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Winter 2018

# COMPASSIONATE FRIEND



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

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Winter 2018

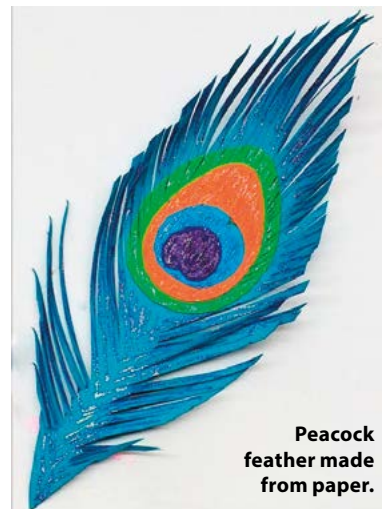
# From my Desk...

## Fur Free Fashion

The late Lady Dowding, Beauty Without Cruelty's international founder pioneered the global anti-fur movement. Beginning in England during the 1950s, it spread worldwide with anti-fur demonstrations becoming more forceful, and designers and celebrities shunning animal fur. It culminated in the British Fashion Council announcing that the London Fashion Week in September 2018 would be fur-free. At last, a conscious choice of both designers and consumers has immersed. BWC stands vindicated.

## Peacock Feathers

One of our life members, Dr Harichandra BP wrote to ISKCON Bengaluru pointing out



**Peacock  
feather made  
from paper.**

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

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that peacock feathers were being used in their Krishna Costume Contest which was a part of their annual Sri Krishna Janmashtami celebrations. Not all peacock feathers were moulted but peacocks were also killed to obtain them (the demand being greater than supply) they should ask participants to utilise artificial ones.

A prompt and positive response was received from them saying that their rules included the following point:

*Participants of Krishna Costume Contest are requested to avoid using real peacock feather for Krishna costume to prevent any possible cruel treatment of the birds. Instead you can use a cut-out of a digital print or hand-drawn peacock feather, or any other innovative way of representing the peacock feather.*

## Coral

**A**BWC life member, Prof Zarine Arya was shocked to receive a free sample of "100% natural coral grains" calcium supplement marketed by Lupin Ltd. Not only that, but the company had the audacity of affixing a green veg symbol on it.

We immediately complained to the Food Safety and Standards Authority of India pointing out that the company was cheating vegetarians into believing that the product was free of animal ingredients; and, that a brown non-veg symbol should be affixed on it.

BWC also wrote to the Ministry of Environment, Forest & Climate Change with regard to the use of coral. We reminded them that coral reefs in India are protected under the Wildlife (Protection) Act 1972, and the Coastal Regulation Zone Notification of 1991 issued under the Environment (Protection) Act, 1986. It was therefore their duty to ensure that coral is not commercially utilised by Lupin Ltd or any other company. There was no point of spending large amounts on studies and research pertaining to coral restoration and awareness, if its use was not prohibited even if it is imported as in this case from Japan.



We further stated that coral could be mined within India or illegally imported as in February 2016 when at the Inland Container Depot in Tughlaqabad 15,000 kgs of red corals worth Rs 1.8 crore were found hidden in a container from China and seized by the Customs Department. The importer had declared the corals as *shilajit* stones. There was a strong suspicion that this coral was poached from the Indian Ocean and sent to China and smuggled back into India.

In view of all the world's coral reefs being threatened by human activities and bleaching, and that coral calcium offers no advantage and is not even as good as algae calcium, we hope the Government of India bans the import of coral for commerce as being used for supplements, jewellery, etc.

**Diana Ratnagar**  
Chairperson

# Culling or Coexistence

*The Indian idea of respecting all animals, including crocodiles is reflected in our mythology, where the crocodile is depicted as Makara says Shubhobroto Ghosh*

Recently there has been considerable buzz surrounding the publication of several news items speaking of a proposal submitted by the Andaman and Nicobar forest department to downlist Saltwater Crocodiles (*Crocodylus porosus*) from Schedule I of the Wildlife Protection Act of India. Amid growing number of Saltwater Crocodile attacks, the administration of Andaman and Nicobar islands has petitioned the prime minister's office and the Ministry of Environment and Forests to temporarily denotify Saltwater Crocodiles, from the endangered species' list to enable culling or methods of management that would not be impeded by their current listing in Schedule I of the Wildlife Protection Act.

