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# COMPASSIONATE FRIEND

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

## Veganism is Spiritual

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terror, torture or death



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# From my Desk...

## Bequest

The late Ms Katoo Sidhwa, a BWC life member from Mumbai who expired in June 2021 had bequeathed her holding in Tata Focused Equity Fund to our charity. BWC is most grateful for her bequest, the interest from which will enable one issue of our quarterly to be sponsored in her memory every year.

Surprisingly Tata Focused Equity Fund did not appreciate BWC's limitations as a charitable trust and didn't give us the money immediately. Citing rules and regulations they treated us just like any other new investor by making us register our KYC, etc. Having to constantly follow up with them for several months was very frustrating. Eventually, we were able to redeem the units and claim the bequest.

**Important Note:** Legally, nomination is not the same as making a bequest. A bequest requires the name of the recipient to be included in the Will. Moreover, it is an extremely cumbersome process for a charity to claim nominated funds instead of the Executors liquidating and handing over the bequest.

## Camel Trafficking and Sacrifice

In April 2022, People for Cattle in India (whose PIL/Public Interest Litigation was supported by Beauty Without Cruelty) obtained another favourable order from the Madras High Court. The earlier order of 2016 had stopped camels from being slaughtered or sacrificed, whereas the recent final order included trafficking and reads “We dispose of it with a direction to the respondents to take all the measures to stop illegal trafficking of camel or slaughtering...” The Judges appreciated the effort of the petitioners.



Pictures of trafficking and slaughtering of camels submitted to the Madras High Court. Photo courtesy: People for Cattle in India.

For several years BWC has been quite successfully campaigning against camels being illegally slaughtered. This year again we will be approaching the state governments to ensure that no camels are sacrificed for Bakri Eid (9-10 July, 2022). BWC does not think that the lives of camels are more precious than goats that are sacrificed for the occasion, but we have been able to save camels because of the support received from the Animal Welfare Board of India, a landmark Madras High Court Judgement against sacrificing, and sympathy cum action from state governments such as Uttar Pradesh, Tamil Nadu and Rajasthan.

## Drones

Objections and comments were sent by BWC to the Chairman and Members of the Parliamentary Standing Committee with regard to the Wild Life (Protection) Amendment Bill, 2021 (see *Compassionate Friend* Spring 2022) including the article entitled *Drones and Habitat Interference* which follows.

# Drones and Habitat Interference

*Animals and birds know the presence of any foreign object almost for several kilometers as their sensitivity is still intact* says Prof Dr K K Sundaram

It is extremely surprising to note that the recent amendments to the Wild Life Protection Act have not taken care to protect wildlife from the hazards of misuse of one of the most dangerous weapons currently in vogue – the Drone. Whilst drones have been used for several applications<sup>1</sup> including transnational assassinations such as that allegedly used by the US in Iran and Iraq, their usage to poach innocent animals selectively is extremely high. It would not be surprising to see Chinese poachers encroach on the Rhinos in Assam and the Far East for their horns, etc as they have (free) access to drone technology drawings sourced from the USA. This being said, let's explore the possibilities of how drones affect wildlife.

## Peeping Tom discomfort

When initially cameras came in the workplace, a lot of discomfort ensued amongst workers and productivity dropped drastically because people behaved strangely on knowing that someone was always watching. People would do everything to have someone destroy the camera, cut the connection, tie a scarf over the lens, etc. A lot of privacy lawsuits ensued from hotels, and corporate harassments, etc. As a result of these lawsuits, the camera now is mainly used to identify and verify presence only. This annoying peeping over the shoulder discomfort is restricted not only to human beings but is widely prevalent amongst animals, birds and insects too. The methods of reaction they show are markedly different. Irritant tendency of their voluntary and involuntary actions affects their sleep, resting, nesting, breeding, feeding, excretory and reactionary behavior.



