karnataka, Tamil Nadu, Assam and Maharashtra have issued Rules and Government Orders to ban or regulate the transfer and movement of captive elephants. The Ministry of Environment and Forests, Government of India, has also issued Guidelines for Care and Management of Captive Elephants in 2008. However, the implementation of the law and orders relating to captive elephants has been extremely poor.

Although the Wild Life (Protection) Act 1972 prohibits the sale or offer for sale or by any other mode of consideration of commercial nature, transfer of elephants in exchange of consideration of commercial nature, such as rent, is rampant in the country. Elephants are often 'donated',

'gifted', 'exchanged', 'loaned', 'rented' or 'leased' by owners. These are terms used as cover-up for illegal commercial transactions, and result in elephants being held in captivity with inadequate facilities and being exposed to shocking ill-treatment and abuse.

Despite the coming in force of the Declaration of Wildlife Stock Rules 2003 and proviso to Section 42 of the Wild Life (Protection) Act 1972, captive elephants continue to be in the custody of private individuals and institutions even though most individuals and institutions do not possess adequate space, infrastructure and facilities to house and maintain elephants. Furthermore, many individuals and institutions have not declared the captive elephants in their custody to the concerned Chief Wildlife Warden of the State or obtained Ownership Certificates under Section 42 of the Wild Life (Protection) Act 1972 in respect of the elephants in their custody as is mandatorily required under the Declaration of Wildlife Stock Rules 2003.

Every year several incidents come to light, in which captive elephants have turned violent and injured or killed human



This elephant, maintained by a religious institution, died of foot rot and multi-organ failure. Photo courtesy: Sharavanan

beings and damaged property. Various studies show that the violent behaviour of elephants can be attributed to poor living conditions and subjecting them to various forms of torture that include beating with a variety of implements.

Common instruments of violence are long metal capped poles, short sticks with nails embedded on top, thin and flexible canes for hitting on the legs, and spiked metal collars for encasing the lower legs. Prodding them with sharp steel tipped *ankush*, chaining them on all four legs, making them walk over hot tarred roads and keeping them chained, often for the entire day are some of the methods of subjugation.

The Report of the Elephant Task Force, Ministry of Environment and Forests, Government of India titled '*Gajah*', released in August 2010, identified the need to take measures to promote the welfare of captive elephants and their care-givers (such as *mahouts*) in the country. The Task Force made several recommendations in this regard including the need to amend the provisions of the Wild Life (Protection) Act 1972 to ensure better protection of captive elephants. It has been recommended that



Lakshmi, a 57 year old elephant's foot eroded by foot rot, a painful chronic condition caused due to neglect and unsuitable environment. She is privately owned at Palani.
Photo courtesy: Brigitte

there should be a prohibition on the use of elephants in 'exhibitions, circuses, weddings, unregulated tourism, public functions, begging or for other entertainment'. An emphasis has also been laid on improving the upkeep, maintenance and housing of captive elephants.

The unnatural and stressful environment, in which the elephants are forced to live and work, exposes the public, particularly the mahouts, to imminent danger of loss of life and limb. There exists a constitutional imperative in accordance with Articles 14, 21, 48A and 51A(g) of the Constitution of India to protect these elephants held in captivity, as there is towards other wild animals, as well as to prevent accidents that could endanger the lives of people.

Therefore, it was prayed that the Hon'ble Supreme Court direct the concerned Government agencies to take urgent measures to ensure the protection and welfare of the elephants. In short, a 'demand for justice' was filed and served on the respondents – States of India and the Animal Welfare Board of India, so that they could at least have a chance to respond. The demand specifically averred that despite the existing laws and guidelines, there is a pervasive breach of laws and no effective steps were taken by the respondent authorities to discharge their public duties.

The matter first came up for hearing on 27.03.2015 and was listed on board for 17.04.2015.

From then onto 20.09.2016, there have been approximately 10 hearings. Some of the path breaking directions and observations made by the Justice Shri Deepak Mishra has brought much hope and optimism to the cause of captive elephants in India.

