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COMPASSIONATE FRIEND

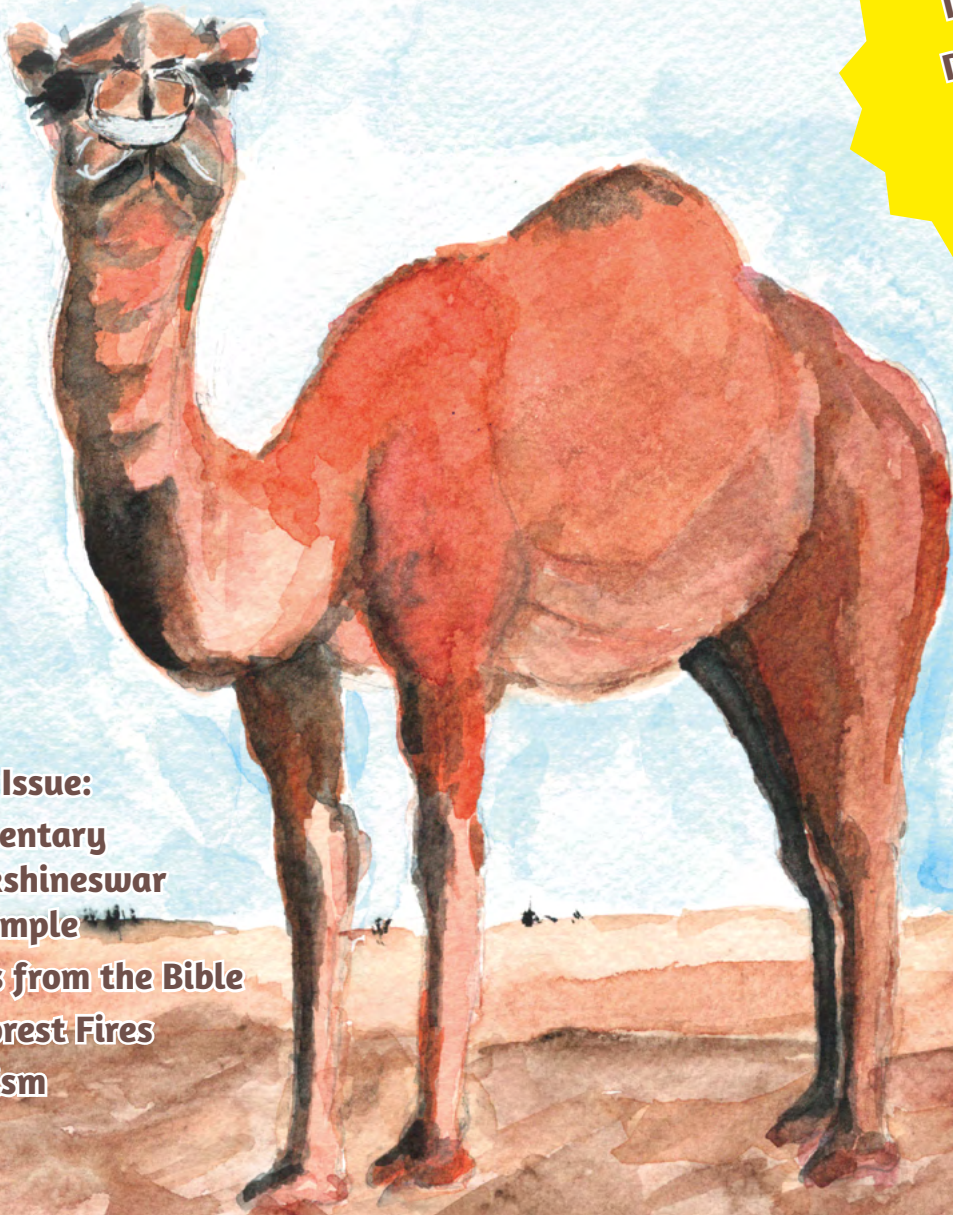
Journal of Beauty Without Cruelty - India
An International Educational Charitable Trust for Animal Rights



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Camel Sacrifices Halted in Uttar Pradesh





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towards this issue of


COMPASSIONATE FRIEND

Beauty Without Cruelty
is a way of life which causes
no creature of land, sea or air
terror, torture or death

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Winter 2019

From my Desk...

