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The true measure of a man is not how he behaves in moments of comfort and convenience but how he stands at times of controversy and challenges.

ARF Newsletter

The Editor's Voice

Go Healthy. Go Vegan..!

Not only are most diets exhausting and limiting, but they often don't work anyways and one ends up gaining all the original weight back (and more) in a matter of weeks. And why should we have to limit ourselves when there are so many different, healthy food options available? There's only so long you can eat just oatmeal, or just grapefruit, etc. for breakfast. After that, your body gets sick of eating the same thing over and over again and starts craving other, less healthy options.

It is especially difficult to eat healthy and retain all your nutrients as a non-vegetarian. Meat and dairy contribute to very high cholesterol and often contain excess amounts of fat. Switching to a vegan "diet" is indisputably healthier and shouldn't feel like you're dieting because there are still so many food options available. However, they are comparably healthier and contribute much less to excess cholesterol and carbohydrates.

Achieving good health is a process, however, and cannot be completed overnight. Most vegans transition into it slowly, and that often becomes the best way to realize what meals you like to cook and eat and what you'll end up avoiding. People who say they don't like fruits and/or vegetables often haven't given them enough thought or tried them in the countless ways they can be eaten. Veganism can open you up to a world of healthy possibilities, from quick fixes to formal dinners. It is a lifestyle of health. Of course, exercising doesn't hurt either and should similarly be paired with a healthy lifestyle. However, exercise paired with an unhealthy diet of meats and dairy can instead have the opposite effect. So be consistent with your health; don't pick and choose only what you'd like to change and leave everything else behind. Instead, realize that only you are responsible for your own health, and that it will take some adjusting to get there but that in the end your body and mind will surely thank you for it.

Aditya Babu



Vegan Advocacy Needs You!

Do you love animals and want to help them, but don't know how? Consider a career in advocacy/awareness! There are many opportunities to get involved with numerous animal rights organizations by receiving a degree in animal welfare, animal law, veterinary care, social work, etc. Additionally, there are numerous animal shelters and sanctuaries always looking for positions to fill that would be fun and rewarding.

Specifically, ARF is looking to fill a position for an outreach coordinator. We'd like to have the opportunity to promote awareness to youth groups about animal abuse and exploitation, educating consumers to make thoughtful, compassionate choices. If you are interested in this position, please call us or send an Email to us. (info@arfindia.org)

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Vegan Potluck

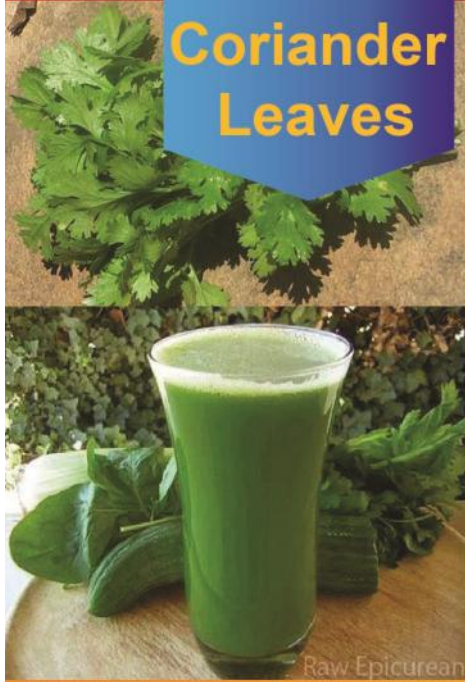
We will be meeting at 2:30 PM at Rani Park (Lawn across the road from the Chinnaswamy Stadium, behind the Victoria statue, near the MG Road / Kasturba Road junction) and have the picnic spread there.

Date: 31st Aug, 2013.

For further enquiry Call:
Mr. Arun V. Rangasamy
+91 94497 65720



Uses of Coriander Leaves



Raw Epicurean

Years pass by and our kidneys are filtering the blood by removing salt, poison and any unwanted entering our body. With time, the salt accumulates and this needs to undergo cleaning treatments and how are we going to overcome this?

It is very easy, first take a bunch of parsley or Cilantro (Coriander Leaves) and wash it clean.

Then cut it in small pieces and put it in a pot and pour clean water and boil it for ten minutes and let it cool down and then filter it and pour in a clean bottle and keep it inside refrigerator to cool.

Drink one glass daily and you will notice all salt and other accumulated poison coming out of your kidney by urination also you will be able to notice the difference which you never felt before.

