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COMPASSIONATE FRIEND



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

Pony Polo

In this Issue:
Hunting and Racing Dogs
Food Production and Sustainability





Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420

E-mail: admin@bwcindia.org Website: www.bwcindia.org

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terror, torture or death

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Diana Ratnagar
Chairperson, BWC - India

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From my Desk...

Manja went Underground

In keeping with the NGT's (National Green Tribunal) ban on *manja*, it disappeared from racks – but shopkeepers produced nylon and Chinese *manja* for more than double the price of cotton string. Glass coated cotton kite string also banned by the NGT was passed off as cotton and openly sold in some places. This was because state governments and the Police did not take timely action to prohibit the manufacture, sale, storage, purchase and use of *manja* despite violation of the NGT ban being an offence under the Prevention of Cruelty to Animals' Act, 1960, and the Environment Protection Act, 1986 punishable with imprisonment for up to 5 years and fine of ₹1 lakh or with both.

The birds that got injured around this Makar Sankranti were mainly kites, crows, owls and pigeons. A student, a senior citizen and an infant were the first three of the numerous humans whose faces got slit with the deadly *manja*.

Guidelines for Jallikattu

The Animal Welfare Board of India framed guidelines consisting of 20 points for conducting *Jallikattu*. One of the significant points was that the bulls selected must undergo tests for the presence of nicotine and cocaine before being certified as suitable for participation.

Another hurdle the so-called sport faced was that the state government did not want a traditional sport to be commercialised and played in an IPL-like format with sponsorships

as envisioned by the *Jallikattu* League. Its initial idea was to have participation by teams from Chennai, Coimbatore and Madurai.

However on and around Pongal, 3,000 bulls and tamers participated in elaborately organised events albeit having mandatory surveillance cameras.

It was not at all surprising that as many as 39 persons got injured at Thachankurichi in the first event of 2018. On Pongal itself, 79 persons including spectators were injured and a 19 year old was gored to death at Madurai.



www.bwcindia.org

हिंसा vs. अहिंसा

Aquaria



Oceanariums, dolphinariums, sea worlds, aquatic, water and theme parks are jails for aquatic creatures. Infections are common and they do not live as long as they would in the wild. Lack of freedom, artificial lighting and glass confuse the creatures. Stress makes them aggressive so they are frequently sedated.



Object to the plan of setting up an oceanarium at Somnath or elsewhere.

No Marine Oceanarium at Somnath

Plans to set up a ₹350 crore Marine Oceanarium at Somnath with a 270 degree acrylic tunnel showcasing more than 300 marine species, large aquariums, touch pool and sea lion shows were declared last year. BWC immediately sent off an objection letter to the Chief Minister of Gujarat giving several reasons as to why the project should be reconsidered and given up. See *Karuna-Mitra* Summer 2017 Editorial, and *Hinsa vs. Ahinsa* on Aquaria alongside.

In January 2018 a letter from the Department of Fisheries stating that the Government of Gujarat had not decided to establish, nor had they any plans to establish an Oceanarium at Somnath was received by BWC. We are thankful to the CM as well as Jain *munis* and leaders who we had approached for support.

Diana Ratnagar
Chairperson

Pony Polo

This game of kings is gravely dangerous for ponies and players – Khurshid Bhatena



Polo players in action during the Western Command Polo Challenge at The Patiala Polo and Riding Club in Patiala on 11 November, 2017. Photo courtesy: PTI

The heading of a news item from Vishav Bharti Tribune News Service, Chandigarh, boldly declared “Govt milks livestock welfare board to fund polo matches.”

It went on to say that despite Punjab’s poor financial health, it spent ₹50 lakh from the Livestock Development Board’s funds on the maintenance of the polo ground at Patiala where the Western Command of the Indian Army conducted the Polo Challenge Match on 11 November 2017. The last polo tournament had been held in 2006 so this one was projected as the sport returning after over a decade to the hometown of the Chief Minister, Captain Amarinder Singh who is Patron of the Indian Polo Association.

