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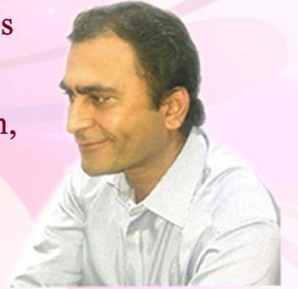
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# ARF Newsletter

BANGALORE APRIL 2013 VOL III ISSUE III

## Editor Voice - Vegans are not superheroes!

How many of us feel that we must display perfect health as vegans in order to prove the efficiency of our diets to the many doubters? The fact is, despite the many health benefits of following a healthy vegan diet, we are still human beings living in a world of bacteria, viruses, environmental pollutants such as pesticides, radiation, and chemicals and hormonal disruptors in cleaning and personal care products. We can get sick the same as everyone else. When vegans feel they must hide their illnesses and pretend that everything is okay, they may miss the treatment that could help restore their health.



There are so many different reasons why people can feel unwell and many have nothing at all to do with a healthy diet. For instance, if we are working a job we hate, we may find ourselves tired, cold, and lethargic as we face another dreaded workday. If a relationship is having problems, we might experience a decline in our sex drive. Any big changes in our lives, can leave us highly susceptible to feelings of exhaustion, confusion, depression, and overwhelm. While we should always start with medical check-ups to make sure our health is okay, sorting through your situation and feelings honestly with a trusted friend, health coach, or therapist can often provide insight to why you are not feeling your sparkly best.

When I was not keeping well about 5 years back, lot of people commented that it was all because "I was VEGAN". They even told me to drink coffee or tea made up of milk, ghee or butter, it is a tonic for the brain, consuming curds will improved my health, etc, etc . There is no point arguing about it. I was really amazed about their IQ and the level of compassion that they had for the animals. I proved my self right. Now, I am healthy, fit and fine.

"There are no right decisions..... You have to make your decisions right."

I am not talking about the situations where you want to decide 'whether to continue smoking or quitting' or 'taking alcohol or dropping alcohol' or "drugging yourself or dropping the drug'. You know which is right and wrong there.

You are in love with a person and decided to marry that person. People can share their views and opinions out of their experiences or what they have heard or seen. However, nobody can tell whether that decision was right or wrong. If the marriage grows happily, people would call the decision a right one. Else, they would term it wrong.

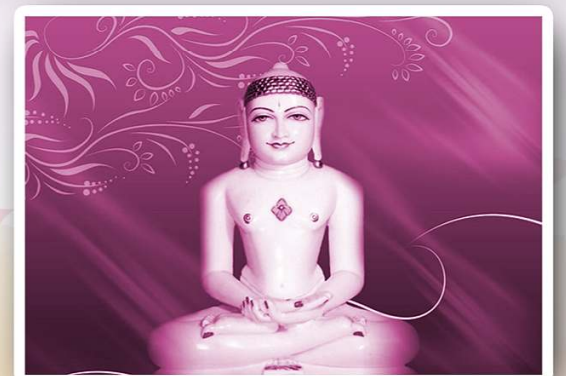
Yes, there may be times when a decision taken may not go well. But it should not stop us from taking further decisions. Indecisiveness will push one to stagnate. There is a saying, "You will not regret the decisions you made in your life. You will regret for the decisions that you never made." Not taking decisions will not give you growth. Take decisions. Through experience we will grow in maturity. Go ahead. Take decisions and make them right. I have been vegan for 20 years and it is the best decision that I have taken in my life.

In life, there is no right decision or wrong decision. Take a decision. Do everything to prove it right.

*Sunil Bafna*

## Mahavir Janma Kalyanak

On 23rd April 2013, Tuesday, 9-00 am to 2-00 pm, we are celebrating The Mahavir Janma Kalyanak Mahotsav at Freedom Park. We will be having a stall where we are going to promote veganism in big way. Sunil Bafna, a singer and a great orator, will explain to you about veganism and the health benefits of following compassionate life style along with Pritviraj Mehta, Arvind Jain, Hemath Vora, their friends and our staff.





## Mango Ginger Ice Cream - Vegan

This gingerlicious mango ice cream is not for the faint of heart. Last year, when I made mango ice cream, I thought I'd add a small piece of ginger into the concoction while grinding and loved how the flavors melded. But once I froze it, the ginger got overpowered by the mango.