Why breed to kill?

In May 2019 the Government of India formed the Ministry of Fisheries, Animal Husbandry and Dairying from the department of the same name which existed under the Ministry of Agriculture and Farmers Welfare.

So now, animal husbandry is no longer a small section under agriculture.

Do we want prosperity from livestock at the cost of breeding, exploiting and killing them?

To add insult to injury, this very Ministry of Fisheries, Animal Husbandry and Dairying that believes in breeding animals, poultry and fish for their flesh, eggs, milk and leather, now has the Animal Welfare Board of India operating under it.

What ever happened to the concept of animal rights?

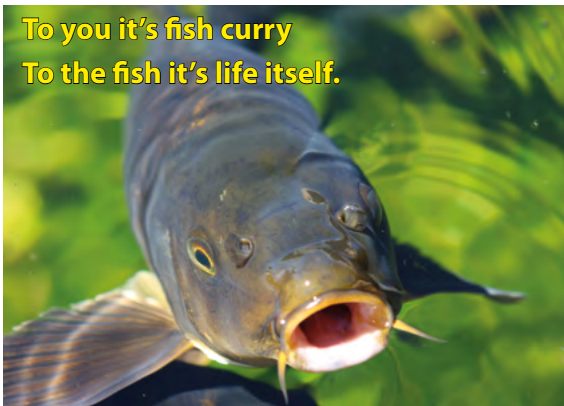
NOT YOUR MOM



NOT YOUR MILK



**To you it's butter chicken
To the chicken it's life itself.**



**To you it's fish curry
To the fish it's life itself.**



**Had you not eaten that cake,
the egg might have hatched.**



**To you it's mutton biryani
To him it's life itself.**

Let animals live a life, not a life sentence

Rest assured BWC will continue to fight for the rights of all creatures of land, sea and air. Whether domesticated or wild, they are all sentient beings. Each and every animal, bird and fish has a fundamental right to live, and live in dignity, no different to you and me. This is what needs to be acknowledged.

But before government acknowledges, we need to acknowledge it in both word and deed. So then how do we go about it?

Keeping in mind two simple axioms that say if there is no demand the supply diminishes, and every drop makes an ocean, we must stop consuming carcasses, embryos and glandular secretions (commonly called meat, eggs and milk) this very day onwards. We must also stop using animal leather and wool.

If we do this, farm animals such as cattle, pigs, sheep, goats, chickens, ducks and others will not be specially bred or exploited and killed. Remember, no meat – no human hunger. On an average 5 kgs of maize, soy, wheat or rice bran, when fed to animals, produce just 1 kg of meat, making it a second hand food.

Today many humans feel speciesism is no different to racism and sexism. They do not justify animal exploitation, abuse or killing because they know that all living beings have as much a right to live as they do.

Recently a top British barrister said eating meat could become illegal and criminalised due to the ecological damage it does to the planet, adding that there were plenty of things that were once commonplace that are now illegal such as smoking indoors. By 2050 the meat and dairy industries could overtake the oil industry as the world's biggest polluters.

 **Diana Ratnagar**
Chairperson

Camel Sacrifices Halted

The most crucial point in enforcing the ban was the Madras High Court Judgment of 2016 in which the Union Government had given an affidavit stating that camel slaughter was illegal and camel meat prohibited as food in India says Mukesh Bhatia

Eid is celebrated with gusto, with millions of animals being slaughtered as symbols of sacrifice. But personally, I mourn the event. For me, human compassion and our quest for a kinder and better world is thrown out the window during festivals such as these. I always ask: why do animals have to pay the ultimate price for human celebration?



