As more Indians give up meat and milk, V-commerce is thriving

Virat Kohli is the latest to join the tribe of vegans, whose rising numbers are creating a market for food businesses such as milk-free cheese and mock meat

unjabis love their butter chicken but a few years ago, Anchit Kawaarra decided to say goodbye to the kukkad but he stuck to the butter, and the paneer. Then one day, a vegan friend convinced him to shift to a dairy. unjabis love their butter free diet. "I had already given up eating meat. Now, I started wonder eating meat. Now, I started wonder-ing why we steal another animal's milk? Does the calf get the deserved share of his/her mom's milk? I came across shocking facts about how dairy consumption impacts our health and environment," says waatra, a Delhi entrepreneur o is planning to launch a vegan (right) at Carrots, Bangalore

Veganism is a difficult diet Veganism is a difficult diet that requires you to go off meat and dairy. This means you cannot have milk, dahl, paneer, cheese and ghee. Ethical vegans, who don't use products that harm animals or were taken away from them, say no to even honey. Yet the vegan community in India seems to be growing with colorities like

the vegan community in India seems to be growing, with celebrities like cricketer Virat Kohli Joining the club. Susmitha Subbaraju started Carrots, Bengaluru's first vegan restaurant, to cater to this growing community in 2013. "When I turned vegan 15 years ago there were so few of us that

WHEN SHAADI BUFFETS GO VEGAN Since it's hard to imagine a north Indian wedding Without paneer, raita, dahi bhalle, etc, vegan couples push wedding caterers to use milk alternatives to create legit substitutes. Venkat Narayan of Weddings

Inc in Mumbai has organised four vegan weddings in the past three years. "It's difficult to cook without milk and dahi," he says. "A lot of testing is involved. We have to experiment

dani," ne says. "A tot of testing is invoived, we have to experiment with different plant milks, mix them in different proportions to figure out what formula gives us the right taste and feel," Narayan says that vegan dahi is made with rice and cashew; chaach with coconut milk and dahi vada using a combination of almond and coconut/soyn milk. "For tea and coffee, we use a blend, half coconut and half soy," he adds. A vegan plate is 69-70% costiler. If a vegetarian menu costs Rs 500 per plate, a vegan one can go up to Rs 800 per plate. "And the choice is less," Narayan points out.

For those who worry about how they're going to get enough protein without daily and meat, there are substitutes. Entrepre neur Kinjal Darukhanawala's Wegan Foods imports and sells plant-based nutritional yeast ir India. Called Nooch, it contains India Called Nooch, it contains
4.5g protein in each serving
and it mimics powdered Parmesan cheese Darukhanawala
is now developing a non-dairy,
soy and nut-free milk. Vegan
curd and mock meat are also
available in the market.
Even big bustness is taking noie of the trend, Cafe
Coffee Day and Starbucks
now offer soy milk outlons
one of the rend, cafe
coffee pay and Starbucks
now offer soy milk outlons

IEW TASTE: Awareness about lactose olerance and milk adulteration is shing people to veganism. Mock

we knew each other's names," she recalls. "Our business has been growing year on year and now we now offer consultancy to other vegan restaurants as well," says Subbaraju.

Vegan deliveries are on the upswing

swell. In a good week, Shasvathi Siva sells 50 blocks of vegan cheese in Mun-bai. Priced at Rs 150 for 100gm and Rs 300

Coffee Day and Starbucks now offer sy milk options for vegan customers. "Most mid-level and high-end restaurants are aware of veganism. If you tell them to not put ghee tadks or cheese on your food, they understand why." says Preet Kapasi, a vegan from Ahmedabad. Interestingly, even non-vegans are a big part of their clientele, say vegan food entrepreneurs. Nutritionist Dr Shikha Sharma says awareness about lactose intolerance and milk adulteration has forced people tog leve up milk. "Removing milk and wheat from the diet also helps in controlling diabetes," she adds. "Beling vegan is the future," says Sheena Jain, who co-founded Sain al-"Being vegan is the future," says sheena Jain, who co-founded Sain al-mond milk in 2016. "From 30 bottles a day we now sell 150-200," adds Jain, who counts many non-vegetarlans in her cilentel.

