



GAUVANSH HATYA PRATIBANDH NATIONAL IMMINENCE LEGALLY JUSTIFYING

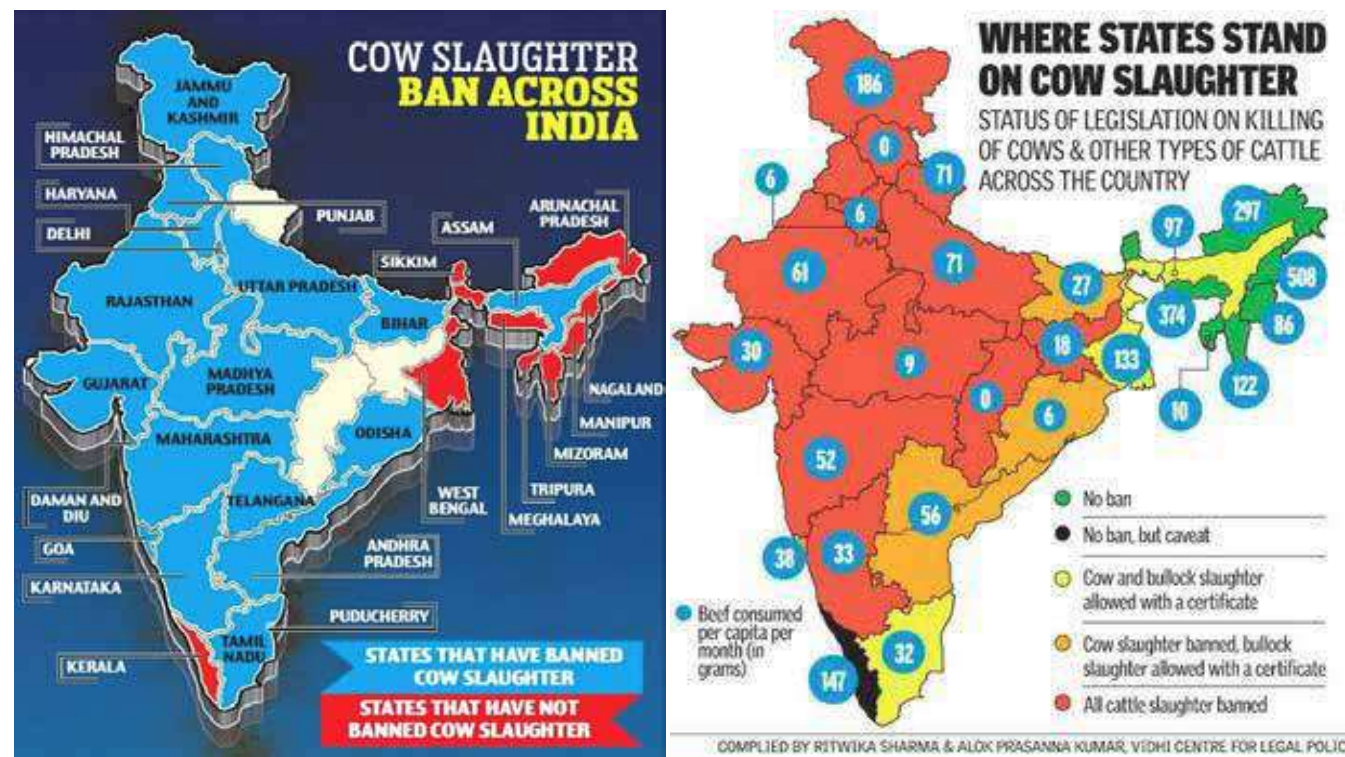


REPORT COMPILED BY :
SHRI VARDHMAN PARIVAR AND
AKHIL BHARTIYA KRISHI GO SEVA SANGH, Mumbai.

PROHIBITION OF COW SLAUGHTER IS A DIRECTIVE PRINCIPLES OF STATE POLICY

Article 48 in the constitution of india . It reads :

48. The State shall endeavour to organise agriculture and animal husbandry on modern and scientific lines and shall, in particular, take steps for preserving and improving the breeds and prohibiting the slaughter, of cows and calves and other milch and draught cattle.



OUR PRIME MINISTER SHRI NARENDRA MODI'S BLOG ON PINK REVOLUTION

JANMASHTAMI - THE PROTECTOR OF COWS, LORD KRISHNA'S BIRTHDAY
AUGUST 9, 2012 AUTHOR: NARENDRA MODI

Time to reject 'pink revolution promoting slaughter of mother cow'

Dear Friends,
Jai Shri Krishna!

On the occasion of Janmashtami, I extend my warmest greetings and best wishes to you and your family, especially children. Janmashtami, the birthday of Lord Krishna is the day to recall feelings Bhakti (devotion) and Bhav (intent). In various parts of the country rather the entire world, Janmashtami is celebrated in a major way through different ways. The most common image of Janmashtami is that of 'Dahi Handi' wherein a sea of Krishna Bhakts assemble to see youngsters attempting to break the earthen pot filled with milk cream. Lord Krishna, the 'Makhan Chor' is always remembered as Sakha (friend) and protector of cows.

Lord Krishna stands for decimating the evil. In his infant days he escaped the evil designs of Kansa. The image of a youngster from Vrindavan with cows to a divine figure in the Mahabharata always serves as a blessing for us. **He always personified divinity and enlightenment.** In

the middle of 'Mahabharata', he gave us the message of life in the form of the 'Bhagwat Gita'. He showed us the way of life by teaching 'Nishkam Karmyog' or selfless service. It is a matter of great pride that the blessed land of Gujarat has been the Karmabhumi of Lord Krishna. Dwarka was the capital and he remains the 'Dwarkadhish' or the Lord of Dwarka. Dakor and Shamlaji too have deep-rooted bond with Lord Krishna.

There is a huge presence of Lord Krishna in every aspect of our life. We not only revere Lord Krishna but also everything associated with him. Among other reasons, his association with cows made us to worship them as our mother. In Gujarat, we have left no stone unturned to protect 'Gau Mata'. We are the only state in India to enact a law for protecting the cow's progeny and ban cow slaughter. But, our work does not stop at preventing killing of mother cow but to also ensure their wellbeing. This inspired us to organize cataract operations for cows.





It saddens me that present UPA Government led by Congress is promoting slaughtering of cows and exporting beef to bring 'Pink Revolution'. Our ancient Indian ethos and values doesn't teach us to kill mother cow, who nurture us from the day we start taking shape in the womb of our mother till we leave this mother earth. Sadly, the UPA seems unbothered about this rich ethos of our culture. It wants to make India the biggest exporter of beef! Mahatma Gandhi and Acharya Vinoba Bhave worked tirelessly for the protection of mother cow but this Government abandoned their teachings. Should we feel proud of this endeavor of the UPA Government led by Congress, which is founded on the killing of our mother cow?

Friends, on this day, I appeal to you to take a pause and reflect whether we should kill our mother cow who give us milk and various milk

products which are essential for our children who are suffering with protein deficiency. Our future generation is not getting sufficient milk and this Government wants to kill cows that provide us 'ladder for life'. I'm sure that you will contribute your might in stopping such insane act.

Once again, I convey my greetings on this auspicious day and also take this opportunity to extend a warm invite to visit places in Gujarat such as Dwarka, Dakor and Shamlaji, connected with Lord Krishna.

Yours,

NARENDRA MODI

MUSLIM BUSINESS CHAMBER DEMANDS BAN ON BEEF EXPORT

SHARE ON TUMBLR

IANS | Jul 31, 2014 at 11:45pm ♦ IST

The Muslim Chamber of Industries and Commerce here on Thursday demanded that beef export should be stopped immediately while buffalo meat export must be contained.

The demand was made in a resolution unanimously passed at its meeting here. In another resolution, the MCCI suggested steps be taken to increase production and export of milk and milk based products.

"Animals have a very special and holy place in our culture and religious ethos but with passage of time and globalization we expanded our meat export including of beef export which has not only affected our culture but has also hurt our religious sentiments," said MCCI director Jasim Mohammad, while chairing a meeting on "Meat Export Analysis".

Muslim business chamber demands ban on beef export

He said latest research and findings indicated that though the country was earning handsome foreign exchange through meat exports, but it was heavily losing on domestic and cultural fronts. "We therefore need to increase milk and milk based products export and stop exporting beef while containing export of buffalo meat."

India earned Rs.21,000 crore in foreign exchange by exporting 1,089 million tons meat in 2012-13 but that resulted in decreasing milk production which came down at 134.5 million tons last year though is expected to be 140.6 million ton this year. Hence there is dire need to minimize meat export, Jasim said.

SAM Infra Constructions director Farhat Ali Khan said India was a multi-religious country and the majority of Indians not only worshipped animals like cows but were also against meat consumption.

"Sometimes due to unchecked animal butchering, communal tension develops and communal harmony is negatively affected," he observed.

Vision Academia Publications director Razaullah Khan said that unchecked butchering of animals, particularly cows, was also affecting ecology and environment. "It is also affecting fertility of our lands. The government should contain meat export in national interest to balance the environment."

Dental Association Secretary Naseem Ashraf observed that cow dung fertilizer is the best for cultivation "but due to galloping beef exports, our farmers have been deprived of that". "Hence the government should review meat export policies," he said.

SOURCE : https://www.google.co.in/?gfe_rd=cr&ei=lirOVNqABs3M8gfatoH4Cw&gws_rd=ssl#q=narendra+modi%27s+blog+on+janmashtami+pink+revolution&spell=1

SOURCE : <http://ibnlive.in.com/news/muslim-business-chamber-demands-ban-on-beef-export/489547-3-242.html>

IN THE SUPREME COURT OF INDIA

[CIVIL WRIT JURISDICTION]

WRIT PETITION (CIVIL) No. 381 of 2010

IN THE MATTER OF :

International Organization
for Animal Protection, through
Sh. Naresh Kadyan,
India Representative, ...Petitioner

//Versus//

Union of India & Ors. ...Respondent

I. A. _____ 2010,

(Stay Application)

PAPER BOOK

(FOR DETAILED INDEX PLEASE SEE INSIDE)

[ADVOCATE FOR THE PETITIONER :]

INDEX

Serial No

Particular of Documents

Page Nos.

Listing Performa A to

List of Dates to

Writ Petition (Civil) with affidavits

ANNEXURE-P/1:: Order Dt. 16/11 / 1994

Affidavit of Urgency.

PART OF A SUPREME COURT JUDGMENT DATED 16-11-1994

**'Ban on the slaughter of cow and its progeny
in solemn discharge of their mandatory duty and
obligation under the provision of Constitution of India**

That, this Hon'ble Court has laid down the law in Mohammed Hanif Qureshi's case in the following proposition;

1. That a total ban on the slaughter of cows of all ages and calves of cows and calves of buffaloes, male, female, is quite reasonable and valid and is in consonance with the directive principles laid down in Article 48.
2. That a total ban on the slaughter of the buffaloes or breeding bulls or working bullocks (cattle as well as buffalo) as long as they are milch or draught cattle, is also reasonable and valid; and
3. That a total ban on the slaughter of the she buffaloes after they cease to be capable of yielding milk or breeding or working as draught animals be supported as reasonable in the interests of the general public.

The law thus laid down by this Hon'ble Court and followed by it in the later cases being the law of the land, the aforesaid judgement in Mohammed Hanif Qureshi's case operates as disability on the part of the State including the respondents to enact a valid legislation prohibiting completely the slaughter of the cow and its progeny since its continued slaughter violates the fundamental right of Hindus.

In this connection, Das C.J. referred to the historical background regarding cow slaughtering from the times of Mughal emperors. Mughal Emperor Babur saw the

wisdom of prohibiting the slaughter of cows as and by way of religious sacrifice and directed his son Humayun to follow this.

Similarly, Emperors Akbar, Jehangir and Ahmad Shah, it is said, prohibited cow slaughter. In the light of this historical background, it was held that total ban on cow slaughter did not offend Article 25(1) of the Constitution

Akbar the Great

The Supreme Court has also termed Mughal emperor Akbar "the architect of modern India". A bench said that Akbar, who had great respect for Jainism, had declared "Amari Ghosana": banning the killing of animals during Paryushan and Mahavir Jayanti. He rolled back the Jazia tax from Jain pilgrim places like Palitana. These 'firmans' or decrees were also issued in 1584, 1592 and 1598.

Akbar received a delegation led by Jain monk Hir Vijaya Suri, who had walked to Fatehpur Sikri. They persuaded the emperor to forbid the slaughter of animals for six months in Gujarat and abolish the confiscation of the property of deceased persons, the Sujija Tax (Jazia) and the Sulka (possibly a tax on pilgrims) and also free caged birds and prisoners. Akbar is said to have given up hunting and quit meat-eating as it had become repulsive. Such was the influence of Jainism in Ahmedabad.

In view of this settled legal position, it becomes obvious that if there is no

fundamental right of a Muslim to insist on slaughter of healthy cow on Bakr'd day, it cannot be valid grounds for exemption by the State under Section 12 which would in turn enable slaughtering of such cows on Bakr'd. The contention of learned counsel for the appellants--that Article 25(1) of the Constitution deals with essential religious practices while Section 12 of the Act may cover even optional religious practices--is not acceptable. No such meaning can be assigned to such an exemption clause which seeks to whittle down and dilute the main provision of the Act, namely, Section 4, which is the very heart of the Act. If the appellants' contention is accepted, then the State can exempt from the operation of the Act, the slaughter of healthy cows

even for non-essential religious, medicinal or research purpose, as we have to give the same meaning to the three purposes, namely, religious, medicinal or research purpose, as envisaged by Section 12.

<http://JUDIS.NIC.IN>

SUPREME COURT OF INDIA - Page 6 of 7

In this connection, it would not be amiss to observe that the so-called fundamental right of butchers for doing trade or business by the slaughter of the cow and her progeny cannot be called a 'basic feature'. If the Constitution takes away such a right, it would not be against the basic structure of the Indian Constitution.