So ever since this year's mango season started, I'd been really wanting to make a mango ice cream with a super strong ginger kick. When the time came to add ginger into the mixie jar, I did not hold myself back. And boy oh boy did it turn out amazing!!

I ran out of raw agave nectar so I used sugar. If it hadn't been for the sugar, this ice cream would've been categorized under "raw food".

I was feeling lazy and didn't want to wash the ice cream maker, so I decided to use the freeze/whip/freeze method to make this ice cream. I wanted it to have a slightly icy texture for an added crunch, so I didn't let it get too creamy during the freezing process.  
Almost Raw, Vegan Mango Ginger Ice Cream

3 Ripe Mangoes - peeled and diced  
2 inches Ginger - sliced  
1 T Sesame Seeds  
1/2 C Cashews  
1/2 C Sugar  
1 T Flax Seed Powder  
A pinch of Salt  
2 C Filtered Water

Grind the cashews and sesame seeds together in a dry jar until they start to release oil and begin to turn slightly buttery.

Add the ginger, sugar, salt and flax seed powder and process.

Add the mango and process till smooth and creamy.

Add the water and blend well.

Let this mixture sit in the fridge (not freezer) for a day to chill thoroughly.

Transfer to an airtight container and whip well with a whisk.

Pop in the freezer for half an hour.

Whip again.

Freeze again for an hour.

Whip again.

Let the mixture freeze for 6-8 hours.

Transfer this icy mixture into a blender jar in batches and process for a few minutes.

Transfer back into the airtight container and freeze for two hours.

To get beautiful scoops, let the container thaw inside the fridge for five minutes before you serve each time.

Scoop and serve.

Enjoy! :)



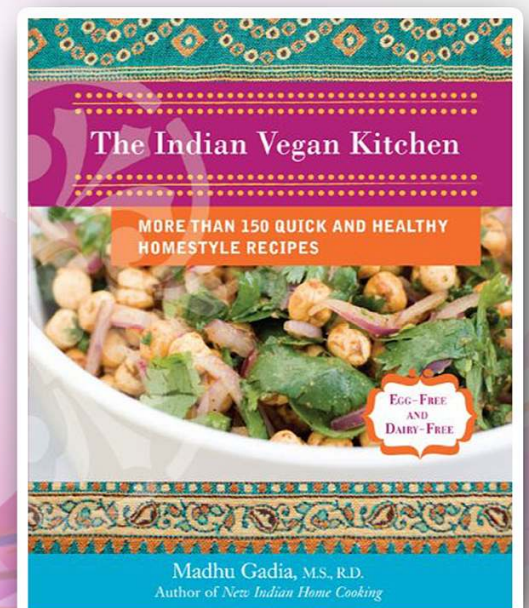
## The Indian Vegan Kitchen

Madhu is an expert on Indian Cuisine and has authored several Indian cookbooks. Her expertise lies in home-style, healthy, and authentic Indian cooking. She teaches Indian Cooking Classes and Develops Recipes. She is a firm believer that healthy and tasty foods go hand in hand.

Madhu Gadia has over 25 years of experience as a nutrition counselor, diabetes educator, writer, and a speaker. Her experience and expertise includes healthy eating, weight loss, diabetes, cardiovascular disease, and other health/nutrition related topics. Madhu Gadia empowers people to incorporate practical solutions to live healthy and productive lives.

