



# ARF Newsletter

BANGALORE

JUNE 2010

Vol I Issue 32

## Editor's VOICE

A cow, sensing a butcher coming to slaughter it severed the rope. The butcher was running after the cow, and the cow ran for its life. The butcher found a Sadhu, under a tree chanting some mantra. "Sawmi, did you see a cow running this way?" As the Sadhu deeply engrossed with chanting the mantra, he raised his both hands and waved in the direction where the cow was hiding. The Butcher bowed to him, caught the cow and butchered it.

Siva's father was giving this discourse in a temple. He continued...

There lived a Sanyasi called Jaarukar. He held Lord Narayana in his heart and always kept chanting 'Panduranga... Panduranga'. One night, Jaarukar rested in the porch of a house. The woman of the house came out at midnight, saw this young Sadhu said, "I couldn't stop being drawn towards you. In you, I found my love. Please accept me. Please marry me."

The Sadhu politely explained, "I am a Sadhu. And you are a wife of somebody. You should not speak such language." Saying this, the Sadhu decided to leave the place. She asked Jaarukar to wait for a moment, went inside, came out with her husband's severed head in her hand and told the Sadhu. "Dear, look at this. My husband is no more. Hence, I am not a wife of anyone. I am free now. Please accept me. I can't stop loving you."

Pertrified, Jaarukar started running away. The woman too, with the husband's severed head in her hand, started screaming, "Help....help....Save me.... Save me...." Responding to her screaming people gathered. She told "This man tried to sexually harass me and he beheaded my husband, who tried to save me." The crowd caught Jaarukar, and produced him in the king's court. The king said "I don't want to take the life of a Sadhu. Since he tried to harass you with his hands, I order to sever his hands." Jaarukar's hands were severed and he was thrown out of the kingdom.

Lord Narayana appeared in the skies and said. You were a Sadhu even in your previous birth. One day while you were chanting, a cow ran past you to save its life, and with your two hands you helped the butcher in finding the cow, which caused the cow its life. Now the cow has come as that woman, took the life of her husband, who was then the butcher, and caused the severing of your hands to complete the cycle of past karma."

Siva's father then concluded his discourse saying.....

"Karma is a system. No one can escape or bypass his karma, even god cannot save himself from Karma, if he is embodied. Each one has to face and enjoy the consequences of his karma. That's why we have been advised to think good and do good."

If you believe in Karma, be good to the entire animal kingdom. Turn VEGAN and lead a peaceful life.

(Dilip Bafna)

## Highlights of Work done by ARF in May 2010

Pigeon (Treated) – 8

Pigeons (Treated and Released) – 4

Dogs (Treated and Released) - 17

Dogs (Treated) - 25

Helpline Complaints & Sterilization for Dogs – 219

CNVR (Catch, Neuter, Vaccinate, Release) of Dogs-1230

**ARF wants Veterinary Doctors: We require 50 Veterinary Doctors who have completed their B.V.Sc or M.V.Sc. To apply go our career page in our website [www.arfindia.org](http://www.arfindia.org)**

*Bangalore has been hitting the Vegan circuit, with numbers of Vegans growing exponentially. Read this article about there experience.*

<http://bangalore.citizenmatters.in/articles/view/1922-vegan-group-bangalore>

<http://veganbangaluru.files.wordpress.com/2010/05/dna-article.jpg>

<http://www.mybangalore.com/article/0610/bangaloreans-jump-on-to-the-band-vegan.html>

