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COMPASSIONATE FRIEND

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

Inside:

Shells

Bones

Masculinity

Veggie pride

Food marking

Bully Kutta

Dog fights in Punjab





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Editorial

What a piece of work is man!

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This issue features items about cock-fighting, dog-fighting and dog-racing, though there are numerous other “sports” which involve animals around this world. These include camel-wrestling and bullfighting. It may be important to note that such activities are connected to masculinity concepts.

Shooting birds with air-guns may be a rite of passage for 10-year-olds. Ten-year-old boys, that is. The novel, “To Kill a Mockingbird,” was set in the mid-1930s, in the fictitious small town of Maycomb, Alabama, during the Depression years of laws ensuring racial segregation and discrimination against African-Americans. Its title relates to the instruction given by attorney Atticus Finch that, while his children can shoot any number of bluejays with their air rifles (this is the gun-toting South), they must never shoot a mockingbird, since they “don’t do one thing but sing their hearts out for us.”

R.I.P.



Mr. Noshir N. Bhesania

who managed the Beauty Without Cruelty accounts for 12 years, passed away suddenly on 22 January 2013.

He was not only dedicated to his work but also to our cause, influencing his daughter Anahita to become a vegetarian like him. Anahita is a BWC member and staunch supporter.

Beauty Without Cruelty

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

Compassionate Friend

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In November 2011, U.S. Staff Sergeant Calvin Gibbs, 26, of Billings, Montana, was found guilty of three counts of murder, of conspiring to commit murder and several other charges, including assaulting a fellow-soldier and taking fingers and a tooth from the dead. He was sentenced to life in prison but may be eligible for parole in less than 10 years.

Soldiers repeatedly described Gibbs as devising “scenarios” in which his unit, in Iraq or Afghanistan, would fake combat situations by detonating grenades or planting weapons near their victims.

They said he even supplied “drop weapons” and grenades to make the victims appear armed. Some soldiers took pictures posing with the dead and took body parts as trophies. Gibbs is accused of snipping fingers from victims and later using them to intimidate another soldier.

He also pulled a tooth from one man, saying in court that he had “disassociated” the bodies from being human, that taking the fingers and tooth was

like removing antlers from a deer. We see here another illustration of the use of animals in “sport” developing a “masculine” personality.

In June 2012, French police were hunting a Canadian porn actor wanted for the murder and dismemberment of his lover. Luka Rocco Magnotta, 29, was thought to have flown from Montreal to Paris, said French police officials. Media reports linked Mr. Magnotta to a video posted online in 2010 that showed two kittens being placed in a plastic bag and suffocated, and another of a kitten being fed to a snake. These proved him, already, to be a man among men who went on to enter the porn business and kill a woman. What could be more masculine?

Apparently animals are here to make men out of us. Their suffering and deaths are the height of impertinence, though Shakespeare wrote,

And the poor beetle,
that we tread upon,
In corporal sufferance
finds a pang as great
As when a giant dies.

– (3.1.85) *Measure for Measure*

However, cruelty is synonymous with strength

among males, so one must consider the concept of masculinity. If being a man is purely a matter of social construction (that is, we create and make up gender roles) than being a man in group X simply involves meeting the standards of being a man in group X. If that involves owning guns, killing animals, and swilling beer while watching porn and sports, then one must do those to be a man. If it involves sipping lattes, talking about Proust and scrumptious steaks, then one must do that. So, to be a man, one must pick a group, sort out its standards and then meet them as best one can.

In many ways, this is comparable to being good: if being good is merely a social construct, then to be good you must meet the moral standards of the group in question. This is, of course, classic relativism (and an approach endorsed by leading sophists).

But being a man is more than just meeting the socially-constructed gender standards of a group one wishes to belong to.

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Shell-shock

by Ashoke Dasgupta

There are shells, shells, and shells, but we focus here on the shocking cruelty to bearers of marine and freshwater shells, such as those of land snails and tortoises. Marine and freshwater shells are different from those of land snails and tortoises. We also consider others like crabs.

