



When one adds meat into the diet, they add an additional mix of toxic molecules to the blood stream:

**MEAT-BASED MEALS CONTAIN**

1. Oxidized cholesterol (atherogenic) - proteins & fats
2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
3. Neu5Gc - pro-inflammatory sialic acid
4. Endotoxins from slaughterhouse bacteria
5. TMAO from carnitine metabolism
6. Catechogenic heterocyclic amines
7. IGF-1 elevated from animal protein
8. Heme iron - 1 allows: cancers
9. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics

Source: Michael Greger, M.D. - 2010



Allied Scholars for  
Animal Protection

**2023**  
**REVIEW**



# Letter from the CEO

*Dear friends,*

Two years ago, **Allied Scholars for Animal Protection** was just an idea on my whiteboard. Today, I can't help but feel proud of how far we've come. The dedication of our students, supporters, staff, and allies across academia has made this dream a reality.

This year is a testament to our growth and impact. From humble beginnings, we've expanded our reach to 14 chapters across Texas, the Midwest and the Northeast. Next semester, we're expanding internationally.

**All revolutions start in college.** As our network grows, so does our influence. In June, our students' efforts at UT Austin led to the establishment of a prominent vegan line in UT Austin's dining halls, a shift that's replacing tens of thousands of nonvegan meals annually.

Meanwhile, at Columbia we're partnering with **Plant-Based Universities** to launch a campaign for 100% plant-based dining halls for the first time in the US. Our hope is that this campaign will be an example for schools across the United States, and that as more schools establish plant-based dining programs, others will feel pressured to follow suit.

Every chapter has conducted impactful outreach events throughout the semester, working to incorporate inactive vegans into the movement while continuously making new vegans. We've also held lectures on the moral urgency of veganism and alternative proteins, motivating students to get active and make an impact with their careers. At several schools, our events have made headlines. :)

It's been a thrill, and next year we're aiming even higher. Our five year goal is to establish ASAP chapters at the top 100 Universities across the US. We need your help to do this. Please donate generously to our mission.



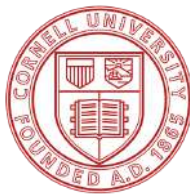
With gratitude,  
**Dr. Faraz Harsini**  
CEO, Allied Scholars  
for Animal Protection

**DONATE**



# Our schools

Less than 10% of top schools in the US have active animal rights groups. In just one year, we've gone **from zero to 14 highly active ASAP chapters!**