**Raptors often attack drones, not being able to discern between machine and prey. Photo courtesy: coptrz.com**

## Bugging Bees noise

Experiments done by entomologists can increasingly reveal that certain frequencies are inimical to insect life. The invention of the ultrasonic bug repellent not only kills bugs but it also affects other animals' ability to sleep and take rest in the vicinity. Animals and birds know the presence of any foreign object almost for several kilometers as their sensitivity is still intact. Detection occurs by several methods, primordial of which is vibratory noise beyond human sensing capabilities. The second most important sense is that of smell and scent.

Drones are used in wildlife sanctuaries for shooting pictures at very close range by people who boastfully show "look what I have got" so near to the animals that it invades their private space, and it's clearly observed that they don't behave naturally.

The noise emitted by the drone copters propeller blades are an irritant to human beings too. Studies on humans have indicated that most human beings don't like the noise of drones or even that of computer laptop fans as compared to automobiles even with

the same intensity. A NASA study shows that people find that drone noises are more irritating than other vehicles even when they are the same volume.<sup>2 3</sup>

Drones are used by poachers alike to know how and when to shoot injections on the creatures to capture them. In both cases the species is disturbed. Flying drones around animals result in behavior changes and increased heart rates which may indicate stress induced by the sound and the visual stimulus of the drone.<sup>4</sup> Anything with a monotonous tone is annoying to monkeys (for humans too – like in a boring classroom!). Monotone sounds and tones annoy and almost all drones are monotones.

## Effects on Avians

That drones disturb and affect birds nesting and breeding has been documented by several people. Several nests and eggs have gone un-hatched because of drones. The severity of the disturbance is not just by noise but these drones also crash on the nests in the foliage as the operator fails to visualize properly. In many cases, drones are attacked by birds because they are perceived as either threats or prey. This has happened with a variety of birds – eagles, ravens, and seagulls just to name a few. In almost all instances, the drone ends up at the losing end of such encounters.

Pathways of birds have been interfered with by airplanes causing bird hits. Environmental Impact Assessments done for new Airports recommend shooing away birds from their age old flight path. The birds use alternate

routes with difficulty and are often subject to threats of extinction. Use of drones exponentially reduces the alternate routes and keeps birds under constant stress.

## Conclusions

We need to have regulations in place to ensure that the noise level of the drones is several decibels below the hearing capability/'disturbing zone' value.

1. Noise levels can be formalized to lower than 10 decibels to begin with.
2. Anyone using a drone should exercise caution and respect for endangered species. Film makers using ecologically sensitive habitats should be cautioned by punitive measures.
3. Restriction on the number of Drones allowed per unit time around a sanctuary should form an enforceable metric in the Act.
4. Drones should be permitted for specific research purposes only once a week.
5. Best practices for minimizing interference of aerial vehicles over animals should be followed.

The Act should reflect the humane concern of wildlife activists in its original conscientious form before being ordained as ACT.



*Prof Dr K K Sundaram, PhD (USA) Mech Engg, Nuclear Waste Mgmt, Sr Scientist & Inventor, and retired Principal of Engineering Colleges, is a life member of BWC who has taken up the issue of Dasturi Monkeys on Pune-Mumbai highway with the Central Public Works Department, and is helping BWC with regard to saving elephants on railway tracks.*

<sup>1</sup> [www.cbinsights.com](http://www.cbinsights.com)

<sup>2</sup> [www.theverge.com/2017/7/18/15988248/nasa-study-buzz-drones-annoying-cars](http://www.theverge.com/2017/7/18/15988248/nasa-study-buzz-drones-annoying-cars)

<sup>3</sup> [www.qz.com/1033675/a-nasa-study-found-drones-sound-more-annoying-to-people-than-cars-or-trucks-and-flying-them-higher-wont-help/](http://www.qz.com/1033675/a-nasa-study-found-drones-sound-more-annoying-to-people-than-cars-or-trucks-and-flying-them-higher-wont-help/)

<sup>4</sup> Initial Investigation into the Psychoacoustic Properties of Small Unmanned Aerial System Noise, Christian et al. Langley NASA report

