



# ARF Newsletter

BANGALORE FEBRUARY 2012 VOL II ISSUE 4

“ Veganism was built by men who took risks - pioneers who were not afraid of the wilderness, businessmen who were not afraid of failure, scientists who were not afraid of the truth, thinkers who were not afraid of progress, dreamers who were not afraid of action. - Anonymous ”

## Editor's Voice - New Year Resolution

Many of us would have for every New Year made a resolution; I will start exercising from tomorrow and I will become slim and trim I had gone through the CDs with positive affirmations which will not fail at all and after a few days would have given up with many reasons. The root cause for giving up would be that we wouldn't have the will power to motivate ourselves to keep health as one of our top priorities. One major reason for losing our self-motivations is that we expect overnight transformation with very little effort i.e., keeping a goal which takes a very long time sometime months after months, take my example I will get up by 5 AM everyday no matter what time I sleep. It works well with me because I am self-motivated person but with most of the people, within few days time when nothing happens they will automatically have lower self-motivation and it becomes zero until the next New Year arrives.

One of the laws of life is that everything

takes its own time provided the processes are right. A seed planted in the soil doesn't grow into a tree overnight like in cartoon network. We may study overnight and do well in an exam, but it doesn't give us educations. In fact, relationships are not built in a day. Even the processes of pregnancy takes nine months of time. In short, there are no short cuts for long term goals. In fact even for small term goals, there are no short cuts which will facilitate in long term growth. If we want to sustain growth, we have to take the right path.

Few years back, when I started practicing Meditation which I believe has been linked to a variety of health benefits especially stress reducing effects, cognition and also increased forgiveness. As you would expect, nothing has happened. It is only when I broke down my goal into smaller milestones that I have started making progress. For the last two years I have reached an alpha stage of less than few

minutes beyond which my mind will keep on wandering here and there. I don't know if I will reach the state of meditations in my entire span of life or not. However, I am taking it milestone by milestone and thus everyday progressing peacefully.

With this learning I have gained a lot of peace and progress. I have stopped asking myself why people around me don't understand the value of the vegan health life style, why they still drink, smoke, take gutka, chewing tobacco, pan masala which is definitely harmful to their body why they are living a very unhealthy lifestyle. Why they dont shift to a healthy breakfast consisting of Dry Fruit and Fruits. I understand that there will not be overnight transformation in them and gradually a day will come when people will live a healthier life. Let us all hope the day will come very soon.



*Aditya Babbar*

## Helpline Activities



The dog came with a wound on the dorsal area. It was found to have maggots in the wound. The wound was cleaned and the maggots and necrosed tissue were removed. Recovering, wound is almost healed. Kindly donate for its speedy recovery.



The pup was suffering from posterior paralysis. The pup is under treatment with nervine stimulants and supplements. Slight improvement in condition noticed. Please donate.

### Summary of Work Done

Dogs (Inpatient) - 26 treated;  
Dogs (Outpatient) - 17 treated and released;  
Pigeons - 08 treated and released;  
Squirrel - 01 treated and released;



Go Vegan. We have no right or need to use animals for food, wear & experimentation.

## Power of a Vegan lifestyle

Life is a beautiful journey, which one should experience without causing pain and suffering mentally and physically to oneself and other living beings.

I have been a Vegan since 2009 and this is when my journey towards health, happiness and harmony began. I had suffered from a multiple slipped disc trauma in the year 2007 and the doctors advised me to undergo surgery, to avoid this I tried many unconventional therapies, though they did benefit me temporarily, the pain was always back. One day as I was surfing the Internet regarding which dietary norms to follow as to avoid gastric distress which in-turn aggravated my condition, I came across something very odd, my research said Milk has many detrimental health effects. As I dug deeper I saw the most horrifying truth about the torturous journey many voiceless beings suffer, the images and videos were grotesque, nothing more was required for me and my wife to eradicate all animal products from our life instantaneously.

In a couple of months I introduced this



new found vegan lifestyle to my parents, my mother was then suffering from many lifestyle ailments such as diabetes, heart and kidney problems. She was subjected to a number of medicines which made her life miserable.