SOURCE : http://www.stephen-knapp.com/vegetarianism_beef_can_kill_you.htm

SUPREME COURT OF INDIA

Page 1 of 51

ASE NO. : **Appeal (civil) 4937-4940 of 1998**

PETITIONER : **State of Gujarat**

RESPONDENT : **Mirzapur Moti Kureshi Kassab Jamat & Ors.**

DATE OF JUDGMENT : **26/10/2005**

BENCH : **CJI R. C. LAHOTI,
B. N. AGRAWAL, ARUN KUMAR G.
P. MATHUR C. K. THAKKER P. K.
BALASUBRAMANYAN**

JUDGMENT :

JUDGMENT WITH

CIVIL APPEAL NOS. 4941-44 of 1998

Shree Ahimsa Army Manav Kalyan
Jeev Daya Charitable Trust

Versus

Mirzapur Moti Kureshi Kassab Jamat,
Ahmedabad & Ors.

and

CIVIL APPEAL NO. 4945 of 1998

Akhil Bharat Krishi Goseva Sangh

Versus

**Mirzapur Moti Kureshi Kassab Jamat,
Ahmedabad & Ors.**

\005Appellant

005Respondents

\005Appellant

005Respondents

R.C. LAHOTI, CJI

Section 2 of the Bombay Animal Preservation (Gujarat Amendment) Act, 1994 (Gujarat Act No. 4 of 1994) which introduced certain amendments in Section 5 of the Bombay Animal Preservation Act, 1954 (as applicable to the State of Gujarat) has been struck down as ultra vires the Constitution by the High Court of Gujarat . These three sets of appeals by special leave have been filed thereagainst.

A chain of events, legislative and judicial, lead to the impugned enactment . To appreciate the core issue arising for decision in these appeals and also the constitutional questions arising therein, it will be useful to set out the preceding events in their chronological order.

PART - I

Backdrop of Events

Legislative history leading to impugned enactment

With a view to conserve the cattle wealth of the State of Bombay, the State Government enacted the Bombay Animal Preservation Act, 1948 and prohibited slaughter of animals which were useful for milch, breeding or agricultural purposes. This

**<http://JUDIS.NIC.IN>
SUPREME COURT OF INDIA**

*Click below link to read full text of
"Supreme Court Judgement On GOHATYA 2005"*

[https://archive.org/stream/SC_judgement_on_cow_slaughtering_2005_india/Supreme%20Court%20Judge-ment%20on%20GOHATYA_djvu.txt](https://archive.org/stream/SC_judgement_on_cow_slaughtering_2005_india/Supreme%20Court%20Judgement%20on%20GOHATYA_djvu.txt)

REPORTABLE IN THE SUPREME COURT OF INDIA

CIVIL APPELLATE JURISDICTION

CIVIL APPEAL NO. 5387 OF 2014

(@ Special Leave Petition (Civil) No.11686 of 2007)

Animal Welfare Board of India Appellant

Versus

A. Nagaraja & Ors. Respondents

WITH

CIVIL APPEAL NO. 5388 OF 2014

(@ Special Leave Petition (Civil) No.10281 of 2009)

CIVIL APPEAL NOS. 5389-5390 OF 2014

(@ Special Leave Petition (Civil) Nos.18804-18805 of 2009)

CIVIL APPEAL NO. 5391 OF 2014

(@ Special Leave Petition (Civil) No.13199 of 2012)

CIVIL APPEAL NO. 5392 OF 2014

(@ Special Leave Petition (Civil) No.13200 of 2012)

CIVIL APPEAL NO. 5393 OF 2014

(@ Special Leave Petition (Civil) No.4598 of 2013)

CIVIL APPEAL NO. 5394 OF 2014

(@ Special Leave Petition (Civil) No. 12789 of 2014)

(@ SLP(C) CC...4268 of 2013)

WRIT PETITION (C) NO.145 OF 2011

AND

T.C. (C) Nos.84, 85, 86, 97, 98 and 127 of 2013

Hon'ble Judges :

Shri K.S. Radhakrishnan, J. & Shri P.C. Ghose

SYNOPSIS SIGNIFICENCE OF THE LAND MARK JUDGEMENT

Page No. 59 / Para No. 32

Sections 3 and 11, as already indicated, therefore, confer no right on the organisers of Jallikattu or bullock-cart race, but only duties, responsibilities and obligations, but confer corresponding rights on animals. Sections 3, 11(1)(a) & (o) and other related provisions have to be understood and read along with Article 51A(g) of the Constitution which cast fundamental duties on every citizen to have "compassion for living creatures". Parliament, by incorporating Article 51A(g), has again reiterated and reemphasised the fundamental duties on human beings towards every living creature, which evidently takes in bulls as well. All living creatures have inherent dignity and a right to live peacefully and right to protect their well-being which encompasses protection from beating, kicking, over-driving, over-loading, tortures, pain and suffering etc.

Human life, we often say, is not like animal existence, a view having anthropocentric bias, forgetting the fact that animals have also got intrinsic worth and value. Section 3 of the PCA Act has acknowledged those rights and the said section along with Section 11 cast a duty on persons having charge or care of animals to take reasonable measures to ensure well-being of the animals and to prevent infliction of unnecessary pain and suffering.

Page No. 69 / Para No. 43

..... like the PCA Act which has been enacted to prevent infliction of unnecessary pain or suffering on animals and confer duties and obligations on persons in-charge of animals..... Professor Salmond states that

Custom is the embodiment of those principles which have commended themselves to the national conscience as the principles of justice and public utility. This Court, in *N. Adithayan v. Thravancore Dewaswom Board and Others*

(2002) 8 SCC 106, while examining the scope of Articles 25(1), 2(a), 26(b), 17, 14 and 21, held as follows : "18..... Any custom or usage irrespective of even any proof of their existence in pre-constitutional days cannot be countenanced as a source of law to claim any rights when it is found to violate human rights, dignity, social equality and the specific mandate of the Constitution and law made by Parliament. No usage which is found to be pernicious and considered to be in derogation of the law of the land or opposed to public policy or social decency can be accepted or upheld by courts in the country."

Para No. 44

As early as 1500-600 BC in Isha-Upanishads, it is professed as follows : "The universe along with its creatures belongs to the land. No creature is superior to any other. Human beings should not be above nature. Let no one species encroach over the rights and privileges of other species."

Page No. 71 & 72 / Para No. 47

INTERNATIONAL APPROACH TO ANIMALS WELFARE

We may, at the outset, indicate unfortunately, there is no international agreement that ensures the welfare and protection of animals. United Nations, all these years, safeguarded only the

rights of human beings, not the rights of other species like animals, ignoring the fact that many of them, including Bulls, are sacrificing their lives to alleviate human suffering, combating diseases and as food for human consumption. International community should hang their head in shame, for not recognizing their rights all these ages, a species which served the humanity from the time of Adam and Eve. Of course, there has been a slow but observable shift from the anthropocentric approach to a more nature's right centric approach in International Environmental Law, Animal Welfare Laws etc. Environmentalist noticed three stages in the development of international environmental law instrument.

Page No. 76 / Para No. 51

When we look at the rights of animals from the national and international perspective, what emerges is that every species has an inherent right to live and shall be protected by law, subject to the exception provided out of necessity. Animal has also honour and dignity which cannot be arbitrarily deprived of and its rights and privacy have to be respected and protected from unlawful attacks.

Page No. 77 / Para No. 53

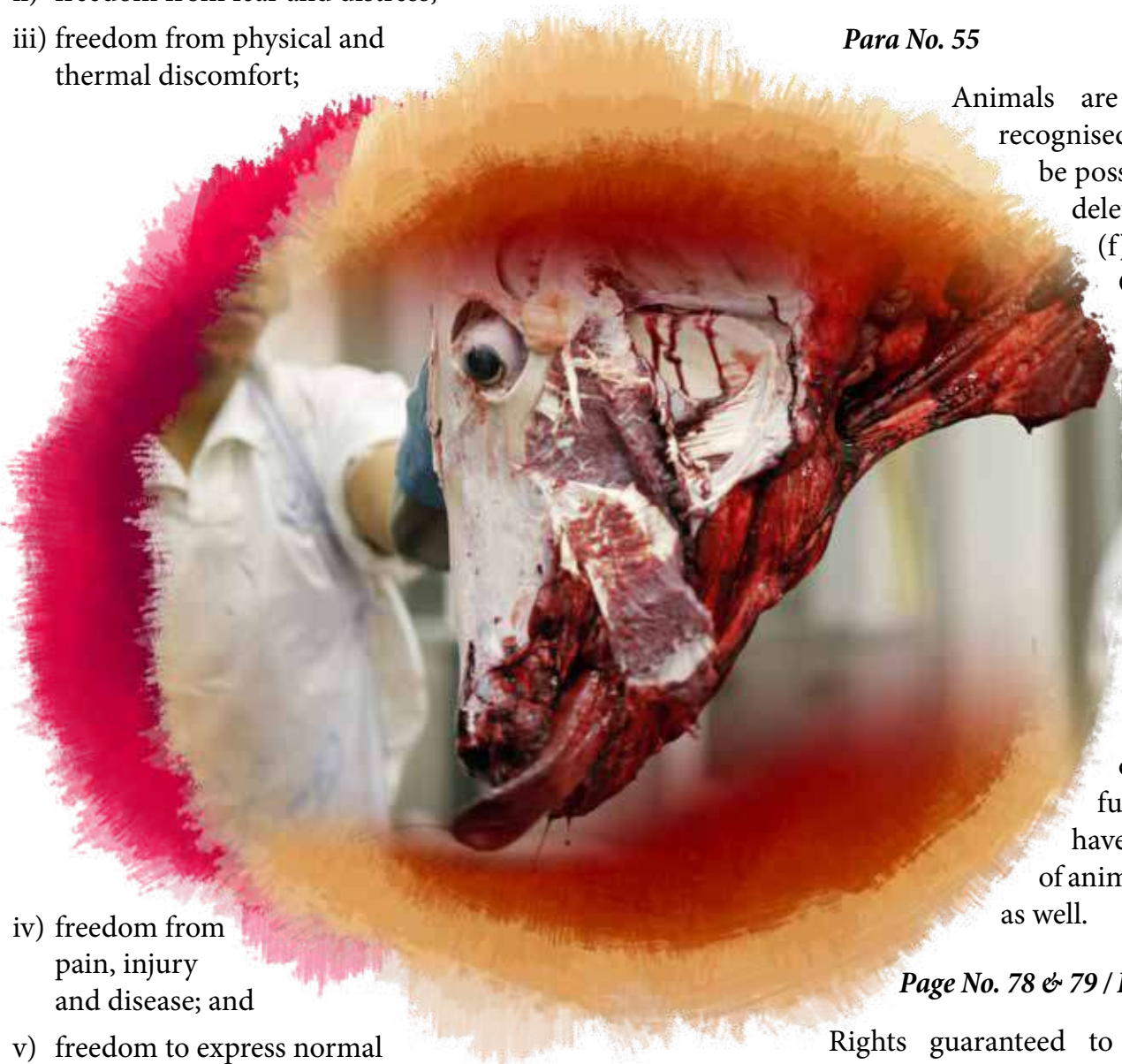
World Health Organization of Animal Health (OIE), of which India is a member, acts as the international reference organization for animal health and animal welfare. OIE has been recognised as a reference organisation by the World Trade Organisation (WTO) and, in the year 2013, it has a total of 178 member countries. On animal welfare, OIE says that an animal is in good state of welfare if (as indicated by Scientific evidence) it is healthy, comfortable, well nourished, safe, able to express innate behaviour and if it is not suffering from unpleasant states such as pain, fear and distress.

FREEDOM

Page No. 77 & 78 / Para No. 54

Chapter 7.1.2 of the guidelines of OIE, recognizes five internationally recognized freedoms for animals, such as :

- i) freedom from hunger, thirst and malnutrition;
- ii) freedom from fear and distress;
- iii) freedom from physical and thermal discomfort;



- iv) freedom from pain, injury and disease; and
- v) freedom to express normal patterns of behavior

Food and Agricultural Organisation (FAO) in its "Legislative and Regulatory Options for Animal Welfare" indicated that these five freedoms found their place in Farm Welfare

Council 2009 U.K. and is also called Brambell's Five Freedoms. These five freedoms, as already indicated, are considered to be the fundamental principles of animal welfare and we can say that these freedoms find a place in Sections 3 and 11 of PCA Act and they are for animals like the rights guaranteed to the citizens of this country under Part III of the Constitution of India.

Para No. 55

Animals are world-wide legally recognised as 'property' that can be possessed by humans. On deletion of Article 19(1) (f) from the Indian Constitution, right to property is more a fundamental right in India, this gives the Parliament more a leeway to pass laws protecting the rights of animals. Right to hold on to a property which includes animals also, is now only a legal right not a fundamental right. We have also to see the rights of animals in that perspective as well.

Page No. 78 & 79 / Para No. 56

Rights guaranteed to the animals under Sections 3, 11, etc. are only statutory rights. The same have to be elevated to the status of fundamental rights, as has been done by few countries around the world, so as to secure their honour and dignity. Rights and freedoms guaranteed to the animals under Sections

3 and 11 have to be read along with Article 51A(g)(h) of the Constitution, which is the magna carta of animal rights.

COMPASSION

Para No. 57

Article 51A(g) states that it shall be the duty of citizens to have compassion for living creatures. In *State of Gujarat v. Mirzapur Moti Kureshi Kassab Jamat and Others* (2005) 8 SCC 534, this Court held that by enacting Article 51A(g) and giving it the status of a fundamental duty, one of the objects sought to be achieved by Parliament is to ensure that the spirit and message of Articles 48 and 48-A are honoured as a fundamental duty of every citizen. Article 51A(g), therefore, enjoins that it was a fundamental duty of every citizen "to have compassion for living creatures", which means concern for suffering, sympathy, kindness etc., which has to be read along with Sections 3, 11(1)(a) & (m), 22 etc. of PCA Act.

HUMANISM

Page No. 78 & 79 / Para No. 58

Article 51A(h) says that it shall be the duty of every citizen to develop the scientific temper, humanism and the spirit of inquiry and reform. Particular emphasis has been made to the expression "humanism" which has a number of meanings, but increasingly designates as an inclusive sensibility for our species. Humanism also means, understand benevolence, compassion, mercy etc. Citizens should, therefore, develop a spirit of compassion and humanism which is reflected in the Preamble of PCA Act as well as in Sections 3 and 11 of the Act. To look after the welfare and well-being of the animals and the duty to prevent the infliction of pain or suffering on animals highlights the principles of humanism in Article 51A(h). Both Articles

51A(g) and (h) have to be read into the PCA Act, especially into Section 3 and Section 11 of the PCA Act and be applied and enforced.