The Saltwater Crocodile is the largest of all living reptiles and can reach 7 metres in length. It can be found across South-east Asia, Australia and the Sunderban, besides the Andaman and Nicobar islands. They swim long distances into the open ocean. Since 2005, there have reportedly been 23 cases of crocodile attacks in the Andaman and Nicobar islands with two fatalities on average every year. Reports suggest that Saltwater Crocodile sightings are becoming increasingly frequent in the Andaman and Nicobar islands leading to tourists becoming scared to get into the water for entertainment during holidays. This, in turn, is affecting



**Saltwater Crocodile. Photo courtesy: Anirban Chaudhuri**

the tourism business, with tour operators expressing concern over declining revenues.

India has three species of crocodilians, which includes the Mugger Crocodile (*Crocodylus palustris*), the Gharial (*Gavialis gangeticus*) and the Saltwater Crocodile (*Crocodylus porosus*). Whereas the population of all these species had declined perilously after independence, concerted conservation work including captive breeding led to a significant population rise in all species. However the ranges of all these species has declined and remains restricted as a result of human activities. With growing human population and tourist activities in the Andaman and Nicobar islands, there is apparently rising conflict between humans and crocodiles, a situation that needs logical attention.

Suggestions of culling and lethal control appear premature and knee jerk responses to a complex state of affairs. Firstly, most crocodile attacks on tourists appear to have been on isolated individuals who have ventured away from traditional tourist

gatherings, in remote areas where they were unsupervised. Secondly, the number of crocodile attacks on tourists is certainly not of the magnitude that merits a *Jaws*like alert which entails a scenario whereby Saltwater Crocodiles are lurking in the sea, waiting to pounce on every unsuspecting human that comes their way. Indeed, it can be stated that the conflict with Saltwater Crocodiles is much higher in Sunderban in West Bengal and Bhitarkanika in Odisha than it is in the Andaman and Nicobar islands. It has also been mentioned that hotels and tourist resorts are dumping their meat waste into the ocean, thereby attracting Saltwater Crocodiles in areas they did not and would not frequent otherwise. Also, there seems to

### **Crocodile Culling Not Allowed**

Every few years a request to kill crocodiles is given to the Government of India. The result of an over successful conservation programme, since their numbers have increased, some conservationists see it as an opportunity to cull the creatures... for skin, what else? This year the excuse was that tourists were being attacked by crocodiles in the Andamans and so they needed to be culled.

BWC immediately wrote to the Prime Minister to whom this appeal had been made, saying that today it was crocodiles, tomorrow it could be tigers. Killing them and lessening their numbers was not only a bad precedent, but it was not going to stop the attacks. If, however, the crocodiles were geo-tagged then their movement could be easily monitored and precautions taken in time so that attacks are totally avoided.

Soon after BWC was pleased to receive an assurance from the Government of India that killing had not been granted.

be a lack of concrete data on the population rise of Saltwater Crocodiles in the Andaman and Nicobar islands, giving rise to a serious question on the veracity of the claim that a growing population of Saltwater Crocodiles is responsible for increasing number of attacks on humans.

Under the current provisions of the Wildlife Protection Act, the Chief Wildlife Warden can declare an individual of a Schedule I species as a target for culling if that animal is deemed to be a threat to human life. However, this power is to be exercised only after due diligence when all alternative options have been exhausted. Also, this provision does not mean the delisting of an entire species as has been suggested by the Andaman and Nicobar forest department. If this proposal for delisting is approved by the Prime Minister's Office and Ministry of Forests and Environment and mass culling is undertaken, then one can only imagine the same action being replicated as a repercussion in Bhitarkanika in Odisha and Sunderban in Bengal.