A shell is the rigid, outermost body-part of a marine creature. Sea shells, freshwater shells, snail shells, mollusc shells, gastropod shells and turtle shells are a few of the many species.

Shells are developed by living molluscs, crustaceans, turtles, tortoises, armadillos and many other living organisms. They are essential for survival and serve in movement, feeding, protection and defence.

Not “empty”

A living marine creature’s protectively hard, and often colourfully



He sells sea-shells by the sea shore. Photo courtesy: shunya.net

attractive, covering or shell is very much a part of its body. How, then, do beachcombers find “empty” sea shells? First of all, few of these are empty, being inhabited by tiny lives. This was observed by BWC before a bagful of shells gathered on a beach were rinsed or cleaned by boiling in water to kill the creatures inside. Other lives take refuge in the “empty” shells (skeletons) after the original inhabitants die.

It is common for marine creatures to use the shells of the dead. For example, octopuses use clam shells for shelter, and hermit crabs use empty marine gastropod shells for protection.

It is not uncommon for shells to be cruelly emptied – for profit – because it

is easy to gather living marine creatures, kill them and clean their shells for commercial gain. One finds heaps of shells for sale at tourist spots along India’s long coastline, e.g. at Kanyakumari.

Wouldn’t this revelation be good enough a reason not to collect so-called “empty” sea shells as mementoes of trips to beaches?

Oysters

The most common sea shells are bivalves (mussels, clams, scallops, oysters and such edible shellfish) found in marine as well as fresh waters. They die as soon as their shells are pried open.

Oysters are usually consumed “fresh” or eaten raw by opening the shell with a shucking



Slaughtering an oyster. Photo courtesy: latimes.com

knife, adding a lime juice or vinegar dressing, and scooping out the flesh. Few like to kill and eat raw oysters thus, so they are cooked: the heat opens the shells and kills them.

Pearls, natural and man-made, are the result of long-term pain for pearl oysters (living mollusc shells). Searching for and removing the pearl inside involves splitting the oysters open by inserting a knife between the two valves and twisting it to cut the adductor muscle holding the shell closed, thereby killing the creature.

Snails

Shells are also found as protective layers on soft, delicate freshwater creatures like mussels and snails – and even on land snails.

Escargot (pronounced es-ka-go) French for snails, is one of the highlights



Amputation of river snails to cook Manipuri *tharoi thongba*. Photo courtesy: openchallenge.tumblr.com

of French gastronomy imported into India. The snails are said to be “hygienically grown,” being fed on a special diet of ground cereal, then cleaned, gutted and made ready for cooking in garlic butter with parsley and wine or cognac.

The Central Inland Capture Fisheries Research Institute sees nothing wrong in breeding Giant African Snails so that they can be converted into “gastronomic delights.”

Nagas consume river snails which are cooked with *dal* and sucked. They are purchased by the kilogram from the Dimapur Bazaar.

Manipuri cuisine also includes river (freshwater) snails. Their faces are individually scooped out and discarded. This is followed by cutting off the tapering ends on their third ridges so their meat can be sucked out easily. They are then submerged in a potful of salted water. After some time they are rinsed, and considered clean enough for cooking.

Choona

Calcium hydroxide, derived from shells, is called organic edible calcium. Living shells or marine animals are collected for its production in large numbers from seashores and, in particular, from the backwaters of Kerala. The flesh of the live creatures in the shells is scooped out and sold in local meat markets, and the shells sold to regional *choona* factories.

The demand for shells is high because they are converted to edible lime, the main ingredient in *paan*. Whitewashing of walls is another common use.

Turtle shells

Both turtles (which dwell in water) and tortoises (which live on land) are shielded by their shells: carapace is the top part of the shell, and plastron the underside, or belly shell.

