

“ Best religion JAIN; best festival PARUSHAN; best mantra NAVKAR; best deed TAP&JAP;  
best donation JIV DAYA; best voice JIN VANI-MICHAMI DUKKADAM; - Prithvi Ved Mutha ”



## Editor's Voice - Say It Right "Communicating Compassion "

How do we effectively communicate anything? Be it your thoughts, ideas, a known fact or just a feeling we must convey our words properly for them to be understood and acknowledged. Everyone has something to communicate but not everyone knows how to do so effectively.

I have been on a rollercoaster of thoughts and ideas of how to better the world around me and the only way I feel it will be a success is to communicate what I think at every chance I get. Veganism is my way of being and my life has evolved in many ways after I turned Vegan. My health, my work, my surroundings and my sense of self have been very balanced after embracing veganism. My only problem was communicating its ideology and its positivity to those around me. I am not a believer of enforcing my belief system on people but I do believe with the right words and ample determination we can have a likeminded audience.

One of the ways to effectively communicate the veganism ideology is to be frank and blunt about it. Tell people around you what good it does but also let them know what all has to be excluded in their daily life to endorse this healthy lifestyle. For example

cutting out butter from one's life could be excruciatingly difficult as it is a very habitual part of one's diet. But being blunt about the fact of how butter is obtained is a very vital part of the communication. Telling your audience about the sufferings of an animal to satisfy their desires is the bluntness you have to communicate. I have been doing so in my life long journey as a vegan and have successfully changed the way some people think.

Another way of getting your message across is to be a living example and to actively demonstrate what you want to communicate. By saying no to anything that does not fall under a vegan lifestyle is my way of doing it. If I am at a gathering and I am offered a cup of tea, I politely decline. When people around ask me why I simply tell them my thought structure behind saying no and proceed to communicate my ideas on veganism. Then one is willing to listen.

If our communication is flaky people will take our thoughts as opinion and not pay any heed to it. With strong and effective communication one can aspire to change the minds around!

*Prithvi Ved Mutha*

## Vegan Club

*Our Vegan Club has been recognised as the most compassionate NGO. We have received a Shining World Compassion Award in the entire India for promoting Veganism with a kind donation. This award we have received from The Supreme Master Ching Hai International Association, Singapore.*



*Needless to say we are celebrating this in our Vegan Potluck with cake and snacks on 24<sup>th</sup> September, Saturday between 12 noon to 6 pm at ARF Office.*

*Contact Sunaina Mullick at +91-98451 02249 and Vinay Narayan Swamy +91-94480 47409*

"We weep for a bird's cry, but not for a fish's blood; blessed are those with a voice." - **Major Kusanagi**

## Heart-felt Gratitude for your Donations

Palresha Charitable Trust, Bangalore;  
Mehul Parekh, Bangalore; Sri Jinkushal  
Suri Jain Dadawadi Trust, Bangalore;  
Dhiraj Kumar Lalwani, Bangalore;

## We require Volunteers

For our Helpline Activities, where we would treat sick and injured animals. Please contact [sunaina@arfindia.org](mailto:sunaina@arfindia.org)

## Summary of Work Done

Dogs (Inpatient) - 26 treated; Dogs (Outpatient) - 31 treated and released; Pigeons - 05 treated and released;



## Animal rights activists ask for a ban on glue traps

In response to a petition by the Federation of Indian Animal Protection Organizations, the Animal Welfare Board of India has issued a circular asking the Chief Secretaries of state governments and the Director General of Foreign Trade to prohibit sale, manufacture, use and import of glue traps.

Glue traps, also known as glue boards or sticky traps, are a type of non-lethal or restraining rodent traps that are used mostly to trap rats and mice. The animals are caught in the trap by their feet or fur and these attached

animals are thrown away still stuck to the trap, and cannot escape.



They endure a prolonged period of terror, pain and distress before death. Their desperate efforts to escape from

the trap result in torn skin and broken legs while some even try to bite off their limbs in an attempt to get away.

"The use of glue traps for controlling rats and rodents is in contravention of the provisions contained in Prevention of Cruelty to Animals Act 1960," said an official.