In India camels hail from Rajasthan and Gujarat. Photo courtesy: Shashi Kumar

My question is not limited to any religion, as animal sacrifice is part and parcel of most religions. By failing to respect animals we have failed to respect human lives. We are taught God is ubiquitous in every

creature, but the same God is pleased with sacrifice of millions of creatures. This dichotomy is beyond logic. More unfortunate is the fact that killing is not questioned. It is for this reason

Camel Coup x 4

1996: BWC played a leading role in obtaining a Bombay High Court ban on entry of camels into Mumbai. We also rehabilitated the rescued camels in Rajasthan so that camel "joy rides" on Juhu Beach became history.

2005: At Kochi BWC found 2 camels had been brought for feasting and got the Municipal Corporation to stop their slaughter. The owner approached the Kerala High Court but before the case concluded one camel died. The judgement pronounced that the other camel could not be slaughtered.

2016: BWC financially supported People for Cattle in India's PIL resulting in the Madras High Court banning camel entry and slaughter in Tamil Nadu.

2019: The Uttar Pradesh government impressively ensured that no camels were sacrificed for Bakri Eid. The *mandi* at Mau was not held. Camels smuggled into UP were located and rescued at Varanasi and Meerut with the help of camera drones. BWC is most thankful to the state's personnel at every level for having heeded the 55 letters we wrote.

that studies such as the one undertaken by the Weizmann Institute of Science in Israel that revealed "Humans are just 0.01% of all life but have destroyed 83% of wild mammals" is so true.

We humans place ourselves above all creatures on the planet since we have the faculty of logical and analytical thinking. Yet we become dumb to the pain and torture of other creatures. No animal harms another except for food. But we humans have decimated other creatures present on the planet for multiple reasons based on greed not need – for food, for sacrifice, for monetary value as in the leather industry, and most importantly and unjustifiably, for our pleasure.

Drop in Population

My tryst with camels started in 2014 when I discovered that 4 to 5 camels were openly sacrificed each year on festive occasions at Varanasi. It became more and more painful for me to accept it. I felt, how could such gigantic animals be killed? Why was the administration mute to their pain? What stopped them from saving these animals?

Eventually I realized that Varanasi was only the canvas, camel slaughter was occurring all over Uttar Pradesh. Mau was the most horrifying where a *mandi* to sell hundreds of camels for slaughter was set up every year before Bakri Eid. The situation was grimmer in Western UP's districts such as Baghpat, Kiarana and Meerut, since they are closer to the Rajasthan border.



Camel sacrifice at Varanasi in 2017. Photo courtesy: Dainik Bhaskar

Every possible law was shown the door. In spite of a nationwide ban imposed in 2014 on camel slaughter under the Food Safety & Standards Act, these sacrifices were not even hidden behind closed doors, but were being glorified by the press with pictures in major national newspapers. What was more shocking was that it had the tacit approval of local authorities in spite of the fact that it was illegal. While I questioned the ethics of the media covering this illegal slaughter, I also found that the administration's only concern was law and order.

The population of camels has been reduced to 20% of what it was 4 decades ago, the reason for which I realized lay in Uttar Pradesh. Shockingly Varanasi was where camels were slaughtered openly, and it was covered on the front pages of leading national newspapers, while in other places the practice was more obscure but rampant. While I am saddened by the press coverage, I must acknowledge that had it not been covered, camel slaughter would have been wrapped in mystery, and it would have been presumed that no killing occurred in the state.

It is surprising that politicians from Rajasthan never objected to this practice of camel slaughter although the camel is the state animal and a symbol of pride for the people of Rajasthan. I sent many letters to leaders in Rajasthan, but they remained unanswered. I had requested them to take up the matter in the Lok Sabha, but for them it was not an issue that deserved any prominence. The Pali Member of Parliament, Shri P P Chaudhary was the only exception who showed some interest. I have seen the best and most compassionate humans being indifferent to animal slaughter which makes me wonder: are we born to be taught to think this way? Is there not a better way? Is the welfare of animals too small and petty for us to apply our logic and compassion? Should this logic and compassion only be limited to and for human beings?