Polo is a fairly unknown so-called sport in India because the majority of players and clubs are from the military. Although they are

trying to stage a come back as seen in Patiala recently, some winter matches till the end of March have been held every year. But luckily (for the horses) the events are no longer what they used to be since few celebrities and corporate houses show as much interest as they did before in polo tournaments. It’s the foreign tourists and Maharajas of yore that want to patronise Polo and so rope in politicians, Army personnel and socialites.



Spur caused injury by Prince Harry on the flank of his pony. Photo courtesy: dailymail.co.uk

The future King of England and his family are avid Polo players. There was a hue and cry when a few years back one of his mares died during a match. Also in 2010 Prince Harry was accused of animal cruelty and being “heartless” after his horse suffered a spur injury caused by him during a polo match and he continued to ride the bleeding animal.

Polo uses horses but calls them ponies. Like race horses, Polo ponies are pushed to perform beyond their endurance limits for which drugs are often administered illegally and unethically. The ponies are usually not bred specially for polo, but are retired race horses or equines from the defence forces which makes Polo a second career for them. Abandonment or euthanasia readily occur if the animals do not learn and adjust, under-perform, get injured, or become too expensive to maintain.

It is physically and mentally painful for a Polo pony to learn (training – rather intimidation – extends up to 2 years) to suddenly stop and turn with minimal neck rein and leg cues, and at the same time be able to run at 50 km/h in close proximity of other ponies with riders atop. Use of the Pelhams bit is one of the worst animal abuses because it hurts and hardens the pony’s mouth far more than any other bit would even though all bits including a single jointed snaffle are painful because they hurt the soft pallet of the horse’s mouth.

So, it is the bit, as well as the bridle, whip and spur that are repeatedly used to hurt and bring the ponies (horses are highly strung animals) under control so they learn to remain calm and responsive under pressure and do not get excited.

This game of kings is gravely dangerous for the mounts (as the ponies are referred to) and the players who cover themselves with protective gear such as helmets, face guards, shatter-proof eye protection lenses, riding shoes, wrist bands, elbow and knee pads.

Teams consisting of 3 or 4 riders on horseback play polo with the aim of scoring goals. After every chukker (a round of 7 minutes repeated 4, 6 or 8 times during a match) each player dismounts. After an interval of 3 minutes the player gets onto another horse because the animal is too exhausted to carry on playing. For example a 6 chukker match will require a minimum of 50 horses: 2 teams x 4 players

per team x 6 chukkers = 48 horses + 2 horses for the 2 umpires.

The equipment used consists of a ball made of bamboo, leather covered cork, hard rubber, willow root or of plastic these days, leather saddles, stirrups and shields. Whereas, the mallet comprises of a manau-cane shaft with a rubber-wrapped grip and a webbed thong called a sling for wrapping around the thumb, and a wooden cigar shaped head.



Horse in pain due to the bit used.
Photo courtesy: rechercheteam



India's 35 Polo clubs are situated in 17 cities. Photo courtesy: Indian Polo Association

Polo ponies can get accidentally hit by a mallet and are therefore made to wear bandages on their legs as protection. Their manes are shaved and their tails are braided and folded up with tape so that the players' mallets and reins do not get entangled in them.

The extreme stress and strain which starts during training often causes these ponies to get heart attacks during practice or to eventually collapse and die in-between or immediately after a match. For example, in 2013 at Jaipur 2 horses dropped dead during the HH Sawai Bhawani Singh Cup at the Ramabagh Polo Ground. The first one that belonged to an Indian team died just

4 minutes into the game, and the second horse from Argentina crashed to the ground during the 4th chukker.

Just as well that under India's Import Policy, importing horses for Polo was "restricted" with effect from 11 July 2014.

Manipur Polo

The Indian Polo Association's website covers a glorious, regal past beginning 1892! But Manipur Polo is far more ancient. *Sagol kangjei* (*sagol* means pony and *kangjei* is game of sticks) originated in Manipur in 3100 BC. However, it was Captain Robert Stewart, the Assistant Deputy Commissioner of Cachar (Assam under

British rule) who discovered it and established the Silchar Polo Club in March 1859. The Calcutta Polo Club, the oldest existing one in the world, was formed in 1862. Manipur used to have 60 Polo clubs, but are now down to 15.

