



ARF Newsletter

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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.

The Editor's Voice Releasing the Need....!

You know, the cruelty to animals which we inflict day in and day out. You want to change, you feel bad, but you cannot change there is no motivations to change. You love the meat, fish, milk, etc. Even though you know the harm will cause your body, cancer, heart attack, obesity, diabetes, infertility, and 215 diseases that are related to the life style we lead. We know that "Milk is white poison" still we continue with it.

You want to change and lead a healthy vegan life. Come, I will teach you a simple exercise that you can do in your own house. You can do it using a mirror — a big one, if possible.

Think at the moment about something in your life you want to change. Go to the mirror and look into your eyes and say out loud, "I now realize that I have created this condition, and I am now willing to release the pattern in my consciousness that is responsible for this condition." Say it several times, with feeling.

If you were with a partner, I would have your partner tell you if he really thought you meant it. I would want you to convince your partner.

Ask yourself if you really mean it. Convince yourself in the mirror that this time you are ready to step out of the bondage of the past.

At the point many people get scared because they don't know HOW to do this releasing. They are afraid to commit themselves until they know all the answers. It's only more resistance. Just pass through it.

One of the great things is that we do not have to know how. All we need is to be willing. The Universal Intelligence or your subconscious mind will figure out the how. Every thought you think and every word you

speak is being responded to, and the point of power is in the moment. The thoughts you are thinking and the words you are declaring at this moment are creating your future.

Take this example; if you have a little child who has been allowed to stay up as late as he wishes for a long time, and then you make a decision that you now want this child to go to bed at 8.00 every night, what do you think the first night will be like?

The child will rebel against this new rule and may kick and scream and do his best to stay out of bed. If you relent at this time, the child wins and will try to control you forever.

However, if you calmly stick to your decision and firmly insist that this is the new bedtime, the rebellion will lessen. In two or three nights, the new routine will be established.

It is the same things with your mind. Of course it will rebel at first. It does not want to be retrained. But you are in control, and if you stay focused and firm, in a very short time the new way of thinking will be established. And you will feel so good to realize that you are not a helpless victim of your own thoughts, but rather a master of your own mind.

Go Vegan for your own health, of course, we have no right or need to use animals for food, wear and experimentation.

Aditya Karm

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 / Kasurba Road junction) and have the picnic spread there.

Date: 26th Oct, 2013.

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



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)



Few Questions to Vegan Praveen

Vegan Praveen, a practicing advocate from Bangalore, who was recognized as the IVS Vegan of the year 2011 for his enormous contribution to veganism through his "Car Sticker" Campaign. Here are his answers:



1. Since when are you a Vegan? Before becoming vegan, how was your lifestyle? What promoted you to become vegan? What is the experience after being Vegan, any benefits? Any difficulties?

Answer: I embraced veganism about 15 years old. I was born into a lacto vegetarian family and I was not much inclined to real philosophy initially.

Once I was sipping a cup of coffee with one of my colleagues. While taking to him casually I told him man should always be humane and kind to animals, as they too have as much right to live on this earth as we humans have and on no account should they be ill-treated and we have no rights to kill them and eat their meat. My colleague, who was a meat-eater, smilingly said "my friend, you say that we should not eat meat. But, is it not a paradox that the preacher himself is not practicing what he is asking people to practice?" When my colleague told me this, I couldn't understand what he was saying. When I asked him to elaborate, he replied "you say we shouldn't eat meat but what right do you have to sip coffee which contains animal milk". These words of my colleague fell on my ears like a bolt from the blue and I was shell shocked. My colleague's words were absolutely true. I was ashamed of myself. No sooner did I hear from my colleague those words then I asked his pardon and I kept the cup of my coffee on the table never to be touched again. I decided at that very moment that I must give up all animal products like butter, ghee, cheese, honey, leather, silk, etc. I salute my colleague for making me realize my ignorance; through he continues to be a non-vegetarian.

Actually I was unaware of the word "VEGAN" when I became vegan. Later, through newspapers and internet I came to know more about veganism and vegan too. I have noticed several changes in my life after being vegan, the most important being my conviction becoming deep-rooted in non-violence and veganism. This turned out to be the turning point of my life.

Being vegan I think I have achieved something. Being vegan I am morally benefitted and I have gained some health benefits too. I haven't faced any difficulty being a vegan at any point of time after becoming vegan. If I do not get vegan food at some function or the place where I visit, I wouldn't eat those. For not being able to eat anything, I never felt bad. Instead I would feel happy that I am not hurting any animals by using them. In any case, I am a happy vegan.

2. If the whole world listens to you, what would you say one thing most important to you?

I always make a point to the person whom I come across in my day to day life, telling them about the pain, suffering of animals and atrocities of humans against those lovely gentle creatures and positively tell them to keep away from animal products by being vegan throughout the life.

Finally without second thought, I confidently say to one and all to embrace veganism as the way of life. By doing so, we are certainly reducing suffering of animals to a great extent, suffering of humans too to a large extent, as the poverty will be definitely eradicated by being vegan and the Mother Nature will be safe and green by protecting the lives on the earth.

3. Tell me about your Dad's Books on veganism, Animal rights and non-violence?

My Dad Vegan Venkit In his 80th year had published his first collection of poems in kannada language a book called SATYADARSHANA, where he has presented about 50 poems, about 20 drawings which is done by himself, this may be the first presentation to the kannada language literature exclusively dealt with animal rights, veganism and non-violence. His plans is to publish 3 more books two story-books, a novel, where all these books is collectively named as AHIMSOPANISHAT.

