

Vol XXXIX No 1 Spring 2016



# COMPASSIONATE FRIEND

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

## Calcutta Snake Park extinct

### In this Issue:

**Creating an Awareness**

**BWC Investment Guide**

**Sundays without Meat**

**Proposed Animal Lab**

**Pangolins**

**and Stickers for Students**



# Beauty Without Cruelty - India

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## Beauty Without Cruelty

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# From my Desk...

## Unhappy Bulls

Last year ended and this year began on unhappy notes for bulls. In December 2015 there was a move to legalise *dhirio* in Goa. BWC despatched a comprehensive representation to the Legislative House Committee that had been constituted to go into the details for restarting it.

A few days prior to Pongal in January 2016, the existing ban on *jallikattu* in Tamil Nadu and bullock-cart races in Maharashtra and other states was lifted by a Notification of the Ministry of Environment, Forest & Climate Change (obviously a pre-election sop) in contravention of the May 2014 Supreme Court judgement prohibiting bulls from being used for performances. It was bad enough the Government had not yet granted legal rights to animals as advised in the judgement, but reintroducing such cruel bull performances was shocking beyond words. Animal activists challenged the notification and thank goodness a stay was granted by the Supreme Court on 12 January, 2016.

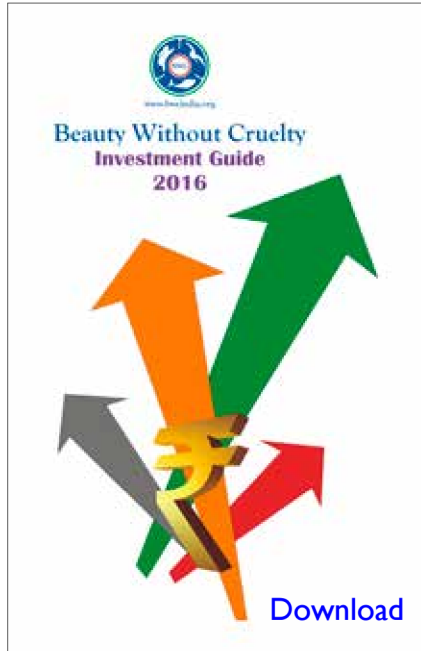
## Animals in Mind

Like it or not, the financial benefit derived from businesses that exploit animals is 'blood money' because of the suffering and killing involved.

The Beauty Without Cruelty **Investment Guide 2016** uploaded on our website [www.bwcindia.org](http://www.bwcindia.org) reveals the nature of businesses vis-à-vis animal exploitation. Accordingly, BSE500 companies as of January 2016 have been marked

red, grey, orange, or green. (To understand our current rating criteria please read the entire introduction.)

Since 1994 our BWC Investment Guide has helped investors. There was a time when it didn't even strike them that the stock market listed companies that did not match their religious or ethical beliefs. Now, before purchasing shares and looking into expected financial returns of a company, many people first check if the business violates their principles, and if it does, they do not buy the company's shares.



Our guide has proved useful to non-vegetarians too. Although they eat meat, some have voluntarily and happily not purchased shares of companies that run restaurants, manufacture leather footwear, or pharmaceutical companies that test their products on animals.

## No Meat - No Heat

Additionally, some non-vegetarians have been convinced by BWC to support **Sundays without Meat for Climate Change**. Shifting the world's reliance on fossil fuels to renewable energy sources is no doubt important, but, according to a recent report in *World Watch* magazine, the world's best chance for achieving timely, disaster-averting climate change will actually be by eating less meat. Meatless Mondays are quite popular abroad, but Beauty Without Cruelty feels Sundays without Meat are appropriate for India.

Thank you for spreading the word and for appealing to your non-vegetarian friends to give up eating meat every Sunday. (Every day would of course be best.)