The last head count in 2014 of Manipur ponies triggered an alarm because there were less than 600 left. They are considered to be descendants of Asian wild horses. In 2016 the government acquired 23 acres at Marjing, near Imphal, for a sanctuary for the dwindling number of these indigenous stray ponies, but they continue to roam the streets and in the last 2 years 38 colts died even though

the breed is known for its ability to survive in harsh weather conditions. Since they are let loose to fend for themselves they are perpetually hungry and some land up eating plastic from garbage. They are rounded up and taken care of only when needed for polo tournaments or religious festivals.

Annual tournaments restarted in 2012 after a gap of 12 years when the Sixth Manipur Polo International Tournament was organised at Imphal by the Manipur Horse Riding and Polo Association with businessmen and politicians patronising the game. The association also owns a stud farm having 130 ponies.

Tournaments are now played on the Manipuri ponies famous for their stamina and speed. Foreign players do not bring their own horses. In November 2017 the Eleventh Manipur Polo International Tournament was held on the Mapal Kangjeibung grounds as part of the Sangai Festival. Argentina, England, USA, Morocco, India-A and India-B participated. The champions were India-B (Manipur).

Say No to Pony Polo

It was unfortunate for ponies when in 2015 on a visit to Mahabaleshwar, the Governor of Maharashtra Shri C Vidyasagar Rao suggested the revival of the sport on the Polo ground that had not been used since the British left India. It meant de-reserving forest land and the Indian Polo Association together with the Maharashtra Tourism Development Corporation was granted permission to use the ground in March 2016 for an exhibition game. However, the Forest Department made it clear that it would not allow any trees on the fringes to be cut to increase the area of the ground.

The glamour of Polo and horse racing events have somehow managed to effectively cover-up the exploitation these poor horses undergo... a throwback to the British Raj which must be abolished sooner rather than later.

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



A Manipur pony eating garbage. Photo courtesy: BBC News

Hunting and Racing Dogs of Maharashtra



Dog race at Pusegaon, Satara, uploaded on Facebook page of Maharashtra Greyhound Racing.

In four years Beauty Without Cruelty has managed to stop four dog racing events in Maharashtra. But that's not good enough...

We have discovered that dog races have been taking place in rural Maharashtra without us getting to know. It seems BWC was just plain lucky to have been informed recently and twice earlier.

A WhatsApp advertisement message said that dog races were scheduled to be held at Ichalkaranji, Hatkanangale Taluka in Kolhapur District of Maharashtra on 31 December 2017.



Dogs waiting to participate in a race at Satara that BWC did not get to know about.

"1410 158 17 5064MMP-DC@Jalga: Cart Race@kater rish, a@em a a@n ka@em k@em, k@em ... k@em k@em, k@em a k@em k@em@em doc"

Collector and District Magistrate's Office, Sangli (Deputy Chitnis Branch)

Add- Vijay nagar, Sangli, Ph.0233-2600363 Email-dcbranchsangli@gmail.com

No. Home-1/Karya-6/MAG-1/RR- 257/2018

Date :-03/02/2018

To,

Personnel Secretary to,
Hon. Shrimati Maneka Sanjay Gandhi, Minister of
Child and Women Welfare Department,
Ministry of Child and Women Welfare, New Delhi.

Subject - Dog racing competition.

- Reference -**
1. Your office email letter dtd. 02.02.2018.
 2. This office letter No. Home-1/Karya6/MAG/RR-257/18, dtd. 02.02.2018.
 3. Buland Shahu Samarat Mitra Mandal, Bharat Chowk Sangli letter about competition cancelled in regard to the magnificent Dog racing competition.
 4. Madan Patil Yuva Munch, Sanjay Nagar, Sangli letter about competition cancelled in regard to the magnificent Dog racing competition.

