

If you can live happily and healthily without  
harming animals, why wouldn't you?

Choose compassion, choose justice — choose vegan.

**BENGALURU BRIGADE FOR ANIMAL LIBERATION**

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## **MUST-SEES:**

**Ethics:** Dominion, What is Veganism & Why You Should be Vegan

**Dairy:** Deadly Dairy (Eng/Hin), Unholy Cattle of India (Kannada/Eng)

**Poultry:** Cruel Chicken Production of India, 1 Min Egg Truth,  
Why I Stopped Eating Eggs

**Health:** What The Health, The Game Changers

**Environment:** Cowspiracy, Seaspiracy

## **RESOURCES**

- [adaptt.org](http://adaptt.org)
- [\[vegandukan/vvegano/wildermart\].com](http://[vegandukan/vvegano/wildermart].com)
- [nutritionfacts.org](http://nutritionfacts.org)
- [happycow.net](http://happycow.net)
- Instagram & Facebook: VeganKarnataka
- [ofdonkeysanddhokla.com](http://ofdonkeysanddhokla.com)
- [holycowvegan.net](http://holycowvegan.net), [veganricha.com](http://veganricha.com)
- @theveganfoodjunction