Trade in tortoise-shells (*bekko* in Japanese) is banned under CITES, yet turtles are farmed (bred and raised to be killed for their eggs, meat and shells) in several countries.



Choona smeared on *paan* leaves. Photo courtesy: Nitin Gaikwad

Turtle- and tortoise-shells are converted into a variety of products such as musical instruments, fire-bellows, medicines, shell gelatine jelly called *gulingao*, personal accessories, trinkets, decorative and household items and even oracle bones.

Crabs and Lobsters

Crustaceans are a class of arthropods that have an exoskeleton which aids movement and gives protection to creatures such as shrimps, crabs and lobsters.

They are plunged alive into pots of boiling water. Lobsters thrash around, unable to escape death, whereas crabs shed their claws and legs as defence mechanisms and are consequently drowned for eight hours instead, after which they are cooked. There is no such thing as “killing them kindly.”

Recent evidence published in the *Journal of Experimental Biology* states that scientists from Queen’s University, Belfast, UK, have said that crabs and other crustaceans feel pain, so the food and aquaculture industry should start to think about their welfare.



Ashoke Dasgupta
is the editor of
Compassionate Friend.



Turtle shell guitars. Photo courtesy: Ricky Ong’s Gallery

Bully Kutta

Dog fights in Punjab

by Khurshid Bhatena

Animal- and bird-fights are banned in India, Afghanistan and Pakistan, but held clandestinely. Animals like dogs are specially bred to fight. Illegal dog-fights involving betting were increasing in Haryana and Punjab and spreading to Delhi by 2012.

A year earlier, while inquiring about greyhound racing in Punjab, Beauty Without Cruelty discovered the existence of so-called pit bulls at Moga, Surewala and Kotkapura.

Such “dangerous” dogs that fight each other to the death are called *Bully Kutta*, and are similar to the vicious pit bulls which were specially bred to fight but have been banned in many parts of the world due to their presumably murderous instincts and actions. The mastiffs are common in Pakistan (like the “*Kohatie Gul Terr*”), from where they are smuggled into India via some border districts of Haryana and Punjab, particularly the Fatehabad and Hisar districts of Haryana.



Fazilka District's dogs of war enhance their owners masculinity by their sufferings. Photos courtesy: Tehelka

Dogs are also brazenly brought in by travellers on Lahore-Amritsar buses with the help of requisite certificates. Kept as so-called guard dogs in farmhouses, they are bred, sold, trained and made to fight each other.

Investigations by *Tehelka* have revealed that a *Bully*

Kutta's daily diet consists of 1 kilogram raw mutton, 250 grams of ghee mixed with almonds and chicken, and two litres of milk. The dog is made to chase and kill a live chicken, and its training includes being made to swim in ice-cold water.

The dogs always suffer and die. They are either killed by their opponents or by their angry owners – losing dogs are clubbed with hockey sticks, poisoned with naphthalene, electrocuted or drowned. Those who win suffer too with gouged eyes, ripped ears, bitten-off tongues, ruptured windpipes, and even ghastlier injuries.

Suffering is an integral part of the fights – dogs suffer both physically and emotionally, whereas humans suffer due to the bets they place and lose.

The Police need to crack down on all such dog-fights at Gurgaon, Bathinda, Fazilka, Fatehabad and other parts of Punjab, before they reach an uncontrollable phase.



Khurshid Bhatena is a BWC trustee and its honorary secretary.

Fact, not fancy

“Organic” may mean “non-veg”

by Nirmal Nishchit

Sikkim has declared that it will become entirely “organic” by 2015. Out of its 58,168 cultivable hectares, over 8,000 have been certified organic.

The word “organic” is used to describe many products and processes. To be certified organic, food products need to come from farms and processing plants that have been certified organic already.

A growing number of people are going in for – more expensive – organic produce because they feel it is healthier and safer. They also want to do their bit to help the environment. In fact there is a call to oppose eco-terrorism by eating organic foods and conserving water!