BROWN



THE UNIVERSITY OF CHICAGO



ATM TEXAS A&M



Maastricht University

DONATE



# 2023 in numbers

# 14

new ASAP  
Chapters

# 25k

students exposed to  
veganism through outreach

# 11

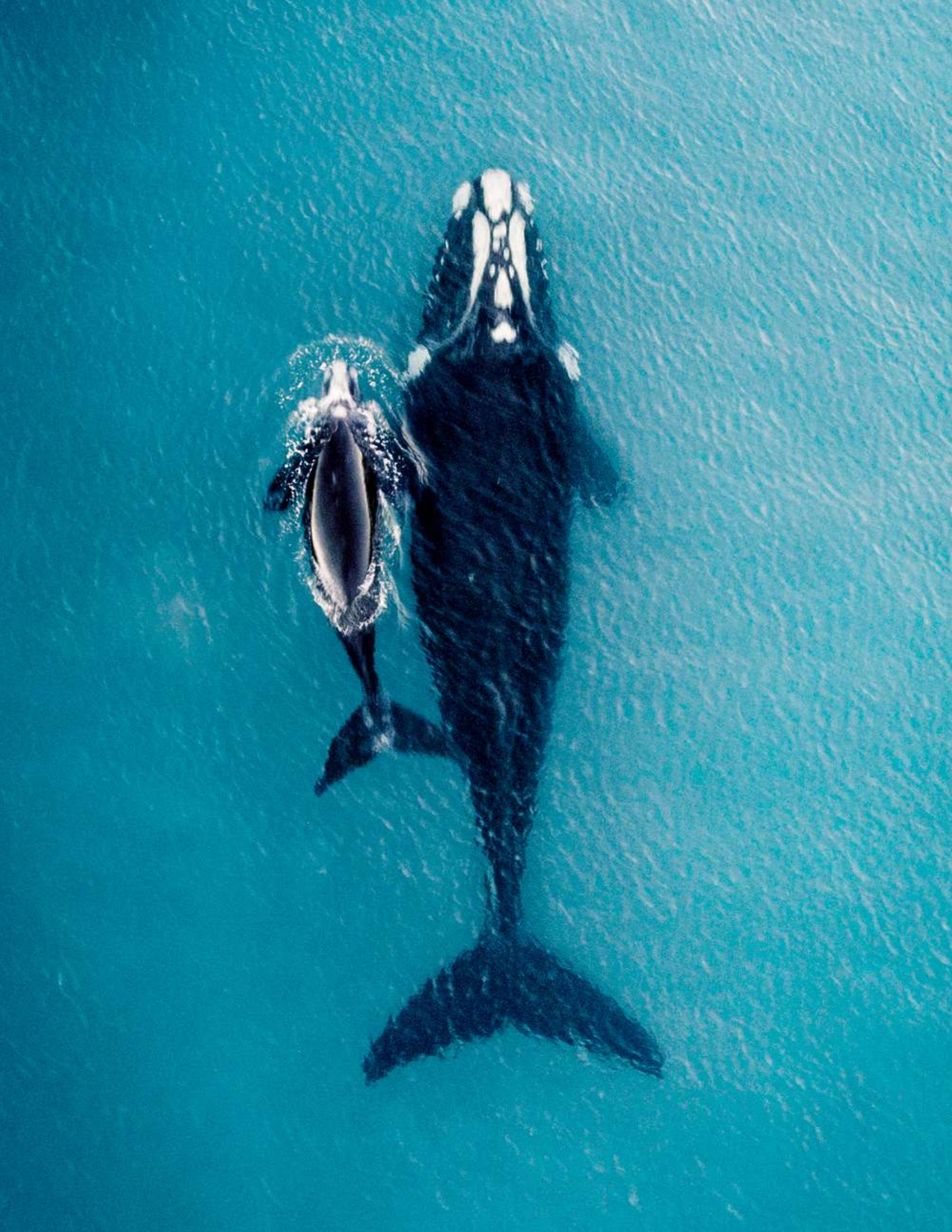
documentary  
screenings

# 13

well-attended  
speaker events



*and we're just*  
**getting  
started!**



# Quotes from students



***"I found the existing vegan groups at UT Austin lacked activism events. However, ASAP emerged as a dynamic force, growing activism while the other club became inactive. They trained and empowered me to become an activist. Thanks to ASAP's support, I secured a job in animal advocacy, utilizing my PR background to make a full-time impact for animals. As an LGBTQ individual, I also valued ASAP's welcoming and inclusive environment."***

**Zack, UT Austin**



***"As a PhD student in math at Harvard, I was introduced to ASAP during Dr. Harsini's lectures at Harvard and MIT. ASAP has been a tremendous source of motivation for animal activists in Boston, including myself. Through their organized and effective animal advocacy, which includes a range of outreach and educational events, I am thrilled to be part of creating positive change at Harvard."***

**David, Harvard University**




***"Discovering Faraz through social media was a turning point for me. I was so impressed that I invited him to speak for the MIT vegan club, which I had recently revived after the previous group became inactive. ASAP's talk sparked a wave of new vegans and rekindled the fire within current advocates. Inspired by ASAP's mission to prevent animal rights groups from fading away, I'm now launching an ASAP chapter at MIT. Our goal is to create a strong community through impactful outreach and educational events, and work with the dining halls to make our campus 50% plant-based within two years."***

**Tim, Massachusetts Institute of Technology**

# *Our* achievements

## *Building the vegan movement*

**At any campus with an ASAP chapter, we want every vegan student to know we exist.** Regular outreach is crucial for this. It's also important to convince more students to go vegan and increase the salience of animal issues in the eyes of the general public.



