



ARF Newsletter

BANGALORE AUGUST 2011 VOL I ISSUE 46

“Machines or human hands handling cows breasts is not only painful but also Molestation. What if that was done to you? Do not do to others what you would not like to be done to you. Go Vegan, its easy!” - Monika Vegan



Editor's Voice - " The Man of Principles "

People who lead a principled life and never compromise their principles are the true winners! Let me narrate a true story to you; a few years ago there lived a thorough gentleman who taught people to improve their communication skills. He taught them so well that eventually they would become excellent communicators. Although he had one principle he always followed. He vowed never to train any politician on his/her communication as he thought they would use that skill set to corrupt the country. It was not long before the politicians heard of this man's great skills and wanted to imbibe them as well. One of the politicians sent their trusted men to this teacher to negotiate a good price to gain knowledge from him. The teacher refused to consider teaching the politicians. He claimed he was a man of strict principles and would not break

them!
The Politician on hearing a no from the man was furious. He was surprised the teacher disobeyed the politician's demands and asked his assistant to go back to the teacher and offer him more money for his services. The teacher vehemently denied the politicians offer and stuck to his stubborn ways. On hearing this, the politician's fury grew and in his rage he threatened to kill the teacher, if the required task was not performed. The teacher's family was doomed. They tried convincing him to not risk his life for his principles but he stood his ground.
The teacher was left all alone to fight his own moral battles. He didn't lose hope and waited patiently for death to knock on his door. Someone did knock but it was not death! It was the morning newspaper. He took the newspaper and opened the first page to read the news. He was in shock to read the headlines. The headlines declared the death of the

politician in an air crash, who had threatened to kill him.
The man stuck to his principles and fought all alone for what was right. The beautiful moral brought out by this story also tells us to be patient for recognition and triumph of good over evil will eventually take place! If we have principles in life we follow then life will always adhere to them with you and never fail you!
My principle in life has stood strong by my side for 19 years now. I am a vegan and these 19 years have been most challenging. I have faced even acid test but I sailed through with a strong will power to achieve whatever I had wished upon. Come what may I will not budge from my ideal and always stick to my principles. They are what make us who we are!

Helpline Activities



1. This stray dog from Kengeri was attended for its mammary tumor and blood spillage from its thigh region. On examination, we found there is tumor on thigh which is opened and continuously spillage of blood. Also, there was a rotten mammary tumor mass infected and even found maggots. Now the wounds are healing. Please donate for its speedy recover.
2. This dog came under the wheels of train and soon was brought to ARF to find it had fractured its left hindlimb. As an emergency, under GA, amputation was carried out to save its life. Now its doing well in ARF. Kindly donate.

Foreword by Warren A. Hennington,
author of the international bestseller *If I Can See You*

WELCOME TO YOUR LIFE

Simple Insights For Your Inspiration And Empowerment

Ronny K. Prasad
Certified Lifecoach and Mindset Trainer

A vegan animal sanctuary
(<http://www.edgarsmission.org.au/>).

Recipe of the Month

Vegetable Manchurian

Ingredients:

1. Grated cabbage – 2cups, 2. Grated carrots – 2cups, 3. Spring onion – 1 chopped, 4. Green chillies- 2 chopped, 5. Garlic flakes – 3-4 flakes, 6. Corn Flour – 4tsp, 7. Oil for deep frying, 8. Soya sauce – 1tsp, 9. Salt to taste, 10. Pepper powder – 1tsp, 11. Oil – 2tsp, 12. Chopped coriander leaves for garnishing.

Method:

- * Mix grated cabbage and carrots and squeeze the water out from them and mix corn flour, chopped green chillies and little salt to it.
- * Make small balls(like koftas) of the mixture.
- * Heat the oil in a wok/khadai and deep fry the balls till golden brown, drain and keep aside.
- * Now in a separate pan heat 2tsp of oil, saute garlic, green chillies and spring onions.
- * Add water, salt, pepper and soya sauce, bring it to a boil.
- * Gently add the fried balls to the gravy.
- * Cook the vegetable manchurian for 3-4 minutes and serve hot garnised with chopped coriander leaves.



Rural Development Minister bans Bull racing!