Diana Ratnagar  
Chairperson



**Jallikattu:** bulls are barbarically incited to run helter-skelter among young men who jump on them. If a man loses his grip, he can be trampled to death, but if he tames the bull, the owner may kill it. *Photo courtesy: samyakkaninde.com*

# Calcutta Snake Park Closed after two decades of Campaigning

by Shubhobroto Ghosh

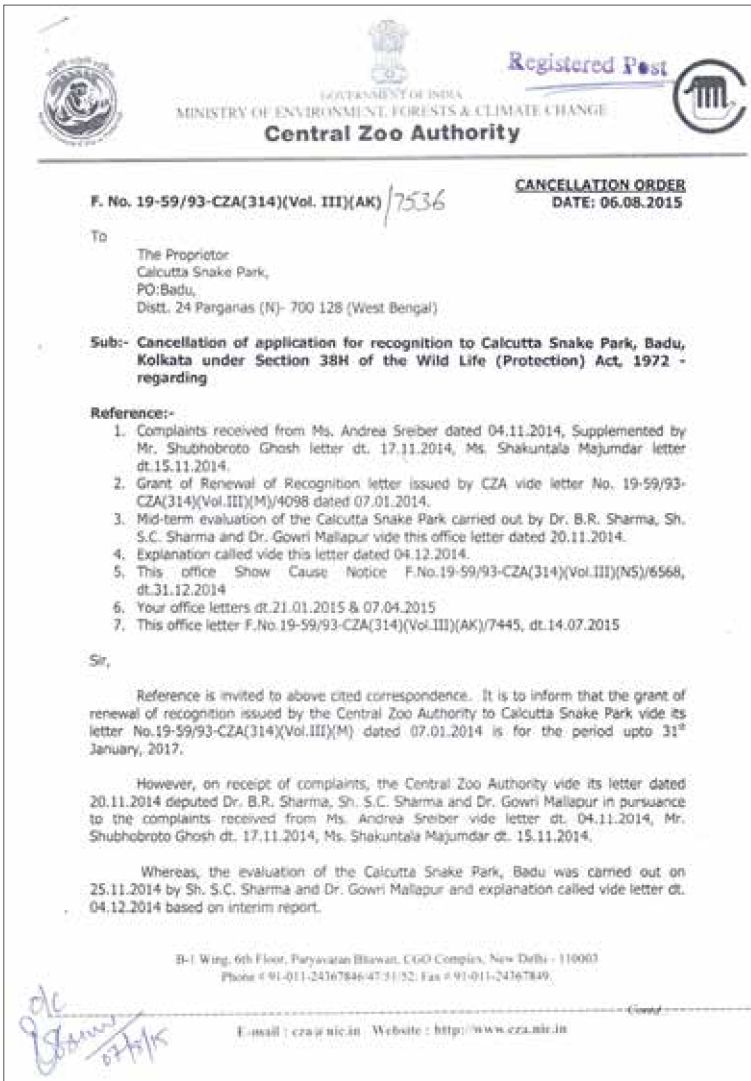
**O**n 5 December, 2015, in a monumental achievement and victory for animal protection in India, Calcutta Snake Park run by reptile specialist Dipak Mitra, was raided by the forest department of West Bengal after a directive from the Central Zoo Authority to close down the facility and relocate the animals. 51 animals were seized from the place and relocated to Alipore Zoo in Kolkata. The adjacent West Bengal Snake Park was also closed and animals were voluntarily submitted to the forest department by the proprietor, Ramprasad Mitra. The whole operation was conducted in consonance with activists and investigators of many organisations, with cardinal input being provided by TRAFFIC, Animal Welfare Board of India, Central Zoo Authority, Thane SPCA, media firms and the British Deputy



Signboard at the Calcutta Snake Park. Photo courtesy: Shubhobroto Ghosh



King cobra showing signs of malnourishment and maltreatment at Calcutta Snake Park. Photo courtesy: An independent investigator



Dead Russell's viper at the park.