**Ryan, our Chapter Director at UW Madison,** leads a Cube of Truth to educate the public on animal exploitation.



**Our Elwood's Organic Dog Meat** stand at Harvard drew crowds!

# FREE DOG MEAT SAMPLING TOTALLY DELISH!

## HARVARD PLAZA



### OUR DOGS ARE:

- Local & organic
- Free-range
- Humanely killed
- Loved

### VISIT THE FARM



[www.elwooddogmeat.com](http://www.elwooddogmeat.com)


**DONATE**






**We stopped at the University of Chicago in fall to sell human breast milk** and work with students on animal advocacy. We'll be opening a chapter there in spring 2024!

**FRESHLY SQUEEZED  
HUMILK  
(HUMAN BREAST MILK)**  
**FROM HUMANS. FOR HUMANS**

Better for   Rich in Calcium & B12

 March 27, 2023  Location Speedway

• [tinyurl.com/saveweek](https://tinyurl.com/saveweek) •

# *Training the Next Generation of Leaders*

**This semester, we hosted two talks by Dr. Michael Klaper at Brown University,** focused on the health benefits of a plant-based diet and on how healthcare professionals can help transform the food system.



**We had over 130 signups** for Dr. Klaper's talks at Brown.



Allied Scholars for Animal Protection

**ASAP** WEBINARS

# THE ULTIMATE **WIN-WIN!**

Be healthy and combat climate change

**WED, NOV 8, 2023 | 8-9PM ET | 7-8PM CT** **ZOOM**

[tinyurl.com/ali-saad](https://tinyurl.com/ali-saad)