- It has been debated by the Court about the various illegalities that govern the Ownership of elephants
- Elephants used for exhibitions and parades without clearances from requisite authorities like AWBI have been under the scanner
- Exhibition and training of elephants per se has been debated
- The miserable state of the Jaipur Amber Fort elephants has been noted and Notices issued to the State Governments of Rajasthan and Goa for their explanations
- The illegal activities of joyrides and tourism in Goa, being done without permissions leading to cruelty and abuse of the animals has been brought to the attention of the Hon'ble SC
- The attempt by Kerala State Forest Department to cover their tracks by issuing Ownerships to elephants brought in illegally has prompted the Hon'ble Judge to declare that all such attempts to be construed as illegal and unlawful
- The submission by the State Forest departments of Rajasthan and Kerala that 89 elephants in Rajasthan and 289 elephants in Kerala are illegally kept and do not have any Ownership or Transport papers
- The physical health and management status of elephants in Kerala, Tamil Nadu and elsewhere has been brought on record

For the first time in the history of India's captive elephant business, the murky underworld of elephant trade has been split wide open – decades of elephant trafficking, the ghastly nexus between poachers capturing young elephants and their collusion with private trade coupled with neglect, corruption and apathy on part of government departments have led to the unacceptable conditions today.

India's miserable but much beloved elephants in temples, circuses, logging camps and in the begging business may finally get some justice.



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

Her work on captive elephants in India spans more than a decade and is based on extensive research, documentation and inspection of elephants.

She is also a life member of BWC-India.

In March 2016, Suparna received the prestigious Nari Shakti Puruskar 2015 from the Hon'ble President of India on the occasion of International Women's Day 2016, in recognition of her service to animals.

Fact, not Fancy

Protein and Meat are NOT Synonyms

Protein is a nutrient. It is therefore incorrect to say “protein” when meaning “meat”. Yet, many non-vegetarians call meat protein, and by doing so, they think people will excuse or overlook their eating flesh of killed animals, birds and fish. It is obvious that saying they eat protein doesn’t make them feel as uncomfortable as saying they eat cow, chicken, goat, pig, fish or any other living creature.

Carcasses, embryos and glandular secretions (flesh, eggs and milk) are not the only sources of protein. Complete and adequate quantities of protein can be easily derived and absorbed by the body from a balanced diet of plant sources such as whole grains, lentils, seeds, nuts and beans.

Protein Without

Eating Animals

Non-vegetarians typically talk of animal protein being higher in quality than vegetable protein. It refers to amino acid content because

Rajma chawal is one of the best complete protein dishes says Nirmal Nischit.



Rajma chawal. Photo courtesy: ekPlate

all protein is a combination of amino acids which have specific roles in our bodies from metabolism to muscle development. But, that does not mean vegetable protein is not as good. *Rajma chawal* is one of the best complete protein dishes. Moreover, Indians derive at least 60% of their protein requirements from cereals.

Dhvani Shah, a registered dietician with a post graduate degree in clinical nutrition and diet therapy, says plant based proteins are complete proteins if eaten in the right combination. They can work better than animal proteins mainly because of the absence of hormones and enzymes. Going vegan and consuming plant protein has shown extraordinary results in reduction of cholesterol, treating polycystic ovary syndrome and preventing menopausal complications.

World athletes and sportsmen are turning to plant-based proteins since they are easier to digest and result in less inflammation while delivering all the essential vitamins, minerals, enzymes and fibre, in addition to protein.

“To wrongly suggest that people need to eat animal protein for proper nutrition encourages consumption of foods known to contribute to the incidence of heart disease, diabetes, obesity, many forms of cancer, and other common health problems” says Jeff Novick, an American dietician and nutritionist with experience in nutrition, health and fitness, who has served as Vice President of the Board of Directors of the National Health Association, USA.

Too Much, Too Bad

It is worth knowing that having too much protein from animal sources can cause serious health problems such as bone demineralization; and, result in problems for diabetics and those having kidney related problems. Over consumption of protein results in fat and puts stress on kidneys, whereas less protein intake can extend one's lifespan. Also remember, one of the causes of osteoporosis is excess consumption of protein.

The management of CISRO (Commonwealth Scientific and Industrial Research Organisation) in Australia has been exposed for encouraging the consumption of red meat despite contrary advice from their own scientists. No wonder Australia has the highest number of bowel cancer cases in the world and there is no doubt that red meat is the cause. In fact, in every country, the meat industry is indirectly responsible for misleading and confusing nutrition advice on the necessity of “protein”.

Another myth is that protein is good and carbohydrates are bad. Both are necessary for a balanced diet and calories are derived from them both.

Malnourishment

Among 118 developing countries, this year India stands at 97 in the global hunger rankings. An estimated 15.2% of our population is undernourished. Malnourishment can be hunger related, whereas malnutrition arises due to an imbalanced diet: too much, too little, or wrong proportions of nutrients.