What is also worrisome is the suggestion made by an author on conservation in an article in *The Wire* on 21 July, 2018 that quoted the Madras Crocodile Bank founder as having suggested crocodile farming as an option to solve the human Saltwater Crocodile conflict in Andaman and Nicobar islands. The plan is to start sustainable use of crocodiles for leather and meat as practiced in Thailand, Papua New Guinea and some other countries. The concerned herpetologist has always espoused crocodile farming since he set up the Madras Crocodile Bank in 1976 and all species of Indian crocodiles bred in the facility have reproduced to the extent to create a *fait accompli* situation of mismanagement, which could warrant culling to mitigate the overpopulation. Beauty Without Cruelty



has consistently opposed the proposal to cull crocodiles in Madras Crocodile Bank and has expressed complete opposition to the idea of delisting Saltwater Crocodiles in Andaman and Nicobar islands by writing to the Prime Minister's Office as well Ministry of Environment and Forests. Till now, the Ministry of Environment and Forests has not approved the culling of Saltwater Crocodiles in the Andaman and Nicobar islands but the possibility of this happening in the future cannot be ruled out.

Although lethal sustainable use is considered fashionable among certain modern conservationists, it is prudent to keep in mind that the Indian conservation ethic is based on compassion and *ahimsa* rather than one based on commercial slaughter. Also notably, the late Steve Irwin, who was a crocodile expert, expressed his revulsion at sustainable use of wild animals, including crocodiles. This is what he stated and this principle is still followed by his family members and followers who continue his work: "Crocodiles are farmed under horrific, inhumane conditions and serving up farmed wildlife only enables the illegal trade in wildlife to continue.

"Studies have shown that viewing and interacting with kangaroos and associated wildlife is a world-class tourism experience, greatly enhancing the outback tourism adventure for overseas visitors. It is important to discourage the consumption of native wildlife. To do nothing is as good as support, and support will only lead to increased demand. Demand which wildlife populations have not been proven to be able to support.

"The public should be encouraged to admire, appreciate and respect our unique wildlife. The consumption of native wildlife is a very slippery slope. It does not encourage attitudes in the consumer that motivate conservation action. And it is the shared

attitudes of the public that that will shape our planet's future."

There are many humane options to resolve the current human Saltwater Crocodile conflict in Andaman and Nicobar islands and these can be implemented if likeminded people cooperate and decide to act together on this matter :

- A thorough study be undertaken to do a risk assessment in areas where human crocodile conflicts have occurred
- Problem crocodiles can be identified and relocated or can be sent to captive animal rescue centres
- Crocodile conflict zones can display warning signs and tourists could be asked to abide by the law in crocodile inhabited waters
- General awareness among local people be undertaken so that they appreciate the intrinsic value of Saltwater Crocodiles as a potential tourist attraction and thus value coexistence
- Tourist bathing areas should be secured and monitored on a regular basis.

The Indian wildlife protection ethic goes back to more than two thousand years, one of the oldest in the world. The Indian idea of respecting all animals, including crocodiles is reflected in our mythology, where the crocodile is depicted as *Makara*. In the case of the current conflict among humans and Saltwater Crocodiles in Andaman and Nicobar islands, compassion and coexistence must prevail so that our respect for other living beings outweighs any short term commercial gain guided by sordid notions of lethal sustainable use.



*Shubhobroto Ghosh is a life member of BWC India. He is the author of the Indian Zoo Inquiry and the book, 'Dreaming In Calcutta and Channel Islands.'*

# A Circus without Animals

*From day one when in 1984 Cirque du Soleil was launched in Montreal, Canada, the circus has never featured animals says Khurshid Bhathena*

A circus without animals is entering India this year. A troupe of 30 artistes comprising of first-rate acrobats, dancers and musicians will perform 64 shows without a single animal or bird in sight.