## **DR ALI SAAD**

**Triple Board Certified:**

- Neurology, Stroke and Lifestyle Medicine

**Fellow in Climate & Health Science Policy** at the University of Colorado  
**Chair** of Neurology at the ACLM

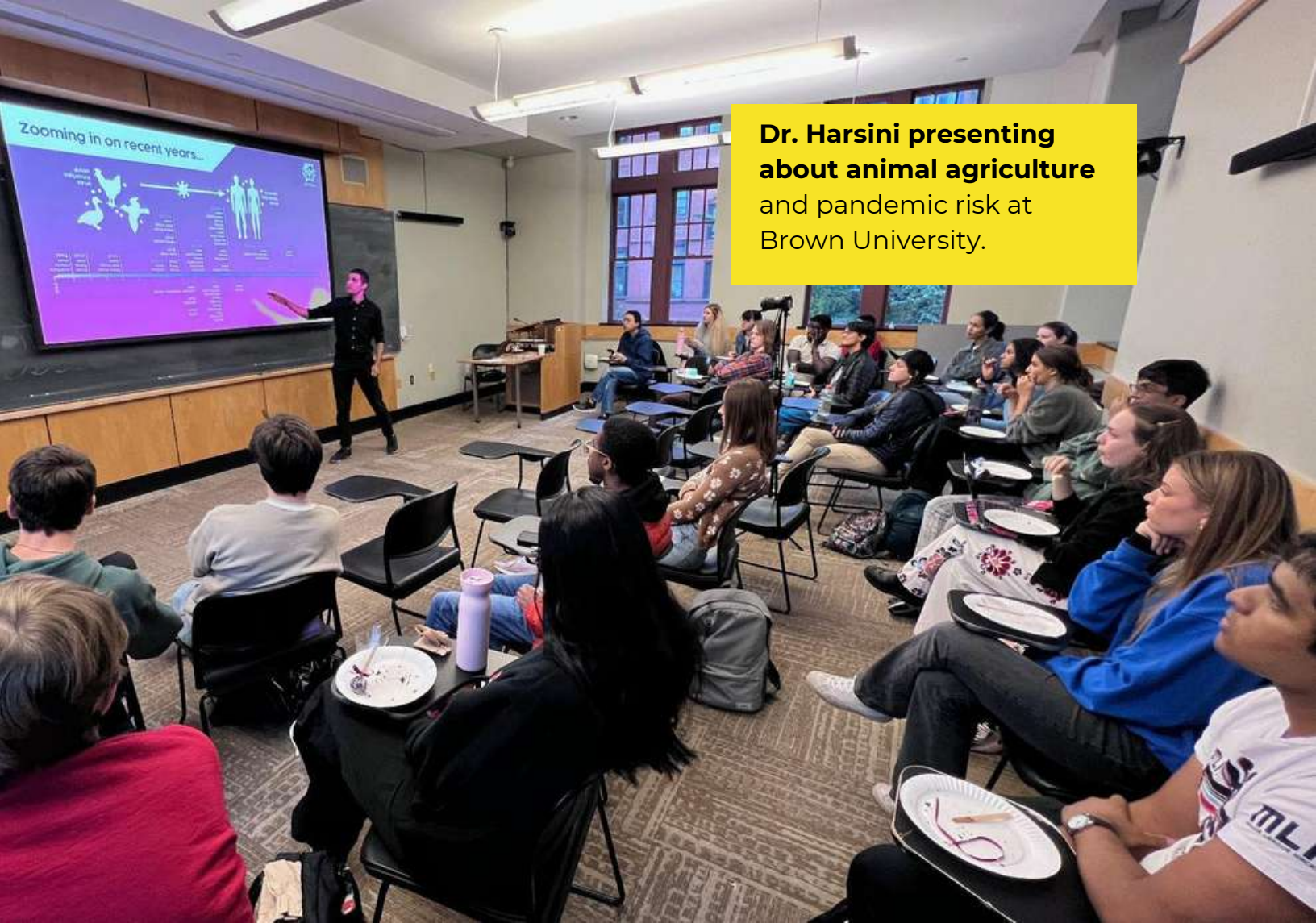


## **DR FARAZ HARSINI**

**Biomedical and Food System Scientist**  
CEO and Founder at Allied Scholars



**We also hosted a webinar with Dr. Ali Saad** on the environmental and public health consequences of animal agriculture, and possible career paths for addressing these problems.



**Dr. Harsini presenting about animal agriculture and pandemic risk at Brown University.**

**During our visits to each ASAP chapter, we hosted talks by Dr. Harsini, a biomedical and food system scientist who works on cultivated meat bioprocessing at the Good Food Institute. Dr. Harsini's talks covered the moral urgency of veganism, the impacts of animal agriculture on the environment and public health, and impactful career paths such as alternative protein research.**