While veganism is kind towards animals and the earth, it has its draw-backs. "Animal products are good source of a Vitamins. If you don't est meat

also stocks at Rare Earth in Khai

backs. "Animal products are good sources of B vitamins. If you don't eat meat and dairy then you could be deficient in these nutrients and will have to take supplements," says Dr Sharma. Bl2 deficiency causes symptoms such as Bridgue, anemia and mood changes. But statunch veganists beg to differ: "I know non-vegeratrain people who are more deficient in Bl2 than vegans. Plant-based diet has all the nutrients win meed fire coord bealth the nutrients win meed fire coord bealth." the nutrients you need for good health You just need to look," Kapasi adds.

Project area shrunk by one-third, Shivaji memorial capacity halves

Installation Of Bag Scanner, Transformer Deferred

Bhavika. Jain1 @timesgroup.com

Mumbai: Nearly seven months after the lowest bid-der for construction of the mid-sea Shivaji memorial lowered its quote by a quarter, the Maharashtra govern-ment has reduced the project area by around 35%. The downsizing of several criti-cal features of the project not only violates guidelines for tenders, but also raises fears of durability, functionality and safety of the famous pro-ject, experss say. The memorial will now come upon a 68 hectare man-made isle, instead of 10.6 hec-tares as proposed earlier.

tares as proposed earlier, shows the 'cost optimisation' report prepared by the state-



morial will be able to accommodate only up to 3,000 people per hour, and not 6,500 as estimated earlier, bringing down the estimated daily footfall to 10,000 from 25,000.

The proposed reclama-tion level of the island was to tion level of the Island was to be 10.5 metres from sea level, now the height has been redesigned to be 9.5 metres. "The reduction of height will increase the risk of flooding," said IC Rao, Vice Admiral (red) of APLI Mumbal, a citizons group projecting the citizens group protesting the Arabian sea-site for the Shiv-aji memorial. Similarly, the height of the seawall has also been reduced

and the concrete block por-tion that was to form the base of the seawall has been re-placed by a rock bund. "The sea wall will guard the memo-rial from the sea activity and The memorial will now come up on a 6.8 hectare man-made isle, instead of 10.6 hectares as proposed earlier, shows the 'cost pared by the state panel

so it must rest on a firm base. Using rock bund could lead to cracks in the wall," said Rao. Besides the amphithe-atre, entire facade lighting,

arre, entire facade lighting, baggage scanner and automatic fare collection system have deleted from the scope of the lowest bidder. "Even installation of a standby transformer has been deferred. What if power supply to the Island is affected? There will be not exactly entire or the standard of the st be no standby options," said Rao. Deferring furniture and external landscape for later procurement will lead to cost escalation in future, Rao add-ed. Massive modifications have also been planned for the Shivaji statue, pegged to be world's tallest when it is unveiled in three years. The

statue, the quantity of metal needed for it will also go down. The lowest bidder, L&T, had Rs 976 crore for the civil works and and structure of the statue, which has gone down to Rs 638 crore after heetic needitations. hectic negotiations.

As per the original plan, As per the original plan, there was supposed to be a 120 bedded staff accommodation on the site, which has now been downsized to a facility for 30 people. "Having just 30 people on the site to manage was the state to the site of the s

people on the site to manage and maintain the site has the halarge and maintain the such a large facility is 'sub-optimai'. This will have a direct bearing on the way the memorial will be run," said Rao.

According to central vigilance commission's guidelines, government can renegotiate the price of a project after the bidding process, but it cannot reduce the scope of work after selecting a contractor for the project.

However, the Maharashtra government has done exactly that after L&T, the low-

actly that after L&T, the low est bidder, reduced the project cost from Rs 3,826 crore to Rs 2,500 crore plus GST—it's estimated to be Rs 2,826 crore including GST.