Parsley (Cilantro) is known as best cleaning treatment for kidneys and it is natural!



ARF Wants Chairs & Fans Kindly Donate if Possible.

For Donation Call: Deepa: 98452 74880

The Down In your Pillows

Feathers ripped from birds' backs and gaping wounds sewn up with no pain relief. The barbaric cost of your winter coat !

The down jacket is currently experiencing astonishing popularity. Giorgio Armani and Ralph Lauren are selling designer versions, they've featured in glossy fashion magazines and they're flying off the shelves in stores like Benetton, Marks & Spencer and Gap — but before you rush out and buy one, ask yourself this: how cruel is the coat?

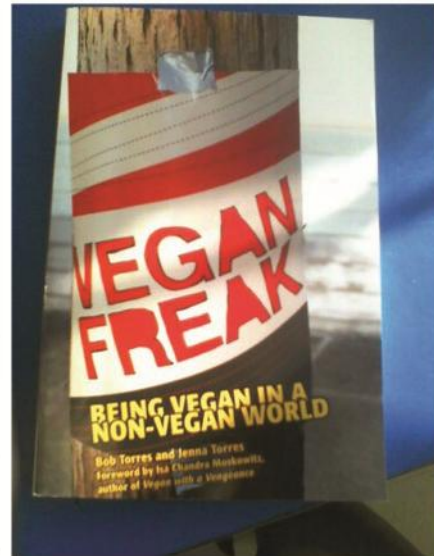
Feathers are ripped from the bodies of live creatures, leaving them bleeding and in pain. Others are a by-product of the foie gras industry — so cruel it's been banned in Britain. The most prized down, and therefore the one that pays the pluckers the most, is hand-stripped from live birds. That's because the process of mechanically taking it from carcasses before washing and drying it can affect the quality.

Live birds are pinned down & have their feathers painfully ripped out BY THE FISTFUL, sometimes causing death. It takes the feathers of approximately 75 birds to make ONE comforter.



Vegan Freak: Being Vegan in a Non-Vegan World

Curious about veganism? Want to be a vegan? Already a vegan? Just wondering how to be vegan without going insane? In this informative and practical guide on veganism, team Torres helps you love your inner vegan freak. Loaded with tips, advice, stories, and comprehensive lists of resources that no vegan should live without, this book is key to helping you thrive as a happy, healthy, and sane vegan in a decidedly non-vegan world. Witty, opinionated, and eminently useful. In this down-to-earth and entertaining guide, Bob and Jenna Torres not only convince you that you have to go vegan today, they also give you what you need to live as a healthy and happy vegan for the rest of your life." -Gary L. Francione, distinguished professor of law, Rutgers University "Wherever one falls on the meat-eater to vegan continuum, you need to make the Torres duo your truth-speaking, profanity-spewing, tough-loving pals. They will move you closer to ethical veganism." -Feminist Review.



In this informative and practical guide, two seasoned vegans point out that there is no such thing as a vegan cult; and show how to survive restaurants, grocery stores, and meals with omnivores. Also offering answers to questions such as "Do you, like, live on apples and twigs?" this reference dispels myths and explains the arguments for ethical, abolitionist veganism, encouraging everyone to embrace their inner vegan.

One Vegan meal...

You saved about 3000 gallons of water
It takes a lot of water to grow the grain to feed the cow that ultimately produces a hamburger, replacing just 4 ounces of beef to one vegan option saves 3,000 gallons of water.



You saved about 16 pounds of grain
We put far more energy into animals per unit of food than we do for any plant crop. The main reason is that cattle consume 16 times as much grain as they produce as meat.



You saved your money & your health
Vegetarianism could extend your life by several years, as well as lower your risk to heart disease, cancer and dementia. In the long run, you'll likely see a payoff in better health, lower risk of chronic disease and reduced health-care costs.



You helped save the planet. Thank you.



I am a bird.
I belong to the skies, not to you.
I am not your property.
No animal is.