To avoid malnourishment among communities and consume balanced diets, the International Crops Research Institute for the Semi-Arid Tropics encourages farmers to grow crops such as chickpeas, groundnut, pigeon peas, millet and sorghum.

Vegetarian Sources of Proteins

Complete Proteins (containing all 9 essential amino acids):

- Quinoa
- Buckwheat
- Soy
- Quorn
- Seitan
- Rice and Beans
- Ezekiel Bread
- Hummus and Pita
- Spirulina with Grains or Nuts
- Peanut Butter

Almost Complete Proteins:

- Hempseed
- Chia

Source: greatist.com

On an average 5 kilograms of maize, soy, wheat or rice bran when fed to animals produces 1 kg of meat, making it a second hand food. If we did not feed animals grain, to breed and kill them for their meat (so-called protein) there would be more than enough nutritious produce for everyone, everywhere, thus ending human hunger.

No more Camel Sacrifice

Last year about 100 camels were sacrificed in Tamil Nadu. This year only one camel was killed in Madurai says G Arun Prasanna

The Indian camel is the pride of Rajasthan. The single humped or Dromedary is a gentle animal symbolized in Arab culture for patience, tolerance and endurance. Sadly, this iconic animal called 'The Ship of the Desert' is almost sinking with its numbers dwindling rapidly due to illegal trafficking across the states for slaughter during Bakri Id.

But not any more! Animal lovers would be delighted to know that Camel Sacrifice is now banned in Tamil Nadu as the pleas to lift the ban were not allowed and all petitions were dismissed. Tamil Nadu can now flash a proud tag of banning camel slaughter.

Smuggling of Camels

Camels are being smuggled in large numbers for slaughter on Bakri Id, to the states of Kerala, Tamil Nadu, Andhra Pradesh and Karnataka and even to Bangladesh via Bihar. They are bought in weekly markets and the Pushkar Mela – taken by road mostly on foot or crammed into trucks with tied legs, traveling thousands of miles. Nose rings are pierced and pulled to control



Camels are made to walk thousands of kilometres, controlled by the nose ring, made to stay in unused places filled with debris and butchered in public places all in the name of sacrifice. Photo Courtesy: Vinod Jain

the temper of this proud animal. They are smuggled across the states on the pretext of offering children joy rides. Police turn blind eye.

Weighing about 400-600 kgs, camels stand 6.5 ft tall and are sold for 80 to 100 thousand rupees. Between wealthy Muslims who want to sacrifice them as their symbol of prestige, and Jains who want to buy them out of compassion, the demand goes up. The traders make money. The streets turn red with the blood of these gentle animals as onlookers watch the gory spectacle of camels being butchered.

Cruelty en route before being Killed

In India, camels are natives of Rajasthan and Gujarat. Their physiology is suited to a dry desert climate. Their padded feet are suited for soft desert sands and not for walking on tar roads. Camels are made to walk great distances, even though their feet bleed. They undergo great hardships en route their destination.

Outside Rajasthan they do not get their ideal diet of desert shrubs and plants. As a result of which they do not keep good health. For the traders they are replaceable commodities. Sick animals are abandoned to die on highways to avoid medical expenses.

Camels find the journey so stressful that they develop deadly infectious diseases. Since the purpose of this is only slaughter, the well being of a camel is of least relevance to the trader as long as he can deliver the camel.

Since there are no camel houses, they stay in unused places, full of debris and are slaughtered in the open in broad day light even in residential areas, on streets and by-lanes in flagrant violation of municipal laws and health regulations. The lifespan of a camel is 20 years and it takes about 4 years for it to become an adult – all this cut short in the name of sacrifice. The population of camels has fallen rapidly from 4 lakh to 2 lakh between 2012 and 2015.

PFCI Steps In to Stop Illegal Trafficking

People for Cattle in India (PFCI) has been taking earnest steps from 2013 to prevent the slaughter of camels. However, the slaughter continued in public places and media continued to report it. Matters were made worse by the sordid attitude of the officials of Corporation of Chennai who were in denial mode all the time.

PFCI continued to file various petitions, representations and ask information through RTI queries. The RTI responses showed conflict of interest by various Government Departments. PFCI finally approached the Madras High Court seeking relief to stop the suffering of camels.

In order to stamp out the illegal trafficking and slaughter of camels, PFCI with support from Beauty Without Cruelty

had filed a PIL (Public Interest Litigation) in April 2015 at the Madras High Court to issue a ban on it. Every year during Id, hundreds of camels were brought to Tamil Nadu and butchered in violation of many extant rules and regulations of various statutes in the process of transporting and killing of animals.

