

# ARF Newsletter



*"If you claim to 'love' animals but you eat animal products you need to think critically about how you understand love."*

## 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 / Kasturba Road junction) and have the picnic spread there.

Date: 25th May, 2013.

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



## The Editor's Voice

### Have an affair with food.

The rush of having an affair will excite you to do most and more. You will be in the best attire, the most expensive perfume, your hair style will be the best, your word will be superfluous, etc., etc. Why not have the food this is the most beneficial to your body. Why not have the food that is rich in fruits, it will not even take care of the body but, it will take care of the mind and the spirit. All of us are born fruitarian. Why not have an affair with the tastiest food.



Most of the people regard eating as just a routine, hurriedly gobbling up the food. Most of it will be junk food. To reduce the burden on the digestive system and most importantly improves absorption and speed up the passage of food through our digestive tract you are required to consume plenty of fruits and vegetable. The cooked food will take four hours to digest and the non-veg food will take eight hours for digest, where as the fruits will take hardly less than 30 minutes to digest and will release plenty of positive energy. That is why vegan is full of joy, happiness, enjoyment, bliss, harmony, etc. They have plenty of health and wealth. The moment I talk of wealth the eyebrows will open up. It is true that, even if you have plenty of money now it's impossible to be truly successful if you are rich in money, but in poor health. To become financially successful you need every area of your life firing on all cylinders. You need balance in your life to flourish. You have probably heard the term affluenza? That is why people have plenty of money but over indulge on rich food, alcohol, drugs or other unhealthy habits. The fall is coming near.

To be financial successful first you must concentrate your diet have and affair with food. How about resolving to have one low fat vegan meal once in a week?

As the weeks roll by, increase a bit more to two or three healthy low fat vegan meals with more vegetables than meat/dairy. Take two or three walks each week going farther each time. You will feel better; look better and maybe even perform better financially?

Just imagine how much your life could change from instigating this plan. Once you are on track with the healthy eating lifestyle it wasn't necessary to go crazy on the rich foods. It just doesn't want that sort of food habits anymore.

There are umpteen of good resources out there on the internet in the form of blogs and websites to help you establish a plan. There are tools out there waiting for you to come and get them. What do you think? Are you worth it? It is time for a change. I hope so, because I believe you are worth it, and there's no time like the present to get started. Go Vegan.

*Aditya Kishore*



**ARF Wants Chairs & Fans  
Kindly Donate if Possible.**

For Donation Call:  
Deepa: 98452 74880



# Vegan Journey of Mr. Vinay



I have loved animals right from the beginning, I always asked my dad when I met someone new whether they were eating fish or not ever since I was about 2 yrs. of age. On this basis, I decided, if that person was good or otherwise.

I got a pup on my 2nd birthday, as my birthday gift. I used to connect with community dogs and cats ever since. I felt sad and agitated if someone killed even, an insect like a mosquito, I told people that the mosquito also has life and I then thought as I loved my mom and dad the mosquito too would have its children waiting for her.

Throughout my childhood, animals have been my best friends. I was an introvert then and used to connect more with animals than people. Like most kids I was in Orkut in my 8th grade and started connecting with animal lovers. I met a guy who was a vegan and told me if you love animals, you shouldn't consume any animal products. So I stopped every animal product, then no one stopped me as I was highly obese. Then, I didn't know the cruelty involved, hence the society doesn't like rebels, as most men like to influence their conditioning and want company in their vice deeds! I too, got influenced and became a lacto veggie again.

I was connected to many vegans over Facebook and started realizing the ethical point, when I was in my 12th grade, Manish Jain was my Facebook friend and I interacted with him to realize that there are so many unreasonable reasons that I had, which were very small and substitutions were very easy. My psychological mind tried getting excuses from change, by hanging with these reasons after this realization I turned vegan in March 2010. My beliefs were further strengthened when I attended Dr. Nandita Shah's "Reducing your Carbon foot print" and I realized so many connections involved with being vegan. My dad too turned vegan after that program.