<sup>5</sup> Mulero-Pazmany M et al (2017) Unmanned aircraft systems as a new source of disturbance for wildlife: A systematic review. Public Library of Science One (PlosONE), 12(6)

# Veganism is Spiritual

***IIT-IIM alumnus Acharya Prashant is founder of Prashant Advaita Foundation, headquartered in Greater Noida. He speaks to Sonal Srivastava on how veganism can help us control human contribution to climate change.***

## Why is it important today for us to turn vegan?

Man has a tendency to further his self-interest. The self he defines, usually, quite narrowly in relation to his body, then all the other bodies become material benefits to be exploited. When he defines himself in terms of gender, then, the other gender becomes a means to further his own gratification. Similarly, he can define himself in terms of an immediate family, community – whenever there is division, a party on the other side is conveniently created and exploited.

There is the Homo sapiens species and there are other species as well. Man's egoistic worldview is that all these other species exist just for the sake of man; hence we exploit them in all possible ways. This is the very antithesis of spirituality, which is about broadening of ego boundaries. The dissolution of the narrow ego resonates with veganism. I do not see how it is possible to be spiritual and not be vegan. There is biodiversity loss and extinction of species happening today; millions of interconnected micro ecosystems are threatened all because of man's flawed self-concept. So these two are interrelated – man's quest for liberation from his ego, narrow self-concept, and his compassion towards the larger world. The larger world includes all flora and fauna.

**Does veganism fit in with our culture, where we are brought up on a milk diet? In fact, the first solid meal offered to an infant is *kheer*, rice pudding.**

Cultural and social practices are time dependent. So when we talk of the Hindu community's affinity with milk and milk products, it's a socio-cultural thing and it doesn't have any thing to do with the essence of religion. Since India was an agricultural economy, the role of the cow and oxen was always important. From there came this association with the entire cow family. Earlier, all of that was in limits and it was mostly a cultural practice. Cultures must change in response to the realities of time, but the essence of religion cannot change; cultures have to adjust as per the prevailing conditions.

## What is the essence of religion?

Man lives by his ego and the narrower the ego boundary, the greater his suffering. This is the simple essence of all religions. The more you live by your petty self-concept, the more you will suffer; therefore, all religions truly are about liberation from ego.

## There are stories associated with Krishna's love for butter...

The essence of Krishna does not lie in his fondness for dairy products; his essence is in the *Bhagwad Gita*, and there is not a single verse in the *Gita* that speaks highly of milk or recommends milk consumption. What is the essence of Krishna? Is it that he would consume milk, ghee and butter or that he explained what it means to live to work, and to fight through the battle of life? The *Gita* could be hard to understand for most people, but also living by the *Gita*, requires honesty,

discipline and sacrifice. So most people would rather live by mythology and the folklore associated with Krishna rather than with his essence.

That's why I ask people: What does Krishna mean to you – milk and butter or *nishkama karma*? Milk and butter are time-dependent things; they are a part of the life story of that particular reincarnation that we cannot call the essence of Krishna. There are so many things in the religious domain that are absolutely time-dependent and they must not be conflated with eternal principles. What a person eats depends on his time and age, his social conditions.

### **Nutritionists say that dairy products are rich in calcium and protein; so they are important for children and women of certain age.**

The weight of nutrients obtained per rupee spent is either comparable to and many a times, even lower than the weight of nutrients that one can obtain from purely vegan products. It is a myth that veganism can only be afforded by the resourceful. If you want to live a compassionate vegan lifestyle, it is not only inexpensive; it may turn out to be economically more feasible than an animal-based diet. Today, you have top athletes in tennis, cricket and several other sports, even in physically demanding disciplines like body-building who are vegan.

The vegan movement is still in its infancy and it is pitted against the powerful force of animal farming, agriculture and the meat industry.