By the time you read this, Cirque du Soleil, the famous international circus without animals that has already performed in 60 countries, will have premiered on 15 November 2018 at the MMRDA Grounds, Bandra-Kurla Complex,

Mumbai, and will continue showing till 9 December. The captivating acrobatic spectacle called BAZZAR will then perform from 25 December to 6 January 2019 at GMR Aerocity, New Delhi. To know more and book seats go to [www.cirquedusoleil.com/bazzar](http://www.cirquedusoleil.com/bazzar)

## Mallakhamb

BAZZAR includes a mesmerizing Mallakhamb act. For long BWC had been trying to introduce Mallakhamb gymnasts and people from nomadic tribes like the Dombaris who perform great balancing acts on high poles in streets, to circuses in India. But alas, it is this foreign circus, Cirque du Soleil that is the first to include Mallakhamb, the traditional Indian sport in which a gymnast performs aerial yoga postures and wrestling grips in concert with a vertical stationary or hanging wooden pole, cane or hanging rope.

BWC feels spectacular and outstanding acrobatics of BAZZAR will be a great attraction as compared to our Indian circuses which continue to make animals such as dogs, camels, horses, ponies, donkeys, birds and fish perform. It is unfortunate that India has only banned the display of wild animals.

In comparison, from day one when in 1984 Cirque du Soleil was launched in Montreal, Canada, the circus has never featured animals. They completely reinvented circus arts and created a new form of entertainment centred on human performance with no animals. They pride themselves for their infinite creativity where a joyful troupe of acrobats, dancers and musicians craft an awe-inspiring spectacle. Good reason enough to visit this grand circus, and no other.



**Mallakhamb at Cirque du Soleil BAZZAR.**  
All photos courtesy: Marie-Andrée Lemire

## Wonder and Delight


BAZZAR is a jaw-dropping medley of all the things that Cirque du Soleil is world famous for. Lead by their maestro, they will band together to invent a whimsical one-of-a-kind universe. In a place where the unexpected is expected, the colourful group of reimagines, rebuild and reinvent vibrant scenes in an artistic, acrobatic game of order and disorder.

Fire-breathing, stilt walking, and acrobatic disciplines such as teeterboard, portage, acrobatic bike, contortion, duo roller skate, duo trapeze, aerial rope and slackline will be featured.



This never-before show with top-notch acrobatics, impressive choreography and fascinating human characters will be great clean fun as compared to seeing animals that have been subjected to hunger, torture and fear, performing in the ring.

Last but not least, the mission of Cirque du Soleil is to invoke the imagination, provoke the senses and evoke the emotions of people around the world.

 *Khurshid Bhathena is a Trustee and Honorary Secretary of BWC India.*



# The Eluciole Circus School

*In school practices and representations, Kalou refuses to perform with setups featuring animals, as she does not want to put them again where they don't belong says Charlotte Chavarin*

**"T**hanks to education, there should be no more young people who decide to become a tamer," says Kalou, born in Paris to a Romanian mother and Tunisian father, who founded Eluciole Circus. She is doing her best to keep the art alive, in a circus school in India, based in Auroville, Puducherry since 2011. "People use animals because no one showed them that it was possible to go beyond with their own body," she says. She would love people to "understand their capacity to do much more than what they expect from themselves."

Love to learn is the most precious gift you can give to a child. Eluciole is teaching not less than 70 children every week, as well as adults, from more than 15 nationalities. In Auroville, also called the *city of never ending education*, circus is now a part of the curriculum for school students aged 5 to 16.

For Kalou, the performances in the ring don't just tone the body but are a part of a spiritual quest. In the school practices, children are encouraged to work at their own rhythm. The aim of the learning is not only to be able to practice the figures for the show but to overcome their fears and become more confident of their capacities. With love and patience, this pedagogy is based on methods from *Integral Yoga*, which is the heart of Auroville's educational approach.



**Students of Eluciole Circus practise, while Kalou looks on.**  
*All photos courtesy: Olivier Barot*

Each class starts with a routine of breathing exercises and yoga stretching to connect with a deeper, more conscious, state of being and love to the entire body. Eluciole encourages physical, spiritual, and mental growth. The training focuses on harmonisation and gives a way to young people to learn to channel their energy, to explore, to develop and stimulate their senses and to form a contact with the world through feeling. Those effects are multiplied when some of the most important aspects of circus are included: magic and fun. Eluciole performs several representations each year composed of aerial techniques such as trapeze, rope, acrobatic yoga, juggling.... as well as various types of dance including traditional Indian dances. They performed at the Matrimandir Amphitheatre for the 50th anniversary celebrations and created a big metal sphere which gave them the opportunity to explore more possibilities with their body and go beyond their limits.