Animals in grossly inadequate and substandard conditions at Calcutta Snake Park. Photos courtesy: Claire Palmer (top), Independent investigators (middle and bottom and bottom left)

High Commission. As early as 1994, Beauty Without Cruelty had taken cognizance of my personal investigations and reports on zoos run by Dipak Mitra in Digha and Calcutta. There was even a television programme made on sordid conditions in which animals were kept at the place. The Indian Zoo Inquiry supported by Zoocheck Canada and Compassionate Crusaders Trust recommended closure of both Calcutta Snake Park and West Bengal Snake Park and relocation of their animals in 2002. Repeated complaints from different quarters fell on deaf ears whilst these zoos continued to illegally trade in wild animals and starved them to death. It was only in late 2014 that a major investigation was planned by a handful of enterprising wildlife activists in Kolkata who were determined to put an end to this atrocity. The Calcutta Snake Park and West Bengal Snake Park investigation was conducted by two individuals, Annabel Soper and me on 30 October, 2014, and subsequently led to the Central Zoo Authority taking the matter seriously

Central Zoo Authority

-2-

Whereas the evaluation report of Calcutta Snake Park, Badu, Kolkata as submitted by the evaluating officers was placed before the Technical Committee in its 72<sup>nd</sup> meeting held on 12<sup>th</sup> December, 2014.


Whereas the Calcutta Snake Park, Badu, Kolkata was issued a Show Cause Notice vide letter dt. 31.12.2014 as decided by the Technical Committee in its 72<sup>nd</sup> meeting held on 12<sup>th</sup> December, 2014 seeking explanation within a period of 30 days that why the application for recognition to Calcutta Snake Park, Badu, Kolkata should not be cancelled under Section 38H (6) of the Wildlife (Protection) Act, 1972 for not complying with the provisions/standards stipulated by the Central Zoo Authority vide letter No.19-59/93-CZA(314)(Vol.III)(M) dated 07.01.2014 and for violating Recognition of Zoo (Amendment) Rules, 2013 and Wildlife (Protection) Act, 1972 as stated above in I & II.

Whereas Calcutta Snake Park, Badu, Kolkata was given an opportunity vide letter dt.14.07.2015 of hearing in person u/s 38H(5) of the Wildlife (Protection) Act, 1972 to be present on 20<sup>th</sup> July, 2015 before the Member Secretary, Central Zoo Authority at New Delhi.

Whereas Calcutta Snake Park, Badu or his representative did not appear for the said hearing on 20<sup>th</sup> July, 2015.


Keeping in view of the above and having given sufficient opportunity, your application for recognition to Calcutta Snake Park, Badu, Kolkata is hereby cancelled under Section 38H(5&6) of the Wildlife (Protection) Act, 1972 for non-compliance of the provisions of the Recognition of Zoo (Amendment) Rules, 2013.

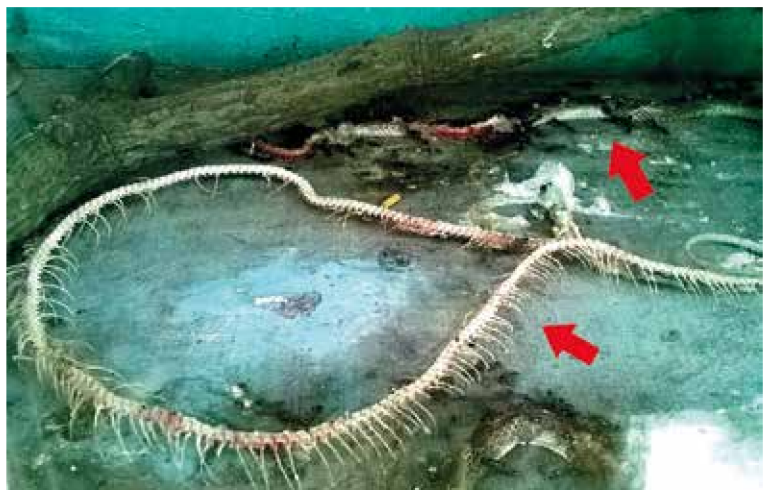
Calcutta Snake Park, Badu, Kolkata may, however, appeal before the appellate authority i.e. Secretary, Ministry of Environment, Forests & Climate Change under Section 38H (7) of the Wildlife (Protection) Act, 1972 within 30 days from the date of issue of this order.