Camels Saved from Slaughter

The good news is: camel slaughter has been banned, not only in Varanasi, but in Meerut. I later learnt that in Meerut which also had a tradition of open camel sacrifice, 22 camels were rescued. This was the first time in over a century that the practice had been abandoned. As per our sources, the camel *mandi* was not organized in Mau. We are still in the process of collecting the data, but this year, for sure, the administration did a superb job which was beyond our expectations. In Meerut and Varanasi camels were found with the help of camera drones for which the administration should be applauded. In Meerut, the fact that people in support of camel slaughter approached the High Court is testimony to

the success that has been achieved. But we have to be even more vigilant and ensure that we get the sanction of the Courts so the matter is closed once and for all as it has been done in Tamil Nadu. Otherwise, with a change of administration, these practices could re-start.

The most crucial point in enforcing the ban was the Madras High Court Judgment of 2016 in which the Union Government had given an affidavit stating that camel slaughter was illegal and camel meat prohibited as food in India, which no state government can ignore. Beauty Without Cruelty had supported People for Cattle in India for their PIL (Public Interest Litigation) in the Madras High Court against illegal trafficking and slaughter of camels.

I am happy to report that although many mails to several animal organizations remained unanswered, just one mail to BWC turned out to be the most crucial of all. BWC sent over 55 letters to politicians and the administration informing them about the Madras High Court judgment and pointed out that the state government of Rajasthan did not allow camels to be taken out of the state or slaughtered because their population was decreasing. That the issue was a matter of national security was



Two of the five camels that were brought for sacrifice at Varanasi were located and confiscated during the night by the Police. Photo courtesy: Amar Ujala

also stated because the BSF (Border Security Force) was facing a shortage of camels needed to protect our borders from infiltration. I now hope on the basis of the Madras High Court judgment, similar success will be replicated in other states as well.

Many people advised me time and again that these things are administrative and religious issues, in which no government intervenes. But camel slaughter is no longer prevalent in Tamil Nadu, and we have now experienced major success in Uttar Pradesh where it was believed to be next to impossible. It was all because a few active citizens persistently approached the authorities to carry out their duties. I hope the Government will now act and take urgent steps to reverse the camel decline in India.

Abstaining from Animal Products

Some people may think meat is delicious, but for many but it is repulsive because it comes on the dining table after having pulverized a living creature who was tortured. Meat is not a fruit just plucked from the tree. Pain is the essential ingredient which every non-veg menu hides.

People like me refuse to be part and parcel of sin as I believe if there are no takers surely there will be no market for meat. If we place compassion above every thing else, there will be no need for any creature to be pulverized. Humans are responsible for so much untold misery and pain innocent creatures undergo. Consumption of meat gained prominence when we started replicating some western counterparts.



Abandoned camel found tied at the Meerut Police station since sacrifice was not permitted. Photo courtesy: Live Hindustan

Abstinence from all animal products including leather should be our mantra. Artificial leather is equally good, and does no harm to any creature. The West is now turning more towards a vegetarian way of life, as it is more pristine and good for health. That's not all recently the Earley Cricket Club at Reading in UK successfully introduced non-leather cricket balls.

The fastest ball bowled by any Indian pacer in cricket history to date came from Javagal Srinath, a person who was a vegetarian for major part of his life.

Top Indian wrestlers Sushil Kumar, Bagranj Punia are all vegetarians. On being vegetarian Bagranj Punia replied "if you think about it, elephants are one of the strongest animals, but do you see them having non-vegetarian food?"

It is a false notion prevalent in the younger generation that better health and physique can be built on a non-vegetarian diet. Shikhar Dhawan who turned vegetarian recently declared that he does not eat animals because he wants to remove all negative energy from his body.

