



If the whole world went vegan, there would be less war. How you eat determines your mood and your outlook on life. - Alexandra Paul



Editor's Voice - Get your magnet right

To be positive is the most difficult situations filled with all the negative vibrations pushing you to the brink of destructions, it requires sheer courage with responsibility.

When I was 26 years I decided that I will not sip tea and coffee, especially if it has milk in it. It was the most challenging and difficult phase of my life to sustain with my decision. I have never cultivated any kind of addiction in my life.

When you do decide to live a vegan lifestyle, you will be put in to so many taunts; and if you don't have the patience people taunt you even more. There is a lot of courage required to fight it till the end of our life.

A group of ladies who are lacto-vegetarians were explained the entire negativity of consuming milk. They were explained how they are being cruel to

cows and buffalos. Once I finished telling them the true facts they all agreed that consuming dairy product was cruelty to animals. Infact two of them wanted to attend our vegan potluck such that we can educate them to drop there addictions to the use of milk, honey, silk, leather, etc. and welcome there new life actually the most beautiful life where they will not torture any living being. After some time one of the lady told me that they will go to the nearest hotel and believe me they were drinking tea which contains milk. Their attitude was very weird. So now I have decided, I will become very professional with them. It required sheer courage to tell them "NO" and stand out for veganism.

To pick up the first cigarette, to sip the first liquor needs courage. But to drop that habit needs more courage. Not touching either of them at all is sheer

courage with responsibility. To pick up any bad habit needs courage; to keep adding a good habit also needs courage.

Patience with self builds courage; avoiding builds cowardice. Patience does not mean compromise; patience also means courage. Wanting needs courage; waiting also needs courage.

If courage is defined not as the absence of fear but going ahead in spite of the fear, then at the point of unknown, uncertainty and insecurity, the ability with which I respond in right direction and go ahead determines my future.

Aditya Babbar



Prolapse of the nictitating gland (Cherry Eye) – This three month old dog came with Bilateral Prolapse of the nictitating gland. The mass was inflamed and swollen with bilateral purulent discharge. We have administered anti-inflammatory drugs and antibiotic eye drops. The degree of inflammation and infection has reduced. Kindly donate for its speedy recovery.

Corneal opacity –A seven year old dog was brought to our shelter. It has history of corneal opacity on the left eye. We have treated it both topically and systematically and reduced the opacity of the cornea. Kindly donate for its speedy recovery.



This dog was severely bitten in a fight with a companion dog. It was brought to our shelter and we found it had Herniation of the mesentery through the dog bitten wound. The herniated mass was cleaned and debrided and replaced back into the abdominal cavity after extension of the abdominal wound. The abdominal wound was surgically closed. Please donate for its speedy recovery.





Recipe of the Month

Gluten free molten chocolate and tahini cakes

Ingredients:

Dark chocolate, chopped – 163g; Tahini – 2.5 tbsps or 50g (If you use homemade sesame paste, please add 1 tsp of lemon juice or rice vinegar to the batter separately); Olive oil – 1 tbsp (Can be subbed with any neutral oil); Raw sugar – 1/2 cup less 1 tbsp/ 44g; A pinch of pink salt or rock salt; Lightly toasted hazelnuts – 1/4 cup; Coconut milk (second extract) – 1/2 cup; Pear millet flour / Bajre ka atta – 62g add 3/4 cup to 1 tbsp; Baking soda – 1/8th tsp;

Method:

Preheat oven to 1600 C. Place chopped chocolate pieces, oil and tahini in a bowl. Cook and melt chocolate in a double boiler arrangement or melt it in your microwave in spurts, at power (350) for a minute and a half, stirring twice in between. In a mixer, run sugar, a pinch of salt, and the hazelnuts to powder them well. Now add the coconut milk and run till well combined. Remove into a mixing bowl. Add the chocolate mixture to this. Run the flour and soda together to distribute the soda evenly. Add the flour, a tablespoon at a time to the bowl and mix gently till homogeneous. The batter should be thick but pourable, and easily beatable. Grease and flour six ramekins or any other moulds that you are using. Divide half the batter amongst the ramekins. Add pieces of reserved chocolate and divide the remaining batter. Bake for 20 minutes. The tops may crack lightly and not puff as much as regular cupcakes. Cool for 10-15 minutes and serve warm or cold.

Your Voice

I would like to congratulate you for the wonderful news letter that you come out with called **ARF**. Your news letter has such inspiring and heartwarming news for Vegans that it encourages others to turn Vegan. In today's time the burning question that is disturbing the whole world is global warming, ecological imbalance, environmental pollution, depletion of natural resources, deforestation, acid rain, scarcity of water etc. But we forget that the two most major contributing factors for all this imbalance is the Meat Industry and the Dairy Industry. Knowing this it is time people review their life style and make a change. **ARF** is helping readers to move in this direction and making their transition easy by citing examples of great leaders and actors who have become vegan. Thanks to you for publishing interesting articles and recipes for readers. Please keep up this good work and continue to inspire people. My best wishes to **ARF**.