**Yours faithfully,**  
  
**(Vinod Ranjan)**  
Member Secretary

**Copy for favour of information and necessary action to:-**

1. The Chief Wildlife Warden, Government of West Bengal, Kolkata
2. Member Secretary, West Bengal Zoo Authority, Kolkata
3. DPA, CZA – to update record

  
**(Vinod Ranjan)**  
Member Secretary



Snake skeleton and carcass at the park. Photo courtesy: An independent investigator



Rescued animals were abused with impunity at Calcutta Snake Park.  
Photos courtesy: Shubhobroto Ghosh (top, middle), an independent investigator (bottom)

and conducting their own investigation to finally shut down this hellhole of illegal wildlife trade. I would like to extend my personal thanks to the Central Zoo Authority, Animal Welfare Board of India, forest department of West Bengal and all individuals who took considerable personal risks to ensure that this symbol of animal exploitation and misuse of power was eliminated from the wildlife landscape of India. Calcutta Snake Park is now past tense and Indian wildlife will immeasurably benefit from this development. The photographs attached with this note reveal exactly how animals were treated at Calcutta Snake Park and West Bengal Snake Park.



*Shubhobroto Ghosh is a life member of BWC.*

*He is the author of the Indian Zoo Inquiry and has investigated captive animal facilities for more than two decades. He currently works as Senior Programme Officer at TRAFFIC India at the WWF India headquarters in New Delhi.*

**The views expressed in this note are personal and not representative of the official viewpoints of any organization.**

## An Animal Lab adjoining a National Park?

*The Department of Biotechnology in IIT-M has a proposal to build a new animal house says Shylaja Ramkumar*

**T**he Indian Institute of Technology Madras (IIT-M) campus was carved out of a natural forest that formed part of the Guindy National Park (GNP) in the late 1950s. The GNP and the IIT-M campus come under the category of Tropical Dry Evergreen Forest which is the least common vegetation type in India. The campus can be considered as an ideal example for the co-existence of various types of mini-ecosystems like open grasslands, wetlands, thick forest patches and scrub jungle. The main inhabitants of these ecosystems are the blackbuck, spotted deer, jackals, mongoose, monkeys, squirrels, toddy cats, wild cats, various types of reptiles, a plethora of insects, including about 40 different species of butterflies and about 100 species of birds. The IIT-M campus also plays host to large groups of migratory birds and butterflies every year.

Given the ecological significance of the IIT-M campus and its proximity

to the GNP, the stipulation at the time of handing over the land to the institution was that not more than 15% of the area should be cleared of forests for the

construction of buildings. But activists, including former IAS officer, M G Devasahayam, allege that this limit on the 625 acre campus has already been breached. Releasing a study titled 'City in the Forest: The Birth and Growth of IIT Madras' carried out by the Chennai Solidarity Group, environment activist, Nityanand Jayaraman said 39 renovation projects in the 12 years since 2001 have resulted in the felling of 8,000 trees on the campus, which has the GNP as its neighbour. New infrastructure projects proposed by the institution, he alleged, would result in the felling of 10,000 more trees, causing irreparable damage to the sensitive environment.

Having been declared as an 'institutional' area in the second Master Plan for the city, IIT-M requires the approval of the Chennai Metropolitan Development Authority for all construction projects. Also, given its proximity to a national park which is within a radius of 10 kms, clearance from the National Board of Wildlife and the Supreme Court are necessary for such projects on the campus. But the report said no such approvals seem to have been obtained. The report also highlighted the stress on the campus environment created by the conduct of Saarang, the annual cultural extravaganza of the institution, which brings in more than 50,000 visitors and 13,000 vehicles for five nights of loud music, dance and cultural events. The natural environment in the campus and the adjoining GNP is adversely affected by this disturbance.



**Blackbuck that live in open grassland, are highly threatened on the IIT campus, due to loss of habitat.**

*Photo courtesy: Prakriti Wildlife Club, IIT-M*



In response to a petition filed by E Seshan, an environmental activist who sought to restrain IIT-M from carrying out further construction in the campus and to stop the felling of trees, the Southern Bench of the National Green Tribunal (NGT) observed that although regulating the activities in the campus did not come under its purview, it was restraining IIT-M from felling trees without adhering to the due process. However, in October 2014 the NGT permitted the institute to complete the work on the two new hostel buildings in the interests of the students.