**Visit Website:**

<http://timesofindia.indiatimes.com/life-style/people/Animal-rights-activists-ask-for-a-ban-on-glue-traps/articleshow/9733836.cms>

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## A Change in Attitude

NDTV Bangalore's Bureau Chief Maya Sharma's favourite tale is the one where a man picks up one beached starfish after another and flings them in the ocean to save their lives. Asked how he could possibly make a difference to the hundreds that lay helpless on the shore, he tossed another into the ocean and responded - "Made a difference to that one".

Maya met Jogi when he was a homeless puppy that joined her for walks. "He was a free-range pup", she laughs. The fragility of an orphaned



pup's life became evident when Jogi was hit by a motorbike and later bitten by a poisonous snake. "My husband rushed him to a vet", says Maya adding that they had to wait and watch what happened next. Luckily, he recovered both from the bite and a bout of distemper. They decided to bring him home and raise him as their pet. "My mother has been a big influence. She has always been aware of animals in distress and reached out to them" says

the journalist who now inspires others to consider adopting Indian pups from the street. Compassion runs in the

family, for Maya's aunt has adopted several homeless pups in Mysore. When a dog in her previous residence in Jayanagar gave birth to six puppies, Maya's family got cracking and found homes for all of them through colleagues and relatives. "The Animal Birth Control programme has to happen on a war footing to get the numbers down", she says.

In the meantime, she observes positive trends in the city, such as adoption

campus that are conducted successfully with many native pups being taken off the streets in the process. She hopes

for a change in attitudes that will mean more lives being saved and refers to the pedigree dog trade in this context. "A dog is still considered a status symbol", she says of the problem. "I'm baffled when people continue to buy dogs when there are so many adorable pups that need protection". She calls Jogi a gentle soul, a sweetheart and a

fantastic dancer. "When we pick up the leash to take him for a walk, he does a canine break-dance", she says. There are hundreds of pups much like Jogi who are not as fortunate, or at least not yet, but as the saying goes, she made a difference - to that one.

**Visit Website:**

<http://www.thehindu.com/life-and-style/metroplus/article2408976.ece>



# Recipe of the Month

## Corn Spinach

### Ingredients:

\* 4-5 corn cobs; \* 500 gms spinach; \* 4 scallions; \* 5-6 garlic; \* 1/2 tsp black pepper powder; \* 1/2 tsp red chili flakes; \* 1 tsp italian seasoning or oregano seasoning or mixed dry herbs; \* 3 tbsp extra virgin olive oil; \* 3 tbsp soft cheese; \* salt;

### Method:

\* boil the corn cobs in water for 15-20 mins. when they warm or when they cool down, remove the kernels from the cob with a knife. keep aside.

\* rinse the spinach in water thoroughly. chop them and keep aside. \* chop the scallions and garlic. reserve the greens for garnishing.

\* heat the olive oil in a pan. now add the scallions and garlic to it. \* saute for 2 mins and then add the chopped spinach.

\* saute the spinach for 4 mins. \* add the black pepper and salt now. \* after 2 mins add the red chili flakes and the mixed herbs.

\* the spinach would have softened and considerably cooked after 3-4 mins. now add the boiled corn kernels. \* mix the corn with the spinach and spices. saute for 2-3 minutes more.

check the salt and add more if required. serve hot with warm or toasted bread.



Animals have always been a significant part of Indian tradition, religion and society. A cow is worshipped as the holy mother. Feeding birds is a daily ritual for many Indian citizens. Monkeys are revered by some tribes. Even snakes are regarded with awe and respect in most parts of our country. But, strangely, taking care of the creatures in daily life, is not something we are good at. Especially in the cities. Animals which share urban space with us really do lead a dog's life!.

### A dog's life

The evolutionary history of many city animals is linked to humans. The most obvious example is that of the dog. Dubbed, 'man's best friend,' these creatures can trace back their ancestry to wild wolves. At the time when

## Animals & Us

humans were nomads wild dogs were befriended because they could assist them to hunt. The modern dog — a result of crossbreeding — has evolved in such close proximity with humans that they can't survive away from people. But cities are not kind to these creatures. Most animals live off foraging in the garbage dumps and roaming on the roads. The winged denizens share similar fates.