Page No. 84 & 85 / Para No. 62

Every species has a right to life and security, subject to the law of the land, which includes depriving its life, out of human necessity. Article 21 of the Constitution, while safeguarding the rights of humans, protects life and the word "life" has been given an expanded definition and any disturbance from the basic environment which includes all forms of life, including animal life, which are necessary for human life, fall within the meaning of Article 21 of the Constitution. So far as animals are concerned, in our view, "life" means something more than mere survival or existence or instrumental value for human-beings, but to lead a life with some intrinsic worth, honour and dignity. Animals' well-being and welfare have been statutorily recognised under Sections 3 and 11 of the Act and the rights framed under the Act. Right to live in a healthy and clean atmosphere and right to get protection from human beings against inflicting unnecessary pain or suffering is a right guaranteed to the animals under Sections 3 and 11 of the PCA Act read with Article 51A(g) of the Constitution. Right to get food, shelter is also a guaranteed right under Sections 3 and 11 of the PCA Act and the Rules framed thereunder, especially when they are domesticated. Right to dignity and fair treatment is, therefore, not confined to human beings alone, but to animals as well. Right, not to be beaten, kicked, over-ridder, over-loading is also a right recognized by Section 11 read with Section 3 of the PCA Act. Animals have also a right against the human beings not to be tortured and against infliction of unnecessary pain or suffering. Penalty for violation of those rights are insignificant, since laws are made by humans. Punishment prescribed in Section 11(1) is not commensurate with the gravity of

the offence, hence being violated with impunity defeating the very object and purpose of the Act, hence the necessity of taking disciplinary action against those officers who fail to discharge their duties to safeguard the statutory rights of animals under the PCA Act.

Page No. 91 / Para N. 71

Section 3 has been specifically enacted, as already indicated, to confer duties on persons who are in-charge or care of the animals, which says, it is the duty of such persons to ensure the well-being of such animals and to prevent infliction of unnecessary pain or suffering upon the animals. In other words, the well-being and welfare of the animals is the paramount and dominant intention of the PCA Act and with that intention it has conferred duties on the person in-charge or care of the animals and correspondent rights on the animals. Section 11 confers obligations on all persons, including persons-in-charge or care of the animals to see that Section 3 has been fully obeyed. Exemptions to Section 11 have been provided in sub-section (3) on the doctrine of necessity, which concept we have already dealt with in the earlier part of the judgment...

Para No. 72

Section 38 of the PCA Act confers rule-making powers on the Central Government and, in exercise of its rule-making powers, the Central Government made the Performing Animal Rules, 1973 and the Performing Animals (Registration) Rules, 2001 and thrust of all the substantive and procedural provisions is the welfare and wellbeing of the animal and the duties and obligations of the persons who are in-charge of the animals and also to safeguard the rights conferred on the animals. Rule 8(vii) specifically refers to animals' "basic natural instinct" and cautions that the basic natural instinct of the animals be protected and be not exploited

Court's Direction

Page No. 98 & 99

We, therefore, make the following declarations and directions.....

- 3) AWBI and Governments are directed to take appropriate steps to see that the persons-in-charge or care of animals, take reasonable measures to ensure the well-being of animals.
- 4) AWBI and Governments are directed to take steps to prevent the infliction of unnecessary pain or suffering on the animals, since their rights have been statutorily protected under Sections 3 and 11 of PCA Act.
- 5) AWBI is also directed to ensure that the provisions of Section 11(1)(m)(ii) scrupulously followed, meaning thereby, that the person-in-charge or care of the animal shall not incite any animal to fight against a human being or another animal.
- 6) AWBI and the Governments would also see that even in cases where Section 11(3) is involved, the animals be not put to unnecessary pain and suffering and adequate and scientific methods be adopted to achieve the same.

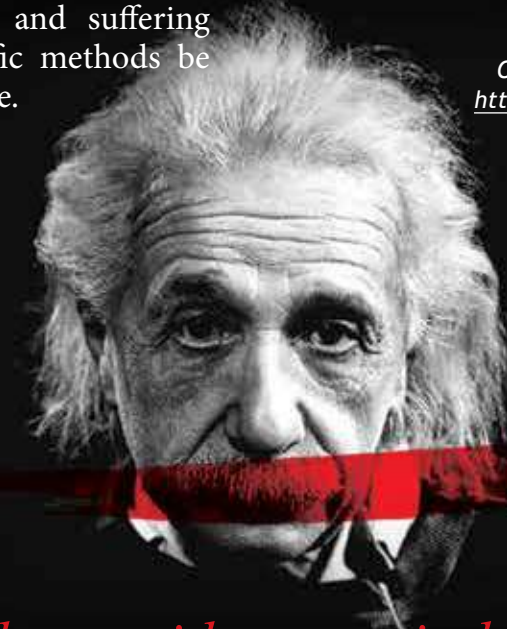
- 7) AWBI and the Governments should take steps to impart education in relation to human treatment of animals in accordance with Section 9(k) inculcating the spirit of Articles 51A(g) & (h) of the Constitution.
- 8) Parliament is expected to make proper amendment of the PCA Act to provide an effective deterrent to achieve the object and purpose of the Act and for violation of Section 11, adequate penalties and punishments should be imposed.
- 9) Parliament, it is expected, would elevate rights of animals to that of constitutional rights, as done by many of the countries around the world, so as to protect their dignity and honour.
- 10) The Governments would see that if the provisions of the PCA Act and the declarations and the directions issued by this Court are not properly and effectively complied with, disciplinary action be taken against the erring officials so that the purpose and object of PCA Act could be achieved.

(K. S. Radhakrishnan)

(Pinaki Chandra Ghose)

New Delhi, May 07, 2014.

Click following link to read judgment :
<http://indiankanoon.org/doc/39696860/>



"Our task must be to widen our circle of compassion to embrace all living creatures including animals."

ANNEX II (12)

Paragraph 20.3

(Reply of Dr. Pratibha D. Upasani, Judge, Bombay High Court).

DR. JUSTICE PRATIBHA D. UPASANI

MARCH 5, 2002.

Respected Hon'ble Justice
Mr. Ranganath Misra,

It gives me great pleasure to express my views and give my opinion by answering the Questionnaire sent by the National Commission on Cattle. Copy of this Questionnaire was circulated to me by the Additional Registrar of my High Court, as per the directions of the Hon'ble Chief Justice.

It also gives me great pleasure in sending you a copy of my dissertation, 'The Image of Cow as Vedic Symbol'. I request you to kindly spare some time from your busy schedule to go through the said dissertation written by me and the poem trying to explain the existence of Thirty-Three crore Gods in the body of a cow.

Being a Hindu, slaughtering of cow and its progeny is a topic, which is very sensitive to me. It does hurt my mind and the movement of prohibition of slaughtering of cow and its progeny is the cause which is dear to my heart.

However, being a Sitting High Court Judge, I will be discharging my duties as a High Court Judge only, with the four corners of law and as per the mandate of the Constitution of India. **I am therefore clarifying that the views expressed and the opinion given by way of answering this Questionnaire are purely of a personal nature and the views are expressed as a common man professing Hindu Religion and citizen of this Country.**

With warm regards,
Yours sincerely,

sd/-
(P. D. UPASANI)

QUESTIONNAIRE

Q. 1 : What is your opinion about making of laws on Prohibition of slaughter of Cow and its progeny as Central Law by Parliament? Whether they would be covered by any item in Central List or Concurrent list? If not, whether you would opt for amendment of the Constitution, taking this subject in Central or Concurrent List?

Ans. : Yes. I am of the opinion that there should be a Central Law by Parliament on prohibition of slaughter of Cow and its progeny. The only Central Legislation in the field of animals – excluding wild life – is the Prevention of Cruelty to Animals Act, 1960. However, as this Act permits killing of animals of food, it is not of much relevance to the issue of ban on Cow slaughter.

The issue of Cow protection forms part of the Entry No. 15 in List II – State List under Schedule VII of the Constitution of India, which is titled as, "Preservation, protection and improvement of stock and prevention of animal diseases; veterinary training and practice". The other relevant provision is Article 48 of the Constitution under the Chapter of Directive Principles of State Policy, which states as follows:

"The State shall endeavour to organise agriculture and animal husbandry on modern and scientific lines and shall, in particular, take steps for preserving and improving the breeds and prohibiting the slaughter of cows and calves and other milch and draught cattle".

Thus, in Article 48, there is mention of prohibition of slaughter of cows and calves and other milch and draught cattle. The Article is in Part IV of the Constitution. As the matter is covered under Directive Principles of State Policy, which are not enforceable, enactment

of necessary legislation by the States also cannot be enforced as Directive Principles are not justiciable. Since Entry No. 15 happens to be in the State List, the Centre has not enacted any law for preservation and prevention of cattle including cows, the only exception being Prevention of Cruelty to Animals Act, 1960 and Wild Life Protection Act. Thus, there is no specific law enacted by Centre preventing slaughter of cows and its progeny.

It has to be mentioned that, as on date, there is a total prohibition of slaughter of cows and cow family under the State Legislations of State of Rajasthan, Punjab, Haryana, Himachal Pradesh, Delhi and Jammu & Kashmir. Only States of West Bengal and Kerala do not have the State Law prohibiting slaughter of cow. The laws enacted by State of Bihar, Madhya Pradesh and Gujarat were struck down as they were challenged. As far as State of Gujarat is concerned, the matter is pending in the Supreme Court. Maharashtra has passed a legislation imposing total ban on slaughter of entire cow family. So far, the Bill has not received the assent of the President, in view of these legal precedents. The State of Uttar Pradesh had enacted a law during the first regime of Shri Kalyan Singh, which was sent for the assent of the President, however, in view of the dismissal of Kalyan Singh Government in the wake of Babri Masjid demolition, the Bill has lapsed.

Thus, it can be said that the legislative will of 11 major States in the Country, consisting of 65% of land area and population, is that there ought to be a law prohibiting slaughter of entire cow progeny. This itself is a major reason as to why the Centre should enact a Central law on this subject, which will have uniform application throughout the country and which will result in saving of precious cattle wealth of the nation.

For this purpose, the Constitution needs to be amended to bring the relevant entry into the

'Concurrent list', so that the Parliament gets power to legislate on this subject. Once this power is vested in the Parliament, law can be enacted with a simple majority, though this appears to be a rather difficult task, considering the present political scenario in the Country.

Q. 2 : Whether Cow Slaughter Prohibition should be included in the Fundamental Rights in the Constitution?

Ans. : To include cow slaughter prohibition in the fundamental rights may not be feasible since our Constitution, as declared in the Preamble, is a secular Constitution, which is its basic feature. In India, we indeed see unity in diversity and diversity in unity, and the population of India consists of persons belonging to different religions. Moreover, prevention of cow slaughter can be achieved by passing appropriate Central and State Legislations, and therefore, it may not be necessary to include cow slaughter prohibition as a fundamental right in the Constitution. Since India is not a 'Hindu Rashtra', but a secular nation, such a move may violate the basic structure of the Constitution.

Q. 3 : Whether you want a review of the 1958 Mohd. Hanif Qureshi vs. State of Bihar (AIR 1958 SC 731) judgement of the Supreme Court holding that a butcher has got a fundamental right of his trade or business of slaughter of uneconomic or disabled bulls or bullocks?

Ans. : Yes. In my opinion, it would be desirable to have the review of the Judgment of the Supreme Court reported in AIR 1958 SC 731, Mohd. Hanif Qureshi vs. State of Bihar.

[Click for full judgment :

https://archive.org/stream/SC_judgement_on_cow_slaughtering_2005_india/Supreme%20Court%20Judgement%20on%20GOHATYA_djvu.txt]

Q. 4 : Please give reasons why the Report of the Sardar Datar Singh Committee 1947-48 to prohibit slaughter of cow and its progeny completed within two years was not included in the Constitution?

Ans. : I am not aware of the report of Sardar Datar Singh, and hence, am unable to give an answer to this question.

Q. 5 : Whether the Central Government or the Prime Minister gave an assurance to Acharya Vinoba Bhave that cow slaughter prohibition would be completely legislated and implemented throughout India?

Ans. : Yes. Such an assurance was indeed given to Acharya Vinoba Bhave, who was a great animal lover and crusader fighting against slaughter of cows.

Q. 6 : What steps you have taken in pursuance of the assurance, if any, given by Mrs. Indira Gandhi?

Ans. : (Question is not very clear). Mrs. Indira Gandhi, while addressing at a Conference in Nairobi in August, 1981 had glorified the animal wealth in India and had described the cattle population as source of energy. Draught animals indeed cut down expenses on transportation.

Q. 7 : How many private Members introduced Bills or Resolutions in the Lok Sabha or Rajya Sabha for the prohibition of the slaughter of the Cow and its progeny since 1950 and what were the fate of them?

Ans. : There were many private Members' Bills moved in the Lok Sabha and Rajya Sabha for the prohibition of the slaughter of the cow and its progeny, however, the fate of all of them was same, namely, they either lapsed or they could not be passed. Justice Mr. G.M. Lodha had also introduced such a Bill for total ban on cow-slaughter.

Q. 8 : Whether the Govt. of India gave assurance to the 1967 Committee of Govt. having Puri Sankaracharaji, Guruji and many others like D.P.Mishra, Shri Charan Singh, etc. that they have to suggest methods for implementing the principles of complete prohibition of the slaughter of the cow and its progeny in India?

Ans. : I am aware that such an assurance was given when Shankaracharyaji announced fast unto death, but I am not aware whether any suggestions for implementing the principles of complete prohibition of the slaughter of the cow and its progeny in India, were actually given or not.

Q. 9 : What is the number of slaughter houses – illegal and legal, mechanical or indigenous in India?

Ans. : As per my information and knowledge, there are approximately more than about 50,000 illegal and legal, mechanical or indigenous slaughter houses. Al-Kabeer in Andhra Pradesh is a highly sophisticated, mechanised and notorious slaughter house where thousands of animals are killed every day.

Q. 10 : Whether the Municipal Laws or State Laws prohibit or regulate construction of slaughter houses and, if so, give the details of each State.

Ans. : There are State Laws and Municipal Laws to regulate construction of slaughter houses, for example, there is Goa, Daman and Diu Prevention of Cow Slaughter Act, 1978, there is Delhi Municipal Corporation Act, 1957, Bombay Animal Preservation Act, 1954 as

applied to Gujarat, Punjab Prohibition of Cow Slaughter Act 1955 (applicable to State of Haryana), Karnataka Prevention of Cow Slaughter and Cattle Preservation Act, 1964, etc. Almost all these acts lay down rules and guidelines prohibiting slaughter of cow and regulating the slaughter procedure for permissible animals, inspection by competent authorities, power of Veterinary Officer of inspection, etc.

and penalties for breach are provided thereunder. However, it is the sad state of affairs that these rules are observed more in breach. The slaughter houses are all unhygienic, including the one which is situated at Hyderabad (Al Kabir). The situation which was prevailing in the Delhi slaughterhouse is well known and became the talk of the entire nation. There is corruption all over, which goes on with the connivance of the municipal officers, staff of the municipality and staff of the slaughter houses.

Q. 11 : What are the existing cow slaughter prohibition laws in India, Central as well as State?

Ans. : This discussion has already come in answer to Question No. (1). There is no Central Law prohibiting cow slaughter. However, almost all the states have passed such a legislation, except the States of West Bengal and Kerala.