### Proposed Animal House in IIT-M

The Department of Biotechnology in IIT-M has a proposal to build a new animal house as part of an ambitious expansion programme (source: IIT-M Biotechnology Department's website). Unofficial reports talk of the proposal to set up a state-of-the-art animal house with in-house veterinary doctors to oversee the health of the experimental animals. An operation of this scale is likely to involve experiments on big animals like monkeys and dogs. While the institution is well within its rights to set up an animal house, subject of course to supervision from regulatory bodies like the Committee for

the Purpose of Control and Supervision of Experiments on Animals (CPCSEA), the location of such a facility in such close proximity to the Guindy National Park is cause for a lot of concern.

## Beauty Without Cruelty

I N D I A

An International Educational Charitable Trust for Animal Rights

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Email: admin@bwcindia.org Website: www.bwcindia.org



11<sup>th</sup> July 2014

Shri Prakash Javadekar  
Minister of State (IC) Ministry of Environment & Forests  
Paryavaran Bhavan 24 Mahadev Road  
C G O Complex, Lodi Road New Delhi 110 001  
NEW DELHI 110 003  
Fax: 011 2338 4286

**Subject: Guindy National Park**

Dear Shri Javadekar,

Some months ago Beauty Without Cruelty got to know that the Department of Biotechnology, IIT Chennai, was planning on setting up an animal house for experimentation.

The boundary between the IIT and Guindy National Park is extremely porous, in view of which, should any pathogens escape from the IIT laboratory and animal house, it will be disastrous for the wildlife of the park. This is not some thing for which adequate precautions can be taken successfully, so there would be no point in even trying to do so.

On behalf of BWC, I therefore request you to please take immediate steps to ensure that the proposed animal house plans are cancelled. Please also direct the Committee for the Purpose of Controlling and Supervising Experiments on Animals (CSPCEA) to emphatically turn down their application for approval.

Thank you and with best wishes,

Yours sincerely,

*Diana Ratnagar*

(Diana Ratnagar)  
Chairperson, Beauty Without Cruelty - India

Beauty Without Cruelty's letter to the Ministry of Environment, Forest & Climate Change was replied to after 1 year 4 months. The issue was not the existing animal house but the proposed new one to be set up. From all accounts it is to be really big which translates into exponential increase in the number of experimental animal subjects. Merely looking at the compound wall demarcating the GNP from IIT-M is really ridiculous as the boundary is several hundred kilometres in length and extremely porous. Wildlife does not know any boundaries and freely cross over from the GNP to the IIT-M campus and vice versa. In addition, the total lack of transparency with respect to the proposed animal house has resulted in a number of questions being asked, some of which are listed below:

1. What kind of experiments and tests are planned in this animal house?

Speed Post/Email

F. No.25/20/2011 – AWD  
Government of India  
Ministry of Environment, Forest & Climate Change  
Animal Welfare Division  
O/o Committee for the Purpose of Control and Supervision of Experiments on Animals (CPCSEA)  
\*\*\*\*\*  
5th Floor, Vayu Block, Indira Paryavaran Bhawan,  
Jor Bagh Road, New Delhi - 110003  
13/11/2015

To

Ms Diana Ratnagar, Chairperson,  
Beauty Without Cruelty, India.  
4 Prince of Wales Drive Wanowrie  
Pune- 411 040.


Subject: Boundary Wall Between Guindy National Park and Animal House of IIT, Chennai- regarding.

Madam,

This is in response to your letter dated 11.07.2014 on the above mentioned subject and to inform you that the expert from CPCSEA has examined the Boundary Wall Between Guindy National Park and Animal House of IIT, Chennai and has furnished following information:

- (i). The department of Biotechnology has no animal house except for a small holding room for mice. They have a proposal to build a new animal house in the near future.
- (ii). No pathogenic organisms are handled in the department and hence there is no chance for the spread of the disease to Deer.
- (iii). The boundary wall is a nonporous stone wall separating IIT campus and Deer Park Guindy about about 3Kms long and 5'-8' height. As such Deer cannot escape into IIT campus.
- (iv). All dead animal wastes are properly disposed through Ms/Multiclave India P (Ltd) with whom there is a contract executed till March 2018.
- (v). The department of Biotechnology is not posing any threat to wildlife.