I had become extremely obese by now my weight had touched a peak of 143-145 kgs I had various related problems like high blood sugar knee problems etc. at the age of 18. Medical tests for thyroid and other hormonal imbalances were normal. Solutions like cardio or such exercises were not happening, due to my knee issue and the irritability then, I tried short cut methods like the overly advertised fitness or obesity clinics but it didn't suit me either.

I began doing pranayam and swimming. Veganism helped a lot, as I avoided so many fatty foods, by default I have been very religious since my childhood & after turning, vegan I began understanding the essence of religion instead of the mechanical rituals, as it is nowadays. I began getting a wider picture and my religious practices were more value based than form i.e. ritual based.

Veganism helped me turn towards philosophy.

I read the world peace diet by dr. Will Tuttle. I started realizing that veganism is connecting with the feminine principle and our cultures have suppressed the females and are treating women as commodities in various ways without their knowledge, like they treat animals especially females. I never thought of equality of women or empowerment till then!

Today, I am normal and able to think clearly and concentrate on my studies and I am able to do well.

I feel that Vegan lifestyle should be introduced to children at school for them to choose.

**Mr. Vinay Narayanswamy**

## Lemon and Cloves keep flies at bay

If there's anything that can ruin a great day at the beach, or picnic on the patio, it's flies. Citronella candles and torches are good, but some people are very sensitive to the citronella and don't like to breath in the Lemonclove fumes. We have discovered a great, natural deterrent to those winged beasts: lemons and cloves.

Flies do not like the smell of citrus oil, cloves or some other herbs like basil or mint. So when we eat outside we slice a lemon and arrange the slices on a plate. Then we insert whole cloves into the lemons. Don't be stingy with the cloves! If there's lots of food or company, we make multiple plates full of lemons and cloves and place them strategically around the barbecue area and on the table. Of course, you will always have those singleminded, stubborn flies who won't be deterred by anything, but the fragrance of lemons and cloves will keep many at bay and make for a much more enjoyable outside feast. Plus there's no concern about chemicals causing a reaction in guests, children or pets.







# 100% Vegan Healthcare Products Manufacture



**W**hat first started as a lifestyle change, turned into a passion, a way of life, and now an organization through which I can spread this way of life to so many. Unived is based in Mumbai, and we manufacture healthcare products that are 100% herbal, natural, and vegan.

Our products are inspired by nature and based on research. Being a Jain and vegan myself, I have ensured that all our products are Jain & vegan friendly. This keeps our products simple, pure, and free of unnecessary unwanted ingredients. This also allows us to respect our animals, and live with certain ethics and moral values. In 2010 I started seeing a lot of

movement in the herbal naturopathy sector. I was happy that people were pushing natural medicines & therapies over synthetic pharmaceutical medicines. However, I was extremely unhappy with the quality, and lack of transparency, in regards to the herbal medicines. I found that while some of them were fake, others did not use high quality ingredients, and many carried misleading claims. Also, with our lifestyle changing, we are evolving into a species that has more time for cell phones than gardens, for television than play, and for junk food than a home cooked meal. We continue to make unhealthy choices, many by default due to our work schedules, and many by advertising pressure and ignorance. How do we supplement our body with natural nutrition that is vital? How do we protect the most important muscle in our body, our heart? How do we kill free radicals as we age?

This is when I decided to channel my lifestyle and knowledge into offering people natural medicines of the highest quality to enhance health. Unived has been built with the principles of never compromising on our quality, and being completely transparent with our stakeholders.

The biggest challenge I have faced is procuring quality ingredients. Right from raw material to packaging, I found that the quality of material being used was below my desired specification. It was disheartening to hear that these were the standards, or lack of, that the industry was operating with. I have spent months on end with my suppliers, at their factories, jointly working on quality improvement methods, increasing safety parameters, and ensuring that our ingredients are both safe and effective. Unived has now developed strict quality assurance and quality control methods and we have a very strict screening policy in regards to our suppliers.

Over the past two years we have faced many obstacles, and we continue to face difficulties, because of our unwillingness to compromise. It does not deter us, it only makes us stronger, and we move forward day after day by turning breakdowns into breakthroughs.