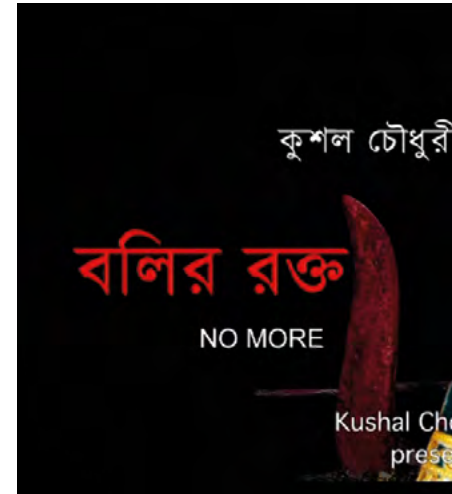


Mukesh Bhatia

is a life member of BWC-India

No More B

A photo-essay by Rajeev Sethi thanks to whose motivation this documentar



Watch the film on: <https://www.youtube.com/watch?v=...>



No More Blood Shed is a documentary about the Dakshineswar Kali Temple, a temple where NO animal sacrifice is performed. Through a commentary by a descendant of Rani Rashmoni, who founded the temple in 1855, he takes us around the temple. Sri Ramakrishna Paramahansa lived here as a Priest. 'Thakur' as Sri Ramakrishna worshipped The Goddess, who is still performed even today.

The documentary tells us about the history of Dakshineswar Kali Temple and how animals to be sacrificed because of the belief "jeev tatra Shiv" (wherever there is Shiva). Therefore, since 19th century, sugarcane sticks are symbolic of animals.



This is 'Kuthi-Bari', where Sri Ramakrishna Paramahansa stayed from 1855 to the middle of 1871 with his mother Chandramoni Devi.

Blood Shed

...y against animal sacrifice was made; and, he was present during the filming.



<https://youtu.be/w6mb7b--llk>

...short documentary on The ...ased at Kolkata. It's a rare Kali ...rifice is allowed.

...y Shri Kushal Chowdhury, a ...oni who built the temple in ...e temple complex where Sri ...ved and served as its Head ...krishna is reverently known, ...whose *puja* is traditionally

...how the Board of Trustees ...ple does NOT permit any ...cause 'Thakur' taught "*jatra* ...here is a living being there ...96 ash gourds, bananas and ...olically sacrificed instead of



Rajeev Sethi,
a Trustee of BWC-India
is the Executive Producer
of No More Blood Shed

Bible Quotes to Ponder Over

(from the New International Version)

²⁹ Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

³⁰ And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground – everything that has the breath of life in it – I give every green plant for food.” And it was so.

—Genesis 1:29-30

⁸ But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.

⁹ Now God had caused the official to show favour and compassion to Daniel,

¹⁰ but the official told Daniel, “I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you.”

¹¹ Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah,

¹² “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.

¹³ Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.”

¹⁴ So he agreed to this and tested them for ten days.

¹⁵ At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

—Daniel 1:8-15

⁹ He provides food for the cattle and for the young ravens when they call.

—Psalms 147:9

²⁵ The wolf and the lamb will feed together, and the lion will eat straw like the ox, and dust will be the serpent’s food. They will neither harm nor destroy on all my holy mountain,” says the Lord

—Isaiah 65:25

¹⁸ In that day I will make a covenant for them with the beasts of the field, the birds in the sky and the creatures that move along the ground. Bow and sword and battle

I will abolish from the land,
so that all may lie down in safety.

—Hosea 2:18

⁶ Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God.

—Luke 12:6

⁶ Your righteousness is like the highest mountains, your justice like the great deep. You, Lord, preserve both people and animals.

—Psalms 36:6

²⁴ How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures.

—Psalms 104:24

⁷ Praise the Lord from the earth, you great sea creatures and all ocean depths,

⁸ lightning and hail, snow and clouds, stormy winds that do this bidding,

⁹ you mountains and all hills, fruit trees and all cedars,

¹⁰ wild animals and all cattle, small creatures and flying birds,

¹¹ kings of the earth and all nations, you princes and all rulers on earth,

¹² young men and women, old men and children.

—Psalms 148:7-12

Animal Sacrifices

Bali and kurbani of animals and birds can easily be stopped by enlightened religious leaders says Khurshid Bhathena

All over India animal activists have for years been trying their utmost to convince people to stop sacrificing animals. Limited success in a few places has been achieved. Two examples: 1998 onwards no goats and sheep have been sacrificed at Udbur village in Karnataka after BWC succeeded in persuading its inhabitants to give up the practice at Makara Sankranti. Secondly, even before Uttarakhand banned animal sacrifice, the practice was slowly but surely being given up in most villages, again due to persuasion by animal activists. But, unfortunately, thousands of animals continue to be beheaded ritually.