All other foods contain residues of pesticides, fertilizers and other harmful chemicals; and their field use results in the deaths of many insects, rodents and reptiles.

Few realise that “organic” may be “eco-friendly” but these words are not always synonymous with “plant-derived.” Organic meat is the ultimate semantic betrayal.



Anything derived from animal or plant organisms is termed organic, and since it is natural and not produced in a lab, is presumed safe, beneficial and good. The presence of animal ingredients is never taken into account when certifying products organic.

Organic meat, poultry, eggs, and dairy products come from animals raised on organic feed, given no antibiotics or growth hormones, and are said to be treated with kindness culminating in “humane” slaughter.

Organic crops

Organic crops are grown without the use of chemical pesticides, insecticides and fertilisers which kill not only unwanted insects but also larger lives. Fallen leaves that turn into fertiliser are used instead,

but so are animal manure, blood, bones, worms, and poultry- or fish-waste. Since chemicals are not used, the yield is not high, making production costs rise.

Earthworms have always been considered farmers’ friends, and the most useful creatures of all, because they turn wastelands into wonderlands. Vermicompost, produced by worms that decompose food and other wastes, is used by many people in their gardens.

Organic and animal-derived

Leather, wool, silk, feathers, hair, blood, bones, animal waste and fish oils are some of the organic substances found abundantly in foods, garments, household goods and end-products produced using processes involving such animal substances.

A few examples:

Organic leather is from cows raised organically, their hides tanned with eco-friendly substances, not with chemicals.

Organic flooring means natural wood (very likely from a forest) and stone, and is often termed “eco-green.”

Organic mattresses are made from wool or cotton. Organic linen may be of organically-grown cotton,

and bamboo fabric could be mixed with silk.

Organic paints are termed non-toxic and could contain milk protein, lime/*choona* or fish oils. They are usually pigmented with clays and minerals.

It would therefore be wise for animal activists to watch out for animal ingredients before purchasing anything marked “organic.”

Marks and labels

The Agricultural and Processed Food Products Export Development Authority (APEDA), which falls under the Ministry of Commerce & Industry is the certifying authority for organic products under the National Standards for Organic Production.

Organically farmed food products that are exported need to carry the India Organic mark since our assessment and accreditation procedures are recognised by importing countries. These standards are silent regarding the use of animal substances and only require that the products or raw materials used be grown through organic farming, without the use of chemical fertilizers, pesticides or hormones. This re-confirms that “organic”

Do note!

Caution also needs to be used with regard to items labelled with the following varieties of verbiage:

Animal-friendly: ambiguous wording.

Biodegradable: ambiguous wording.

Care for nature: ambiguous wording.

Cruelty-free: may not consider killing cruel. (Beware of “Cruelty-free” pledges.)

Eco-friendly and environmentally-friendly: users of slaughterhouse “by-products” present themselves as such for preventing waste – at a profit.

Green: can contain plant and animal substances. Could have been manufactured using a process that saves energy and lessens carbon emission.

Natural: indicates the item is not synthetic or lab-produced, but may be of animal origin.

No animal fat: can contain other animal substances.

Organic: can contain plant and animal substances.

Organically pure/Certified organic: can contain organic plant and animal substances.

Pure/genuine: unadulterated ingredients which can be of animal, mineral or plant origin.

Herbal: indicates the presence of herbs, but not the absence of animal-origin ingredients.

Recycled/recyclable: (refers to packaging, not contents) may or may not have been recycled, and may contain plant and animal substances.

None of the above addresses the issue of testing on animals.

Against animal testing/ No animal testing: policy statements that do not indicate the product has not been tested on animals.

Dermatologist tested/ Allergy tested/Clinically proven: ambiguous wording.

Safe: likely to have been tested on animals.

products need not be totally plant-derived.