Go VEGAN!
Veganism.DI/NonViolence.com

Activists move court against dog pounds

Animal Birth control rules, 2001, mandates that stray dogs need to be sterilised. | EPS

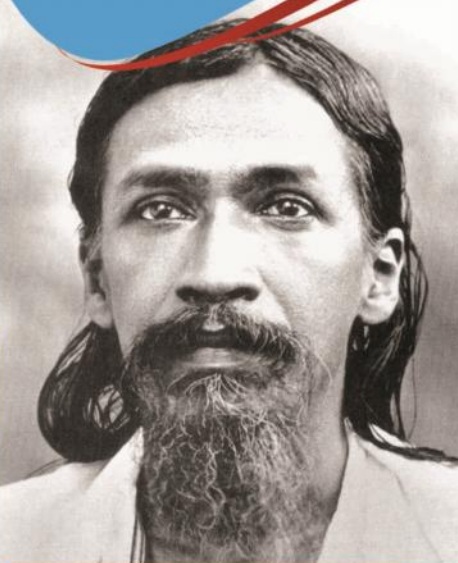
The People for Ethical Treatment of Animals (PETA) India and the Voice of Stray Dogs have filed a joint petition in the Madras High Court against the Corporation's proposal to build pounds for stray dogs out of the city.

The animal rights activists claimed that the proposal for relocating 'community dogs' was illegal under The Prevention of Cruelty to Animals Act, 1960, and also violated the Animal Birth Control (Dogs) Rules, 2001, which mandates that dogs living on the streets be treated, sterilised, immunised and returned to the location where they were found.

Earlier, PETA and representatives from other animal protection non-governmental organisations had appealed to the Mayor to drop the plan for the 'forever pounds'.

"Confining dogs to what will essentially be prisons, is not only cruel and illegal, but also ineffective because other strays will simply move into the vacant areas," said PETA India Director of Veterinary Affairs Dr Manilal Valliyate.

"The only way to fix the stray dog problem is to sterilise dogs in the city. Another solution is to ask the public not to patronise breeders or pet shops, which churn out pups for profit, which only makes the overpopulation issue of dogs worse," he added.



"Life is life whether in a cat, or dog or man. There is no difference there between a cat or a man. The idea of difference is a human conception for man's own advantage."

Sri Aurobindo

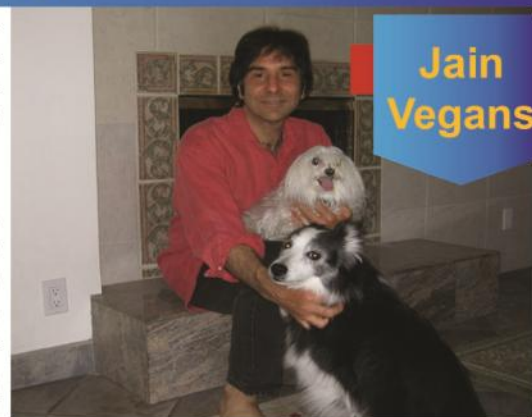
Profiles of Vegan Jains

Professor Gary Francione is undertaking a fast to express his conviction that consumption of dairy is incompatible with our Jain ideal of ahimsa. He is distressed that the JAINA convention will serve dairy products. He explains below:

I will not be attending the JAINA convention this year. But I will be fasting for the entire four days of the Convention to express my concern that the Convention will be serving food that involves himsa, such as milk, ghee, paneer, and ice cream. It is clear that the intentional infliction of suffering and death on mobile, multi-sensed beings is a violation of the principle of ahimsa, and it cannot be doubted that, as a matter of simple fact, there is a great deal of suffering and death involved in the production of these foods. Animal foods also involve stealing from animals and the rape of female animals.

Please understand that my fast is not an act of protest. It is an expression of profound sadness that at the largest gathering of Jains in North America, there will be himsa as part of the celebration. And for what? For nothing more compelling than palate pleasure.

I have spoken with the incoming leadership of JAINA and I have been assured that this issue will receive great scrutiny in the coming years. I look forward to that and I will assist in any way that I can.



Jain Vegans

I know that the Jain community loves Gurudev Chitrabhanu. It is my hope that Gurudev lives to see the organization he helped to create embrace a principle that he holds close to him as an integral and necessary part of ahimsa. During the fast, I will meditate for at least two hours per day on the wise words of Gurudev Chitrabhanu in his plea for Jains to reject all animal-based food.

I invite any of you who are interested to read this short essay that I wrote several years ago on this topic and that was published in the Jain Digest. It can be found here:

<http://www.abolitionistapproach.com/media/pdf/Ahimsa.pdf>

Krya 100% Vegan Products



We are Preethi & Srinivas, the co-founders of Krya. In our first careers we spent 15 years between us building brands and managing sales functions in other companies. In 2009 we took a clean break from work to re-examine our lives; in order to lead a life congruent with our passions and principles

An important mission at the start of our then new life was to eliminate toxic substances at home and the de-

velopment of alternatives to these synthetic or chemical products. We started with herbs and plant based ingredients and an understanding of their properties derived from Indian knowledge systems.