2. Therefore, there is no need to cancel the registration of animal house facility of IIT Chennai.


Yours faithfully,  
  
(S. Gowri Shankar)  
Deputy Secretary (AW) & Member Secretary (CPCSEA)

2. What kind of species are going to be subjected to tests?
3. Are there proper enclosures and clearly laid down guidelines to keep experimental animals healthy?
4. Will the experiments involve the use of pathogens like Ebola, anthrax, bird flu etc. which have the potential for contaminating the wildlife existing on the campus?
5. What is the safe distance for the location of such facilities from animals (both wild and domestic) of the area?



Coppersmith barbet found in GNP.  
Photo courtesy: Prakriti Wildlife Club, IIT-M  
at [home.iitm.ac.in/prakriti/prakriti](http://home.iitm.ac.in/prakriti/prakriti)

6. What kind of safety protocols are going to be implemented to safeguard the wild animals in the campus from getting exposed to any pathogens/or genetically modified organisms from the new facility?
7. Will there be tests using genetically modified organisms? If so what kind?
8. Are there plans to test any existing species genetically related to the existing wild populations?
9. Has clearance been obtained from the Central Zoo Authority or from any other agency that requires clearance for keeping animals in captivity?

 Shylaja Ramkumar, a BWC life member, is an animal lover and environmentalist.

## FYI

### Pangolins

The third Saturday in February is World Pangolin Day. These scaly anteaters are grouped with other anteaters, armadillos, and sloth. They have no teeth but a long sticky tongue that picks up ants and termites.

Pangolins are found all over India, more so in the East. They are hunted mainly by tribes for meat, bile, scales and claws utilised for so-called medical benefits, and for monetary gain.



There are various ways in which pangolins are trapped – dead or alive. They could be extracted from their burrows by smoking or flushing out with water, hunted down with the help of dogs, or pitfall traps. If caught alive, they are killed by being thrown into boiling water or clubbed to death.

In West Bengal and Odisha, the flesh is believed to cure various diseases. The scales are removed and some are fashioned into finger rings like those worn in Odisha to cure piles. However, the majority of scales are smuggled to Nepal or Myanmar, with their final destination being China where they are perceived to be of medicinal value for curing bone problems and for witchcraft. Surprisingly, boots and coats are also made from pangolin scales.

Traffic India has estimated that 3,350 pangolins were poached (undetected apart) between 2009 and 2013, the figure having been arrived at on the basis of at least 6 pangolins killed per 10 kgs of scales.

In 2015 the District Wildlife Crime Control Unit Committee at Kohima intercepted a consignment of 10 kgs pangolin scales worth ₹18.6 lakh smuggled into Nagaland from Assam, en route Manipur, planning to reach Myanmar. Soon after 13 persons were arrested for having poached and smuggled 100 pangolins from Madhya Pradesh to China and Vietnam. This was followed by the king-pin of the Indo-China pangolin smuggling racket eventually being arrested in July 2015.

# Catch 'em Young

by Kamala Ramchandani-Naharwar

- Animals are living, sentient creatures who feel pleasure and pain, just as we do
- Animals have strong emotional and familial bonds, just as we do
- They are far more intelligent and gifted than we think
- We should learn to respect creatures that are different from us – tolerance and mutual respect is key
- Each animal adds to nature's diversity and when a species becomes extinct, the balance of nature is lost. And finally,
- Animals share this planet with us, and surely everyone on the planet matters, not just human beings?

**W**hen school children at awareness programmes conducted by BWC were asked: "Why should we care about animals in the first place?", it was heart-warming and encouraging to find them thinking up several of the above reasons on their own.

Awareness has been one of the cornerstones of BWC's animal rights work. Laws and policies can be implemented, but for lasting change, it is important that individuals become aware of the myriad ways in which animals are exploited, and resolve to have no part of it, as far as possible. And if you can create that awareness in children, it will reap huge dividends in the future. Which is why BWC has consistently encouraged conducting programmes in schools, to bring the cause of animal cruelty, and how to



**BWC's poster *Compassionate Lifestyle* highlights the message as our life member Madhulika Varma addresses the students. Photo courtesy: Sachin Swargiya**

avoid it, directly to children of all ages.