Marks such as the Agmark and Ecomark, and certifications such as those issued by the ISO, ISI (BIS), AIFO, and GI have specialised, esoteric meanings dealing in semantics. However, declarations such as Grade 1, percent of TFM, FDA approved, Permitted Colours used, Preservative Free and Premium product

only indicate quality. None of them concern themselves with animals or animal ingredients, which may very well have been used. No different from the IMA's (Indian Medical Association) unethical endorsements of soaps and other products like those manufactured by Dabur and Pepsi, exposed by actor Aamir Khan on TV.

Around the world

First International Veggie Pride

Vegetarians and vegans from around the world may spend May 16 to 20 at Geneva's first International Veggie Pride, to be held with the aim of unifying vegetarians' ethical ideas and having a good time. They also plan a large demonstration in the international city of Geneva, which hosts the headquarters of the United Nations (UN) and World Health Organization (WHO).

The program includes:

- Conferences in a unique setting
- The famous Veggie Pride march on the streets of Geneva
- Letters to the WHO and the UN
- Delicious vegan food
- Concerts by talented artists and a Veggie Party
- Meetings and discussions

The event will take place in a pleasant atmosphere, encouraging people to feel comfortable in the interesting meetings and discussions.



Photo courtesy: www.veggiepride.ch

Israel bans animal-tested cosmetics

An Israeli law banning animal testing for cosmetics, personal care and household products became effective at midnight on 31 December 2012.

“Animal testing in the Cosmetics Industry inflicts horrific suffering on animals. Each product requires between 2,000-3,000 tests, and animals die in agony,” said M K Eitan Cabel, who called the move a “true revolution in animal welfare.”

Animal testing for cosmetics and other products was banned in Israel in 2007, but this new ban is focused on products that are imported from other countries and will mean an end to the marketing of products that have been tested on animals, even if the testing was done outside the country.

The EU adopted legislation to ban animal testing for cosmetics in 1993, which was supposed to go into effect in 1998, but was repeatedly delayed. In 2009, all animal testing for cosmetics was banned in the EU and supported by campaigns from organizations including the Humane Society International, the British Union for the Abolition of Vivisection, and the European Coalition to End Animal Experiments.

The 2009 ban was accompanied by a marketing ban on products tested outside the EU. However, the deadline was delayed for three types of tests in an effort to buy time to develop alternatives. As of the March deadline, if it's not delayed again, no cosmetic products with ingredients that have been tested on animals will be sold in the EU, whether or not there is an alternative test available.

BWC has made the following requests to the Government of India over the decades:

- Every ingredient used, no matter in how small a quantity, should be declared in order of decreasing quantity on labels, using its scientific name.
- The same law that requires food producers to declare their products vegetarian or non-vegetarian through the use of the green and red symbols/logos should cover all (herbal, Ayurvedic, and so on) cosmetics and toilet preparations as well. The scientific names of the ingredients may be meaningless to the consumer, who is only concerned that it should not be of a non-vegetarian nature.
- A line declaring “Batch-tested on animals” or “Not batch-tested on animals” should be added on the package. Since it is optional for manufacturers to batch-test cosmetics, hair dyes and other beauty and toilet preparations on animals, the numerous consumers who consider it unethical to use animals for this purpose consider it their right to at least be told if the product they intend to buy or use has been so tested by the manufacturer.

FYI

Making no bones about it

Few realise that bones, hooves and horns from slaughterhouses wind up as ingredients in consumer products.

Bones are no longer used for decolourising cane sugar. Modern sugar-making technology has lessened the use of bone char (calcinated animal bones) but, if beet sugar manufacturing is carried out in a continuous process which bypasses the raw sugar stage, it involves the use of bone char.

Animal bones are burnt at high temperatures to obtain not only bone char, but also bone black, ivory black and animal charcoal, used mainly for filtering water (removing fluoride), refining crude oil in petroleum jelly (“Vaseline”) production, and as a black pigment (in paint, printing ink, and so on).