**The Eluciole Circus at Auroville.**

But in school practices and representations, Kalou refuses to perform with animals, as she does not want to put them again where they don't belong. Animals have been forced to perform in traditional circuses as a result of torture at the hands of their trainers. For spectators there is no magic, beauty or artistic vision in animal acts. The connections we share with the human artists are different. "A human being is capable of unbelievable things. The artist is here to do these things. He does it also to show to others, the public, that: Yes, it is possible, you can do it as well!" says Kalou. The mastery and the consciousness of

the body are for all and the distance between our dreams and reality is called action.

Based on the joy of learning and sharing, artists are always welcome to visit the school to perform and share their knowledge. Despite artists' occasional participation, Kalou is the sole driving force behind this rare and indispensable project. She hopes to find other like-minded people to work along with her to develop the school that is looking forward to a brilliant future.

Eluciole comes from the French word for firefly, named after the many beautiful light bugs that illuminate the forest around the circus center in the evening, gifting their magical faerie light and reminding us that we too can fly high and shine. It is indeed a beautiful light showing the way out from a cruel tradition of taming and training animals to perform that lasted too long.

*If you wish to know more about the Eluciole Circus School in Auroville, and, if you love arts and want to support them you can contact Kalou on [eluciolecircus@gmail.com](mailto:eluciolecircus@gmail.com) or [eluciolecircusindi.wixsite.com/eluciolecircus](http://eluciolecircusindi.wixsite.com/eluciolecircus)*



**Kalou on aerial silks, the fabric used is synthetic.**



*Charlotte Chavarin teaches French.*

*She has been a vegetarian since the age of 12 and is a life member of BWC India.*

*She believes education can include sharing good values such as respect and consciousness about our surrounding world.*



# Slaughter and Natural Calamities

**Einstenian Pain Waves and Mechanism of Earthquakes in terms of BIS effect and Bisological Science as explained by Prof Dr Madan Mohan Bajaj and Dr Vijay Raj Singh**

## Einstenian Pain Waves

**W**hen living creatures are slaughtered or killed, the waves emitted are known as Pain Waves. This phenomenon has been completely and experimentally observed. These Pain Waves are technically nociception waves.

As Albert Einstein was highly concerned about violence taking place, around 1924 he showed a great interest in stopping killing of living creatures and published several comments in favour of a compassionate way of life. We have named these pain waves as Einstenian Pain (EP) waves to show our respect to the world-renowned great scientist. There has been no difference in the views and ideas of Albert Einstein and the experimental observations which we have witnessed.

In slaughter houses and other centres of killing (mechanised and non-mechanised) these EP Waves were vigorously studied at several places, for example, Brain Research Institute,

## THE PAIN WAVE THEORY



**Animal slaughter and earthquakes.**  
**Photo Courtesy: Blastingnews**

Gurugram (Haryana): National University. We reported our work with detailed experiments in India and abroad and we also presented them in the presence of several scientists.

## Mechanism in non-mathematical simple words

It has been found that EP Waves are different from the waves which we encounter from other sources and these waves are just opposite of compassion waves. EP waves are extremely dangerous, brutal and damaging and have been found to cause several earthquakes.

*When in April 2015 the Nepal earthquake occurred, we at BWC wondered if the violent seismic upheaval had been triggered by the negative vibrations created during the mass animal sacrifices that had taken place at Gadhimai five months earlier.*

*We recalled that scientists Drs. Madan Mohan Bajaj, Vijay Raj Singh and Ibrahim had long ago written a book called Etiology of Earthquakes: A New Approach (a plea to stop slaughter and avert earthquakes) and in June 1995 presented their extensive research paper titled Visprabhaw based on the theoretical physicist Albert Einstein's Pain Wave theory at an international conference in Russia.*