Let each moment of your life be illumined with the light of Ahimsa and Compassion.

- Ms. Pramoda Chitrabhanu

Congratulations on your efforts in promoting vegan foods. I recently read a book called the CHINA STUDY. This book is the most comprehensive study on Nutrition ever and has the support of a lot of painstaking research of over 70 years by the most prestigious doctors. This book talks about Vegan food.

Please promote this book to all your vegan friends so that they will have the right ammunition to promote veganism and save a lot of lives and make people healthy.

Also visit <http://www.drmcDougall.com/index.html>

- Anirudh



Hats Off to Mr. Kuntal Joisher

The word "Chadar" literally means blanket, basically a blanket of ice, and it is used to refer to the trek along and over the frozen Zaskar River in the remote Himalayan region of Ladakh in India. This trek is undertaken during peak of winter season when the temperatures during the day are around -12C, and during the night go down to around -25C. It's a spectacular and at times challenging trek across the Zaskar river, with opportunities to savor ancient Buddhist monasteries and remotes villages nestled in the depths of deep gorges and valley's of Trans Zaskar ranges. Places visited in Ladakh: Leh, Thikshey monastery, Hemis monastery, Likir monastery, Pangong Tso lake Chadar Trek: Leh - Chilling - Tilat - Dib yongma - Nyeraks - Lingshed - Nyeraks - Dib yongma - Sumo - Tilat - Chilling - Leh

We are extremely proud of our Vegan friend Mr.Kuntal Josher who successfully completed his trekking in Leh Laddakh area without any animal wool, fur, leather and no animal food.

Hats off to his efforts.

Can you guess which one is the Vegan

THAT'S RIGHT THE ONE ON THE LEFT. - MIMI KIRK... VOTED AS PETAS SEXIEST VEGETARIAN OVER 50!

She's looking better than ever, and she credits it to her vegan lifestyle. She will soon turn 74 but she says she doesn't feel her age at all. She's in perfect health and has what seems like a charmed life.

You hear this all the time- Vegans look younger and are healthier in general. People just don't know because they haven't tried it in order to feel the difference it makes. I have never heard anyone say there is no profound effect, after trying Veganism for a while, especially if they are eating a lot of raw, whole foods.

They are both 73 years old



VEGAN'S THE WAY

The green brigade is set to ensure that more people adopt the vegan way of life in 2012

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 an animal products.

And it seems the city is also warming up to the concept of go 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 says it's more a matter of conviction than anything else. Helen C Xavier, a clinical psychologist and a professional working with a 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."

And we're glad to say that the response from our consumers has been encouraging."

- Bijoy Bharathan

PETA puts its stamp on holidays with veggie celebs

Natalie Portman is among celebs like Chrissie Hynde, Joan Jett, Pamela Anderson, Bryan Adams, Woody Harrelson, Russell Simmons and Leona Lewis who will tout vegetarianism on the stamps. Historic herbivores such as Gandhi, Cesar Chavez, Leonardo da Vinci and Leo Tolstoy will also join in.

The 20 most famous vegetarians of all-time will appear on a series of postage stamps — and the folks at PETA are hoping it's a good way to lick animal abuse.

In time for the holiday-card rush, the stamps featuring such meatless celebs as Paul McCartney, Ellen DeGeneres, and Morrissey will be released.

"They are very influential people, and not everyone knows that these folks are vegetarian," said Lisa Lange, vice president of People for the Ethical



Treatment of Animals.

The stamps will also feature hip-hop impresario Russell Simmons, actors Woody Harrelson and Natalie Portman, and singers Chrissie Hynde, Joan Jett,

Bryan Adams and Leona Lewis.

In addition to modern-day meatless celebs, the postage stamps will also bear the faces of historic figures like Albert Schweitzer, Pythagoras and Johnny Appleseed.

Other stamp honorees like Pamela Anderson, retired "Price is Right" host Bob Barker and Stevo-O of the "Jackass" movies are expected to be on hand to help launch the commemorative edition at a Hollywood event.

"It's just another way to be able to talk about what animals go through in slaughterhouses," Lange said.

Heart-felt Gratitude for your Donations

Dattatreya Rao, Bangalore; Raghunath M. R., Bangalore; Kunal Finance & Developers, Bangalore; Divine Knowledge Society, Mumbai;

Summary of Work Done

Dogs (Inpatient) - 20 treated; Dogs (Outpatient) - 15 treated and released; Pigeons - 10 treated and released;

Monthly Vegan Potluck

Saturday, 31 March 2012 at 2:00pm, Rani Park, Cubbon Park, Bangalore. Contact Dilip Bafna +91-98451 74630

Do not forget to bring a vegan dish.

If you cannot cook, bring fruits or juices.



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

☐ ` 1,000

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Animal Rights Fund

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