Allied Scholars for  
Animal Protection

DR. FARAZ HARSINI  
AND  
HARVARD UNIVERSITY

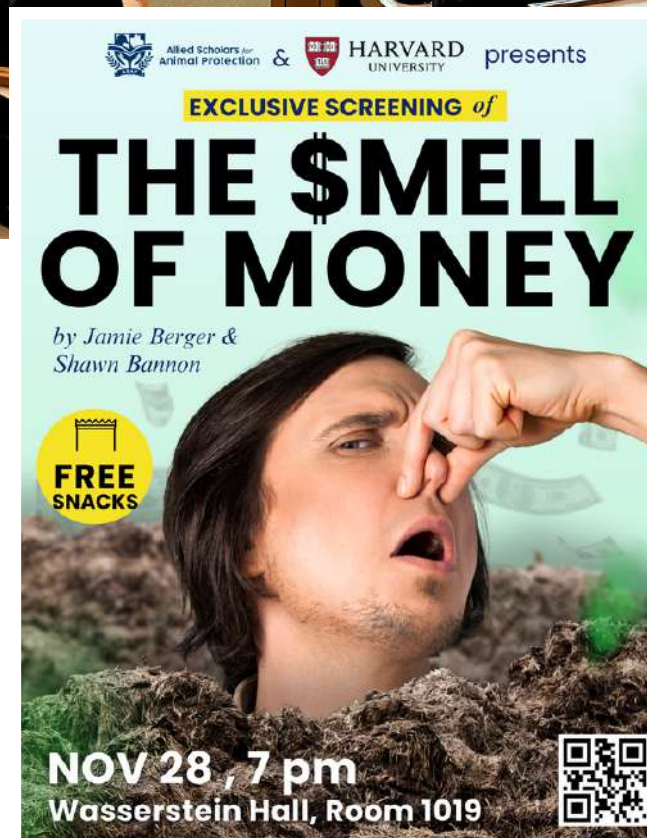
*Present*

# The Great **FOOD** Transformation

Harvard's First Course on  
Food Systems and Politics.



In the Spring, Dr. Harsini  
taught in a new course on  
**food system transformation.**



**Graphic advertising our Boston Smell of Money screening,** held at Harvard in a joint event with groups from MIT, Tufts and Northeastern.

**Documentaries are an impactful way to educate the public about animal agriculture!** Many vegans we work with went vegan after watching *Dominion* or *Earthlings*, and evidence shows that watching factory farming footage leads to reduced animal consumption!<sup>1</sup>

We coordinated exclusive pre-release screenings of *The Smell of Money* across all ASAP chapters over two days.

<sup>1</sup> <https://faunalytics.org/wp-content/uploads/2017/12/Animal-Equality-Report-Final.pdf>



# Transforming Campus Dining

**Transforming campus dining halls is a key pillar of ASAP's impact.**

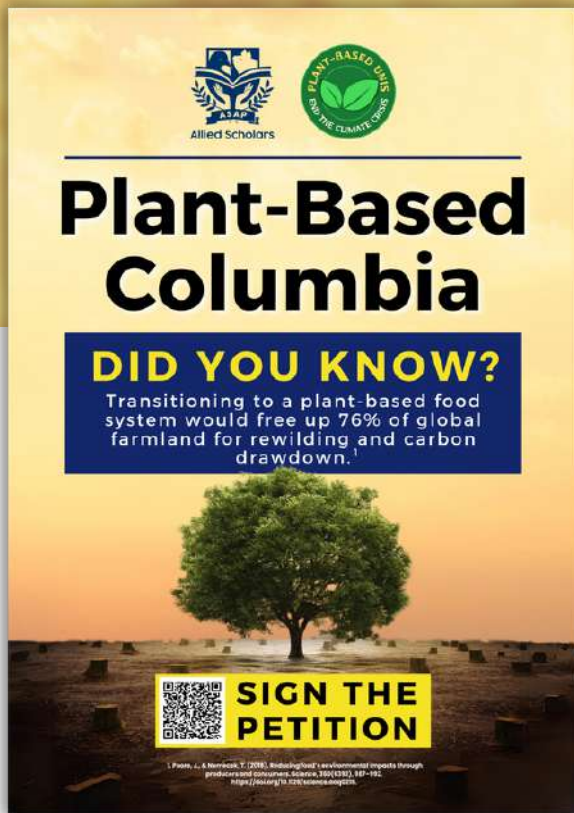
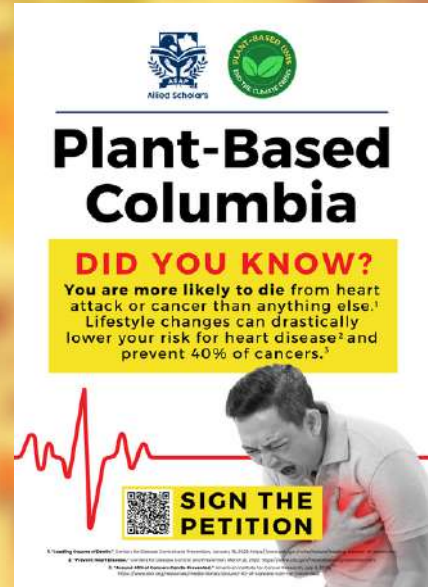
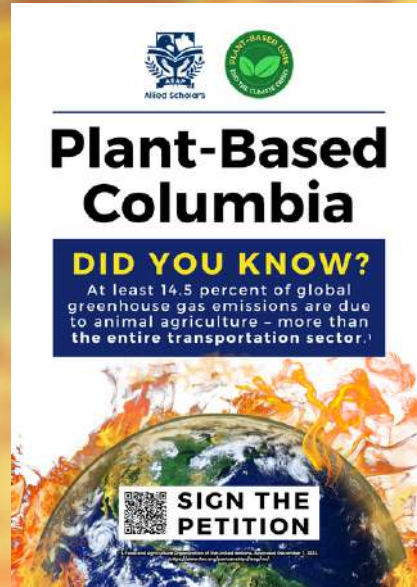
In June, our petition at UT Austin led to the creation of a permanent vegan line for all meals. Dining services also signed up to receive more training on plant-based menus from the Humane Society of the United States.