*They had adapted Einstein's Twin Paradox theory in a unique way and although many criticised their findings, no one has to our knowledge scientifically disproved their assertions that dying animals create acoustic anisotropy causing anisotropic stress leading to the movement of tectonic plates.*

*After all, if extensive drilling, mining and dams can cause disruption in rock plates resulting in earthquakes, why can't waves emitted during animal slaughter do the same?*

*The low frequency waves emitted by animals when being killed are said to move slowly, but increase and intensify, eventually turning dangerous and brutal by hitting the earth, rivers and seas.*

*Would it then be too far fetched to think that the recent unprecedented floods in Kerala could also have been caused due to a growing number of animals being killed and tortured in the state?*

These waves are very similar to shock waves and underground nuclear explosions. Do note that this particular observation is also supported by our own experiments. Our research indicates that earthquakes are caused by excessive killing of animals that emit pain waves while dying.


We vigorously studied all the possible reasons that can cause earthquakes. The very famous plate tectonics theory was also examined. This widely accepted theory was also explained by us using the BIS (Breakdown of Integrated Systems) effect which was first presented by us at the International Conference at Souzdal, Russia in the year 1995.

The plate tectonics theory is now extended to the BIS tectonics theory. This new theory takes into account the vast phenomenon of slaughter of living creatures that takes place throughout the globe.

We found that a particle known as nociceptone is emitted from all living creatures at the time of their deliberate killing. Our calculations show that the mass of nociceptone is about  $7.2 \times 10^{-50}$  kg.

This is the story of just one basic particle, but in reality millions and billions of such particles are being emitted across the world at different sites. These nociceptones lead to extreme turbulence in the oceans and seas. This in turn leads to change of pressure in the sea and the neighbouring areas and is the reason for storms, cyclones, tornadoes, hurricanes and other forms of typhoons.

We are pleased to say that our work has been appreciated, and we hope it has, and will result in reducing slaughter of animals. We take this opportunity to explain our research of about 25 years to the readers of *Compassionate Friend*.

 **Prof Dr Madan Mohan Bajaj and Dr Vijay Raj Singh have published about seventy-four scholarly works. They are also BWC India Life Members.**

## Non-Vegetarian Ingredients in Homeopathic Products

**H**omeopathic pills are pure sugar, whereas powders contain lactose (sugar derived from milk). Both pills and



powders can contain animal ingredients but the percentage would be tiny. Most substances used are in minute quantities, e.g. a single cockroach makes millions of bottles of potencies. Insects are harmed far more than bigger animals whose blood or milk is generally utilised.

Homeopathy works on the principle that less is more, and X, C and M are Roman numerals. The number that precedes them indicates the potency or number of times the product has been diluted. Therefore X means that the substance has been diluted 10 times, C 100 times, and M 1000 times. In short, the higher the potency, the lesser is the amount of the substance in the product.

The list on the following page is not an exhaustive list of animal derived substances. New remedies are developed every year using blood, feathers, milk, and so on. As remedies are not prescribed for specific ailments but on the basis of the patient as a whole, medicinal uses of products vary and have therefore not been listed.



<b>Medicine</b>	<b>Source</b>
Ambra grisea .....	Ambergris from sperm whale
Anthracinum .....	Anthrax poison
Apis .....	Honey bee
Aranea Diadema .....	Cross spider
Astacus fluviatilis .....	Crawfish
Asteria Rubens .....	Red starfish
Badiaga .....	Fresh water sponge
Blatta Americana .....	Cockroach
Blatta Orientalis .....	Indian cockroach
Bufo .....	Poison from the glands of toad
Cantharis .....	Spanish fly
Castor Equi .....	Horse hoof
Castoreum .....	Secretion from preputial sacs of beaver
Cenchrus Contortrix.....	Venom of Copperhead snake
Chenopodi Glauca	
Aphis .....	Plant lice
Cimex Acanthia .....	Bed bug
Coccinella	
Septempunctata.....	Ladybird
Coccus Cacti .....	Cochineal
Corallium Rub .....	Gorgonia nobilis coral
Crotalus Horridus .....	Venom of Rattle snake
Doryphora .....	Colorado potato bug
Elaps Corallinus .....	Venom of Brazilian coral snake
Fel Tauri .....	Gall bladder of ox