I am so grateful to the almighty who blessed me with this awareness of a vegan lifestyle which not only helped me resume my normal activities without any medical interventions but also miraculously reversed almost all my mothers' medical problems. Today she is a normal person with all her medical parameters within range.

For me and my family veganism is a

spiritual way of living. The health and environmental benefits awarded by a vegan lifestyle are abundant; our endeavor today is to encourage more and more people to adopt this natural way of living. Every person needs to eat to survive then why not we eat what we are naturally designed to eat, a healthy plant based diet.

As Hippocrates the Father of Medicine rightly said "Let your food be your medicine, and your medicine be your food."

– Jasmine & Kawaljit Jolly, Jolly Motors, Bangalore

Email: [ksjolly@gmail.com](mailto:ksjolly@gmail.com)



## Recipe of the Month Vegan Carrot Halwa

### Ingredients:

1 pound carrots, finely grated; 3 cups almond milk; 8 cardamom pods; 3-5 tbsp sugar; 1 tbsp vegetable oil; A handful of cashews and raisins;

### Method:

Put the carrots, cardamom pods and almond milk into a heavy-bottomed saucepan. Bring to a boil and cook on medium heat, stirring occasionally, until all the liquid has evaporated. This will take around 45-50 minutes. In another saucepan, heat the vegetable oil. Add the carrots and fry, stirring, until the carrots turn a rich red. This will take around 15-20 minutes. Now add the sugar and stir until it's well mixed. Add the cashews and raisins and cook,

stirring for a couple of minutes. Take off the heat. The halwa can be eaten warm or at room temperature or even cold. Any way, it's quite delicious. Enjoy!

### Heart-felt Gratitude for your Donations

Kumarपाल Bhandari, A.P; Singhvi Charitable Trust, Chennai; Ugamraj Bhandari, Bangalore; Dinesh Bhandari, Bangalore; Prithvi Textiles, Bangalore; Jain Center of America, New York; Y. Sharma, Agra; Devguru Bhakth Parivar, Chennai; Sree Suparshwanath Swetamber Jain Murthipujak Trust, Bangalore; Anil N. Kamath, Bangalore; G.S. Umesh, Bangalore; C. Lingaraj Gowda, Bangalore;

### Monthly Vegan Potluck

You are requested to contact our Face Book for update about

Vegan Potluck

<http://www.facebook.com/groups/veganbangaluru>

# ARF wants a Vegan Person to be in charge about the Humane Education Campaigned in Bangalore.

## What is Humane Education?

Humane Education is about fostering kindness, respect and empathy for animals, people and the environment and recognising the interdependence of all living things.

The aim of Humane Education is to create a culture of empathy and caring by stimulating the moral development of individuals to form a compassionate, responsible and just society. It is a means of introducing individuals, especially children, to the reactions and emotions of animals, as well as linking this to an understanding of environmental issues and ecosystems.



## Why do we need it?

When you teach a child to be kind to animals, you help pave the way to a brighter future for all living beings. Animals benefit because the next generation has learned to treat them with respect and compassion, reducing instances of animal cruelty.

Children benefit because learning about compassion and empathy early in life builds moral character, reduces violence, and builds a sense of empowerment and social responsibility. Society as a whole benefits because studies show that people who are compassionate to animals in early life tend to be more compassionate to other people in later life. The recognition of the importance of the link between animal cruelty and criminal behavior is currently drawing increased attention to the humane movement. In many countries, Humane Education is acknowledged as an essential part of childhood education.



Additionally, teaching respect for the environment has never been more crucial if we are to preserve the Earth for generations to come. We all benefit from a society that values and cares for its environment.

Sometimes people are indifferent towards animals, but once they begin to think about them in a different way - after learning about their sentience and capacity to suffer - their whole attitude towards animals can change. Animals are thought of less as commodities, and more as sentient beings. Only Vegan person can feel connected to the animal cruelty.

Apply by e-mail [arfindia@gmail.com](mailto:arfindia@gmail.com)

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## Reverse Disease, Eat Healthy - Anuradha Sawhney

How can I ever forget January 19th, 2010? This was the day I got my blood test results which showed that I had very high cholesterol, triglycerides, and my sugar was borderline high. This shocked and worried me since I am vegan - i.e., a vegetarian who does not even consume any dairy products.