### **Doesn't ayurveda recommend dairy products?**

Ayurveda is a system of medicine; it will talk of stuff that is medicinal. It's based on things that can be locally sourced, but its primary concern is to heal. It's a defined medical system of treatment, so you cannot fault it

for that. What they may be saying is that in a special condition, this is what would work. It is not something that can be institutionalised. This has to be an individual call. When we talk of milk and curd, the relation between the milk products industry and the meat industry is forgotten. A religious Hindu would say, 'But I consume only milk and curd; I do not eat meat' and then he would absolve himself of any guilt of animal slaughter. What they forget is that India is one of the biggest beef exporters of the world. Why don't we clearly see that the same cow or buffalo that is used to extract milk today is slaughtered tomorrow? As an economic asset, why won't you want to draw and extract value from it, right till the last rupee? You draw value from the cow, through its milk and the process of having her deliver milk is highly cruel and it involves forced insemination and other kinds of cruelties which are not visible to the final consumer of milk, so he gladly consumes it. Once that correlation becomes clear to people, then, it would be easier for them to take decisions.

### **But some people take this whole thing to a very violent level including lynching and killing those suspected of cow smuggling.**

Being lynched by obsessive milk users is the cruel irony. One who is drinking a kilogramme of milk daily, is assigning himself the moral authority to actually, physically assault someone who is just taking away the animal for slaughter and sometimes on mere suspicion! This is not only illegal, it is also immoral and definitely not spiritual. Just leave the animal alone, let the animal be. Ultimately there is so much that boils down to economics.

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**Kind courtesy:** [www.speakingtree.in](http://www.speakingtree.in)

Editorial from the March 02, 2020 issue

# Fact, not Fancy *Additives can be Non-Veg*

***FSSAI has made it mandatory for manufacturers to affix the Non-Veg symbol on packaged food articles containing an animal derived ingredient or additive irrespective of its percentage says Nirmal Nischit***

**O**n 31 January 2022 in response to the Delhi High Court's order dated 9 December 2021, with reference to the original petition submitted by the Ram Gaua Raksha Dal, the Food Safety and Standards Authority of India (FSSAI) issued a Compliance Report following which the circular reproduced on the opposite page was put up on their website.

FSSAI informed the Court that under Section 3(y) of the Food Safety and Standards Act, 2006 "ingredient" means any substance, including a food additive used in the manufacture or preparation of food and present in the final product, possibly in a modified form".

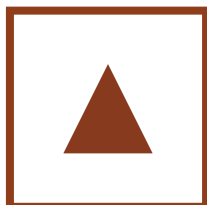
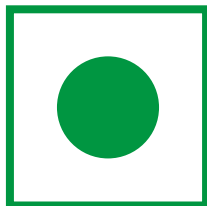
The Court ordered FSSAI to make it mandatory for manufacturers to affix the Non-Veg symbol on packaged food articles containing an animal derived ingredient or additive irrespective of its percentage – even if less than 5%.

This is good news and BWC heartily congratulates the Ram Gaua Raksha Dal on its achievement.

## Implications

Additives are derived from animals, plants or minerals.

The additive category numbers range from E 100 to E 999 and cover colours, preservatives, antioxidants, thickeners, emulsifiers, stabilisers, acidity regulators, anti-caking agents, flavour enhancers, sweeteners, foaming agents, gasses, etc.



The name of the utilised additive and/or its number is listed under ingredients displayed on all packaged food articles manufactured and marketed in India.

Since the Veg or Non-Veg symbol has to be affixed taking into account all ingredients including additives put in the food articles, let us hope that manufacturers will take the trouble to find out from their suppliers the origin of the ingredients/additives that they

utilise. And let us hope that the suppliers will truthfully inform whether the origin is Veg or Non-Veg.

Many additives having the same chemical name could have been derived from either animal or non-animal sources.

The word "synthetic" only indicates lab produced, so some of the substances could very well be of animal origin.

"Permitted" (as when "permitted" is used before the words colours, flavours, preservatives, and so on) does not indicate whether the substance is of animal origin or not, but simply means its use is allowed by FSSAI in that additive category.

As affixing Non-Veg and Veg logos/symbols on products is actually self-certification, BWC hopes that suppliers of additives and manufacturers of food articles are honest in their classifications and declarations.