Our vision is to be a leader in quality innovative vegan & natural healthcare products that are inspired by nature and based on research. We will ensure this by offering affordable natural healthcare products of superior bio-efficacy through focused in-depth R&D. We aim to introduce innovative delivery modes, meet statutory compliance standards, and honor our consumer's trust.

**By Mr Amit Mehta**  
**Founder & CEO (Unived)**

## ARF Wildlife (Hurry Up for Summer Campaigns)

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 May 2013, Please contact for further information.

HR Manager

Deepa R

Mobile: 9845274880

Phone: 080-22342820





# Yummmmy Vegan Dishes

## Roasted Butternut Squash with Kale and Almond Pecan Parmesan

### Ingredients:

- 0.9 kg -1.13 kg (2-2.5 pound) butternut squash
- 2 lg. cloves garlic, minced
- 2-3 tbsp finely chopped fresh parsley
- 1/2 tbsp extra virgin olive oil
- 1/2 tsp fine grain sea salt
- 1 cup de-stemmed and roughly chopped kale

### Almond "cheese":

- 1/4 cup almonds\*
- 1/4 cup pecans
- 1 tbsp nutritional yeast
- 1/8th tsp fine grain sea salt
- 1 tsp extra virgin olive oil

1. Preheat oven to 400F and lightly grease a casserole dish with oil.
2. Peel the squash. Thinly slice off the bottom and top and then slice through the middle lengthwise to make two halves. Remove seeds & nuts with a grapefruit spoon or ice cream scoop. Chop two halves into 1-inch chunks and place into casserole dish.
3. Add minced garlic, parsley, oil, and salt into casserole dish and stir until well combined with the squash. Do not add the kale yet.
4. Cover casserole dish with a lid (or tin foil with a few holes poked) and bake at 400F for about 45 minutes.
5. Meanwhile, process the parmesan ingredients together until chunky (or just chop by hand and mix in a bowl). Make sure to leave lots of nut pieces for texture. I used a mini processor and it worked great with minimal clean up.



6. After about 45 mins (or when squash is just fork tender), remove from the oven and reduce heat to 350F. Stir in the chopped kale and sprinkle the parmesan all over the squash. Bake for another 5-8 minutes, until the nuts are lightly toasted. Watch closely so you don't burn them. Remove & serve!

## Recently born Vegan Boy

That's our recently born vegan boy - Shaurya (means courage)! It's been over two years since I became vegan, so my entire pregnancy period was vegan. The delivery was as natural as possible with no artificial interventions. I also managed to avoid supplements for entire pregnancy period except the last month. I am very glad to have shattered many nutritional myths about veganism during this period. My calcium level was above average all throughout. Despite consuming no dairy, egg or meat, my son was born with 3.75 kg of weight (considered extremely healthy), and I needed no dairy, egg or meat. My son was born with 3.75 kg of weight (considered extremely healthy), and I needed no stitches at all, indicating very strong protein levels in my body. (Actually, dairy products, eggs and meat are not only unnecessary; they are harmful as they are very high on saturated fat and cholesterol.) When I became vegan purely for ethical reasons 2+ years back, I had no idea that it would turn out to be such a blessing in disguise for my own health and my family's! Expectedly, Pulkit and I are committed to raising the baby boy fully vegan - for the animals sake as much as his own.



By Sejal Parikh

## Heart-felt Gratitude for your Donations

Suvo Madanlal Munoth, Bangalore ; Kasi Bhai, Bangalore ; Sohan Lal, Bangalore ; Rajendra Golia, Bangalore ; Vijay, Bangalore ; Jain Mitra Mandal, Bangalore; Mahesh Kumar, Bangalore ; Sumitra, Bangalore ; Raichur Solvents Limited, Bangalore ; Hastimal G. Mutha, Chennai ; Sachit Kani, Baroda ; Gunvant M Mehta, Bangalore ; Surya Prakash, Bangalore ; Prakash Badolla, Bangalore.

## I Wish to make my gift

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## Animal Rights Fund

Comfort Manor, 1st Floor, No. 10/4-5, Kumara Krupa Road, Bangalore-560 001

Email: [info@arfindia.org](mailto:info@arfindia.org), Web: [www.arfindia.org](http://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**