Nutrition Consultant/Health Writer

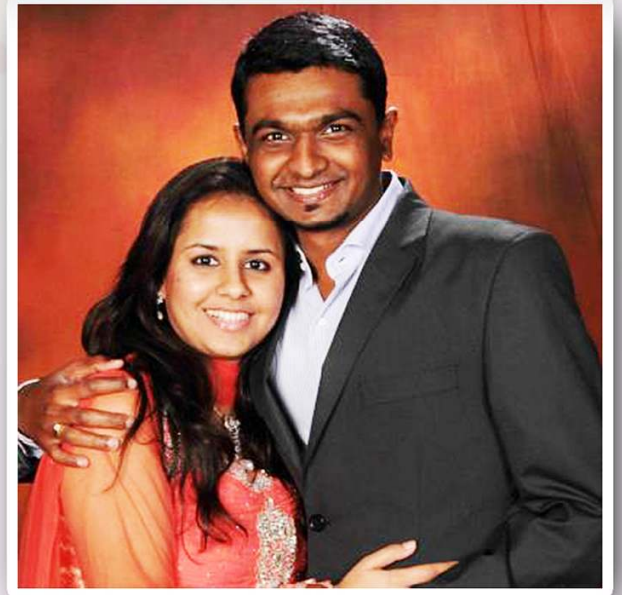
<http://www.cuisineofindia.com/>





## ***Our Vegan Story by Monika Siriya***

When I was 17, we got a dog at home, at my insistence. We used to take her to the nearby animal hospital cum shelter for vaccinations, etc. When I saw the condition of the animals at the shelter, I went vegetarian. I am a Punjabi and at that time, I became the only vegetarian in my family. Then over time I searched more about animals/animal cruelty and realized that 'veganism' is true cruelty-free living. I tried going vegan, but there was not much support around. I also didn't know of any other vegans in India. At 26, upon joining Facebook, I saw that so many people were vegan in India and I met some of them too! And very soon, on August 17, 2010, I became vegan.



When I went vegan, I didn't not know of any alternatives, especially of my favourite things. I also did not know, what other products are vegan (cosmetics, household products, etc.). However I found them easily by researching online and by posting my queries in different vegan groups on Facebook. So many people in India and other countries had written fabulous blogs, websites and were ever so helpful.

I benefitted tremendously upon becoming vegan, especially in terms of physical, mental and spiritual health. I became trimmer and fitter, got rid of my anaemia and pimples, rarely if ever fell sick and felt a tremendous reduction in stress.

Veganism is about fairness, justice and equality (not kindness or compassion), and it is the least we can do for the animals, for the planet and for the people.

### **Chintan - My Husband**

Everyone has to listen to their wives and so I became vegan. Actually, we are both animal lovers and I had been thinking of going vegan for quite a while and when Monika went vegan, I thought that it is the right time for me to take the plunge as well. Being a Gujarati Jain, dairy was an integral part of my life, but overnight I decided to quit that and listen to my conscience.



I owe my smooth transition to my wife, who ensured that we ate a variety of tasty foods and didn't feel deprived. We also researched all info online about various common questions that any beginner vegan would have. For that [www.sharan-india.org](http://www.sharan-india.org) was very helpful.

Again, healthwise it benefitted me a lot. I had severe acidity problems and used to puke almost every night. That has never happened after I turned vegan. Being a software engineer, I had backache, but that disappeared too.

Slowly we are discovering various vegan products and replacing the convention products with them in our lives. We are also very eco-conscious and do not use plastics and try to minimize our eco-footprint in every way. We are also minimalistic and do not believe in accumulating materialistic things, because nature provides for everyone's need but not for everyone's greed.

All in all I've figured that being vegan has been one of the best decisions I have made in life, as it leads to a higher consciousness, which is an experience that cannot be described in words.

Thanks & Regards  
Monika & Chintan Siriya

## ***Vegan Potluck - April 27th Saturday at 2.30pm to 5.30pm***

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





## ARF Wildlife

ARF in collaboration with various stakeholders is undertaking diversified sensitization programs tailored to reach and sensitize all age groups. As a part of this initiative ARF Bangalore is undertaking ARF wild expedition program, the program aims to deliver practical knowledge about ecology and environment besides recreation. This “learn when you run- expedition program” will be held deep into forest for three days. Food, accommodation, security and other facilities are made available to the participants. Interested participants are requested to enroll before 30th april 2013, Please contact for further information.

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## Heart-felt Gratitude for your Donations

Mr. V.Sudhakar, Bangalore: Mr. Suresh, Bangalore: Pesi.J.Padshan, Pune: Narasimhamurthy, Bangalore: Prime Stainless Steels (Mr.Sanjay Surana), Bangalore: Naveen Kumar, Bangalore: Usha, Bangalore: N.Ramachandra, Bangalore: R.Dinesh Balar, Bangalore: Sree Jain Sangh, Bangalore: Mr. Srinivasa B.K., Bangalore: Reetesh Trading Corporation, Bangalore

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## Animal Rights Fund

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