And as far as consumers are concerned, BWC advises them to read ingredient labels and to be cautious. If in doubt, abstain from buying or consuming.

F. N o. RCD- 15001/6/2021-/Regulatory-FSSAI (E-1475)  
Food Safety and Standards Authority of India  
(A Statutory Authority established under the Food Safety and Standards Act, 2006)  
(Regulatory Compliance Division)  
FDA Bhawan, Kotla Road, New Delhi-110 002

Dated, the 05<sup>th</sup> April, 2022

**Subject: Declaration with respect to Veg or Non-Veg logo for source of ingredient including additives on the food label-Reg.**

Reference is drawn to FSSAI Order of even No. dated 22.12.2021 vide which it was inter alia stated that ***the declaration regarding Non-Veg or veg food is mandatory irrespective of the percentage of any ingredient in the food.***

2. In continuation to above, it is further clarified that the obligation upon the Food Business Operators (FBOs) to make disclosure with regard to the article of food being vegetarian or non-vegetarian as stipulated under Clause 2.2.2 (4) of FSS (Packaging & Labelling) Regulations, 2011 is independent of, and not subject to the provisions of Sub-Clause 2.2.2 (2) (d) of the said Regulations. The exemption in the Sub-clause 2.2.2 (2) (d) is only with regard to declaring the sub-components of compound ingredients in the list of ingredients which are less than 5%.

3. Consequently, the FBO shall have to declare the Non-Vegetarian logo in case any individual constituent ingredient of the compound ingredient is of non-vegetarian in origin, irrespective of the percentage of compound ingredient of the food.

4. In view of above, the Commissioners of Food Safety of all States/UTs and all the Regional Directors of FSSAI are directed to ensure strict enforcement of the Clause 2.2.2 (4) of FSS (Packaging & Labelling) Regulations, 2011 in accordance with the above clarification and sensitize all the manufacturing FBOs under your respective jurisdictions while giving wider publicity to the above clarification to make the public aware about the same.

5. This issues with the approval of the Competent Authority.

  
(Inoshi Sharma)  
Executive Director(Regulatory Compliance)

To,

1. Commissioner of Food Safety of all States/UTs
2. Directors, all Regional Office of FSSAI
3. All Central Licensing Authorities
4. CITO – for uploading on the website.

# Lacto-Vegetarian 4 and 5 Star Hotels

*After reading the article entitled “More than 90% of Indians are Vegetarian” (See Compassionate Friend, Spring 2022) two BWC members informed us that they knew of Lacto-Vegetarian 4 and 5-Star Hotels in their cities. There may be more elsewhere.*

## The Grand Bhagwati

*Their menu does mark out items that are Jain-friendly, but perhaps a similar Vegan-friendly marking would do wonders say Divya Sri Palaparti and NiyamSan Chhaya*

**A** ubiquitous presence in Ahmedabad (where we live) is TGB Banquets & Hotels Ltd's "The Grand Bhagwati", commonly abbreviated to TGB. Apart from having a large Hotel on the Sarkhej-Gandhinagar Highway in the Thaltej area of Ahmedabad, it has a host of smaller restaurants and bakeries across the city under the TBG brand. It also has management contracts with famous clubs like the Karnavati Club and Rajpath Club. Weddings and conferences are regularly hosted at TGB. It is well known for its pure-veg catering across the world.

We pass by the main hotel on our way to work (our offices are bang opposite TGB) and often dine there. It is one of the few hotels of its ilk that has an international presence in terms of catering, has 4 Star status and proudly wears a pure-veg badge in its restaurant called Mr. & Mrs. Somani, and in its all-night café named Café Piano.

No non-veg food from outside is allowed to be consumed at TGB and since Gujarat has prohibition, alcohol can only be sold to permit holders.

This publicly listed company has been serving only lacto-vegetarian food since 1989. Their website proclaims "Vegetarian at its best" under the dining section. They create egg-less cakes which we regularly order for many special occasions. Their restaurant Mr. & Mrs. Somani has also won the "Best Pure Veg Fine Dining" award by Times Food in 2016 and 2017. Being a vegetarian couple, we have of course visited the TBG restaurants multiple times.