4. Tell me about Sticking campaign?

I have been doing sticking campaign since the year 1999, usually I stick the sticker to the cars with a slogan : a) BE KIND TO ANIMALS, GO VEG b) BE KIND TO ANIMALS, GO VEG, LIVE VEGAN, AND c) STOP CRUELTY , GO VEGAN. These are the types of stickers you may find on the streets of Bangalore. The stickers are pasted free of cost, you can even call for free stickers for your car to 9342818854.

By
Vegan Praveen



ARF Wants Chairs & Fans Kindly Donate if Possible.

For Donation Call: Usha: 98452 74880

HEALTH BENEFITS OF GREEN TEA

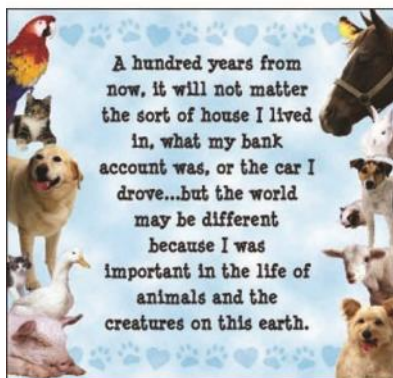
1. Green tea helps burn fat
2. Green tea protects against heart disease
3. Green tea can help lower blood pressure
4. Green tea can help protect against diabetes
5. Green tea can help prevent food poisoning
6. Green tea can prevent bad breath
7. Green tea guards against hepatitis
8. Green tea can protect against cancer
9. Green tea can help prevent arthritis
10. Green tea improves your immunity
11. Green tea can protect against Alzheimer's disease



GET RID OF EXTRA FATS FROM YOUR BODY

Here are 8 Foods That Burn Fat

1. Oats : Its not only tastes great but also reduces your hunger. Oats contains fiber which helps and stabilizes the levels of cholesterol.
2. Apples : Apples are enriched with powerful antioxidants and other supplements. Most importantly it contains Pectin which helps to reduce the fat cells in the body.
3. Green Chillies : Green chillies contains Capsaicin which helps to develop the body growth cells and burns the calories in quick time.
4. Garlic : Garlic contains Allicin which has anti-bacterial properties helps us to reduce the fat and removes the bad cholesterol.
5. Green Tea : Green Tea is the most effective one which helps you to lose weight. It contains Antioxidants which helps and stabilizes our body weight. Take daily 2 cups of tea for a better results.
6. Wheat Grass : It boosts our metabolism and helps to reduce the fat.
7. Tomatoes : Tomatoes helps us to burn the fat in quick time. It also helps us to stay away from cancer. So Take tomatoes in your diet regularly.
8. Dark Chocolate : Dark chocolate contains Flavonoids, anti-inflammatory properties which helps to reduce the cholesterol levels in the blood. It boost the growth of serotonin in the blood and also burns the fat.



"The human body has no more need for cows' milk than it does for dogs' milk, horses' milk, or giraffes' milk."
-Michael Klaper, MD



Yummmyyy Vegan Sweets for Diwali

Sweet Somas Recipe

Ingredients:

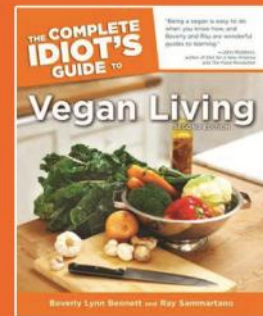
Maida/all purpose flour 1 cup
Corn flour 1 tsp
Oil 1 & 1/2 tbsps
Salt A generous pinch

For Feeling:

Pottu kadalai / fried gram dal 1/2 cup
Sugar 3/4 cup
Coconut, grated 1/2 cup
Elachi 1

Method:

1. Mix flour, corn flour, salt and oil well. Then sprinkle water to make stiff dough. Needs only near 1/4 cup water, so careful while adding water. Keep aside for at least 2 hours.
2. Mean while grind fried gram dal first into a coarse rava like powder.
3. Grind sugar into a fine powder with elachi.
4. Grate coconut and dry roast well till the moisture evaporates. Fry in medium flame for until it becomes dry and wafts nice aroma. Take the ground fried gram dal, sugar powder and cooled roasted coconut in a mixing bowl.
5. Mix well and keep it in a airtight container. Now again knead the dough to smooth.
6. Divide into 15-16 equal balls. Roll each into thin pooris.
7. Now spoon 1 or 1 & 1/2 tbsps of the pottukadalai powder into this and grease well the sides of the poori. You need not fully grease, half of the sides is enough.
8. Cover it as shown in the picture and seal the side well. Now use a cutter or knife to trim the edges. Make sure you trim it over the area where you sealed. Leave some area sealed while you cut, otherwise there are chances of opening up while frying.
9. Repeat the process for all. Keep covered until you deep fry. Deep fry in hot oil in medium flame both sides flipping in between, until golden in colour. You can fry 3 - 4 per batch. Or how much ever your kadai/oil holds.



The Complete Idiot's Guide® to Vegan Living dispels the myths that stand between readers and a healthy vegan lifestyle, showing an easy way to adopt veganism as a lifestyle, including:

- Tips for transitioning your diet, body, and belongings to a vegan lifestyle in small steps.
- Easy ways to get the protein, calcium, and other nutrients the body needs without consuming meat or dairy.
- The benefits of raw foods and how to get more of them into the diet.
- The benefits of raw foods and how to get more of them into the diet.

BOOK POST

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

Comfort Manor, 1st Floor, No. 10/4-5, Kumara Krupa Road, Bangalore-560 001
Email: info@arfindia.org, Web: www.arfindia.org
Mobile: +91-98451 74630 (Dilip Bafna), +91-98452 74880 (Deepa), Office: 080-22 34 28 20
Editor: **Dilip Bafna** Graphics and Design: **Amrit Puty** Production Incharge: **Ushalakshi**