The famous bullock cart races performed in rural Punjab will no longer be allowed. Rural development minister Jairam Ramesh has imposed a ban on the use of bulls in rural sports. Dr Sandeep Jain, member of Care for Animals and Protection of Environment (CAPE) India welcomed this decision and said, "Every year in the name of rural sports, the animals are treated roughly, we welcome this decision by the Minister." In Punjab Kilariapur games, Gujarwal sports and many other sports festivals conducted during the winter season, thousands gather just to see bullock cart races. The bulls

are often beaten, bitten on their tails, given energy drinks and even rum to make them perform better. The bulls cost as much as Rs 10 lakhs a pair and are fed nutritious meals to keep them fit for the run. Please mail Mr. Jairam Ramesh at jairam54@gmail.com to congratulate and commend him on this good deed. Source: Indian Express, July 29th, 2011

<http://www.expressindia.com/latest-news/rural-development-minister-bans-bull-racing/823909/>

Vegans Only - Humane Education Co-ordinator

We want a Humane Education Co-ordinator in Bangalore; If your English is excellent and your attitude is compassionate, you can apply; Handsome salary will be paid to deserving candidate;

Please Contact: arfindia@gmail.com

Volunteers Required

To inspect the film shooting as per AWBI guidelines.

Please contact pramod@arfindia.org

Summary of Work Done

Dogs (Inpatient) - 07 treated; Dogs (Outpatient) - 18 treated and released;
Pigeons - 06 treated and released;

Heart-felt Gratitude for your Donations

N. K. Synthetics, Bangalore; Meera Surana, Bangalore; Vishal, Bangalore; Akshay, Bangalore; Shree Parshwanath Swetamber Jain Murthipujak Trust, Bangalore; Rajendra, Bangalore; Pavan, Bangalore; Pushpa, Bangalore; Sukhi Bhai, Bangalore; Tulasi, Bangalore; Sadharmik, Bangalore; Bhagya, Bangalore; Kusuma, Bangalore; Susheela, Bangalore;

Citing forensic report, BBMP says Sandeep's death wasn't dog bite

Dr. Parvez Ahmad Piran, BBMP's Joint Director (Animal Husbandry), said as it was a suspicious death of two-and-a-half-years-old Sandeep, son of migrant labourers, was found mauled to death, reportedly by street dogs, he had sought the expertise of a forensic odontologist from the U.S. to ascertain the cause of the death.

"I was not satisfied with either the mahazar or post-mortem report. The officials seem to have been carried away by the claims made by the father, who was in an inebriated state. I suspected that the child may have been murdered or killed in an accident. The report confirmed my suspicion," he said.

Dr. Piran said that Dr. Ken Cohn, the

forensic odontologist, had noted that there were a number of attributes that did not agree with the autopsy report. He had stated that lack of blood at the scene clearly indicates it was not the primary scene. "The scalp could not have been removed symmetrically and without bite marks. There is a lack of defensive wounds. Besides, there is absence of arched teeth marks on the soft tissue. With an attack of this severity, there would be some anterior teeth marks," he has noted in his report.

Dr. Piran said that Dr. Cohn had also found that the amputation of the legs and loss of soft tissue was not consistent with dog attacks. "There may have been secondary predation;

but I do not believe this boy was initially killed by a dog attack," Dr. Cohn has noted.



"The forensic report will be submitted to Mayor Sharadamma, Deputy Mayor S. Harish and Commissioner Siddaiah on Wednesday. I went to this length only to unravel the truth behind the child's death," said Dr. Piran.

Asked then what did kill the toddler, he said it was up to the police to find out.

<http://www.thehindu.com/news/cities/Bangalore/article2296830.ece>

Dalai Lama's message to Animals

Men Tsee Khang, the Tibetan Medical Centre headquartered in Dharamshala, the location of the Tibetan Government-in-exile, celebrated its 50th anniversary on March 23rd. The medicines are made of herbs and a few minerals. The herbs are sourced in the upper reaches of the Himalayas and are very rare and highly endangered. Tibet, the original source, is not accessible.

No animal products are used. Compassion, the Dalai Lama's message, is gaining ground.

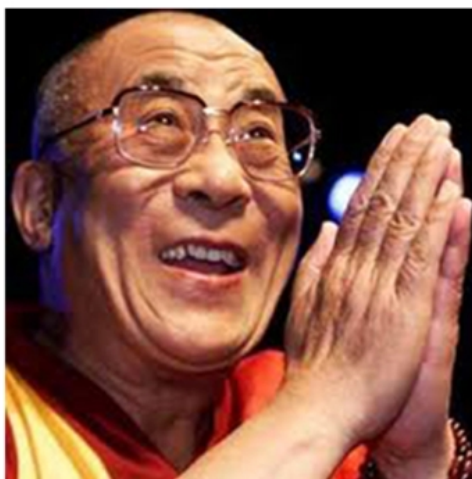
Last year, His Holiness ordered the closing of all piggeries and chicken farms run by Tibetans. "The poor hens are shut in a cage all their lives," he told me. He even closed down the egg-laying farms. "After two or three years, the hens are sold for slaughter. This is not good. Raising animals for commercial purposes is not good."