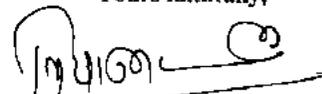
Respected Sir,

With reference to your letter dated 02.02.2018 regarding the above mentioned subject, with respect to reference no. 2 this office issued letter Dt. 02/02/2018 & directed Deputy Commissioner, District Animal Welfare Officer, Miraj and Commissioner, Sangli-Miraj and Kupwad Municipal Corporation, Sangli for further necessary action.

With respect to reference no. 3 and 4 Buland Shahu Samarat Mitra Mandal, Bharat Chowk Sangli and Madan Patil Yuva Munch, Sanjay Nagar, Sangli Organizers of these two mandal reported with their written letter about cancellation of magnificent Dog competition to this office.

For kind perusal.

Yours faithfully,



Addl. District Magistrate, Sangli
03/02/2018

Copy to --

1. Superintendent of Police, Sangli for information and necessary action.
2. Police Inspector, Sangli City Police Station and Police Inspector, Sanjay Nagar, Police Station for further necessary action. (Through Superintendent of Police, Sangli)

This event and another on 4 February 2018 were cancelled in the nick of time because BWC approached Smt Maneka Gandhi, Union Minister and animal activist, who promptly spoke to the concerned authorities of the area. See letter and advertisement alongside. We had also immediately written to other politicians and state bureaucrats pointing out that it was illegal to organize dog races without registering the dogs with the Animal Welfare Board of India as required by the Performing Animal (Registration) Rules under the Prevention of Cruelty to Animals' Act, 1960. In addition, the holding of dog races would attract the provisions of other laws covering gambling and betting in Maharashtra.

In September 2013, BWC had come across a poster inviting participation in dog races (greyhound and similar breeds) to be held at the Mohite-Patil Mahavidyalay at Malewadi, Akhuj. Cruelty and gambling aspects were brought to the notice of the Police Commissioner, and the Collector, both from Sholapur District of Maharashtra, resulting in cancellation of the event.

BWC had again sprung into action and with the help of the Animal Welfare Board (AWBI) of India and two other institutions had managed to stop the dog races scheduled to be held in February 2015 at Wategaon, Walwa Taluka in Sangli District of Maharashtra.

!! शंभो साम्राज्य !!
बुलंद शाहू सम्राट मित्र मंडळ
 आणि
भारत चौक, सांगली.
 आयोजित
भव्य हॉलीवूड रेस

दिनांक - १९/०२/२०१८ सकाळी ०९.०० वाजता.
 खुला गट
 बुलंद शाहू मार्ग, सांगली.

CANCELLED

प्रथम क्रमांक : रु. ५००१/- व चषक
 द्वितीय क्रमांक : रु. ३००१/- व चषक
 तृतीय क्रमांक : रु. २००१/- व चषक
 चतुर्थ क्रमांक : चषक
 पाचवा क्रमांक : चषक

प्रवेश फी रु. २५०/-

नियम व अटी :
 १) पंचांचा निर्णय अखेरचा राहिल.
 २) श्वानास दुखापत झाल्यास कमिटी जबाबदार नाही.

संपर्क
 * सागर जाधव - ९९७२४५२७६० * ऑंकार पवार - ७५०७०४७९८९
 * अभिजीत पवार - ७५०७८०९५८५ * ऋषी दिल्ली - ८२०८४९५०५९



डिग्या

Till now BWC was under the impression that greyhound racing regularly occurred in Punjab only and as a part of the rural games at Kila Raipur too. In fact, a couple of months ago we again wrote to the Chief Minister saying it was essential that registration of greyhounds with the AWBI be complied with especially in view of the frequent injuries and even death; and that a monthly report of all registered performing animals with respect to their health as well as deaths and births

certified by a Vet, needs to be submitted to the AWBI.

Coming back to Maharashtra, there is a Maharashtra Greyhound Association (MGA) on Facebook, and a few videos exist on YouTube like the Islampur District Sangli Dog Race uploaded on 17 December 2017, Ratnagiri Dogs Race Terror of 7 March 2017, and two others Greyhound Dog Racing dated 7 & 9 November 2016.