Fine china, bone china and ordinary china contain about 50 percent



Bone china. Photo courtesy: Renee V.

bone ash (burnt bones), whereas porcelain is made of kaolin (clay). Earthenware, stoneware and ceramics are free of animal substances except when shellac-coated to shine.

Gelatine is another derivative of animal bones and other body-parts. It is almost synonymous with jelly, although jelly crystals made of vegetable gums are available. In addition to being an ingredient in many foods (E 441), gelatine capsules are widely used by the pharmaceutical industry. Gelatine is also used by the cosmetic, photographic, paper and glue industries, to lesser extents. Whether edible or not, gelatine is always of animal origin. Alternatives are *agar-agar*, carageenan, pectin, *konjac* and cellulose.

BWC news & views

Greyhound racing hits speed breaker

As a result of our continuous personal requests to numerous politicians, bureaucrats and others, who in turn put pressure on the Chairman of the Animal Welfare Board of India, support was received in December 2012. It took the form of a written assurance from the Director - Animal Husbandry, Punjab, to the AWBI that greyhound racing would not be conducted at district livestock championships.

It is good that the AWBI eventually realised the serious consequences for animals and, perhaps, themselves if greyhound racing continued or was legalised. Enormous animal welfare needs would arise, particularly at organisations working for dogs' welfare.

Now that Punjab has agreed to halt greyhound racing at the district livestock championships, BWC-India and CAPE-India hope it will be stopped everywhere else in that state as well.

Kozhi kettu disreputable

Cock-fighting or *kozhi kettu* is an illegal blood sport held at temples in Kerala's Kasaragod District. Yet the Kerala Tourism website flagrantly declares, "The significance and splendour of cock-fight is best reflected in almost all the folk songs of Malabar. It is one of the major rural attractions of Kasaragod district and has a legendary origin. Earlier these cock-fights were an inseparable and unavoidable part of temple festivals, especially in the northern parts of Kasaragod district. Though it is legally forbidden, cock-fights are conducted secretly in many parts of the district."

Women are not allowed to watch the gory spectacle, which takes place in a ring called the "cockpit." A sharp blade or knife is attached to one leg of each cock, with which it kicks the other cock. The blood is finally offered to the Theyyam Gods, and believed to protect the victor's owner's family; however, gambling is very much a part of the ritual.

BWC wrote to the Kasaragod District Collector pointing out the illegality and cruelty involved, and since he forwarded it to the Police chief, we expect positive action.



Cocks confiscated by police at Kasaragod. Photo courtesy: The Hindu

Indian cattle turned into meat and leather in Bangladesh

Beauty Without Cruelty discovered that camels were also smuggled to Bangladesh for slaughter on *Bakri Id*, 2012. But cows topped the smugglers' lists. BWC again wrote to the Ministry of Home Affairs drawing their attention to an informative October 23, 2012 *Indian Express* article, "Cattle go easily across the border fence, easier for smugglers where there's none" parts of which are reproduced below:

"Well past midnight, the handheld thermal image camera fitted in the Border Security Force (BSF) watchtower records a sudden movement across the barbed-wire fence on the Bangladesh border

some 50 metres away. A group of people from the Bangladesh side, the recording shows, first sends out a boy close to the border to find out whether the BSF on the Indian side is alert. The BSF *jawans* lie still. The boy waves his hand, and a group of about 10 rushes towards the fence. Within seconds, they set up an improvised bamboo crane on their side and lower the other end across the fence into India. The camera pans right. Another group rushes towards the fence from the Indian side with about a dozen heads of cattle, tied with ropes. One by one, the animals are hung to the improvised bamboo crane and sent across to the Bangladesh side; ferrying each one takes only six or seven seconds.

“Cattle smuggling is one crime difficult to contain

even after erecting a barbed-wire fence along the boundary... Cooch Behar and Falakata sectors have together seized as many as 11,840 cattle-heads till October 2011 when the two sectors were bifurcated. Between October 2011 and September 2012 seized 6,562 cattle in the Cooch Behar sector alone.