Stray cattle are a common sight in every Indian city. Most of them belong to dairy farmers who lived in the outskirts of cities, and whose domain has been gradually eaten up. Grazing lands have disappeared. So they are content to leave the cattle to fend for themselves. The animals eat what they dig out of garbage dumps—hardly a healthy meal...consisting of a great deal of plastic bags!

### Sharing space again

All animals that have evolved in proximity with humans have a delicately balanced relationship — each plays a role in the city ecosystem. Street dogs, for example, keep the city clean. They

feed on edible waste from butcheries and slaughterhouses. They are one of the best urban scavengers. But this balance is now disrupted. With the volume of waste increasing at an uncontrollable pace, the number of stray dogs, too, have grown dramatically. Result? Rabies cases in cities Delhi, for instance, have risen to more than 200 of which 90.7 per cent are due to stray dog bites.

And when such emergencies occur, the offenders are killed en masse. But the crisis can be averted if the burgeoning dog population is provided shelter. And the diseased ones are taken care of. In other words, we learn to share our space again.

**Source:Gobar Times**







## 'Anna Hazare, please spare the donkeys'

**MUMBAI:** While the people's movement against corruption enters a critical stage, the animal activists have urged Anna Hazare to immediately intervene and save the poor donkeys from being harassed at various ongoing rallies. A letter written by Federation of Indian Animals Protection Organisations (FIAPO) has stated that in India there are approximately 1.6 million donkeys which are largely used to do hard labour. FIAPO has requested Anna Hazare to help stop the further harassment towards animals like donkeys that are being ridiculed by protesters with a bad and cruel sense of humour. A Lucknow based activist, Kamna Trivedi, had posted an update on Facebook stating that she was sickened to see anti-corruption activists dragging a few donkeys at a procession and also slapping the poor animals for no fault of theirs. The donkeys were somehow made out to be "symbols of corrupt officials and politicians" at the rallies, which is rather cruel and senseless.

Visit Website: <http://timesofindia.indiatimes.com/india/Anna-Hazare-please-spare-the-donkeys/articleshow/9735050.cms>



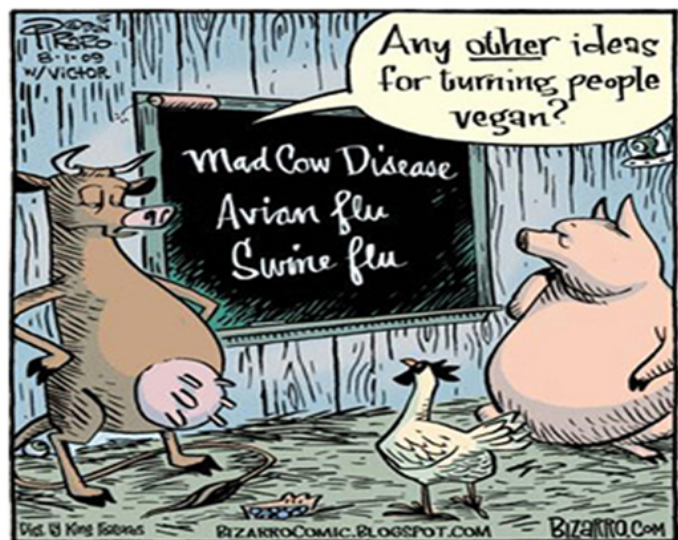
## Helpline Activities

This dog was brought to ARF for its maggot wound on its back. We at ARF, under sedation, removed the maggots. Now the dog is feeling much better and the wound has been treated. Earlier it was dull, gloomy and in a bad condition but now it's moving around, active and is welcoming every visitor with its bark. It's presently under treatment.

This street dog from Vijayanagar was attended for its swollen face with pus oozing from its side of a face. On examination, it was found to have an abscess on its face with the leakage of pus from a small opening on its side. Currently it's under antibiotics. We are planning to conduct a corrective surgery soon. Kindly donate for its speedy recovery.



ARF requires an Ambulance for saving animal life, 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, 1<sup>st</sup> 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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