Dinner	Nutrition		
<b>-- JCL WOK --</b>			
Garlic Stir Fry Sauce	🌱	🌱	🌱
Steamed White Rice			🌱
Stir Fry Vegetable Blend			🌱
<b>-- JCL Comfort --</b>			
Buttered Parsley New Potatoes	🌱		🌱
Oven Baked Root Vegetables	🌱		🌱
<b>-- JCL Vegan Line --</b>			
Cilantro Lime Brown Rice	🌱		🌱
Cilantro Squash Medley	🌱		🌱
Mushroom & Vegetable Enchilada with Chili Sauce	🌱	🌱	🌱
Southwest Black Beans		🌱	🌱
<b>-- JCL Deli --</b>			
12" Flour Tortilla	🌱		🌱
Banana Pepper Rings		🌱	🌱
Black Olives			🌱
Edamame Hummus	🌱	🌱	🌱
Fresh Tomato Slices			🌱
Guacamole			🌱
Mustard			🌱
Potato Chips			🌱
Roasted Vegetables			🌱
Shredded Romaine		🌱	🌱
Sliced Pickles			🌱
Sliced Red Onion			🌱
White Bread	🌱	🌱	🌱
<b>-- JCL Grill --</b>			
Fresh Tomato Slices			🌱
Shredded Romaine		🌱	🌱
<b>-- JCL Salad Bar --</b>			
Blueberries		🌱	🌱
Cantaloupe		🌱	🌱
Cherry Tomatoes			🌱
Chopped Romaine Lettuce			🌱
Cucumber Slices			🌱
Edamame	🌱	🌱	🌱
Fresh Spinach		🌱	🌱
Honeydew		🌱	🌱
Housemade Hummus	🌱	🌱	🌱
Mandarin Oranges		🌱	🌱
Raw Broccoli Florets			🌱
Shredded Carrots			🌱
Sliced Green Pepper			🌱
Sliced Red Onion			🌱

A typical menu at the UT Austin vegan line.







A series of posters advertising our **dining hall campaign at Columbia**. Anyone affiliated with Columbia, please sign!

**We're currently in the process of launching a campaign for Columbia's dining halls to go 100% plant based, in collaboration with the UK-based Plant-Based Universities campaign.**

**DONATE**

# India

**In December 2023, Faraz Harsini and Daraius Dubash traveled to India** to build connections across the Indian university system and educate students on animal rights.



**Dr. Harsini received the Philip Wollen Animal Welfare Award** this fall in recognition of his many years of advocacy. Here he is pictured with Meneka Gandhi, Member of Parliament and animal rights activist, and the Teachers Association for Animal Rights.