Some state governments have passed laws forbidding animal sacrifices; and several court orders allow animals to be only slaughtered in abattoirs, no where else. Yet, goats, calves and camels are killed for Bakri Eid, whereas goats, calves and chickens are sacrificed in Hindu temples to appease different deities, at festivals or *jatras*, or sheep, goat and buffalo sacrifices take place at Makara Sankranti in some parts of the country.

Bali and kurbani of animals and birds can easily be stopped by enlightened religious leaders, more so with the backing of a law (where it exists) against ritual sacrifice.

Recent Relief

In August 2019 in response to a notice of motion filed by the Jiv Maitri Trust against the BMC's policy of allocating temporary licences to people to kill animals at areas near societies during festivals, just before Bakri Eid, the Bombay High Court banned slaughter at homes and colonies and the BMC permits issued became invalid. However, implementation was questionable.

An important judgement delivered by the Tripura High Court in September 2019 ordered that "No person including the State shall be allowed to sacrifice any animal/bird (buffalos, goats, pigeons, etc.) within the precincts of any of the temples within the State of Tripura." The District Magistrates and Superintendents of Police were directed to ensure implementation of the order while the Chief Secretary was directed to immediately install CCTV cameras at the two temples, Devi Tripureswari and the Chaturdas Devata where at least one animal per day was being sacrificed.

The Court also stated "It is evident that sacrifices of humans were prevalent, but effectually prohibited about 200 years ago. It is said that the number of victims of human sacrifice till 1407 was 1,000 (one thousand) per year. It only signifies changing times of the society towards social reforms by valuing life of humans. Every religion now condemns human sacrifice and is no longer followed as a part of rituals. Thus it is only logical that when human sacrifice could be stopped then nothing can impede a ban on sacrifice of animals as part of religious practice, for life of both humans and animals are legally required to be valued and protected."

If a Sri Lankan legislation can stop "primitive" animal sacrifices at Hindu temples throughout the country in 2018, why can't India also make animal sacrifices illegal? Any one who wants to perform animal sacrifice there is required to obtain a butcher's licence.



Khurshid Bhathena is a Trustee
and Honorary Secretary of BWC-India

THE FLAMING FOREST

Jair Bolsonaro, the right wing President of Brazil, has made no secret of the fact that economics and wealth creation are more important than any ecological destruction, loss of biodiversity, or climate change says Madhulika Varma

"The world has enough for everyone's need but not for everyone's greed". This observation by Gandhiji is more relevant than ever today. Especially when we look at the wildfires that have been raging in the Amazon forest for the last 2 months or more.

What is most shocking is that the 25,000 fires destroying what is known as the lungs of the Earth have been deliberately started by human beings, to clear the space for agriculture and cattle farming.



The Amazon burns and animals die.

Photo courtesy: Twitter/@NathalieMunozx3

How is this being done?

Enter the major actors in this drama of destruction. Jair Bolsonaro, the right wing President of Brazil, has made no secret of the fact that economics and wealth creation are more important than any ecological destruction, loss of biodiversity, or climate change. With his support, the cattle ranchers and soy farmers of the region, together with loggers and mining interests, are burning down thousands of acres of rainforest in order to use the space for commercial purposes. From an animal lover's perspective, it is terrible enough that cattle ranches exist on such a massive scale; but to know that the immense tree cover and rich biodiversity of the Amazon forest is being annihilated so that these ranches and farms can thrive is truly a travesty of nature.

The first fires of 2019 began on 10th August. And despite evidence that they were being deliberately and illegally started, the

government blamed it on nature, calling it an "annual occurrence". Even on 19th August, when the smoke from approximately 26,000 fires hung over Sao Paulo, over 3,000 kilometres away, the government refused to acknowledge the unfolding reality. In fact, Bolsonaro's Environment Minister has been called the "deforestation minister" by analysts.