Ch'garh Cong working prez rejoins BJP

Raipur: In a major blow to the Congress in Chhattisthe Congress in Chhattis-garh, barely six weeks before assembly elections, its work-ing president Ramdayal Ui-key returned to the BJP in the presence of its national presi-dent Amit Shah and chief minister Raman Singh in Biminister Raman Singh in Bi-laspur. Ulkey, who had switched from the BJP to the Congress in 2000, called it "ghar wapsi". This will hurt the Congress because Ulkey



is not only a prominent tribal ader, but was the only party MLA to strike a hat-trick — beating Hira Singh Markam was pushed to third position at Pali-Tanakhar.

When Uikey had quit the BJP in 2000, leaders were livid and some senior party workers had said that those who switched to other parties will never be taken back. But considering the tight

But considering the tight likely contest in this poll, the BJP not only accepted Uikey but has also reportedly of-fered him a "powerful posi-tion" if the party returns to

"I felt suffocated in Congress due to so much of [sex] CD politics and inflghting among leaders. Congress is not a strong party any more not a strong party any more.
Another reason for my comeback is that I wasn't valued
and was never given a powerful stand in party. This isn't
me joining BJP but it's my
ghar waps i to my party."

I'ller redded than party.

Uikey added that a party that "doesn't respect its tribal

ms: 1. Sudden falling on floor

2. Face turning to one side, 3. Eyes becoming Glossy, 4. Clenching of fist

5. Bending of neck, 6. Foaming in mouth, 7. Protruding tongue between the teeth, 8. Fainting with "Oh-Oh/Go-

Go" sound, 9, Fainting and Headache

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THE SPEAKING TIREE

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2 disabled strays off to a better life in Canada

Mumbai: Two female stray Mumbai: Two female stray dogs are set to get a better life in Canada. Firangl, and-month-old partially blind puppy, and Angel, a 4-year-old with injured front limbs, will board an Air Canada flight from Chhactraput Shivaji International Terminus on Saturday night. As India wakes up on Monday, the two would have landed at Pearson International Airport in Toronto after a 16-hour flight. Firangl and Angle will

after a 16-hour flight.
Firangi and Angel will
be put up at a farmhouse
owned by a joint family settied in Canada where the
dogs will begin a new life.
They will be flown to Canada by a father-daughter du who runs an NGO there. It is the duo who mediated be-tween the NGO in Thane and the adoptive family in Canada whose members have so far only watched videos of the two dogs.

Firangi had come to Thane's Society for Preven-tion of Cruelty against Ani-mals as a month-old baby with a head injury that turn-



A fier two falled attempts, he left the boy on the road and drove off. It was only after Mahipal left that some people in the crowd came forward to help. They tried to stop Dhruv's bleeding by wrapping a cloth around his head and took him and Ritu to the near by Park Hoshital. Angel's front limbs are injured head and took him and Ritu to the nearby Park Hospital. From there, the two were shifted to Medanta where their condition was stated to be critical at the time of writing this report. Mahi-pal was arrested two hours after the shooting from Gwalpahari on Gurgaon-Faridabad road. ed out to be a brain infec-tion. While she is now as fit as a fiddle, she lost vision in the left eye. She got the name 'Firangi' (meaning foreign-er) after the new parents de-cided to adopt her. cided to adopt her.
Angel was a victim of a
train accident at Thane station two years ago. She injured her front limbs and
had severe wounds on the
body. While her legs were
saved, she became perma-

Gwalpanari on Gurgaon-Faridabad road.

A police officer said he had fired at the police team as well but missed. Mahipal had been in charge of pro-tecting the judge and his tecting the judge and his family for the last two years. Police said Mahipal's mo-tive was not clear "The ac-cused seems to be mentally unstable. We are consider-ing getting a medical exam-ination done," the officer said, adding Mahipal seemed depressed and ap-peared to have "some psypeared to have "some psy chological issues".