<b>Medicine</b>	<b>Source</b>
Formica Rufa .....	Ants
Hydrophobinum.....	Saliva of rabid dog
Lac Caninum .....	Dog's milk
Lachesis .....	Venom of Surukuku snake
Latrodectus Mactans	Spider
Limulus .....	King crab
Medusa .....	Jellyfish
Mephitis .....	Skunk
Moschus .....	Musk of musk deer
Murex .....	Purple fish
Mygale lasiodora.....	Large black Cuban spider
Naja Tripudians .....	Venom of Cobra
Oleum Animale .....	Animal oil
Oleum Jecoris Aselli	Cod liver oil
Oniscus Asellus .....	Wood louse Millipedes
Pulex Irritans .....	Common flea
Robina .....	Yellow locust
Sepia .....	Cuttlefish
Serum anguillar .....	Eel serum
Spongia .....	Common sponge
Tarantula Cubensis ...	Cuban spider
Tarantula Hispania ...	Spanish spider
Theridion.....	Orange spider
Thyroidinum .....	Thyroid gland of sheep or calf
Vespa .....	Wasp
Vipera .....	Venom of German viper

# Vegan Recipe *Ladoos*

**B**ananas are easily available, cheaper and nutritionally superior to eggs. Why then are eggs a part of the in mid-day meal for school children in certain places?

It is obvious:

- the supply of eggs exceeds demand,
- the government wants to help the poultry sector,
- an egg is not thought of as a developing embryo or a symbol of a new life.

BWC has been suggesting that *ladoos* be given to students in place of eggs because like fruit they are healthy.

## *Besan ladoos*

### Ingredients

7-8 cashews  
1 cup water  
½ cup sugar  
2 cardamoms  
1 cup *besan*/gram flour  
¼ cup peanut oil



### Preparation

Break cashews into 4 pieces, roast and keep aside.  
Boil water and sugar to make syrup.  
Grind cardamom into a fine powder.  
In a thick bottomed pan, dry roast the *besan* on a medium flame until you get a pleasant aroma and it turns light brown.  
Add roasted cashews and continue roasting for a minute.  
Add half the peanut oil.  
Break lumps and continue roasting on a medium flame for 2 more minutes.  
Immediately add sugar syrup and cardamom powder. Avoid lumps being formed.  
Wait till it cools a little and try making balls/*ladoos*. If mixture is dry, gradually add remaining peanut oil.

## *Ragi balls*

### Ingredients

2 tbsp coconut oil  
2 tbsp broken cashews  
1 cup *ragi*/finger millet flour  
¼ cup desiccated coconut  
¾ cup jaggery  
¼ cup water  
A big pinch cardamom powder