An earlier YouTube video dated 9 March 2012 shows three hunting dogs at a watering hole in Ratnagiri district cornering a poor wild boar long enough for riflemen to reach the spot and shoot it dead.

BWC wonders how come the Forest Department has taken no action whatsoever against such human hunters.

It is but obvious that the dogs that race are taught to chase live creatures first. After having tasted blood they willing run after a mechanical rabbit on the mud tracks.

IDF makes students aware of BWC

In 2017, the Indian Development Foundation very kindly distributed 2,000 packets each containing BWC stickers, leaflet and phonetic alphabet for animal activists bookmark to students of the STS Mission School, Prabodhan Vidya Niketan School and Children's Public School in Mumbai.



BWC stall at the TS

In December every year, BWC holds a poster exhibition during the International Convention of the Theosophical Society at Adyar, Chennai. A basic tenet of theosophy is the recognition of the one life in all beings, human and non-human. The posters provide detailed information about the terrible cruelty perpetrated on animals and their extensive commercial exploitation and encourage a compassionate lifestyle. The exhibition which is open 24x7 during the six-day Convention attracts a number of visitors, young and old, who spend time going through the material displayed there.



Mr Tim Boyd, the International President of the Theosophical Society, and his wife Ms Lily Boyd at the BWC stall on 31 December 2017.



Mr Tim Boyd, Ms Geetha Jaikumar our BWC Executive (3rd from left) and others viewing the posters.

Global Food Production and Sustainability

The grains used for feeding one chicken can feed at least twice the number of people who would eat that chicken – Sandeep Karande

Do you know that our choices of foods have an unbelievably huge impact on our planet? The per capita consumption of food is 1.8 kg per day. In 1960, the world population was 300 crore. Today (2018) it is 760 crore. This brings the food consumption to a whopping 1.3 crore tons per day! As the population grows, the requirement for food will continue to increase. Are we able to produce our food in a sustainable way? Are the resources optimized? In this article we will learn about the challenges that our planet faces today in producing food.

Resources needed

Around 1100 litres of water is needed to produce 1 kg of meat as against just 11 litres required for producing 1 kg of wheat. It is no secret that producing non-vegetarian food requires more resources. The US is the third most populous country in the world. It also has the highest meat consumption in the world. Let's understand what it takes to produce meat in the US.

Today, more than half of water consumed in the US is used for raising meat animals. The US beef cattle have an average life span of around 14 months. During their first 6 months, they are fed with grass on the pasture fields which is their natural food. Their stomach is designed to digest grass. However, in the remaining 8 months they are sent to 'feedlots' where they are mainly fed with grains like corn and soya bean. These grains raise the weight of the cattle faster.

They are not suitable for the cattle's digestive system and they increase the chances of indigestion and infections. To avoid these infections, the cattle are fed with regular doses of antibiotics. It's astonishing to know that 80% of antibiotics manufactured in the US are actually fed to the animals. Other meat animals like poultry and pigs too are fed with corn and soya bean along with antibiotics.



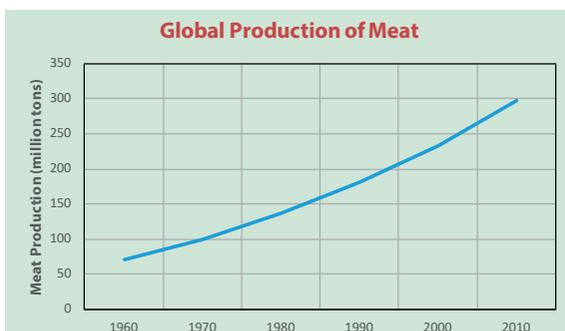
Feedlots in the US (top), Pastures (bottom)
 Photos courtesy: wikipedia.org

Corn and soya bean account for 85% of the grains grown in the US. More than 75% of corn goes for feeding animals either directly (47%) or through by-products from ethanol fuel

units (30%). Around 50% of soya bean is fed to the animals as soy meal after oil extraction and the rest is exported. Globally, only 2% of soy meal produced is converted to soy flour for direct consumption by people. The rest is used as animal feed. More than 95% of oats grown in the US is also used as animal feed.