Q. 12 : Which of the States permit cow slaughter completely and which partially? Give details.

Ans. : States of Kerala and West Bengal permit cow slaughter completely. In other States, cow slaughter is prohibited, cow's progeny like bulls and bullocks are not protected. Thus, protection is only partial.

Q.13: What is the impact of the Ashutosh Lahiri and others vs. State of West Bengal (AIR 1995 SC 464) Supreme Court Judgement declaring Govt. of Bengal's Notification permitting Cow Slaughter during Bakri-Id unconstitutional?

Ans. : In the case of State of West Bengal v. Ashutosh Lahiri reported in A.I.R. 1995 S.C. 464, Hon'ble Mr. Justice Majumdar, writing for the Bench, held as follows :

".....In view of this settled legal position, it becomes obvious that there is no fundamental right of a Muslim to insist on slaughter of healthy cow on Bakri-Id day, it cannot be a valid ground for exemption by the State under S.12 which would in turn enable slaughtering of such cows on Bakri-Id"

The brief history leading to this landmark Judgment of the Supreme Court while dealing with the subject of cow slaughter, can be given as follows :

The West Bengal Animal Slaughter Control Act, 1950 permitted slaughter of cows on Bakri-Id day for religious purposes under Section 12 of the Act. This was challenged before the Calcutta High court in the year 1971 and the Calcutta High Court ruled in August, 1982 that this provision was ultravires the Constitution. The State of West Bengal and various Muslim organizations / individuals went in appeal to the Supreme Court and obtained a stay on 9th September, 1983. Thus, slaughter of thousands of healthy and young cows continued on Bakri-Id day every year.

The appeal (State of West Bengal v. Ashutosh Lahiri) came up for hearing in the Supreme Court due to concerted efforts by Akhil Bharat Krishi Goseva Sangh in the year 1994 and the Supreme Court finally struck down the provision, holding that sacrifice of cows as a religious necessity for Bakri-Id, could not

be proved. This case has settled, once and for all, that cow slaughter for religious purposes cannot be permitted. This case also highlights the irreparable loss arising from delays in judicial process because what was desired to be rectified in the year 1971 was ultimately rectified in the year 1994 and for long 23 years, the destruction of lakhs of young, healthy female cows and further destruction of millions of the progeny that would have ensued from the cows that were killed, went unchecked.

Even the Allahabad High Court has held in Mohd. Habib & Ors. V. State of U.P. & Ors. (Writ Petition 38469 of 1994) that it is not anybody's fundamental right to take life and kill animals, and the Constitution of India does not permit this. The last para of the Judgement reads as follows :

"The Court is of the view that the Constitution of India does not permit any citizen of claim that it is his fundamental right to take life and kill animals. A butcher may have his profession, but he cannot claim it as a fundamental right by the Constitution. Otherwise, it will be a negation of the tenets of our Constitution. The Constitution of India has a Chapter on Fundamental Duties. This is Chapter IV-A. Article 51A(g) ordains "compassion for living creatures".

Thus, the Court is unable to persuade itself that butchery as a profession, can be claimed as fundamental right of a citizen. That a butcher may slaughter and make a business of it is one aspect of the matter, but, the State can regulate this business".

Q. 14 : Whether the Supreme Court in 1994 has laid down that under the Muslim law and their religion, there is no compulsion for doing sacrifices of cow on Bakri-Id? Give details.

Ans. : Yes. As discussed in answer to Question No.13.

Q. 15 : Please mention the political parties who are in support of prohibition of cow slaughter and its progeny. Please mention who are against it.

Ans. : Bharatiya Janata Party is one of the parties which is in support of the cow slaughter and its progeny while the Marxist (Communist) parties are not in favour of it. The Muslim League also is not in favour of ban on cow-slaughter. There are other so-called 'Secular' parties who do not support it.



Q. 16 : Did Shri Vasant Sathe on behalf of All India Congress Party give a speech in Lok Sabha in 1990 supporting cow slaughter prohibition completely and said that it was the official policy of the Congress?

Ans. : Yes. Shri Vasant Sathe on behalf of All India Congress Party while giving speech in Lok Sabha in 1990 did support cow slaughter prohibition completely and did say that it was the official policy of the Congress.

Q. 17 : Is it a fact that the cow slaughter complete Prohibition Bill of private member Justice Guman Mal Lodha in 1990 was supported by the majority of members as per electronic display but immediately after voting, it was defeated by permitting correction of voting originally given by changing in slip voting by hand?

Ans. : I am not aware.

Q. 18 : Which are the countries you have heard in which there is prohibition of slaughter of cows?

Ans. : Syria, Tripoli, Saudi Arabia and Turkey are the countries in which there is prohibition of slaughter of cows.

Q. 19 : Who were the Muslim or Mughal Emperors who prohibited the cow slaughter during their reign and in which regions?

Ans. : Akbar, Jehjangir, Ahmed Shah, Nawab Hyder Ali of Mysore, these are the names of some of the Muslim/ Mughal emperors who prohibited the cows slaughter during their reign in the territories where they ruled.

Q. 20 : Who were the great men in India who started the cow slaughter prohibition movement in India?

Ans. : Bal Gangadhar Tilak, Mahatma Gandhi, Vinoba Bhave, Dr. Rajenmdra Prasad, Pandit Madan Mohan Malvia were the great men in India who started Cow Slaughter Prohibition Movement in India.

Q. 21 : Whether the export or import of beef is prohibited in India?

Ans. : No. But there should be a ban on it in my opinion. After 'Al Kabeer' was opened in A.P., it had disastrous consequences. Price of milk soared, cattle became scarce, 3,000,00 women who were earning their livelihood by selling dried cow-dung for fuel lost it and people then started cutting trees for using wood as Fuel.

Q. 22 : Is it a fact that, by using cow dung and urine for organic manure and medicines or pesticides, ailing bullocks or bulls become economically viable?

Ans. : In my opinion, yes. Cow dung and cow urine have immense medicinal value. It has also been proved that, that is the best manure for infertile land and in fact, helps to increase the yield of fruits, vegetables and grains in manifolds. This aspect I have already discussed while giving answer to Question No. 3. Bullocks have been the backbone of our Agrarian economy.

Organic farming through "dung revolution" is the best medium for promoting environmental protection and animal welfare in the country. The protection of cow and cow progeny in fact is not only a religious issue, but is economic issue as well. The importance of these animals and their dung and their places in the ever-rotating cycle of Jana-Raksha, Bhu-Raksha, Van-Raksha, Pashu-Raksha, has to be kept in mind for sustainable agriculture and overall sustainable economic development, our cattle wealth is very very precious. The dung meets our fuel-need as well as our manure-need. It helps in growing cheap yet nutritious food grains. It retains and enriches the fertility of our soil and helps in maintaining ecological balance by avoiding use of chemical fertilizers and poisonous pesticides.

The term "cows" used in Article 48 of the Constitution is in plural and logically, it should mean and include, "cow and its progeny", meaning thereby, that the cow and its entire progeny including bulls and bullocks. The word 'cow' is derived from Sanskrit word Gau, and the plural of the word Gau is Gawah. According to the Sanskrit Dictionary, the word 'cows' means and includes bulls and bullocks too. In Vedic literature, the word Aghnya (inviolable) is used for cow.

Recently, I learnt that India had a plan of importing cow dung from Holland. It is a crazy idea for India to be the land of the holy cow and yet import cow dung from a foreign country. It is forgotten that, apart from production of milk by the cow, the bulls of good qualities like Khillar, Ongole, Kankarej, Hallikar can be used for good progeny of the Cow. India being mainly an agricultural country, even today, 80% work in fields is done by bullocks and it is one major village transport source. This avoids air pollution and drain on energy (electric) petrol source – thus, saving foreign exchange. There are many preparations known to an Indian farmer like "Amrit Pani" to enrich the soil. Amrit Pani is the combination of ghee of cow milk, honey, cow dung and fresh water in the right proportion. With this treatment of Amrit Pani, the earthworm population of the soil increases within 15 days and nothing is to be added by purchasing from market like fertilizers and pesticides. When the crops grow, the same leaves. The farmer can have the cow shed near the farm and allow the urine and dung to accumulate in a drum or cement wall and use it for spraying.

The use of cow dung for bio-gas purpose is immense. The bio-gas plant is a must for every Panjarapole, dairy farm, composite farm and cattle stock.



Animals are intelligent & emotionally evolved beings
THEY FEEL

I have already highlighted the usefulness of dung and urine of cows/bulls for medicinal purposes for reha bilitation of those who are addicted to narcotics and even curing those who are afflicted with radiation, while giving answer to Question No. 3. In this way, even the ailing and old bullocks and bulls can become economically viable and that is why the saying-

(Q 23. is irrelevant hence omitted)

Q. 24 : Should cow slaughter be totally banned or regulated, allowing killing of selected animals? Which type of cattle should be permitted to be eliminated?

Ans. : In my opinion, cow slaughter should be totally banned. If at all any killing is to be permitted, then it should be only with respect to the terminally ill, sick, and suffering cattle. In other words, these cattle should be put to sleep in a humane way be practicing mercy killing to save them from their sufferings. In no other case, cow or its progeny be permitted to be killed, and by cow, I mean not only female cows, but also bulls and bullocks.

(Q. 25 is irrelevant hence omitted)

Q. 26 : Should not punishment for violation of laws under Act be more heavy than what the existing statutes provide?

Ans. : Yes. The punishment for violation of the laws under the Acts should be more stringent because as such, the punishment which is provided, is inadequate and serves no purpose.

Under the Indian Penal Code, the relevant Sections are Sections 428 and 429. Section 428 lays down that mischief by killing, poisoning, maiming or rendering useless any animal or animals of the value of ten rupees or upwards, is punishable with imprisonment of either description for a term which may extent to two

years, or with fine, or with both. The mandate of Section 429 is that, whoever commits mischief by killing, poisoning, maiming or rendering useless, any elephant, camel, horse, mule, buffalo, bull, cow or ox, whatever may be the value thereof, or any other animal of the value of fifty rupees or upward, shall be punished with imprisonment of either description for a term which may extend to five years, or with fine, or with both. However, experience has revealed that there is hardly any conviction under these sections and the person is let off very leniently.

Even under the Prevention of Cruelty to Animals Act, sub-clauses (i) (l) (m) and (o) of Section 11 and Section 12 only contain offences, which are cognizable. The punishment also is ludicrous and is not at all deterrent, if at all conviction takes place. It is also difficult to prosecute the offenders since other offences under Section 11 are not cognizable. It means that the police officer cannot arrest the offender without warrant. This puts impediment in the working of S.P.C.A. Officers. The only notable example where an owner of the animal was convicted for being cruel was at Delhi, where Judge Mr. R.S. Malha of Tis Hazari Court ordered the offender, one Yameen to undergo rigorous imprisonment for six months and a fine of Rs.500/- and imprisonment for one more month, in default of fine. The said Yameen was caught outside Novelty Cinema Hall, near old Delhi Railway Station. He had put tobacco powder into his buffalo's eyes in order to force the animal to walk. Such examples are very stray and sporadic. The fact remains that the punishment under the Act with respect to cruelty inflicted on animals or with respect to other offences concerning animals are not heavy and deterrent.

Q. 27 : Should not unauthorized slaughter be made a cognizable offence?

Ans. : Yes. The offence of carrying on unauthorized slaughter must be made a cognizable offence. This will help in bringing

to book all those butchers who are carrying out their activities on the road-side dhabas or any other open spaces in the most unhygienic and cruel manner.

Q. 28 : Should slaughter be subject to appropriate certificate from the competent authority?

Ans. : Yes. Keeping in mind the public hygiene, slaughter must be subject to appropriate certificate from the competent authority. Though in my opinion, the entire World population should turn to vegetarianism, I know it is not possible. In fact, if the animals are able to speak, the only sentence which they will utter would be, 'don't kill me'. Therefore, if at all slaughter is inevitable, it should be carried out in the most humane, scientific and painless way, giving the least pain to the animals.

There are instances when pregnant cows are taken up by the butchers for slaughtering.

One such reported instance was brought to the notice of the Kerala High Court where a Writ Petition came to be filed by taking suo-motu cognizance of the report of the Indian Express dated 25th September, 1992. The news item narrated the story of a cow that gave birth to a calf when brought for slaughter at Kaloor in Kerala. The Kerala High Court then issued urgent notice to the State Government, Corporation of Kochi, District Veterinary office and others, treating as writ Petition a news item that appeared in two Malayalam dailies on August 21, 1992, which was later on reported in Indian Express dated 25th September, 1992. If there is a certificate from the Competent Authority, such cruel instances.

Read full interview by clicking :

<http://dahd.nic.in/dahd/reports/report-of-the-national-commission-on-cattle/chapter-ii-executive-summary/annex-ii-12.aspx>



GAUVANSH HATYA PARTIBANDH BILL IS NATIONAL IMMINENCE :

Justifying Meat Production, Unfriendly To Environment, Disastrous To Health And Pushing Peasant To Farm Suicide.



You Can't Be a MEAT-EATING Environmentalist

Meat production contributes to:

- Leveling of 80% of Amazonian rain forest
- Wasting of 15 trillion gallons of water per year
- Producing 130 times as much waste as that of the entire U.S. population
- Killing of 59 billion animals every year

ONE ACRE OF LAND CAN YIELD

50,000 POUNDS OF TOMATOES,
53,000 POUNDS OF POTATOES,
30,000 POUNDS OF CARROTS
OR ONLY 250 POUNDS OF BEEF.

#IMAGREENMONSTER

EAT FOR THE PLANET

BHOPAL, India - Agence France-Presse

| 1/13/2011 ♦ 12:00:00 AM |

The agriculture minister of a central Indian state on Thursday blamed a recent spate of farmer suicides on over-use of chemical fertilizers and urged the country to embrace organic production.

"The damage to crops is taking place because of our old sins.

Regular use of chemicals in fields has weakened the health and resistance and crops are getting damaged," Kusmaria told AFP on Thursday. "The farmers should turn to organic farming."

His comments go to the heart of a debate in India about the country's embrace of intensive farming and fertiliser use in the 1970s that led to the country's much-discussed "Green Revolution."

CHANDIGARH : The over-exploitation of underground water in Punjab has become so common that it hardly lifts an eyebrow. However, damning figures about the health of soil in the completely agrarian state has made experts clamour for immediate measures. About 39% of the state's soil is completely degraded while 50% of the soil is acutely low in nitrogen and 25% low in phosphorous content.

India is losing 5,334 million tonnes of soil every year due to soil erosion because of indiscreet and excess use of fertilisers, insecticides and pesticides over the years, Parliament was told today.