In Ladakh, he has started shelters for sheep and goats taken to slaughter. He buys them and lets them live till they die a natural death.

He has ordered that only vegetarian food should be served in all official Tibetan functions, an important step forward. The pre-function dinner and

post-function lunch hosted by the Tibetan Medical Centre were both vegetarian. Wonderful!

"Animals are not vegetables. They are intelligent. They feel pain and suffering



like human beings," said the Dalai Lama. "Freedom is liberation from suffering. All creation must have freedom from suffering. Compassion is my message." What is ahimsa? Is it merely non-ahimsa or non-killing. "Ahimsa is the practice of compassion. It is a dynamic force. Compassion and wisdom are the two sides of ahimsa," said Geshe Lhador. Nor is the cow sacred to the Buddhists. "Ahimsa is the active practice of compassion."

Why are we targeting the Dalai Lama alone? Why don't European animal welfare organizations target the Pope? Or the Archbishop of Canterbury? If vegetarianism is not a Christian tradition, it is not a Buddhist tradition either. Monks are bhikshus (literally, beggars) and must eat whatever is given to them by a lay person. That is what the Buddha taught. They cannot say we won't eat this, or that they want only vegetables, not meat. Even in the Buddha's time they ate whatever was placed in their bowl, according to Buddhist tradition.

This is a fact. A Buddhist bhikshu or Hindu sanyasi can eat only the food that is placed in his bowl. The difference is in the followers. Buddhists have no hesitation in placing mutton curry in the monk's bowl. Hindus would never dream of putting any non-vegetarian food in a sanyasi's bowl. It is the ultimate insult. The blame lives with the Buddha who permitted his monks to eat whatever was given to them, not the Dalai Lama. I do not hear any European animal welfare group targeting these powerful religious leaders.

Honorary Animal Welfare Officer (HAWO) Training Programme at National Institute of Animal Welfare (NIAW), Haryana



Ajaya Kumar T. from Animal Rights Fund (ARF) is glad to share his experience with the HAWO training program which was held in NIAW, Haryana. NIAW is established as subordinate office of the Government of India under Ministry of Environment and Forests at Ballabgarh, Faridabad, Haryana, in the NCT of Delhi.

The program has been started by the inaugural function by Major General Kharb, Chairman, AWBI and DR. Parveen Goel, Director, NIAW.

Main objectives of the training programme- Animal Welfare and Animal Rights

The Principles of Animal Welfare, Animal Rights, Statutory provisions under Prevention of Cruelty to Animals (PCA) Act, 1960, and other relevant Acts and Rules there-under, Human - Animal relationship, Management of Zoos, Animals and Birds Sanctuaries, introduction to diagnosis and treatment of animal diseases, introduction to Animal Experimentation, etc.

Along with all the above information we also had one day field visit to the nearest Gowshala of Sri Vishnu Charitable Trust, Gurgaon. This training programme has not only given us the knowledge animal welfare but also thought us how to be passionate towards animals. After the end of this program I still remember the sentence said by one of the resource person "Koi Bhi Praani Awara Nahi Hotha, Wo Besahara Hotha Hai".

Vegan Club



27th August, Saturday
at 4 o' clock evening, at ARF Office,
Bangalore. We are going to screen a
movie about animals.

Contact Dilip Bafna at
+91-98451 74630 and Vinay Narayan
Swamy +91-94480 47409

Remember to bring a vegan dish. If you
cannot cook, bring fruits or juices.



ARF requires bureau for storage,
Please donate.



We need your financial support in order to put a stop to cruelty to animals. Together, we can make the world a better place for all beings. Please donate today.

₹ 1,000 ₹ 3,000 ₹ 5,000 Other ₹ _____

Cheque/DD (Please make payable to Animal Rights Fund at the below address)

Online Transfer to HDFC Bank, A/C No: 03671450000116, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1st Main Road, Seshadripuram, Bangalore - 560 020, Karnataka.

All donations are eligible for tax exemption under Sec 80G of I.T Act. Foreign Contribution Reg. No. 094420994 dt. 12/11/02

Animal Rights Fund

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