Is it sensible to feed the meat animals with such huge quantities of grains? Of all the forms of meat, the chicken consumes the least resources. Yet, the grains used for feeding the poultry can feed at least twice the number of people who would eat that chicken. Each kilogram of weight gain requires the cattle to consume 6 kg of feed and each kilogram of edible beef requires the cattle to consume 10 kg of feed. If the grains grown in the US for feeding animals were consumed by the people directly then these grains could feed a population which is at least 5 times that of the US! Growing cattle in Europe require even more resources as they are fed with grass which increases their weight naturally; or in commercial terms, slowly.

Currently, 95% of the world population consumes non-vegetarian food. Since 1960, the per capita meat consumption has increased from 24 kg/year to 42 kg/year and the total meat production has increased from 70 million tons to 320 million tons. We need to contemplate whether such massive and ever-increasing production of meat is sustainable and needed.



Global production of meat.

Data Source: www.ourworldindata.org

The Impact

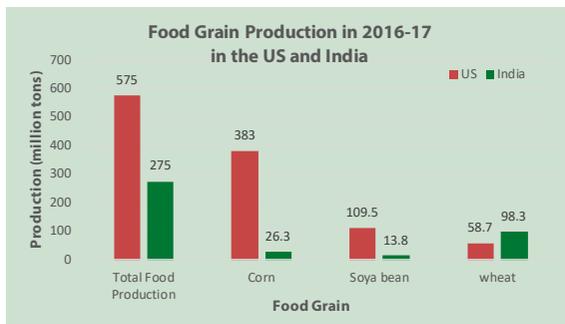
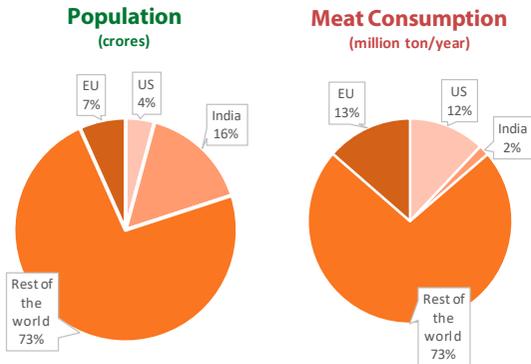
Animal agriculture is a significant contributor to global warming. Burning of fossil fuels release carbon dioxide, however, belching of enteric gases by meat animals release methane which is 21 times more powerful greenhouse gas than carbon dioxide. Currently, there are 150 crore beef cattle on the planet contributing to 18% of anthropogenic greenhouse emissions. Increased use of chemical fertilizers for agriculture has contributed to the emission of nitrous oxide, another greenhouse gas which is around 270 times more powerful than carbon dioxide. Animal agriculture is also a key contributor to deforestation, which further contributes to global warming. Cutting of trees reduces the planet's ability to absorb carbon dioxide. In the recent decades, the planet has experienced more frequent droughts attributed to global warming that have adversely affected the food grains production.

Cutting down the forests for animal agriculture also leads to destruction of the habitat and killing of wild animals, birds and other species. Animal agriculture has led to water pollution as the animal wastes containing antibiotics enter the water streams. **The environmental impact that we achieve by reducing the use of plastic bags or sharing transportation in our daily lives is nowhere close to what we can achieve by simply switching to vegetarian foods.**

The Indian Perspective

30% of the Indian population consumes vegetarian food. In fact, there are more vegetarians in India than in the rest of the world. **The per capita meat consumption in India is 4.4 kg/year as compared to the global average of 42 kg/year and 120 kg/year of the US.** Corn and soya bean account

for only 13% of grains grown in the country, 60% of which are fed to the animals. Thanks to the sustainable food habits, India is a food surplus country today despite housing 17.5% of the world population which is almost four



times that of the US. However, the Indian food production eco-system is not robust and is easily disturbed by natural calamities like draught and floods. It would help if the non-vegetarians also pledge to give up meat in the interest of sustainable future.