Two such programmes were held last year, for different age groups. In the first, BWC members Madhulika Varma and Kamala Ramchandani-Naharwar together with staff Nitin Gaikwad, Sachin Swargiya and Shashi Kumar had an interesting and stimulating encounter with students of Vidya Bhavan High School and Junior College on 26 June 2015.

The focus of this talk, attended by approx 200 students of the 7th, 8th and 9th standards, was how children could make relatively easy lifestyle changes that would help reduce cruelty to animals.

It was decided that the all important issue of vegetarianism would be mentioned only in passing, because basic decisions regarding food are made for children by their parents, and

are not under the control of the kids themselves. Instead, the focus was on choices which could be made by the children on their own, thereby encouraging them to opt for a cruelty-free lifestyle, independent of their parents.

So, how can kids make a difference to animals? One way is by choosing what to wear and what to use. The students were made aware of the immense cruelty involved in the leather, fur and silk industries, and were encouraged to avoid using



**Future animal activists? Children of Vidya Bhavan High School and Junior College listening intently to the talk. Photo courtesy: Sachin Swargiya**

clothing and accessories made of these products. They were also shown how simple household items like paintbrushes, and sports goods like cricket balls and shuttlecocks, involved killing and torturing animals, and that there were cruelty-free alternatives available.

When it came to pets at home, the kids were reminded that companion animals like dogs and cats were happy as part of their families, but birds and fish should be free, not kept in cages or fish tanks. And finally, they were shown how festivals like Nag Panchami, Dussehra and Sankranti, as well as so-called “entertainment” like bullock cart racing contributed to the torture, injury and death of animals.

In short, they were made aware that each and every one of them could make a difference to animals in their own way by adopting pro-animal habits. In the lively question and answer session that followed, the children asked for further information, and some shared their own experiences of trying to help animals.

On 10 September 2015 the Mercedes Benz International School invited BWC to talk to a class of 3rd graders on the activities of our organisation. This hour-long session turned out to be an entertaining, interactive, highly dynamic exchange with a group of 8 year old children who were not only deeply aware of animal cruelty, but proactive and highly interested in doing whatever they could to reduce it.


The basic focus was the same as for the older children, in sharing with them how they could make a difference to animals in their own lives at their young age. The children were encouraged not to visit circuses which had animal

acts, or zoos or marine parks, which are, in reality, animal prisons. They were shown how joyrides on horses, camels or elephants are no joy for those animals, who are subjected to tremendous cruelty for the sake of such “entertainment”. As with the older children, the issues of leather and silk, as well as items like paintbrushes were discussed here too, and the children were encouraged to realize how confining birds and fish in cages and fish tanks was cruel.

The problems faced by BWC were also discussed. Although the kids were only 8 years old, they easily understood the concept that people do not see animals as sentient creatures but as inanimate property to be treated as the “owners” see fit, even when such treatment involves great

cruelty or neglect. And the often-asked question: “Why do you focus on animals when there are so many people suffering in the world?” was also addressed. The kids were also shown how, even when anti-cruelty laws exist, their implementation is difficult, but in spite of these difficulties, BWC has been successful in bringing about a change in a large number of areas, and the youngsters were happy to learn about these. Being highly confident, they asked questions and put forward their own comments and views right throughout the session.

It was very rewarding to see how both groups of students empathized with the concept of preventing cruelty to animals and were eager to learn how they could make the lifestyle changes suggested. BWC hopes that the programme gave the children plenty of food for thought, and influenced them to change at least some of their habits to animal-friendly ones. As Anthony Douglas Williams has said, “If animals could speak, mankind would weep”.