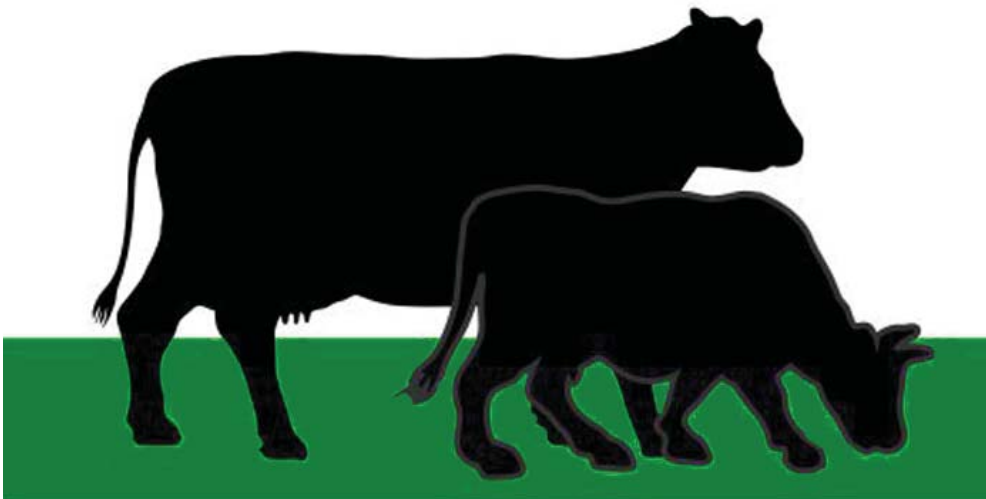
<http://www.vegsource.com/news/2010/06/india-bangalore-goes-vegan.html>

## Vegan Potluck

See you there. Times Foundation Auditorium, First Floor, 40/1, S&B Towers, M.G.Road, Bangalore – 560 001.  
Saturday 26 June 2010 at 6:30 pm.

The monthly Bangalore vegan meet is open to everyone: new and long-term vegans, vegetarians or anyone who would like to learn about veganism and taste some delicious vegan dishes. This is a great way to meet and make friends with vegans in Bangalore and share experiences, tips and recipes. There is no agenda, just come, eat, socialise and enjoy! BUT PLEASE DO BRING A VEGAN DISH TO SHARE.

*She's a mother not a  
milk machine.*



*All animals have the right  
not to be used as property.*

*Animals can feel pain, experience and respond to the world, remember and form relationships. They are all individuals. People don't need to use animals for health or environmental reasons, and using them for our pleasure is morally wrong. The solution isn't more regulation of how we treat the animals we use, it's the abolition of animal use period. That starts with veganism. Vegans don't use animals for food, clothing, entertainment, any other reasons. It's easy to do and you can start it today. Make a difference. Go vegan, educate others about veganism and animal rights, and work to end the property status of nonhuman animals. Learn more at [www.animalemancipation.com](http://www.animalemancipation.com) or [www.abolitionistapproach.com](http://www.abolitionistapproach.com).*

**animalemancipation**

# Can Vegan be Pregnant?

- Annu Anand

One dark night happened to throw light on my covered conscience...I was watching a video on cow torture in India which sent chills through my spine leaving me sobbing with immense mental agony and suddenly I felt a shadow overlooking the laptop. That was my little 3 yrs old son. He said "I will never drink milk again" I thought he was just finding reasons to avoid milk as he disliked it. So I told him that Yoghurt, cakes and chocolates were made from the same milk and he said he will drop them too. The was an instant transformations we both turned vegans and my husband also followed suit after a month and then I conceived my second child and she is a vegan by birth with a very healthy weight. I was also able to nurse her without any top feed, not even water for the first 6 months. She is 14 months old now. Four of us have not fallen sick ever since we became vegans.

Looking back to my childhood days, I used to fall sick for minimum 5 days every single month with cough and cold no matter how careful I was with my health. I was a non-vegetarian then but I always had an underlying love and compassion for animals. My pet was injured in her paw and that made me feel for the animals I used to have on my plate. That episode turned me a healthy vegetarian 10 years ago. I am happier and a lot healthier being a vegan since 3 years now. Surely, the KARMIC factor plays its role in all our lives. The less pain we inflict upon our fellow creatures, the happier we become in most ways....



## Ministry of Environment and Forests

A draft for aquarium fish breeding and dog breeding rules has been released for public comment. Click on the computer and give your valuable comment.