News appeared in The Hindu news paper

Updated : | May 18, 2013 ♦ 04:37 IST |

At least 270,940 Indian farmers have taken their lives since 1995, NCRB records show. This occurred at an annual average of 14,462 in six years, from 1995 to 2000. And at a yearly

average of 16,743 in 11 years between 2001 and 2011. That is around 46 farmers' suicides each day, on average. Or nearly one every half-hour since 2001.

SOURCE : <http://www.thehindu.com/opinion/columns/sainath/farmers-suicide-rates-soar-above-the-rest/article4725101.ece>

On average, there has been one farmer's suicide every 32 minutes since 2002. 86.5 percent of farmers who took their own lives were financially indebted. Their average debt was about \$835.

News in Times of India

New evidence of suicide epidemic among India's 'marginalized' farmers

Manash Pratim Gohain,

TNN | Apr 17, 2014 ♦ 05:56 PM IST |

This latest work follows on from a recent Lancet study by researchers from the London School of Hygiene and Tropical Medicine (LSHTM), which showed Indian suicide rates to be among the highest in the world — with suicide being the second leading cause of death among young adults in India. In 2010, 187,000 Indians killed themselves — one-fifth of all global suicides.

CHENNAI, January 29, 2013

Updated : | January 29, 2013 ♦ 03:18 IST |

The South Indian Coordination Committee of Farmers Movements (SICCFM), which studied the circumstances in which seven farmers died, said four of them committed suicide, and distress in agriculture was the major reason behind the suicides.

S. Kannayan, coordinator of the SICCFM and Jayaram Venkatesan, an independent researcher, who visited the families of all the

seven farmers, said the farmers had committed suicide as they had come to the conclusion that “they had run out all options and lost hope to lead a life with dignity.”

They said two farmers had died following a heart attack and had not committed suicide as claimed by the media. “But their families said they were in a state of distress due to non availability of water for the standing crop. Another farmer died in an accident,” the report prepared by the SICCFM stated.

The SICCFM team found there was heavy demand for portable oil engines; hiring an engine and fuel would cost Rs. 200 per hour. “Two farmers — Raajangam and Abdul Rahim — who committed suicide were upset that they could not afford the cost,” SICCFM said. One of the important findings of the SICCFM was that six of the farmers had borrowed money from private lenders at interest rates varying from 24 to 60 per cent per annum.

News appeared in Indian Express

2.90 lakh farmers committed suicide during 1995-2011: Govt

Agencies : New Delhi,
| Fri Aug 31, 2012 ♦ 20:40 hrs |

A total of 290,740 farmers have committed suicide during 1995-2011 due to various reasons, including bankruptcy or sudden change in economic status and poverty, Parliament was informed on Friday.

“As per ADSI reports for relevant years, 290,470 self-employed persons in farming/agriculture

committed suicide during 1995-2011,” Minister of State for Agriculture Harish Rawat said in Rajya Sabha in a written reply to a question whether three lakh farmers committed suicide between 1995 and 2012 (till date).

The minister quoted the data from the National Crime Records Bureau’s (NCRB) latest annual report on suicides, the ADSI-2011 (Accidental Death and Suicides in India).

TOO MUCH FERTILISER USE HAS RUINED SOIL HEALTH : STUDY

The indiscriminate use of fertilisers, insecticides and pesticides over the years has led to deterioration of soil quality and crop productivity in India.

The indiscriminate use of fertilisers, insecticides and pesticides over the years has led to deterioration of soil quality and crop productivity in India. According to a study conducted by the central soil water conservation research and training institute (CSWCRTI), Dehra Dun, about 1 millimetre of top soil is lost every year due to erosion. This leads to a total soil loss of 5,334 million tonnes annually, at an average rate of 16.4 t/ha/yr.

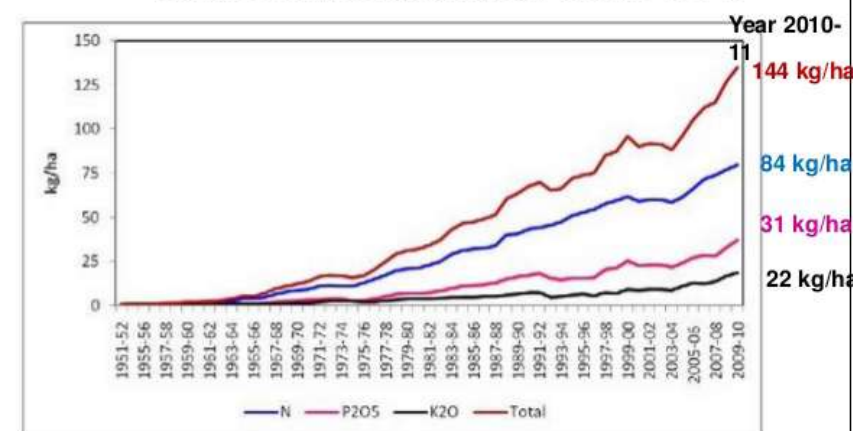
Wrong irrigation practices are also responsible for soil erosion. In a written reply to a question in Rajya Sabha, minister of state for agriculture KV Thomas said that excessive canal irrigation

may lead to secondary salinisation, thereby affecting soil and crop productivity.

To another question, agriculture minister Sharad Pawar said that the imbalanced use of fertilisers coupled with low addition of organic matter and neglect of micro and secondary nutrients over the years has resulted in nutrient deficiencies and deterioration of soil health in many parts of the country, particularly in the intensively cultivated Indo-Gangetic plains.

According to a study published in the Journal of Soil and Water Conservation, the annual erosion rate due to water is less than 5 Mg/ha/yr (2.2 tons/acre) for dense forest, cold desert regions and arid regions of India. Wind erosion is also active in the Indian desert situated in the northwestern part of the country.

Trends in Consumption of Plant Nutrients (N,P and K) Per Hectare of Gross Cropped Area in India: 1951 to 2009-10



Source: Fertilizer Association of India Annual Report 2011

NEW DELHI, November 26, 2010

Updated : | November 26, 2010 ♦ 17:35 IST |

India losing 5,334 million tonnes of soil annually due to erosion : Govt.

About one millimetre of top soil is being lost each year with a total loss of 5,334 million tonnes annually due to soil erosion, Minister of State for Agriculture K. V. Thomas said in a written reply in Rajya Sabha.

The rate of loss is 16.4 tonnes per hectare every year, the minister said while quoting from a study conducted by Central Soil Water

Conservation Research and Training Institute (CSWCRTI), Dehradun.

Experiments conducted by Indian Council of Agricultural Research (ICAR) indicated that non-judicious and imbalanced use of inorganic fertilisers (NPK) over years may result in deterioration of soil fertility/nutrient deficiencies, Mr. Thomas said.

On whether wrong irrigation practices were also responsible for this, the minister said excessive use of irrigation water in canal command may lead to secondary salinisation, affecting, thereby, the soil and crop productivity.



SCIENTISTS HAVE CREATED AN ORGANIC FARM THAT STORES MORE CARBON THAN IT EMITS

Is this how we make agriculture more sustainable?

Agriculture contributes approximately 35 percent of the planet's greenhouse gas emissions, but scientists in China believe they've found a way to make the (undeniably essential) practice more sustainable, by successfully turning a farm into a carbon sink.

By replacing chemical fertilisers with organic compost, the team from the Chinese Academy of Sciences report that they've created a farm that stores more carbon in its soil than it emits. And most impressively, they've proved that the crop yields didn't need to suffer.

This isn't the first time scientists have proposed that using organic compost could help reduce greenhouse gas emissions by improving the health and, as a result, the carbon content of soil. Back in 2008, a report published in *Waste Management & Research* estimated that the use of organic fertilisers could turn around 20 percent of the agricultural land in the European Union into a carbon sink, capable of locking away millions of tonnes of carbon from the atmosphere.

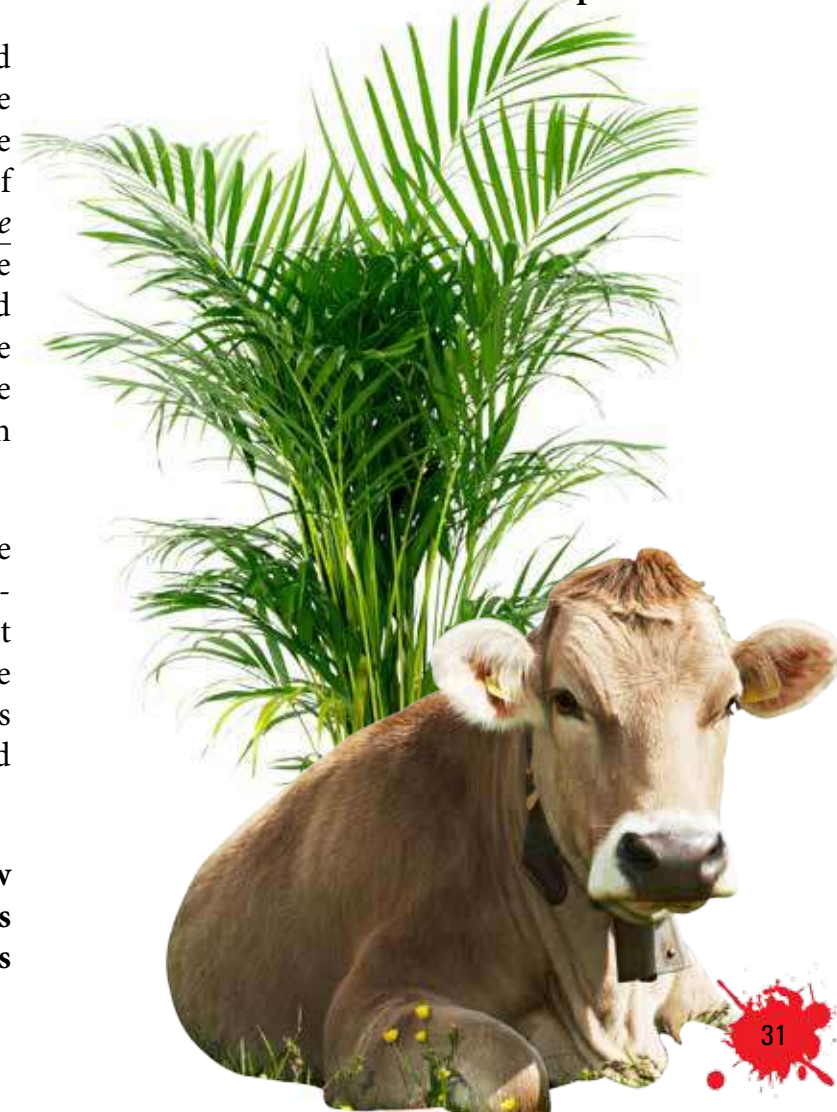
But the problem is that organic farms have lower yields than farms that rely on nitrogen-based fertilisers, and so going organic hasn't been considered a viable way to reduce greenhouse gas emissions. After all, what's the point in storing lots of carbon if the world starves in the process?

However, Chinese scientists have now demonstrated that, by using cattle manure as fertiliser, they can maintain high crop yields

while decreasing greenhouse gas emissions. This is all thanks to soil, which, when treated with organic compost such as manure, is better able to retain water and nutrients.

The experiments were conducted on an eco-farm in eastern rural China that contains cattle and a rotation of crops-corn is grown in the summer and wheat in the winter - and to compare the effect of using organic compost, the researchers trialed four different systems.

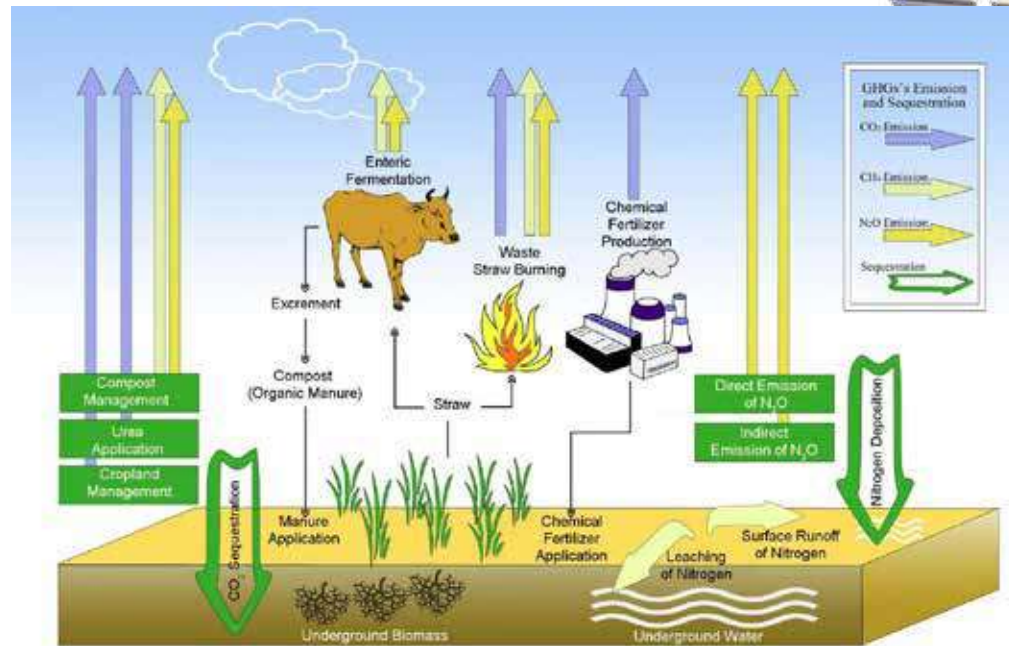
In the fully organic system, no chemical fertiliser was used at all. The team simply used cattle manure to compost the crops, and then fed the cattle the leftover crop residue.