It has been reported that there has been a 278% increase in deforestation in July. Usually, according to experts, an area is deforested, then set on fire to "clear" it, and then later turned into crop or grazing land. With the government's open support, such destructive and illegal actions were fast increasing. It is only now, with the chorus of world condemnation, that some efforts are being made by the government to fight the fires. And who knows how genuine those efforts are?

According to Brazil's National Institute for Space Research, whose findings were

corroborated by NASA, 80,000 fires were reported across Brazil this year, a 77% year-to-year increase. Similar increases have also been seen in Bolivia, Paraguay and Peru. And it is estimated that over 906 thousand hectares of forest have been lost to these man-made fires in 2019. That's larger than the area of Bengaluru. And according to Yale School of Forestry and Environmental Studies, the cattle industry is responsible for 80% of forest clearings in recent years.

It could have been prevented

The sad part is that the situation in the Amazon could easily have been prevented. According to a report by the New York Times, in 2009, the three largest Brazilian meatpacking companies signed an agreement with Greenpeace not to buy cattle from ranchers who raised their beef in newly deforested areas. This deal was meant to be a model for the world, to show that it was possible to have a win-win partnership between private industry and environmental concerns.

But this is where human greed comes in. Backed by Bolsonaro's debunking of the concept of climate change, fires raged even in Nature Reserve areas, which had been set aside by the Brazilian government 15 years ago as off-limits to commercial activities. Thousands of acres in the Reserve, which were forest land, are now illegal cattle ranches which function without making even an effort to hide. In fact, one of the ranch hands interviewed by the NYT reporters was categorical: "The right thing to do is to let people work," he said. "Let's open up more space."

The meatpacking firms who had signed the accord with Greenpeace continue to brazenly buy meat from such illegal farms. In fact, Greenpeace finally pulled out of the agreement in 2017, realizing that the meatpackers were not honouring their commitments.

And then there is another phenomenon: "cattle laundering". A calf may be born on illegally deforested land and then sent to a fattening ranch which was cleared years ago and is therefore legal. When the slaughterhouses buy cattle from such ranches, they can say that they have bought the cows legally. Who goes to check where the cattle have actually been born or raised?

So, what is the solution?

Many possible solutions have been proposed, and are being implemented with greater or less success. But ultimately, it comes down to economics, and the laws of demand and supply. It seems that worldwide, the demand for meat, especially in countries like China, is growing. And as long as demand grows, so will supply. And since there is only a finite amount of land available on the earth, cattle ranchers and meatpacking companies will perforce clear more and more land for animal agriculture to meet the growing demand. So, the final solution to the Amazon rainforest fires, and to global warming, and to animal cruelty issues is: go vegetarian and vegan.

This seems like an idealistic solution, but it is, in fact, the only one which will work in the long run. If demand reduces, supply will be forced to reduce as well. Thankfully, more and more people are turning to vegetarian and vegan diets, either from the health perspective, or to fight climate change and global warming, or due to animal cruelty concerns. We can only hope that the numbers of such people increase exponentially, and each of us needs to work towards that goal. Then the glorious Amazon rainforest with its rich biodiversity can be preserved; people will be healthier with a meat-free diet; and global warming can be effectively tackled. Creating a better existence for animals, people and the planet.



Madhulika Varma

is a life member of BWC-India

Veganism is our Only Hope

Mankind needs to return to a plant based diet if we are to avoid a catastrophe which will make this planet inhabitable for future generations says Nitin Mehta

The United Nations urging everyone to eat less meat is a mantra we have been hearing for a long time. It is designed to keep the meat industry happy and to placate the climate lobby. The stark reality though is that we are beyond the point of patching up the planet with half measures.

Around 75 billion animals are raised for meat; between 200 billion to one trillion fish are killed annually for human consumption. The message that needs to go out urgently is that mankind needs to return to a plant based diet if we are to avoid a catastrophe which will make this planet inhabitable for future generations. The vegan revolution going on at the moment is a ray of hope.