### Preparation

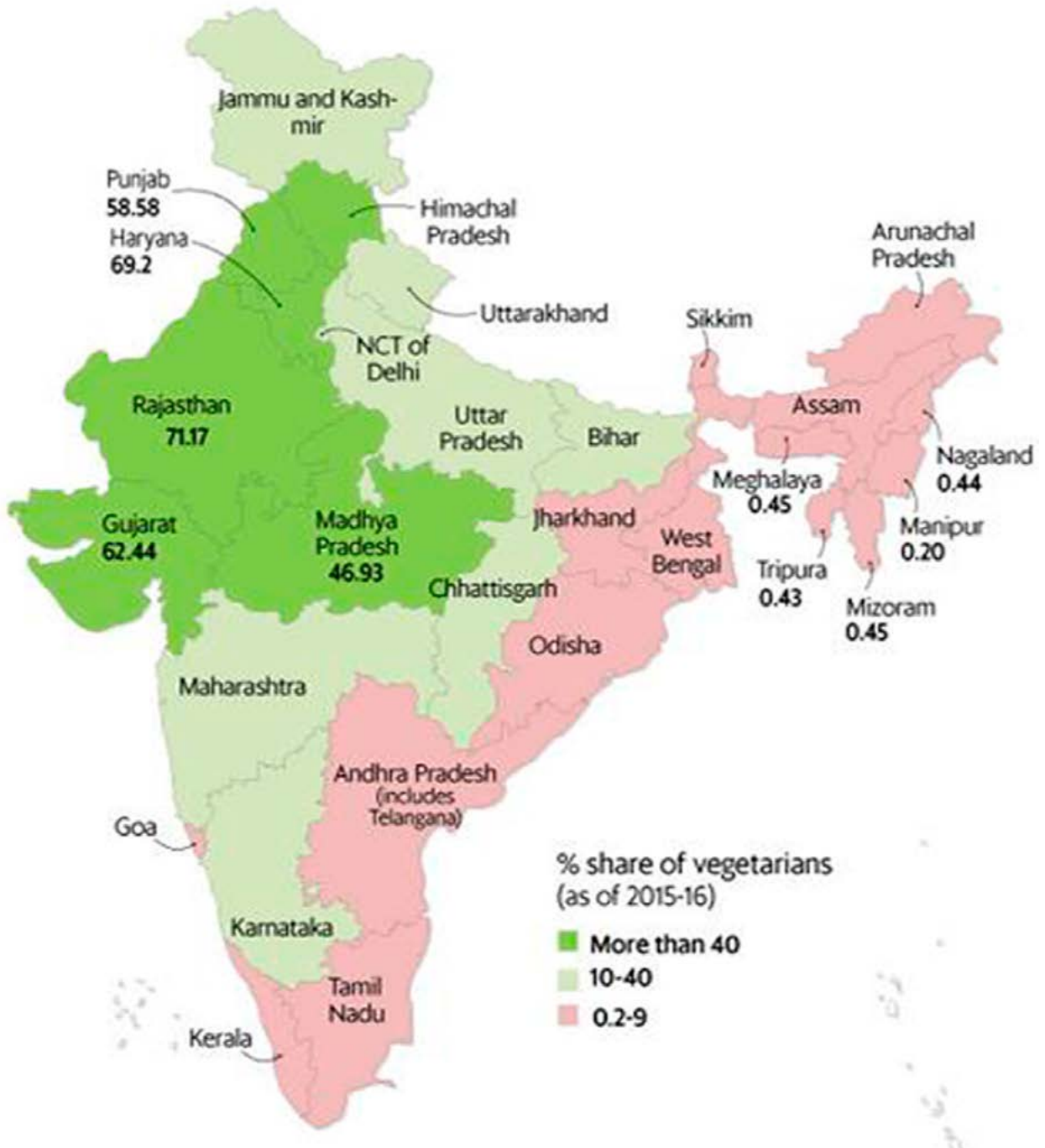
Heat 1 tablespoon coconut oil in a pan and fry cashews. Keep aside.  
Heat remaining coconut oil and add *ragi* flour. Fry slightly on a medium flame until you get pleasant aroma.  
Add desiccated coconut and sauté for 1 minute. Keep aside.  
Mix jaggery and water in a pan and boil.  
Add cardamom powder and boil until the syrup is of one-thread consistency.  
Immediately pour the syrup over the roasted *ragi* flour mixture.  
Mix well and wait till it cools a little and make balls/*ladoos*.  
(The *ladoos* will be little soft, but will harden when cool.)

**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.**



# National Family Health Survey

## Percentage of Vegetarians in India as of 2015-16





**A nationwide ban on the manufacture, sale, storage, purchase and use of nylon, cotton coated with glass and Chinese *manja* for flying kites was imposed by the National Green Tribunal in July 2017.**

**Violation of the ban not only results in birds and humans being gravely injured, but is an offence punishable with imprisonment up to 5 years and a fine of ₹1 lakh or both.**



**Beauty Without Cruelty - India**

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Beauty Without Cruelty's continuous demand since 1990 bore fruit and on 28 November 2018 Government of India issued a

**Notification Banning ALL Animals in Circuses**

The Performing Animals (Registration) (Amendment) Rules, 2018.

13A: Prohibition on exhibiting and training of animals for specified performances - No animals shall be used for any performances or exhibition at any circus or mobile entertainment facility.



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