I realised that just because I did not consume any food from an animal - in other words food with cholesterol in it - did not mean I could not develop heart disease. I ate wafers, chidwa, ladoos, samosas and pakodas like they were going out of style. I ate processed foods like my life depended on them.

Finally I decided to change my diet. My day started with a large bowl of fruit. Along with this, I had a glass of

vegetable juice. For lunch, I would have a large green salad with as many components as possible. Along with the salad, I would eat 2 rotis or some rice, a bowl of dal and a serving of vegetables.

In the afternoon, I ate a fruit like an apple or 2 bananas. At night, I would have soup, 2 chapaatis, dal and a vegetable. I would have a salad occasionally.

My diet stayed pretty much constant throughout the three months. I varied it with the rotis made of different whole grains like raagi, makai, jawar. I only consumed brown rice. I shifted to brown sugar or even gur and reduced the quantity of sugar I ingested. I added flax seeds to my daily diet since I needed Omega 3. I also ate walnuts

thrice a week.

Finally, the day came to have my new tests. And I also knew if the results were bad, I would have to go on medicine. But...my results showed that I had brought my cholesterol, triglycerides and sugar down to within normal limits! My final learning: a nutrition based diet has many advantages.

**Anuradha Sawhney** was the Ex- Chief Functionary and the head of Indian operations of PETA, India. She is an ardent vegan, an animal rights activist and was the Editor of the Indian edition of the animal rights magazine Animal Times.



## VEGAN'S THE WAY by Bijoy Bharathan

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What do Bill Clinton, Petra Nemcova, Bryan Adams and the Williams sisters talk about when they come together on a common platform? It's definitely not about politics, we can assure you that. Maybe they'd have a word about music or fashion, or maybe sports. But what's going to cook their goose, or more appropriately, their tofu, is the direction in which their stint with veganism is heading. Some of the world's most recognizable faces have now embraced this lifestyle choice that completely does away with the use of animal products.

And it seems the city is also warming up to the concept of going vegan this year. Many Chennaiites have been prompted to take up this initiative to lead a 'healthier, compassionate and environmentally sustainable life'. Ask finance professional Lekha Nandakishore and she reveals, "I had been considering going vegan for quite some time now. And the New Year provided me with the best excuse to do so. Apart from doing my bit for the planet and the well-being of animals

that have no one to speak for, I realised that veganism entailed a much healthier lifestyle. The dishes are all plant-based, require minimum time to cook and are practically consumable by anyone."

Going vegan is an interesting notion, but those following this lifestyle say it's more a matter of conviction than anything else. Helen C Xavier, a clinical psychologist and a professional working with an MNC gives us a low-down on the challenges of turning vegan, "About two years ago, I stopped using all milk products, much to the shock of my mother. The Christmas that year marked the very first of our many celebrations – sans cakes, sweets and chocolates. From that point on, there was no turning back. Subsequently, I stopped using leather, silk and cosmetic products tested on animals."

There are also those in Chennai who have dedicated their lives towards keeping this spirit alive through their own personal and professional endeavours. Preethi Sukumaran, CEO and co-founder of an e-commerce

company whose forte is cruelty-free and sustainable consumer goods, says, "Going vegan has given me a finer appreciation for the rights of all sentient creatures and by logical extension, a greater tolerance for all viewpoints put forth by friends and family. I ensure that our products are vegan and cruelty free and it happens to be a very sound environmental decision."

She goes on to add, "We recently came up with our very first offering – a natural detergent powder, made from organic soapberries. And we're glad to say that the response from our consumers has been encouraging." Maybe that's all everyone needs – a little encouragement to set the vegan ball rolling.



Any Honest, Sincere, Vegan girl here looking for a Serious life long relationship?  
I am an Atheist. If you like me, message me. Peace!  
Ranjit Vegano Ecosocialisto, Bangalore find out more about me in face book.

Thank you for considering this special request for your much-needed financial support for ARF pivotal work to reduce animal cruelty. Please donate today.

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### Animal Rights Fund

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