“Going by the manner criminals on both sides have been innovating, these figures could be just a small fraction of the total number of cattle smuggled out to Bangladesh. The reason is that of the 361.75 km international border that the BSF’s Cooch Behar and Falakata sectors together handle, only 197 km is fenced.”

In December 2012 the outgoing BSF chief suggested that the Government of India

should think about legalising the cattle trade with Bangladesh because it was not a problem that could be solved by policing. The ₹2,000 crore industry in Bangladesh has made it very difficult for the BSF, and human lives are at stake. Although intruders from Bangladesh are shot dead, smugglers do not hesitate to attack BSF men.

BWC again wrote to the Union Minister of Home Affairs and to the Director-General, Sashastra Seema Bal. BWC feels legalisation should not be an option. Although cows top the list for smugglers, there is no doubt that cattle movements are closely linked to other illegal trades including narcotics, and arms and ammunition used to fund terrorism. These can be reduced to a great extent if the inter-state movements of cattle and camels are forbidden. Cattle are transported to Uttar Pradesh from Rajasthan, Punjab, Himachal Pradesh, Haryana, Uttarakhand, Madhya Pradesh and Maharashtra, from where they proceed to Bihar and on to West Bengal, Assam, Meghalaya and Tripura.




Roads of destiny. Photo courtesy: The Daily Star

A compassionate world

The Theosophical Society hosts a week-long International Convention at its Chennai Headquarters every December. BWC's Chennai centre has put up a poster exhibition to showcase animal rights and compassionate living to the delegates since the early nineties. Cruelty-free products like non-leather wallets are also sold to encourage mindful consumption.

The Chennai centre was set up with the active support and encouragement of Ms. Radha Burnier, International President of the Theosophical Society. She believes passionately in the doctrine of *ahinsa* and the sacredness of all life – big and small.

Delegates attending the Convention from India and elsewhere have espoused the cause enthusiastically by becoming BWC members and carrying the animal rights message back to their respective homelands.

 Geetha Jaikumar is BWC's Chennai Executive.



Stall set up and ready for the crowd. Photo courtesy: Geetha Jaikumar

Al-Ameen Public School, Edappally, Ernakulam, is a reputed CBSE school with about 2,000 students. BWC held a photo exhibition at Al-Ameen on 30 October 2012. It was inaugurated by the school's Principal, Ms. Saroja Sahadevan. Teachers and students expressed appreciation for

the programme. They said it was informative.

The event was covered by *Malayala Manorama* and *Mathrubhumi*, both the Malayalam leading dailies of the area, *The Hindu*, and AIR's Kochi Station.



P. Krishnan is BWC's Kochi executive.



Our exhibition promotes the better world we dream of. Photo courtesy: P. Krishnan

Vegan recipe

Purslane

A recent analysis published in the *Archives of Internal Medicine* cast doubt on the widely-touted notion that fish oil can prevent heart attacks in people at risk for cardiovascular disease.

Flaxseed/*alsi* and purslane/*kulfa ki bhaji* are the best sources of Omega-3. Contrary to the



widely-held belief that fish oils are the only or best sources of Omega-3 fatty acids, edible linseed oil obtained from flaxseed contains twice the amount of omega-3 acids. Rapeseed and soya bean oils are also rich sources of Omega-3 acids. However, purslane is the probably the best source and can be enjoyed as a tasty *dal* as may be prepared in various ways, one of which is explained below.