 *Kamala Ramchandani-Naharwar is an author, playwright, journalist and BWC life member.*


## BWC Poster Exhibition at the Theosophical Society

Every year, Beauty Without Cruelty holds a poster exhibition on the estate of the Theosophical Society (TS) at Adyar, Chennai, during the annual international Convention. Though the delegates who come from different parts of India and abroad are largely vegetarian, they are often unaware of the presence of animal ingredients in many products of daily use like toothpastes, soaps, cosmetics and other toiletries. The torture inflicted on helpless animals in the testing of products like shampoos, lipsticks, hair dyes, drugs – to name just a few – as also the cruelty underlying the meat and leather industry was highlighted during the exhibition. The availability of cruelty free alternatives and the need to be sensitive to animal suffering and to follow a compassionate lifestyle was the theme of the exhibition held in December 2015.



The International President of the Theosophical Society, Mr Tim Boyd, inaugurated the exhibition; and he spent some time acquainting himself with the wealth of information contained in the various Hinsa vs. Ahinsa pictorial messages blown up and displayed.

Interestingly, Beauty Without Cruelty has a long connection with the Theosophical Society. The International Founder of BWC, the late Muriel, Lady Dowding and her late husband, Air Chief-Marshal Hugh Dowding were early members of the TS. The former International President of the TS, Mrs Radha Burnier, was an ardent advocate of animal rights too, and it was with her encouragement and support that BWC India became active at Chennai.

 *Geetha Jaikumar,  
BWC Executive*

# Vegan Recipe

## Raw Mango

**M**ango/*Aam* is the king of fruits. Both ripe and unripe mangos are beneficial.

Ripe mangos are high in Vitamin A and benefit eyes, whereas raw mangos have more vitamin C than ripe ones. They also contain the B Vitamins that are responsible for maintaining good health. But, the pectin in the raw mango diminishes as the stone or seed within develops.

Raw mango juice called *Aam ka Panna* is very refreshing. Grated and cooked with jaggery and water, the drink is strained and served during summer after flavouring with rock salt, cumin, black pepper and aniseed. However, raw mangoes must be consumed in moderation – no more than one or two a day.



### **Ambli Ghashi** (serves 4)

#### **Ingredients**

- 6 red chillies
- 1½ tsp coriander seeds/*dhania*
- 1 heaped tsp black gram dal
- 1 tsp fenugreek/*methi* seeds
- 1¼ tsp oil
- ½ coconut, grated
- ¼ tsp turmeric/*haldi* powder
- 2 semi-unripe mangoes, peeled and cut in pieces
- 2 cups water
- 2 tbsp jaggery/*gur*
- salt, to taste

#### **Tempering/Tadka:**

- 6 cloves garlic, crushed with skin
- OR 1 tsp mustard seed/*rai*
- 1 twig curry leaves/*patta*

#### **Preparation**

Roast first 4 ingredients separately in ¼ teaspoon oil and grind fine with coconut and turmeric powder and water.

Keep *masala* aside.

Boil the mango in 2 cups of water.

Add jaggery, ground *masala* and salt to taste.

Boil again.

#### **Tadka for tempering the curry:**

Heat 1 teaspoon oil and sauté garlic till brown

OR

Sauté mustard/*rai* and curry leaves/*patta*.

Pour the *tadka* over the curry and mix.

Serve with rice.

Do visit [www.bwcindia.org/Web/Recipes/Recipesindex.html](http://www.bwcindia.org/Web/Recipes/Recipesindex.html)

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

# REMINDERS

**AGARBATTI**  
without a green  
veg symbol may  
be unsuitable for  
religious use

**POULTRY**  
is egg before  
birth and flesh  
after death

**BONE CHINA**  
is made of  
animal bones

**ZOOS**  
are animal jails

**CHOONA**  
is made from  
crushed shells for  
which marine  
lives are killed

**JOY RIDES**  
are cruel and  
illegal, not joyous  
for camels, ponies  
and elephants

**FISH**  
feel pain  
just like humans

**SILK**  
represents the  
death of 1500 silk  
moths for every  
100 grams of fabric

**FLYING KITES**  
with *manja* kills  
birds

**MEAT  
and  
LEATHER**  
are slaughter  
house products

**CIRCUSES**  
inflict hunger,  
torture and fear  
upon animals  
and birds

**AQUARIUMS**  
are underwater  
prisons



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