In the recent years, India has also emerged as the top exporter of beef in the world. Since 1980, the production of beef has increased from 0.9 million tons to 3.6 million tons. Although the beef export figures are high, the story behind these figures is disturbing. Unlike the US or the EU, the cattle in India are owned by miscellaneous farmers. Traditionally, the cattle in India were fed by-products from the farms like sorghum straw. Growing additional fodder on the

land owned by the farmers did not incur any significant cost. Cows or buffalos would give sufficient milk for the family. The bulls were used to plough the land and for the transportation of goods. The farmers never felt the need to sell the animals to slaughter houses. However, the milk revolution of the 1970s saw the influx of exotic breeds of cattle in India. The cost of maintaining exotic cows is high. The exotic bulls are of no use in farm operations or transportation. The shift to the use of tractors has also rendered the *desi* bulls useless in many sections of rural India. Mechanized farming and transportation may save time, but they incur costs too. Increased dependence on chemical fertilizers and pesticides for productivity too has robbed the farmers of their profits. Since 1960, the population of India has grown from 45 crore to 120 crore which has resulted in decrease of average land holding per farmer. With these changes, rearing of cattle in India has become increasingly unsustainable. Cattle markets have existed in the country since ages. Earlier their main purpose was trading of draught and milch cattle amongst farmers. Today, the purpose has shifted mainly to selling the bovines to the middlemen for slaughter.

It is imperative that the world shifts to a vegetarian diet. For India to stay self-sustainable, all Indians need to turn vegetarian. The farmers need to nurture *desi* breeds of cows again and shift to natural farming techniques. After all, we owe our children the future.



Sandeep Karande is an instructor with the Art of Living Foundation. He is a BWC life member. He is also the founder of TransformMe Foods Pvt. Ltd. which works to provide consumers with access to safe, healthy and organic foods and help farmers transition to organic farming practices. More details about his venture can be found on www.swap4pure.com.

Vegan Recipe *Banana*

It can easily be said that a banana a day keeps the doctor away because as compared to an apple, a banana has four times more protein, double the carbohydrates, three times more phosphorus, and five times more vitamin A and iron.

Although 100 grams is 90 calories, bananas contain good amounts of health benefiting anti-oxidants, minerals and vitamins, particularly potassium, manganese, Vitamin B6 (pyridoxine) and folic acid.

They are good for anaemia since they are high in iron and can stimulate the production of haemoglobin. They contain potassium which is good for beating high blood pressure. In addition bananas boost brain power, lift depression, calm nerves, cure hangovers, soothe heartburn and even neutralise over-acidity by coating the lining of the stomach. Their soluble dietary fibre helps normal bowel movements. Last, but not least, they are regularly used by athletes to get instant natural energy.



Banana Log Cake

Ingredients

- 1 ½ cups very ripe bananas,
mashed smooth
- 2 heaped tbsp ground flaxseed
- ½ cup unflavoured almond/
soy milk
- ½ cup melted coconut oil
- 2 tbsp date/maple syrup
- 2 tsp vanilla extract
- ½ cup sugar
- ½ cup rolled oats
- ½ tsp baking powder
- ½ tsp salt
- 1 ½ cups whole wheat flour
- sliced banana and
walnuts for decoration

Preparation

- Preheat oven to 350°F.
- Mix thoroughly banana, flaxseed, almond/soy milk, coconut oil, date/maple syrup and vanilla extract.
- One by one stir in the rest of the ingredients till smooth.
- Spoon the dough into a greased (with coconut oil) baking pan and spread evenly.
- Press down banana slices and walnuts on top.
- Bake uncovered for about 50 minutes. Cool.
- Slide knife around the sides of the pan and remove.

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.

POLO

X



Pony Polo

X



Elephant Polo

X



Camel Polo

X



Yak Polo



Cycle Polo



Golf Cart Polo



Segway Polo



Water Polo



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420 E-mail: admin@bwcindia.org Website: www.bwcindia.org