Would the planet be able to sustain a human population of 9 billion by 2050? Yes it could as the planet is sustaining over 75 billion animals raised for meat consumption every year. There are at any given time 3 times more chickens on the planet than human beings. Any discussion on the growth of population should account for the other living beings also who need to be fed and watered just as we do. It is this massive number of animals which is causing global warming, desertification of fertile land, using up a huge amount of the world's fresh water supplies and almost 40% of worlds cereals for animal consumption. It would be possible to feed the world if the cereals produced were not fed to animals. A move away from a predominantly meat diet to a plant based diet is imperative if we are to avoid mass starvation and catastrophic climate change.



The Young Indian Vegetarians of UK has launched VEGMAS - a campaign to persuade people to have a Vegan or Vegetarian Christmas.

It seems Albert Einstein made another great contribution to the human race when he said: "Nothing will improve the chance of survival of the earth as a step towards a vegetarian life style."

There are ethical reasons that we need to consider too. As a supposedly superior species do we need to carry out so much violence on the animal kingdom? Meat consumption and the resultant health crisis we are facing are well documented. It seems that for our overall wellbeing and to reinvigorate our planet we will have to face the facts and be honest. There is no other solution for our dilemma except to eschew all animal products.

Veganism is the fastest-growing lifestyle. It is the young who are leading this trend and what motivates them is the plight of animals. Vegan food has the potential to reverse the health issues we face as a result of meat consumption and address the damage caused by raising and killing billions of creatures. To heal the planet, feed the growing population and extend a hand of compassion to animals. Going vegan is the answer.



Nitin Mehta is founder of
The Young Indian Vegetarians (UK)
www.nitinmehta.co.uk

Vegan Recipe *Khichdi*

In 2017 India projected *khichdi* as a super food at a global event World Food India when 800 kgs was made. The healthy combination contained ingredients like *ragi*, *bajra*, *jowar* and lentils. However many variants of lentils, rice and grains are eaten all over the country. Generally *khichdi* consists of all 10 essential amino acids, making it a complete protein.

Khichdi is an Ayurvedic Tridoshic food because it balances the three *doshas* – *Vatta*, *Pitta* and *Kapha*. It is packed with the perfect balance of nutrients that improve energy, immunity and digestion. We all know what a wholesome and comforting meal it makes. Being easy to digest, it is healthy for babies, invalids and the elderly.

If eaten with flaxseed chutney *khichdi* is more wholesome because the richest source of Omega-3 is naturally found in flaxseed. Incidentally, Mahatma Gandhi had said when flaxseed is consumed regularly people enjoy good health.

Bajra Khichdi (serves 2)

Ingredients

1 cup *bajra*,
soaked overnight
1 cup *moong* dal
Salt
4 cups water
2 tbsps oil
2 tbsps cumin seeds
2 green chillies, chopped
½ tbsps asafetida
½ tbsps turmeric

Preparation

Pressure cook for 4 whistles *bajra*, *moong* dal, salt and water.
Heat oil and add cumin seeds, chillies, asafetida, turmeric and sauté.
Add *bajra moong* dal mixture and cook on a medium flame for 2 to 3 minutes.
Serve with chutney.



Flaxseed Chutney

Version 1

Ingredients

10 tbsps flaxseed
1 whole garlic pod
5 dry red chillies
2 tbsps dry coconut, grated

Preparation

Roast above except coconut.
Mix in coconut and grind coarsely.



Version 2

Ingredients

1 tbsps oil
1 tbsps *channa* dal
1 tbsps whole *urad* dal
7 whole dry red chillies
10 tbsps flaxseeds
2 tomatoes, pureed
Salt to taste

Preparation

Heat oil. Add dals, chillies & flaxseeds.
Fry till flaxseeds pop. Add tomatoes & salt. Cover pan and cook till mushy.
Cool and grind.

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.

Think for Yourself

You're taught that **MURDER** is wrong,
but only if a human is murdered.

You're taught that **SERIAL KILLERS** are bad,
but **HUNTING** is a sport.

You're taught that **AUSCHWITZ** was evil,
but **SLAUGHTERHOUSES**
and **FUR FARMS** are humane.

You're taught that **JAIL** is for punishment,
but **ZOOS** are a fun place for animals.

They do a lot of "teaching" you.

Isn't it time that you think for yourself?

— T J Jessep



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