Finally, Relief for Camels

The PIL petition was substantiated with evidence of numerous Representations, Petitions, RTI replies, Media Reports, Photographs, Videos, Circulars, and highlighted the various violations made by the butchers and officials against the existing laws and acts.

The first task was to get the PIL Petition admitted as earlier 2 similar PILs had been heard in 2006 and 2014 making it next to impossible to file. It came up for hearing on 21 April 2015 and was heard by Hon'ble Chief Justices. PFCI had substantiated the PIL with conclusive data and information. After long drawn arguments by the PFCI's council, the PIL was admitted.

After due process of time and several adjournments, the Hon'ble Court passed the landmark order on 28 August 2016 banning slaughter of camels in Tamil Nadu and



You can see the ribs of these camels after exhaustion from the journey. They will be beefed up just to be killed. Photo courtesy: G Arun Prasanna

further directed the Police to strictly abide by the order.

Majority of Muslims welcomed the ban. It is the traders who opposed it and filed an appeal against the ban. But the pleas to lift the ban on camel slaughter were not allowed and all their petitions were dismissed.

Last year about 100 camels were sacrificed in Tamil Nadu. As per the media reports no camels were slaughtered in Chennai this year. In response

to an RTI query by PFCI, the Madurai Police said one camel had been sacrificed for which an FIR has been filed and investigations are underway.

Now one cause for the reduction in camel numbers is removed. There are still other cruel practices such as 'Joy-rides' on tar roads which is 'No Joy' for the camel where maximum number of people are loaded on its back. When exhausted, they collapse and cry out in pain but are forcefully pulled forward with ropes strung through the metal rings in their nostrils. These cruel practices need to be stopped for these gentle herbivores to freely roam the deserts of Thar.



*G Arun Prasanna is
Founder and Secretary,
People for Cattle in India*

Camel Sacrifice bid partially averted in Madurai

On Bakri Id, a camel was brought for sacrifice by a film director of Nelpettai. On receiving the information, Vilakuthoon police rushed to the spot and held talks with the film director. A large number of people gathered and police posted security in the area. In view of the ban ordered by the Hon'ble Court on camel sacrifice, the police promptly acted. They told the director and producer that they would be arrested if they facilitate the sacrifice.



News and photo courtesy: dt Next (14 September 2016)

The police continued the talks till late night with him as well as the members of Jamaat and finally the Jamaat members agreed to drop the sacrifice and took the camel back to the mosque. The Jamaat members also held talks next morning and decided to submit petition to the City Police Commissioner to seek permission to take the camel outside the state.

Three more camels were brought to South Gate and there too the police held talks with the mosque members.

Vegan Recipe

Sweet Potato

The sweet potato/*shakarakand* is a tuber, different to a yam/*jimikand*/*suran/ratalu*, and unrelated to the potato.

High in Vitamins A, B6, D, calcium, iron, magnesium and potassium, sweet potatoes are considered great for the eyes, and eating one sweet potato a day has proved to result in youthful skin.

The American Diabetes Association has listed the sweet potato as one of the top 10 super foods for diabetics because they do not cause blood sugar spikes. However, boiling is advisable since they should not be digested fast by those who have diabetes.

Since sweet potatoes satiate hunger they are recommended for weight loss and for this very reason they are commonly consumed during religious fasts.



Vaal Dal Shakarakand (serves 2)

Ingredients

- 1 cup field beans/*vaal dal*
- 1 tsp oil
- 1 tsp mustard seeds/*rai*
- 1 sprig curry leaves/*patta*
- 1 onion, chopped
- 1 tbsp *garam masala*
- 1 tbsp ginger-garlic paste
- 2 big sweet potatoes,
peeled and cut
in large pieces
- 1 lemon, juiced
- 2 tbsp coriander leaves,
chopped

Preparation

Boil *vaal dal* with water till mushy.
Mash smooth and keep aside.

Heat oil and fry mustard seeds, curry leaves and onion; followed by *garam masala* and ginger-garlic paste.

Add sweet potatoes. Cook till they soften.

Add boiled *vaal dal*, salt with some water.
Cover and simmer.

Add lemon juice just before serving and garnish with coriander leaves.

Serve with rice or *rotis*.

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

Silk loses its Sheen!



*For 100 grams of silk 1500 such lives
are killed, crushed, burnt, baked,
steamed or electrocuted alive.*

Silk is a Cruel Fashion Statement.



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