NFC feature to help detect card details

FEATURES OF NEW DLs & RCs

FEATURES OF NEW DRIVING LICENCES Name: Indian Union Driving Licence

Logos of national & state govts, name of ssuing authority

Issue date and alidity till (dates)

Name, blood group, declaration for organ d

Monthly (approx) 9.6 lakh

Emergency No., QR code vehicle category

➤ Vehicle type: Commercial or non-commercial

➤ Chassis & engine numbers, fuel & emission norms (BS-IV/ BS-VI) Monthly (approx) 13 lakh RCs are issued or renewed

Name: Indian Union Vehicle Registration Certificate

Issue date and validity till (dates)

➤ Logos of national & state govts, name of issuing authority

SECURITY FEATURES (IN BOTH DL & RC)

ontinued from page 1

bout 32,000 DLs are ei-ther issued or renewed are registered or re-regis-tered. So, when anyone goes for renewal or re-registra-tion, the transport author-ities will issue the new DLs and RCs so the old ones will

ministry, which has already started the process, said the enforcement personnel will have multiple options, from keying in the DL or RC num bers in their hand held de pers in their hand held de-vice to inserting the smart card in the device or read the QR code to get access to all details of a driver. The NFC feature will help quick de-tection of the card details as

get replaced gradually. An official of the road transport

soon as the DL or RC smart card is touched.

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www.ind.org.in/dec.aspx for further details and to submit brining application. The last date for receipt of filled-in applications is 10-12-2018. For queries, please contact Tel No. 040-24008442 Email ID: pgsrd2009@gmail.com



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Now, filmmaker plans a short on Kaushalya

▶Continued from page 1

ingh's family is among six plece of paper. "We occasion-ally call her daughter from Chamba when Kaushalya falls seriously ill," he added.



falls seriously ill," he added.
Kaushalya lost her hus-band, a dally wage labourer, about eight years ago. Her 47-year-old son, Budhi Singh, left home about three years later and has not been seen since. Weakened with age, she



Indo-U.S. Science & Technology Forum New Delhi, India

Vacancy Announcement: Position of Executive Director

nently handicapped and

crawls on her front limbs. Angel got her name for her

Angel got her name for her demure nature.

Transferring a dog from one country to another can be a costly affair and time-consuming too. Care has been taken to ensure that the two canines are comfortable before and during the flight.

The governments of the United States of America and India, through an inter-governmental agreement, jointly established the Indo-U.S. Science & Technology Forum IUSSTF) http://iusstf.org in the year 2000 as an autonomous bilateral organization ocated in New Delhi, India. Its mission is to promote science & technology (S&T) ation and entrepreneurship collaborations between the United States and India IUSSTF invites applications for the position of Executive Director as per the detail

The applicant should be an Indian or U.S. citizen only. Dual citizens are also acceptable. $\textbf{Essential Qualification:} \ Ph.D\ or\ Masters\ in\ the\ Sciences,\ Engineering\ and\ Medicine.$

sald in a frall voice, "All I worry about is my son. I keep inquiring about him from passers-by."

"Kaushalya's house is in very bad shape. The neighbours are her only permanent support," said Sanjay Sharma, a social worker who had in early August shared the old woman's helplessness in a social media post.

The post was widely shared almost immediately.

In Mumbal, the post caught the attention of filmmaker Vivek Mohan, who now plans to make a short film on Kaushalya.

Tenure of appointment: 3 years with possibility of extension(s).

Age Limit: The Age limit should be up to the age of 56 years at the time of notification of the position. The cut-off date for determining the age limit shall be November 30°, 2018.

Compensation Package: Salary will be commensurate with experience and corresponding to the position of Scientist "G" or "H" prevailing in Scientific Ministries / Departments in India.

Departments in India.

The selected candidate will be offered appropriate position corresponding to either Scientist "Or" H" depending upon qualification, experience and other credentials.

Application procedure: Interested persons should send their applications to recruitments@indoussf.org in the prescribed IUSSTF application format with a 500 words vision statement on the future of the IUSSTF and at least 3 references.

Application deadline is 23:59 hrs. IST, November 30th, 2018.

For details on the position description and prescribed application for Please visit the "Announcements" section at http://iusstf.org

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ı	2.	Welfare Officer	01	. ==,=== .,.=,=== .,==== -,	
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	11.	Junior Technician (Printing & Platemaking)	09	1	
Important Dates:					

Important Dates:					
	Opening of website link for applying Online application	13.10.2018 to 09.11.2018			
	Payment of fees in online mode	13.10.2018 to 09.11.2018			
	Tentative date of Typing Test on computer at selected centres	November/December'2018			