As far as we can tell, they do not seem to be using any animal products like leather or silk in their furniture-upholstery either, but, this is something we could not get a definitive answer on because the staff we asked this to was unsure.

An area where they can do better is their menu design. Although, all their options are strictly lacto-vegetarian, their menu doesn't seem to be designed to highlight any vegan-friendly options. It does mark out items that are Jain-friendly, but perhaps a similar Vegan-friendly marking would do wonders for many readers of *Compassionate Friend*. We say this because many Indian food items served at TGB (mainly, Mr. and Mrs. Somani), such as rotis, papads, many curries, starters and soups must any way be vegan.



*Divya Sri Palaparti and NiyamSan Chhaya are BWC life members, and Niyam volunteers with BWC to build our website. They work with Evosys (a Mastek Company) as consultants, and implement Oracle systems for governments and corporations across the world.*

# Country Inn & Suites by Radisson

***If the hotel allows its guests to order non-vegetarian food from outside, what happens to the vegetarian and vegan guests who abhor looking at meat and to whom the smell of non-vegetarian food is sickening? asks an aghast Kirti Vardhan***

Only vegetarian food is cooked, at the Country Inn & Suites 5 Star hotel. Since the focus of this article is on food, a brief background would help understand why and how this hotel came into being.

The hotel is owned by a Jain business family having its core interest in the paper mill industry. The head of the family firmly believed in expanding his business in the paper industry. However, as he grew old, he passed the baton to his sons who were interested in expanding their business interests in the hospitality industry. It involved a huge business risk as guests generally expect non-veg food along with a full-fledged bar. The father was against this as it would have involved preparing and serving non-veg food and alcohol. The sons probably reasoned that the venture would work since 80% of people living in the surrounding belt were vegetarian. They persisted and succeeded in persuading their father who finally agreed but on two conditions: (1) No non-veg food would ever be prepared and served in the hotel; and (2) No alcohol be served in the proposed bar. The sons readily agreed to the first condition but had a tough time persisting and persuading their father to serve alcoholic drinks in the bar. The father finally agreed to this, but not to the first condition.

Thus the hotel came into being and was labeled as "pure vegetarian". Now the question of branding the hotel came as it is finally a business and should be well known to attract élite clientele and generate profits. From this point of view, first, it was managed by the Carlson Group of the US, from whom the Jain family purchased it as it was then. Later Carlson sold its management to a big Chinese chain of hotels. The sons realized that a Chinese brand would not work in this country so they purchased the management from the Chinese



chain and handed it over to the Radisson brand which is known worldwide, having several properties in India too. Thus, the hotel is now known as Country Inn & Suites by Radisson. All relevant information is available on the hotel's website: [www.countryinn.com/sahibabadin](http://www.countryinn.com/sahibabadin)

Now coming to the core subject i.e. pure vegetarian food, on behalf of BWC, I personally visited the hotel and found its parking dominated by luxury and ultra-luxury cars among others. This indicates that the hotel is primarily used by wealthy long distance road travelers for stopovers and overnight halts. The hotel was bustling with guests proving that it is doing well.

For my queries which were mainly related to food, I was escorted to the Operations Director (F&B), Country Inn & Suites by Radisson and all the information stated in this article was provided by him.

First and foremost, the OD (F&B) informed me that the hotel is indeed a 5 star pure vegetarian hotel. He said only lacto-vegetarian food is prepared and served in the hotel. No eggs are allowed to be served. On advance booking, vegan food is served, and substitutes for dairy products are provided. As for the bar, alcoholic drinks are available as stated earlier. He also

said that for the décor, no silk or animal leather is utilized.

However, it shocked me no end that if any guests desire non-veg food, the hotel allows them to order it themselves on condition that they themselves take delivery of the food at the hotel gate. OD (F&B) wouldn't give the percentage of persons who order non-veg, or say if their hotel suggests from where it could be ordered.