After a few months of research we came up a few nifty ideas for everyday products like detergent, dish-wash, mosquito repellents, hair

hair and body powders; all made from plants. Soon we were living in a fragrant, surprisingly clean home and our hair and skin glowed with new energy. We realised that plant based products properly prepared and used, were not just good for the planet but also great for our skin, hair, clothes, dishes and the rest of our homes. And thus started Krya in May of 2010.

Krya is proudly cruelty free and vegan (as are we) and we spend our time researching and creating the best plant based products for you. We design our products to fit easily into an urban dweller's busy life, to help you make an easy transition to a more sustainable life. Our customized and friendly after sales support will help you get the best out of a Krya product.

Every product we launch has been tested personally by us for several months. We only launch products which we are thrilled with and believe will make a genuine impact in your life. We think about the product right from manufacture to usage and disposal and incorporate sustainability into every part of its life-cycle.



The Krya Philosophy: We have invented a category called "sustainable goodies" to describe our products. We design our sustainable goodies with 5 principles:

Cradle to Cradle Design Every part of our product has been designed to be recycled or re-used. This minimizes wastage at every point in the product's life cycle

Minimal Ecological footprint

Using our ecological footprint scorecard, we evaluate and choose raw material sources, manufacturing processes, transport choices and continually endeavor to shrink our products' environmental impact

4. Vegan products

All our products are cruelty free. They are also free from animal derived ingredients which gives them a very high ethical and environmental impact. We would love to hear from you. So if you have any questions about our products and our work, do call us or email us.

Phone: 91-44-24990381

Email: preethi@krya.in or srinivas@krya.in

Yummy Vegan Dishes



Banana Bread Protein Bars

Yield: 10 bars

Dry ingredients:

- 2/3 cup gluten-free rolled oats
- 1/2 cup raw buckwheat groats*, ground into flour
- 1/2 cup chopped walnuts
- 1/4 cup shredded unsweetened coconut
- 3 tbsp chia seeds
- 3 tbsp mini dark chocolate chips (such as Enjoy Life brand)
- 1/4 tsp cinnamon
- 1/4 tsp fine grain sea salt

Wet ingredients:

- 3/4 cup mashed ripe banana (about 2 small-medium)
- 1/2 cup natural smooth peanut butter
- 1/4 cup coconut nectar syrup (or brown rice syrup)
- 1 tsp pure vanilla extract

1. Preheat oven to 350F and line an 8-inch square pan with 2 pieces of parchment paper, one going each way. Tip – to get the parchment to stick to the pan, give the base a spray with olive oil and do this for the next paper too.

2. Add raw buckwheat groats into a high-speed blender and blend on high until a fine flour forms. Whisk all dry ingredients together in a mixing bowl.

3. Mash bananas until smooth and measure out 3/4 cup. Stir together the banana and all the wet ingredients in a bowl.

4. Add the wet mixture to the dry mixture and stir well until combined. The dough should be very sticky!

5. Scoop batter into prepared pan. Place a piece of parchment paper on top of the batter and press it down to spread out the batter evenly. You can also remove the paper and wet your hands lightly and spread it out that way. Make sure it's as even as possible.

6. Bake at 350F for 22-26 minutes, or until the edges are golden brown and the bread is firm to touch. Cool in the pan completely (I left it for 1 hour) before removing and slicing into bars.

Heart-felt Gratitude for your Donations

Mr. Gupta, Bangalore; Nagaraj, Bangalore; Ramesh, Bangalore; Dharam Chand, Bangalore; Lohit Kumar Jain, Bangalore; Pramod Kumar, Bangalore; Yatish, Bangalore; Mukesh, Bangalore; Prema, Bangalore; Sunil, Bangalore; Uma Shankar, Bangalore; Ravi Prakash, Bangalore; Chandrasekhar, Bangalore; Hastimal G Mutha, Chennai.

I Wish to make my gift

₹ 1000 ₹ 3000 ₹ 5000 Other ₹ _____

Cheque/DD (Please make payable to Animal Rights Fund at the below address) Online Transfer to HDFC Bank, A/C No: 03671450000133, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1st Main Road, Seshadripuram, Bangalore - 560020, Karnataka.

Animal Rights Fund

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