Kulfa dal (serves four)

Ingredients

- 1 cup *tur dal*
- 1 tomato
- 3 sprigs *curry-patta*
- 1½ teaspoons chilli powder
- ¼ teaspoon turmeric powder
- 3 cups plucked and washed *kulfa* leaves
- ¼ cup tamarind steeped in water
- 1 tablespoon oil
- 2 teaspoons cumin
- 2 dried red chillies
- 2 garlic pods, finely chopped (optional)

Preparation

- Wash *dal*. Pressure-cook along with chopped tomato, 1 sprig *curry-patta*, chilli and turmeric powders.
- Add 4 cups water and pressure cook again till mushy.
- Mash smooth, mix in the *kulfa* and tamarind, and simmer.
- Heat oil and fry cumin, broken red chillies, balance of the *curry-patta* and garlic, and pour over *dal* mixture. Continue simmering 10 minutes longer.
- Serve with rice.

Do visit

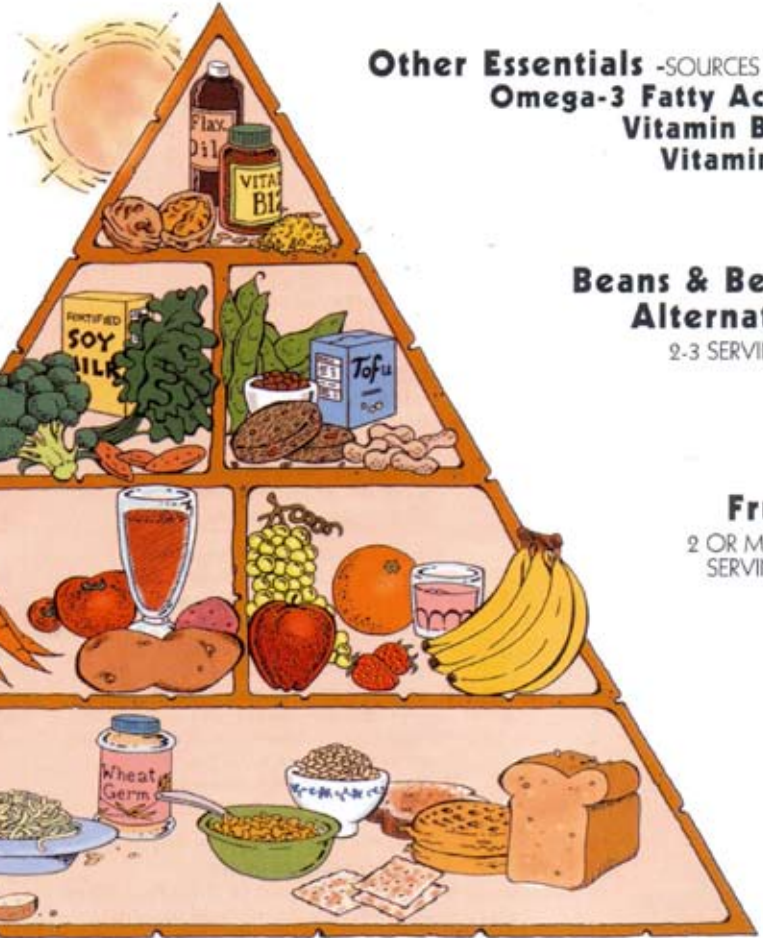
www.bwcindia.org/Web/Recipes/VeganFood.html

for an assortment of Beauty Without Cruelty's tested and tasted, healthy and delicious vegan recipes.

VEGAN FOOD GUIDE

DAILY PLAN FOR HEALTHY EATING

Get at least 60 minutes of physical activity each day.



Other Essentials -SOURCES OF:
Omega-3 Fatty Acids
Vitamin B12
Vitamin D

Fortified Soymilk & Alternates
 6-8 SERVINGS

Beans & Bean Alternates
 2-3 SERVINGS

Vegetables
 3 OR MORE SERVINGS

Fruit
 2 OR MORE SERVINGS

Grains
 6-11 SERVINGS

Artwork by Dave Brousseau

Eat a variety of foods from each of the food groups.
 Drink 6-8 glasses of water and/or other fluids each day.
 Limit intake of concentrated fats, oils, and added sugars, if used.



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