On coming back, I browsed through the hotel's reviews on various travel and hotel websites. Most of them are good and commendatory in nature. But, I was personally disturbed on two counts. If the hotel allows its guests to order non-vegetarian food from outside, what happens to the vegetarian and vegan guests who abhor looking at meat and to whom the smell of non-vegetarian food is sickening? And what about the uneaten non-veg food and washing of dishes as staff is prohibited from

even touching any food other than vegetarian? The other aspect is serving alcoholic drinks in the bar of a pure vegetarian hotel. I am yet to come across any pure vegetarian restaurant or restobar serving alcohol in India.

Furthermore, from the outside, the hotel looks like an ordinary grey office building built on a small plot of land with a mini parking lot. But once inside, it is lush green, clean and has friendly staff, even though it somehow lacks the grandeur and aura of a 5 star hotel.

Considering these points, I have serious doubts about any of its claims, let alone it being the world's only pure vegetarian, 5 star hotel.



*Kirti Vardhan is a life member of BWC and a pure vegetarian on ethical grounds since 1978. He and his wife Anita believe that human beings have a choice as regards food, but animals do not. He recently retired as Deputy Secretary to the Government of India*

## Our Future is Vegan

***It is not at all difficult for a vegetarian to turn vegan says Khurshid Bhathena***

**T**here are several strong beliefs and reasons as to why people turn Vegan. Some do it to be healthy, others for the environment, but mostly for ethical reasons.

Veganism is not a fad, nor is it based on self-denial, sacrifice, penance, or even simply abstaining from forbidden pleasure, but on a deep-rooted philosophy that respects all forms of life including oneself. Among other benefits, a plant based diet reduces chances of certain cancers and can reverse diabetes, lowers blood pressure and cholesterol.

Vegans do not eat or use any thing derived from any living creature. Therefore no flesh, eggs, milk, honey, *varakh*, *chuna*, shellac, etc.

Rest assured it is not about limiting our food choices but increasing the varieties of fruits, nuts, vegetables and grains we eat, and about making healthy choices.

The major change required is to ditch animal milk and its derivatives like butter, ghee, curd, cheese and cream and substitute them with the same products made from plant sources. It is not at all difficult for a vegetarian to turn vegan.

Do you know that shortages of land, water and energy combined with increasing population have made scientists declare a global food shortage around 2050? They are continuously warning that there are limits to earth's capacity to feed humanity because the world's farmland can only sustain 10 billion people. To avoid the world running out of food in 27½ years, second-hand food should not be consumed, i.e. the produce from the land fed to livestock which are exploited, fattened and killed for meat.



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

# Dubious Declaration

***What of all the animals who are killed and eaten during the film, both on and off screen by the cast and crew? What of all the animals who are worn in the form of clothes and accessories by the cast? Aren't all those animals harmed during the film making process, both on and off screen? asks Ritambhari M***

Often following a vegan lifestyle is like walking a tightrope. As aware vegan shoppers, not only do we carefully read packaging labels of food products, cosmetics, clothing, accessories and other items of daily use, but we also need to go a step further and read between the lines to understand all the implications of just about everything we see around us.

Take, for example, the declaration by films using animal actors: "No animals were harmed in making this film." I'm sure everyone who has watched a film with animals in it, has seen this apparently innocent declaration that appears either at the beginning or end of a movie.

But this is a dubious declaration. What of all the animals who are killed and eaten during the film, both on and off screen by the cast and crew? What of all the animals who are worn in the form of clothes and accessories by the cast? Aren't all those animals harmed during the film making process, both on and off screen?

I may be sounding extreme, but if in daily life we vegans demand vegan fare, why do we allow such practices to continue by paying to watch a film like say, *Bajrangi Bhaijaan*?

Below are a few suggestions on what could be done:

1. Demand for a change in the declaration to read, "No animal actor/actress was harmed in the making of this film."
2. Demand that the film industry becomes sensitive to vegan needs and, along with

the U/A tag, declare whether the film is suitable for vegans or not.