**A packed room for Dr. Harsini's presentation to nursing students at Jamia Hamdard University.**



**Dr. Harsini spoke with students at SND Public School Palwal about the state of farm animal welfare and the moral urgency of veganism.**



# *We're suing to* **Protect Free Speech!**

**Freedom of speech is critical for our work as animal advocates. Unfortunately, those in power often seek to silence the voices of compassion and truth.**

Last year, ASAP CFO Daraius Dubash was illegally arrested for peacefully protesting animal abuse at Discovery Green park in Houston, Texas. With support from the Law & Religion Clinic at the University of Texas and the Foundation for Individual Rights and Expression, we are suing the City of Houston to protect free speech.



**“This park has hosted many large and loud demonstrations from groups against the NRA and Black Lives Matter. Ours is a peaceful and quiet protest to bring attention to animal cruelty.**

Our First Amendment rights were violated and I was illegally arrested. It's also highly hypocritical & discriminatory to allow certain groups to exercise free speech but not us.”

**Daraius Dubash**

**DONATE**



# *What's* **next?**

**It's been a big year for ASAP, and with your help,  
we'll aim even higher in 2024.**

Expansion remains a central objective: this Spring, we'll have at least 14 chapters, including a new chapter "across the pond" at the University of Maastricht. By the fall, we're hoping to more than double that number.

We're frequently receiving requests to start new ASAP chapters at universities across the country, and the number of requests is exceeding our capacity to meet them. New staff and increased funding will be critical to growing our movement.

We're also hitting the road again, organizing in-person trainings at each school we visit during the semester. These experiences are designed to empower student leaders with the tools and knowledge they need to drive meaningful change at their schools and across society as they graduate and pursue impactful careers.

Meanwhile, we're going to continue transforming campus dining through student-led campaigns, including a campaign at Columbia for 100% plant-based dining.

This summer, we'll be systematizing our leadership program via a training seminar for our Chapter Directors, providing a platform for students to sharpen their skills and broaden their knowledge of animal advocacy.

We hope you enjoyed our 2023 review. Your support is crucial to our continued success, and we hope you'll join us in fighting for the animals next year.

# Our Leadership



**Dr. Faraz Harsini**  
CEO, Allied Scholars  
for Animal Protection



**Daraius Dubash, MEM, MBA**  
CFO, Business, finance, and  
marketing expert



**Sonny Rodriguez**  
Menu change and dining  
services expert



**Paul Wong**  
Outreach expert

## Advisory Board



**Dr. Milton Mills**  
Physician, food  
justice advocate



**Dr. Sparsha Saha**  
Harvard political  
scientist



**Dr. Monica Aggarwal**  
UF Professor, cardiologist,  
menu change expert



**Dr. Crystal Heath**  
Veterinarian



**Alene Anello, JD**  
Founder of Legal  
Impact for Chickens



**Nicholas Carter, MSc**  
Environmental and Climate  
Scientist, Founder of  
PlantBasedData.org



**Carolina Schneider**  
MSc, RD: Registered  
dietitian



**Paola Smith, MSc**  
Outreach expert

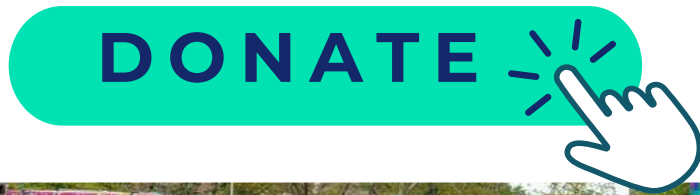


**Yuri Mitzkewich**  
Outreach expert at Vegan Outreach

# Please Support Our Work!

**We're building a movement on campuses all over the world – but without your support, this work simply would not be possible.**

If you'd like to see more high-impact vegan programming at universities across the US and Europe in 2024, please consider making a monthly donation. Any amount helps, however, large or small.



# *Follow us on* **Social Media**



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**Allied Scholars *for***  
**Animal Protection**



**alliedscholars.org**