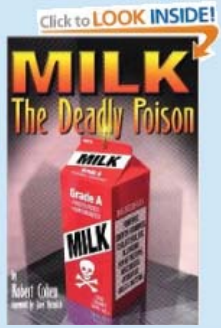
<http://moef.nic.in/downloads/public-information/Draft-Aquarium-Fish-Breeding-Rules-2010.pdf>

<http://moef.nic.in/downloads/public-information/Draft-Dog-Breeding-Rules-2010.pdf>

Public comments can be made till 8 July and are to be sent to :  
Director  
Animal Welfare Division  
Ministry of Environment and Forests  
8th Floor, Jeewan Prakash Building,  
25, K.G. Marg,  
New Delhi-110001  
Email: [anjanimoef@yahoo.com](mailto:anjanimoef@yahoo.com)

# Milk - The Deadly Poison

Robert Cohen (Author), Brian Vigorita (Illustrator)



## Whole Some Milk:

Hundreds of millions of dollars are invested each year by the dairy industry and milk processors to insure that Americans will drink milk and eat Dairy products. Some of those dollars are used to pay for advertising and some of those dollars are donated to congressmen and senators who vote on issues affecting the dairy industry. Some of those dollars are paid to the American Dietitians Association (ADA) which promotes the use of milk and dairy products. Some of those dollars are granted to universities to finance research that supports the marketing message of the dairy coalition. Adult Americans would react with repugnance when faced with the suggestion of drinking human breast milk. How about milk from man's best friends, his cats and dogs? Instinctively, one knows that there are substances in milk which are intended for the young of each specific species. Yet, we continue to drink milk from cows. That practice has been made acceptable. We drink a tall glass of milk. Unaware that we also are consuming powerful growth hormones, enormous quantities of dietary cholesterol, fat, allergenic proteins, insecticides, antibiotics, viruses and bacteria....

We would recommend you to buy the book <http://www.amazon.com/Milk-Deadly-Poison-Robert-Cohen/dp/0965919609>

## Heart-felt Gratitude for your Donations

Mahaveer Corporation, Bangalore.  
Chetan Prakash Bhikan Chand, Bangalore  
Goutham Mandoth, Bangalore.  
Jain Ektha Manch, Bangalore.  
Mehul Parek, Bangalore.

Book Post

This dog had a bleak change for surviving. Our Dr. Nagaraj of ARF did not lose heart, On the first day, turpentine gauze applied and nearly 50 maggots came out of the wound, you can notice the maggots fallen on the ground and also on the wound. The next day nearly 10 dead maggots were removed, the treatment continues for 10 days. Now the wound is almost healed, it is eating well; sleeping well and in about a week we are planning to discharge it to its area. We are satisfied that we have saved a dog which was leading a very pathetic life and which was about to die.



I am not shy about admitting that this is a critical time for donations we hope to – and must – receive. ARF needs your support to ensure animals are treated with regard and compassion. With your help, we will continue to strive to ensure that animals are not forgotten or ignored.

Rs. 1,000    Rs. 2,000    Rs. 5,000    Others Rs. ....

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

Online Transfer to ICICI Bank, A/C No: 625101049908, IFSC Code: ICIC0006251, Branch : ICICI Bank Limited, 1091, OTC Road, Nagarhapet, Bangalore – 560 002.

All donations are eligible for tax exemption under Sec 80G of I.T. Act. Foreign Contribution Reg No. 09442 0994 dt. 12/11/02

### **Animal Rights Fund**

Comfort Manor, First Floor, No.10/4-2, Kumara Krupa Road, Bangalore-560 001.

Email: arfindia@gmail.com, www.arfindia.org

Mobile: 98451 74630 (Dilip Bafna), 98450 09681 (Ajay Kumar), Office: 080 - 22 34 28 20

**Editor:** Dilip Bafna **Assistant Editor:** Bhavana Bafna

**Graphics & Design:** Naveen Kumar **Production Incharge:** Prakasha

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