3. Stop watching films altogether. I myself have done this, since December 2020. Personally, I also have humanitarian reasons to stop watching films as I believe people who pay to watch a film may be indirectly supporting the indignity of forced white collar prostitution on the actor/actress.

I believe my entertainment doesn't have to come at the cost to either fellow humans or animals..



*Ritambhari M. is a BWC life member.*

*She is actively involved in bringing awareness about social and environmental issues.*



In 2021-22, a one-minute so-called social message advertisement film on TV literally showed an elephant in the room with the message *carona ka haathi nikal gaya hai, bus poonch baki hai*. The filming must obviously have been traumatic with so much chaos around for the poor elephant. BWC requested the AWBI to take appropriate action and get it withdrawn.

# Vegan Recipe *Bee-less Vegan Honey*

**H**oney is actually bees' vomit because it is made from nectar the worker bees regurgitate. In short, honey is only suitable for bees to consume; it is not nutritious and in fact, unsafe for humans. And very harmful when adulterated with sugar syrup.

However, for those who would like to have a vegan substitute below is a recipe which was first printed in the Spring 2021 issue of Karuna-Mitra. It may not be that healthy but positively better than the bee honey any which way it is made available.

## Bee-less Vegan Honey

### Ingredients

6 medium apples  
(preferably green apples)  
1/2 teaspoon vinegar  
1/2 teaspoon baking soda  
1/2 cup water  
1 tablespoon lemon juice  
1 cup palm/coconut sugar  
2 Chamomile or Dandelion  
tea bags

### Preparation

Wash apples by putting them in very hot water (to which a little vinegar and baking soda has been added) for a minute and scrub dry.

Cut each apple into 6 slices without peeling. Remove core and seeds.

Puree the apples with half a cup of water. Using a strainer separate the juice from pulp.

Combine apple juice, lemon juice, sugar and tea bags in a vessel and begin boiling. Remove the tea bags in 2 minutes otherwise they may tare. After the liquid boils, reduce to medium heat till it is half its quantity.

After about 20-25 minutes it should be ready. Check if the dripping forms a string.

Place the vessel as it is in a bigger vessel containing ice and keep stirring till it cools down.

Transfer to a glass bottle.



**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.**

### Form IV (See Rule 8)

Statement about ownership of the newspaper entitled *Compassionate Friend*  
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I, Diana Ratnagar, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dated: 1st March 2022.

Sd/- Diana Ratnagar  
Signature of Publisher

# Harmful Honey



A honeybee makes about 10,000 trips for one teaspoon of honey.

Honey is made from the nectar and pollen grains of flowers, plants and trees.

In this process, some of the pollen (male gametes) are transferred to the female reproductive parts of other flowers.

This is how bees help the pollination of innumerable crops.



Honey is the bees' food that we steal.

Each time a forest hive is robbed, a minimum of 10,000 bees suffer and die.

Apiary honey is like factory farming: queen bees whose wings are trimmed to avoid escape, are artificially inseminated and tricked into laying more eggs.

Whenever honey is extracted and replaced by sugar syrup at least 30,000 worker bees are adversely affected.



In December 2020

India's top honey brands failed the NMR adulteration test conducted abroad.

It was then discovered that an "all-pass" syrup imported from China was being added to elude tests conducted in India.

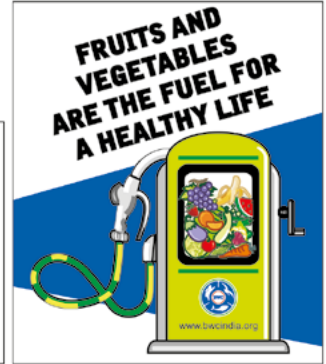


Bees are natural pollinators and should be used to enhance only agricultural productivity.

*"If the bee disappears from earth, man will have no more than four years to live.  
No more bees, no more pollination...no more humans."*

— attributed to Albert Einstein

**Stickers available  
on request**



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