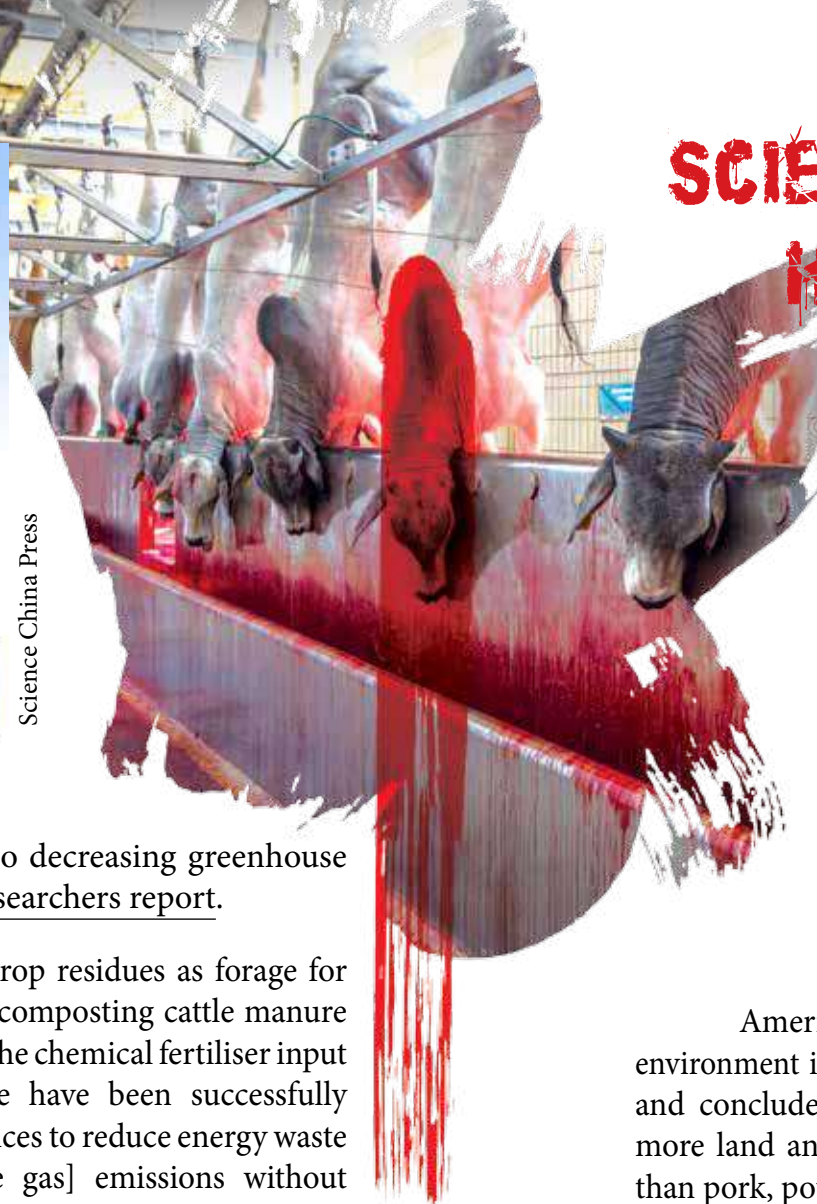
SCIENTISTS FIND BEEF PRODUCTION HARMFUL TO THE ENVIRONMENT

EurActiv.com

| 24 Jul 2014 ♦ 17:35 updated ♦ 25 Jul 2014 ♦ 08:12 |



Science China Press



Production of beef is nearly ten times more damaging to the environment than any other form of meat production, according to a new study published in the Proceedings of the National Academy of Sciences.

Tax on meat?

Swedish agricultural authorities in 2013 recommended an EU-wide tax to reduce meat consumption. Sweden's Board of Agriculture said the levy would reduce the environmental impact of meat production. Instead, Europe's populations should eat more vegetables for both environmental and health benefits.

Marit Paulsen, a Swedish MEP and member of the Agriculture and Rural Development, told EurActiv she would support an extra tax on meat, even though she represents the liberal group in Parliament. Paulsen said that meat has to become more expensive for consumers for the environment's sake.

"I believe meat will become more expensive. I don't know how, but if we have to add an emission tax, then let it be, but let us for God's sake now start a proper discussion with the knowledge we have which includes the fact that we can't afford to use so much money producing meat," Paulsen stated.

SOURCE : <http://www.euractiv.com/sections/agriculture-food/scientists-find-beef-production-harmful-environment-303690>

The researchers also grew the crops using a mix of 75 per cent organic compost and 25 percent nitrogen fertiliser, a 50/50 balance, and 100 percent nitrogen fertiliser.

They monitored crop yield carefully, and calculated the greenhouse gas emissions according to the International Panel on Climate Change (IPCC) guidelines. This included calculating the cattle's methane emissions. They've created an illustration of their system below :

They found that using any amount of organic compost turned their farm from a carbon source into a carbon sink. But the more manure that was used, the better, with the fully organic system capable of storing the equivalent of 8.8 tonnes of CO2 annually for each hectare. The nitrogen fertiliser system, on the other hand, pumped out the equivalent of 2.7 tonnes of CO2 per hectare per year. The results are published in the journal *Science Bulletin*.

Interestingly, there was no significant difference between the crop yields across the four different systems. However, a mix of organic compost and nitrogen fertiliser produced the

best yields, while also decreasing greenhouse gas emissions, the researchers report.

"Making full use of crop residues as forage for cattle, collecting and composting cattle manure and replacing part of the chemical fertiliser input with organic manure have been successfully shown to be ideal choices to reduce energy waste and cut [greenhouse gas] emissions without crop yield losses," the press release explains.

Of course, this experiment doesn't take into account many of the other greenhouse gas emitting aspects of agriculture and food production, such as transport, packaging and waste. And we'd love to see these results replicated across larger farms and with different types of crops and livestock. But it's a positive early indication that not all farming has to be destructive.

In fact, these results suggest that if we could structure it correctly, we could help mitigate the effects of global warming, while feeding the world at the same time. And we're pretty sure that's the ultimate realisation of having your cake and eating it too.

SOURCE : <http://www.sciencealert.com/organic-farming-makes-soil-store-more-carbon-than-it-emits-study-suggests>

NEW STUDY SAYS BEEF 10X MORE DAMAGING TO THE ENVIRONMENT

July 22, 2014 | by Justine Alford

A new study has found that the environmental impact of beef production is significantly worse. According to one expert, cutting down on red meat would actually have more impact on carbon emissions than abandoning cars. The study has been published in *Proceedings of the National Academy of Sciences*.

Livestock production is known to have serious impacts on the environment; it affects air and water quality, ocean health, competes with biodiversity and is the largest land user in the world. It also affects global food security given the fact that the crop calories fed to animals for human consumption are sufficient to meet the calorie needs of 4 billion people, which is concerning since it has been estimated that we need to grow 70% more food by 2050. Furthermore, it is responsible for around 20% of global greenhouse gas emissions. However, quantifying the environmental effects of livestock has been a challenge but remains a necessity in order to highlight changes necessary in order to promote sustainability.

Producing beef was found to require around 28 times more land than the other categories, 11 times more water and resulted in 5 times more greenhouse gas emissions. Furthermore, when they compared beef with other staples such as wheat and rice, the impacts were even more obvious with this meat requiring 160 times more land and producing 11 times more greenhouse gas emissions.

While the researchers accept that there are gaps in the data and that follow-up studies are required, they state that the take home message is clear: beef production requires significantly more resources than other livestock categories. They also go on to suggest that minimizing beef consumption would be an effective way to

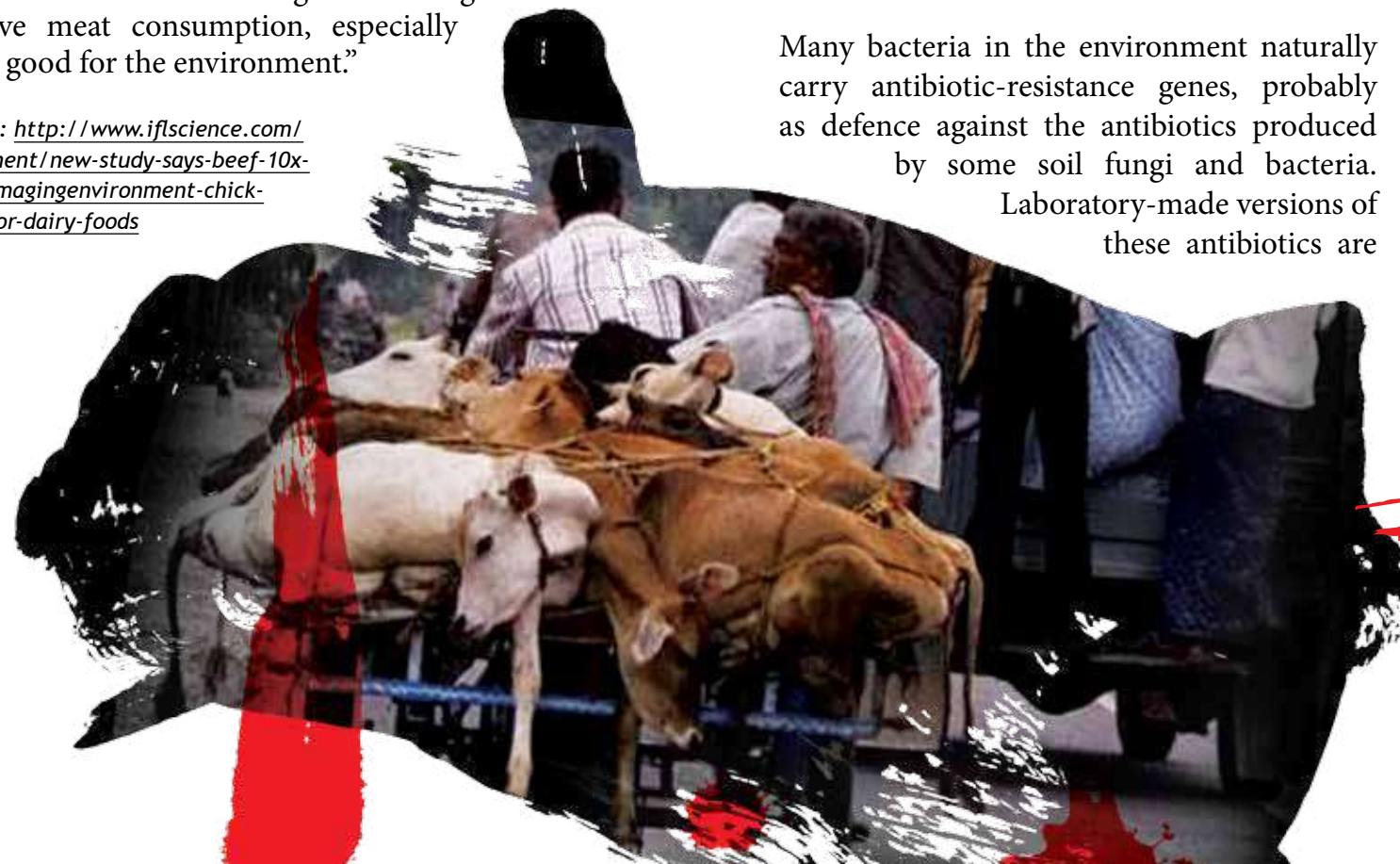
reduce the environmental impacts of our diet.

Cows are incredibly inefficient at converting grain to meat; the loss of 1 kilogram of beef has the same effect as wasting 24 kilograms of wheat. While not all cows are fed on grain, grass-fed cattle still have greater impacts on the environment than other livestock categories.

Meat consumption is a delicate issue for many, but the researchers are not saying that you should stop eating steak and burgers entirely; rather that reducing your intake will significantly cut your carbon footprint.

“Governments should consider these messages carefully if they want to improve overall production efficiency and reduce the environmental impacts,” Prof Mark Sutton at the UK’s Center for Ecology and Hydrology told *The Guardian*. “But the message for the consumer is even stronger. Avoiding excessive meat consumption, especially beef, is good for the environment.”

SOURCE : <http://www.iflscience.com/environment/new-study-says-beef-10x-more-damagingenvironment-chicken-pork-or-dairy-foods>



MANURE FERTILIZER INCREASES ANTIBIOTIC RESISTANCE

Faeces from antibiotic-free cows helps resistant bacteria to flourish in soil, puzzling researchers.

► **Sara Reardon**

Treating dairy cows and other farm animals with antibiotics and then laying their manure in soil can cause the bacteria in the dirt to grow resistant to the drugs. But a study now suggests that the manure itself could be contributing to resistance, even when it comes from cows that are free of antibiotics.

The mechanism at work is not yet clear, but the finding — published on 6 October in *Proceedings of the National Academy of Sciences*¹ — suggests a complex link between antibiotic use in agriculture and resistance in human pathogens.

Many bacteria in the environment naturally carry antibiotic-resistance genes, probably as defence against the antibiotics produced by some soil fungi and bacteria.

Laboratory-made versions of these antibiotics are

used to treat infection in humans and animals, and to promote growth in livestock.

Because manure itself is known to change the composition of bacterial communities in soil, a team led by microbiologist Jo Handelsman, then at Yale University in New Haven, Connecticut, decided to examine whether it also affects drug resistance. The team treated soil samples with either a nitrogen-based fertilizer or with manure from cows that had never been fed antibiotics.

The researchers examined soil bacteria sampled before and after the treatment, searching for genes that encode enzymes called β -lactamases, which break down a class of antibiotic that includes penicillin.

Two weeks after treatment, the soil spread with manure contained significantly higher numbers of bacteria producing β -lactamases than did soil treated with only the nitrogen-based fertilizer. By tracing genetic markers in the resistant bacteria, the researchers found that these bacteria came from the soil rather than from the manure, suggesting that the manure treatment had helped these natural bacteria to grow by feeding them or eliminating their competitors. The manure was particularly beneficial for *Pseudomonas* species, which are common in human infections.

Human interference

But it is unclear how manure creates a better environment for antibiotic-resistant bacteria. Handelsman — now associate director for science at the White House Office of Science

and Technology Policy — and her colleagues suggest that certain nutrients or heavy metals in the manure could be responsible, because bacteria with β -lactamases are also more likely to be resistant to metals². The authors say that they plan to test this in the future.

Gautam Dantas, a microbiologist at Washington University in St. Louis, Missouri, says that the study is very well done. “It lends credence to the idea that almost any kind of [human] activity needs to be considered when considering natural ecosystems and clinical problems,” he says.

The extent to which overuse of antibiotics in farm animals contributes to antibiotic resistance in clinics is still controversial — a US government report published in September concluded that more research should be done on the link, but stopped short of recommending a ban on using medically important antibiotics for farm animals. But by dumping antibiotics into soil whose bacterial make-up has already been altered by manure, says Dantas, “you’re guaranteed 100% to exacerbate problems with resistance”. He adds that the latest work is the type of research that says “we really should be very, very careful about antibiotic use in agriculture”.

The study also suggests taking a closer look at organic agriculture techniques that use manure instead of nitrogen-based fertilizer. “Perhaps we’ve been enriching inadvertently for bugs that could eventually jump across agriculture to hospitals,” says Dantas. “Before we say anything about ‘nitrogen treatment is terrible and organic is wonderful,’ we need to see what the downsides are.”



HIDDEN COST OF BEEF

- The production of 1 kg beef causes about 13.3 kg of CO₂. The same quantity of CO₂ is released when you burn about 6 liters of petrol!

SOURCE OF DATA : Pendos CO₂-Zähler : ISBN : 978-3-86612-141-6 (The book is written in German language)

SOURCE : <http://timeforchange.org/eat-less-meat-co2-emission-of-food>

- To produce a kilogram of grain-fed beef, it takes, 10 to 16 kg of grain and 680 liters of water. Pigs require about 4 kg of grain to produce 1kg of pork and chickens require 2 kg of grain to produce 1 kg of meat. In comparison, according to a study in California, 1 kg of tomatoes requires 190 liters of water, 1 kg of potatoes requires 198 litres of water, 1 kg of wheat requires 209 liters of water—but 1 kg of ranch-raised beef can require as much as a whopping 43,500 liters of water. Even rice, which uses more water than any other grain, requires one-tenth the water needed to produce meat. In order to meet our demand for meat, millions of tones of grain are diverted to feed livestock. More than 1/3 of the world’s total grain harvest is fed to livestock. Ruminants and people do not have to compete over food. But producing more meat requires ever more grain to feed to animals as concentrates. If we cannot grow enough at home, we have to import it from abroad.

- Irreconcilable fact is, 70% Indian’s are vegetarian, even non-veg community also consume less amount of meat in India as compared to world. We love nature; we love and respect all livehood like family. So our per capita meat consumption is 3.2kg against worldwide per capita average 41.9kg. In a world, India has lowest per capita meat consumption and worldwide

India is largest (at No.1 position) Beef Exporter!!! This is really irreconcilable fact.

- Land availability is not the only problem. Greenhouse emissions and energy requirements also pose potential difficulties. For example, Susan Subak (1999) calculated the environmental effects of methane and CO₂ emissions of cattle. In total, to produce one kg of beef requires the equivalent of 14.8 kg of CO₂. As a comparison, one gallon of gasoline emits approximately 2.4 kg of CO₂(EPA 2005). Consuming one kg of beef thus has a similar impact on the environment as 6.2 gallons of gasoline, or driving 160 highway miles in the average American mid-size car.

[DATA REF. : Economic and Environmental Impact of Meat Consumption. Nathan Fiala University of California, Irvine EMAIL : nfiala@uci.edu Last Revision June 1, 2006. SOURCE : <https://mail.google.com/mail/u/0/#inbox>]

- Global warming has been called humankind’s “greatest challenge” and the world’s gravest environmental threat. according to a report published by the World watch Institute. Additionally, a recent United Nations report concluded that a global shift toward a vegan diet is extremely important in order to combat the worst effects of climate change. According to the United Nations, raising animals for food is “one of the top two or three most significant contributors to the most serious environmental problems, at every scale from local to global.” In addition, the official handbook for Live Earth, the anti-climate change concerts that Al Gore helped organize, says that **not eating meat is the “single most effective thing you can do” to reduce your climate change impact.**

- **WATER CONTAMINATION** Village residents often find blood, guts and intestines floating in the river of nearby Abettors. Crows and cranes line the banks waiting for a catch. This is visible up to one kilometre stretch from the slaughter house. The quality of ground water is under constant threat of contamination directly or indirectly. Remarkable high concentration of chromium in some parts of ground water is a common feature in the region. They are found to have insufficient provision for collection and disposal of sewage as well as industrial effluents. The existing situation has high potential of ground water contamination. The injudicious disposal of solid waste has further compounded the problem. In a few villages situated on the banks of this polluted river everyday several man hours especially of the womenfolk are spent in arranging drinking water for their families. This is because the water from the handpumps and borewells have become severely contaminated rendering it unfit for potable purpose. As a result the villagers have become economically more vulnerable as their time is monopolized in walking several kilometers everyday whereas they could have been employed to generate some income for their households
- **The price tag on a package of meat does not reflect the true cost of producing the contents. The hidden costs to the environment and the taxpayer are much higher. If these costs are included, livestock raising would probably make a net loss.**
- The right to water is part of the right to life. However, countless Indians struggle to access this vital resource. The meat industry is a major factor in the excessive

consumption and pollution of water : Each ton of beef produced, requires 16,000 cubic meters of water. *"Astoundingly, the meat industry single-handedly accounts for more than three times as much harmful organic waste water pollution as the rest of the nation's industry combined."* states John Robbins in "Diet for a New America". Yet, the Indian State reneges on its duty as a custodian of our natural and material resources.

- Meat exports not only guzzles water, pollutes the environment, exposes the public and the slaughterhouse workers to serious health hazards; but, more importantly, **it's life-line depends upon taking the lives of living creatures. In other water-consuming industries, the 'raw material' is not 'life'.** As US author, Jonathan Safran Foer asks : *"Can the thinking be the same"?*

Consequences of Meat Production Fact file

- **Food wastage** 7–16 kg of grain or soya beans are needed to produce 1 kg of meat. This can easily be defined as one of the most effective ways to waste foodstuffs. The artificial extension of the food chain due to the transformation of grain into meat causes a huge loss of nutrients, including 90% protein, 99% carbohydrates and 100% fibre, among other things. In addition to this, only a small portion of the body of a slaughtered animal consists of meat – 35% of the weight of a cow or 39% of a calf (excluding bones)
- In the USA, pollution from animal factories is 130 times as high as the pollution from humans

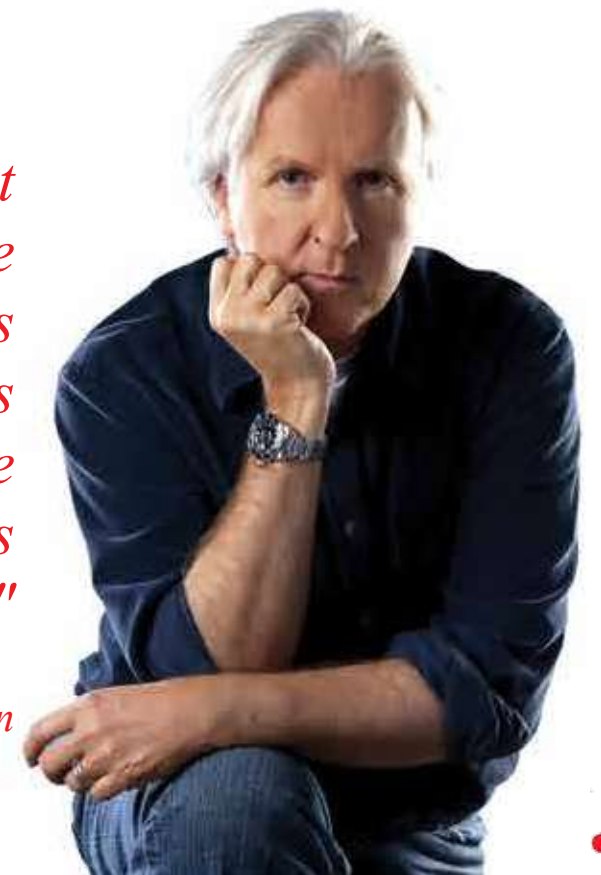
- Since 1970, over 20 million hectares of tropical rainforest have been converted to grazing ground for cattle. - *Worldwatch Institute*
- In the USA, 8 billion slaughter animals eat their way through 80% of the grain harvest. 90% of the world's soya beans serve as animal fodder. In total, approximately half of the grain produced worldwide is fed to animals so that their meat can be eaten.
- **Use of Land** On the same amount of land needed to produce one kilo of meat, 200 kg of tomatoes or 160 kg of potatoes could be harvested in the same time span. In Switzerland, approximately 67% of agricultural land is used for keeping livestock and the production of animal

feed. This corresponds with the worldwide average. The enormous amounts of land needed for meat production also damage the rainforests: 40% of all rainforest in Central America has been cleared or burned down within the last 40 years, mainly to gain land for grazing and the cultivation of fodder.

- If Americans ate 10% less meat, the quantity of the grain saved could protect around one billion people from starvation.
- **[Data Ref : Economic and Environmental Impact of Meat Consumption. Nathan Fiala University of California, Irvine e-mail: nfiala@uci.edu Last Revision June 1, 2006 Source: <https://mail.google.com/mail/u/0/#inbox>]**

"It's not a requirement to eat animals, we just choose to do it, so it becomes a moral choice & one that is having a huge impact on the planet, using up resources & destroying the biosphere."

- James Cameron



WATER SCARCITY IN INDIA

In recent years about 27 million wells have been drilled, chasing water tables downward in every Indian state. Even the typically conservative World Bank warned in 2005 that 15 percent of India's food was being produced by over pumping groundwater. The situation has not improved, meaning that about 190 million Indians are being fed using water that cannot be sustained. This means that the dietary foundation for about 190 million people could disappear with little warning.

What India is experiencing is a "food bubble": an increase in food production based on the unsustainable use of irrigation water. And this is happening in a country where 43 percent of children under age 5 are underweight. A survey for Save the Children found that children in one out of four families experience "foodless days" — days where they do not eat at all. Almost half subsist on just one staple food, thus missing vital nutrients that come in a diversified diet.

Although poverty has been reduced for some, two-thirds of the population still live on less

than \$2 a day, according to the World Bank. And the population is growing by nearly 30 million every two years, equal to adding another Canada to the number of people to feed. Within 20 years, India's population is expected to hit 1.5 billion, surpassing China.

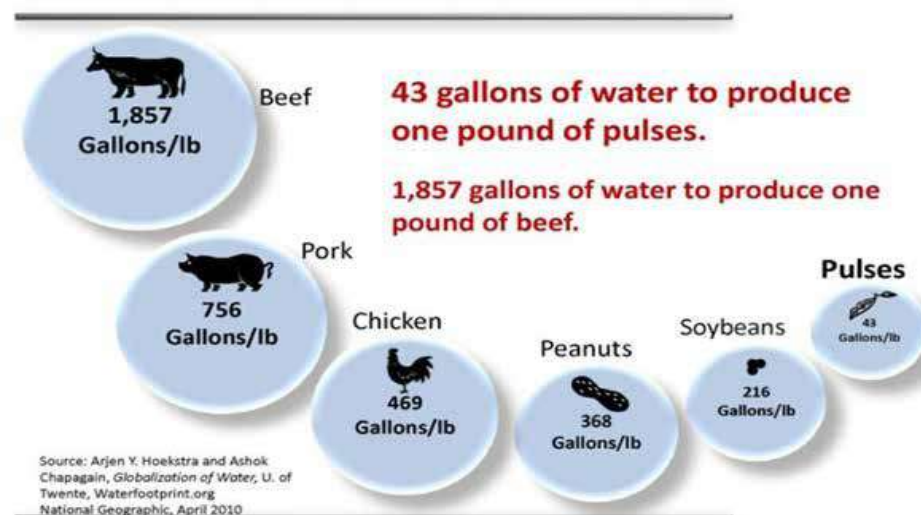
LA TIMES ON NOVEMBER 29, 2013.

SOURCE : http://www.earth-policy.org/plan_b_updates/2013/update119

Emerging Water Shortages: Falling Water Tables

As water tables fall, well drillers are using modified oil-drilling technology to reach water, going as deep as 1,000 meters in some locations. In communities where underground water sources have dried up entirely, all agriculture is rain-fed and drinking water is trucked in. Tushaar Shah, who heads the International Water Management Institute's groundwater station in Gujarat, says of India's water situation, "When the balloon bursts, untold anarchy will be the lot of rural India."

Water Footprint



MEAT EATING : THE CAUSE FOR WORLD HUNGER AND CRIMINAL WASTE OF GRAINS



Photo Credits : earthobservatory.nasa.gov
Starving children at a deforested area.

A chapter from Dr. Sahadeva Dasa's book entitled as "Made for Each Other."

There is plenty of food. It is just not reaching human stomachs. Of the 2.13bn tonnes consumed in 2008, only 1.01bn, according to the UN's Food and Agriculture Organization (FAO), reached people. The rest was used up by meat industry and biofuel industry.

The great food recession is sweeping the world faster than the credit crunch. The price of rice has risen by three-quarters in the past year, that of wheat by 130%. There are food crises in 37 countries. One hundred million people, according to the World Bank, could be pushed into deeper poverty by the high prices. But at 2.1 billion tonnes, last year's global grain harvest broke all records. It beat the previous year's by almost 5%. If hunger can strike now, what will happen if harvests decline?

While 100 million tonnes of food will be diverted this year to feed cars, 760 million tonnes will be snatched from the mouths of humans to feed animals. This could cover the global food deficit 14 times. If we care about hunger, we have to eat less meat.

Traditionally, most societies would eat meat only on special occasions unless ofcourse its an hunting, foraging tribe. Meat as staple diet is unknown in any traditional culture.

It is depressing to consider that throughout the last big famine in Ethiopia, that country was exporting desperately needed soy to [OBJ] Europe to feed to farmed animals. The same relationship held true throughout the famine in Somalia in the early 1990's. The same relationship holds between Latin America and the United States today. As just one example, two-thirds of the agriculturally productive land in Central America is devoted to raising farmed animals, who are exported or eaten by the wealthy few in these countries.

The world's cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people -- more than the entire human

population on Earth. Meanwhile, the UN says that 800 million people are suffering from “nutritional deficiency” (i.e. they’re starving).

Thus more than half of the world’s grain is consumed by animals that are later slaughtered for meat. Meat production is a very inefficient process. It takes 16 pounds of grain and soybeans to produce 1 pound of feedlot beef. If people were to subsist on grains and other vegetarian foods alone, this would put far less strain on the earth’s agricultural lands. About 20 vegetarians can be fed from the land it takes to feed 1 meat eater. During the process of converting grain to meat, 90% of the protein, 99% of the carbohydrates, and 100% of the dietary fiber are lost.

Eighty per cent of the corn raised in the United States is fed to livestock, as well as 95% of the oats. Altogether, 56% of all agricultural land in the United States is used for beef production. If all the soybeans and grain fed yearly to US livestock were set aside for human consumption, it would feed 1.3 billion people. In his book “Proteins: Their Chemistry and Politics,” Dr. Aaron Altshul notes that, “In terms of calorie units per acre, a diet of grains, vegetables and beans will support twenty times more people than a diet of meat.

If the earth’s arable land were used primarily for the production of vegetarian foods, the planet could easily support a population of twenty billion and more. In a report submitted to the United Nations World Food Conference (Rome, 1974), Rene Durmont, an agricultural economist at France’s National Agricultural Institute, made this judgement, “The over consumption of meat by the rich means hunger for the poor.”

Really, it comes down to this : generating meat for human consumption requires vast amounts of land that could be used to feed people, and is therefore withholding food from millions of starving people.



Land required to feed 1 person :
for Vegan : 1/6th acre
Vegetarian : 3x as much as a vegan
Meat Eater : 18x as much as a vegan.

SOURCE : <http://www.earthsave.org/pdf/ofof2006.pdf>

- 1.5 acres can produce 37,000 pounds of plant-based food. 1.5 acres can produce 375 pounds of meat.#
- A person who follows a vegan diet PRODUCES 50% less carbon dioxide, 1/11th oil, 1/13th water, and 1/18th land compared to a meat-eater for their food.

SOURCE : CO2 : “Dietary greenhouse gas emissions of meat-eaters, fish-eaters, vegetarians and vegans in the UK.” Climactic change, 2014.

WHY GOING MEATLESS SAVES THE PLANET

Going vegetarian is the easiest and quickest way to lower your carbon footprint, reduce pollution, and save energy and water. That’s because meat production requires staggering amounts of land, water, and energy, compared to plant foods. Let’s explore that now.

Energy Use & Global Warming

Calories of fossil fuel used to make
1 calorie of protein for various foods ⁽²⁶⁶⁾

The warning about meat and the environment isn’t coming from crazed hippies. It’s coming from people like the head of the United Nation’s Intergovernmental Panel on Climate Change, who has openly identified eating less meat as an important step in combating climate change. Why? Because *cows reared for beef are more damaging than cars*. As he says : “Please eat less meat -- meat is a very carbon intensive commodity.” (source) and “In terms of immediacy of action and the feasibility of bringing about reductions in a short period of time, it clearly is the most attractive opportunity.” (source) (more...)

Livestock production requires enormous amounts of energy. We put far more energy into animals per unit of food than we do for any plant crop. The main reason is that cattle consume 16 times more grain than they produce as meat, (293) so right there we have 16 times as much energy just to grow those crops, just so we can waste them on livestock.

But the energy use doesn’t end there. The livestock themselves take energy to process beyond the energy that goes into their feed. And then there’s refrigeration, including

during transport, necessary for meat but not for grains and beans. And then there’s the transportation itself.

Wasting energy isn’t problematic just because there’s less and less of it to go around. (We’ve already used more than half the oil that exists on the planet.) It’s also a problem because burning fossil fuels contributes to global warming. And raising animals for food is the driving force. As the U.K.’s Independent put it:

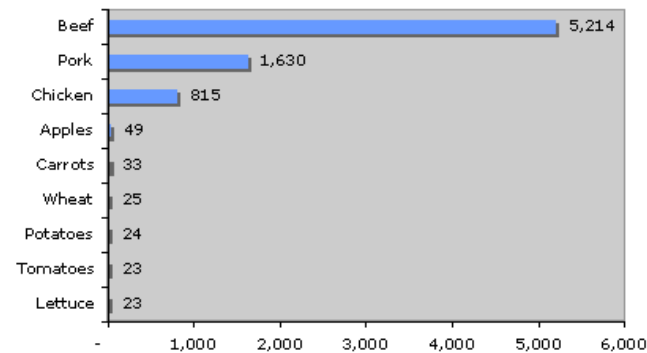
“Livestock are responsible for 18 per cent of the greenhouse gases that cause global warming, more than cars, planes and all other forms of transport put together.”

That figure comes from no less authority than the Food and Agriculture Organization of the United Nations. (source)

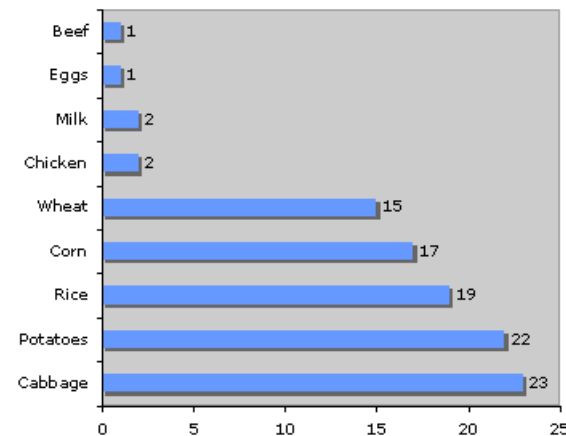
TIME Magazine agrees, saying, “It’s true that giving up that average 176 lb. of meat a year is one of the greenest lifestyle changes you can make as an individual.”

You’ve probably heard about reducing energy use by buying local. But the energy savings there pales compared to going veggie. As the Organic Consumers put it, “It’s how food is produced, not how far it is transported, that matters most for global warming, according to new research published in ES&T.” The authors of that study say, “Shifting less than *one day per week’s* worth of calories from red meat and dairy products ... achieves more GHG reduction than *buying all locally sourced food*.” (Carnegie-Mellon University) Brighter Planet agrees that ditching meat is far more important than buying local.

Gallons of water required to produce one pound of various foods ⁽²³⁶⁾



Number of people whose caloric needs can be met on 2.5 acres of land for the following foods ⁽²⁹⁴⁾



Water

Meat production requires so much water it's hard to comprehend. As the chart shows, a pound of potatoes takes 99.6% less water to produce than a pound of beef, and 97% less than a pound of chicken.

Earlier we said that going meatless makes a bigger impact than any other action you can take. Here's an example : If you gave up showering, you'd save less water than what's required to make a single pound of beef. Not beef for a whole year, just one miserable pound. A whole year's worth of showers takes about 5,200 gallons, but it takes 5,214 gallons to produce a single pound of beef.

If you gave up beef, you'd save over 300,000 gallons a year. A whole lot more than you could save by never showering.

Excerpting and paraphrasing John Robbins :

Land

Raising animals for food requires lots more land than growing crops. That's because animals eat a lot more food than they provide as meat. It takes 16 pounds of grain to make one pound of beef.⁽²⁹³⁾ That's 94% more land. And 94% more pesticides. All told, livestock eat 70% of all the grain we produce.⁽²⁹²⁾ They're food factories in reverse.

Grass-fed beef isn't a solution, because that requires even *more* land per unit of meat. And since the amount of land we have is fixed, what that really means is less meat. By going grass-fed, we'd have less meat, but still use just as much land. Animals are grain-fed because we can feed more animals that way.

And make no mistake, there are a lot of them. More chickens are killed in the U.S. every year than there are people in the world (7.6 billion chickens vs. 6 billion people).⁽²⁴⁰⁾ There are more than one billion head of cattle on the

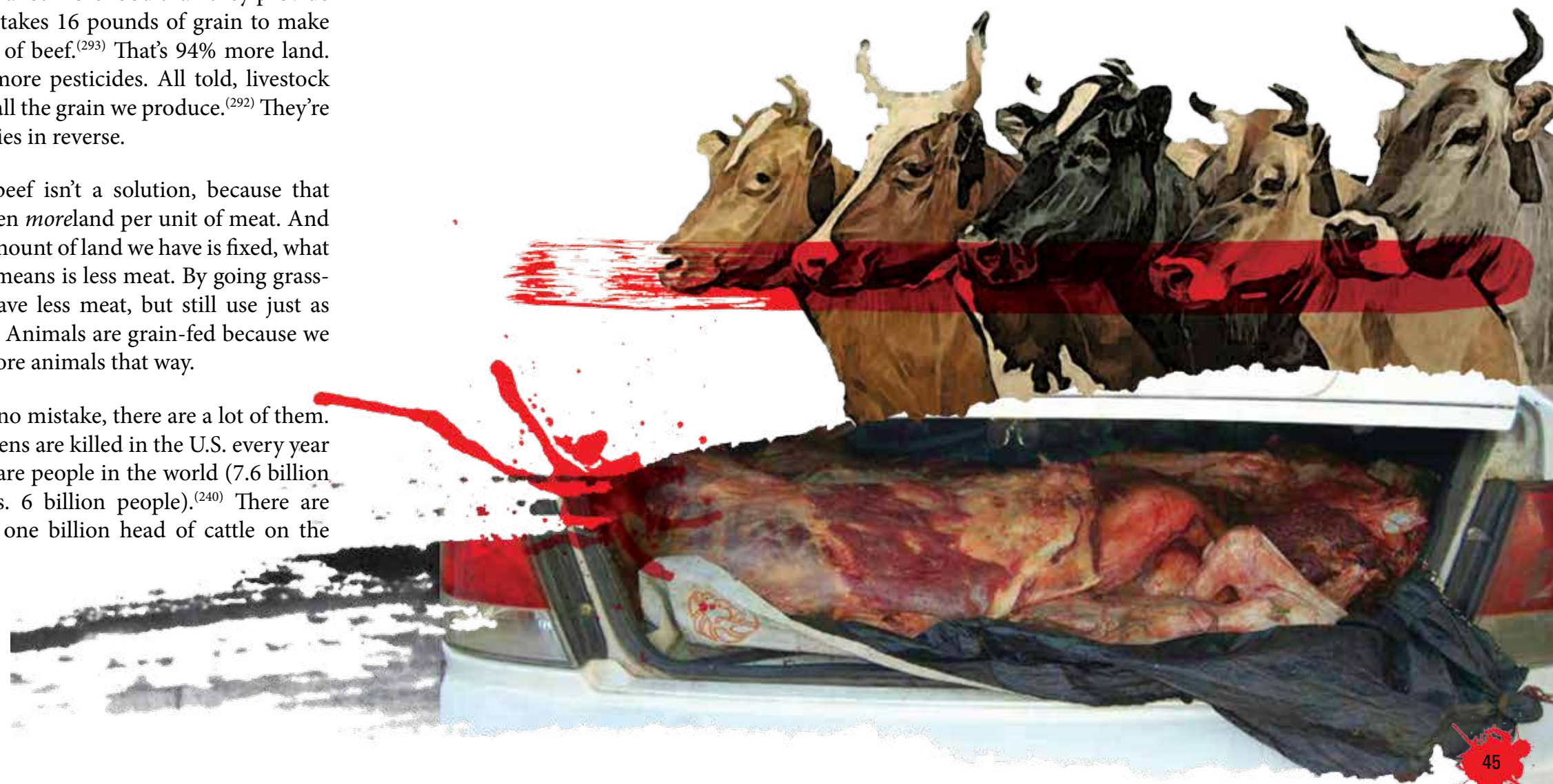
planet today, which weigh twice as much as the human population.⁽²⁹¹⁾ Thinking that all those cattle can easily be grass-fed is just a fantasy.

The chart at right shows how many people can be supported by 2.5 acres of land, for various foods. I'm amazed at how many people complain that nobody can eat nothing but, say potatoes. The point isn't to suggest that anyone eat only one food, it's simply to show how animal farming wastes huge amounts of land. The point is that going meatless requires far, far less land and other resources than our normal eating habits do.

The fact that we put far more grain into livestock than they return as meat is at the heart of why animal agriculture is so bad for the planet. If we have to grow far more grain than we have to, that means we're not just using far more land, we're also using far more water, far more energy, and far more pesticides. And that extra energy use means we're creating far more pollution and greenhouse gases.

This is by no means the complete list of problems with raising animals for food. For example, we haven't even touched on the waterways ruined by animal runoff or rainforest deforestation. But really, how many more reasons do we need?

SURCE : <http://michaelbluejay.com/veg/environment.html>



GAUVANSH HATYA PRATIBANDH BILL IS NATIONAL IMMINENCE SCIENTIFICALLY AND MEDICALLY JUSTIFYING :

*"We've never treated a single patient
with protein deficiency; yet the majority of
patients we see are suffering from
heart diseases, diabetes &
other chronic illnesses directly resulting
from trying to get enough protein"*

- Dr. Alona Pulde & Dr. Matthew Lederman



SCIENTIFICALLY PROVED THEORY

Slaughter of cow : Main Cause of Earthquake

The devastating calamity of earthquake happens due to collective slaughter of living creature. This statement looks very strange but the renowned scientist of Delhi University Dr. Madan Mohan Bajaj has proved it to be right with help of his two other scientists. Dr. Bajaj has given his glorious research thesis title "Visprabhaw". Dr. Bajaj placed his important research thesis in June 1995 in one of the international scientist conference held in Sudal town near Moscow, the capital of Russia. This research paper not only created a stir among the scientific but nullified all the theories regarding earthquake. In fact this revolutionary research paper put nonviolence and coexistence on scientific basis and became beginning of the new era.

This research paper on the one hand has inter related science and philosophy in a wonderful manner it has also made clear that earthquake happens because of the follies of human beings and if man wants he can stop earthquake. The research of three doctors, Bajaj, Ibbrahim and Singh actually substantiate Einstein Pain wave's theory. Radio, T.V. Satellites even explosive atom bomb are moved by vibrations. Not only this, on the basis of vibrations, a

Russian Scientist brought the dust from moon by the use of an instrument caused luneokhod by using it from the earth itself. Similarly, earthquake is caused by pain waves.

According to scientists, three types of waves are present on this earth; the primary waves, secondary waves and third are under layer waves. The first type of waves run very fast but the second one with the slow speed at the time of killing of living creatures leave waves emit pain waves. Such pain waves go on increasing and intensifying by more and more killings of the creatures and when the energy of these waves becomes expressive then these waves shake the earth which is known as earthquake.

According to this research it is established that when there is a large scale of slaughter of creature whether human beings or animals and the pain waves are created by these slaughters that is caused Einstein Pain waves and these waves are so powerful that the earth starts shaking which is in common language is called Earthquake.

SOURCE BOOK : UNDERSTANDING EARTHQUAKES : A Plea to Stop Animal Slaughter, Via Science Now!
BY : Dr. Madan Mohan Bajaj





ANIMAL BASED DIETS IS INCOMPLETE AND PLATE OF SERIOUS HEALTH HAZARD

more healthy than a non-vegetarian diet. It is this solid, reputable science that will be quoted throughout this guide, much of it obtained from some of the world's most authoritative and prestigious health advisory bodies.

Why is diet so important? Well, if you live an average life span of about 72 years, you will plow your way through an astonishing 30 tons of food. It's the fuel that keeps you going and it's the nutrients in food that make you what you are. Your heart beats on them, your muscles, kidneys and liver depend upon them. Food keeps you warm, repairs the bits of damage that inevitably occur and it even helps you think. Food is pretty important stuff- but not just any old food.

If you were to eat the same diet as a lion - mostly meat and no fruit and vegetables - you would die and probably quite quickly. Similarly, a lion would be unable to survive on the average vegetarian diet. The reasons for the difference are that, after millions of years of evolution, all animals have adapted to their different environments. Meat contains no vitamin C so lions have the ability to manufacture (synthesize) it internally. We, on the other hand, are higher apes and have evolved to eat fresh fruit and vegetables, shoots, seeds, nuts and leaves - a diet rich in vitamin C - on a daily basis. Throughout our evolution there was an abundant supply of vitamin C in virtually everything we ate so our bodies have never had to manufacture it.

In the American Dietetic Association's 1997 Position Paper on Vegetarian Diets, they stated that, "scientific data suggest positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer."

The better health statistics for vegetarians and vegans (a vegan diet consists of no animal products) aren't peripheral - a percentage point advantage here or there - but are quite profound. The usual argument put forward to explain these dramatic improvements in health - often by doctors with little nutritional training or by those with a vested interest in the meat industry - is that veggies are non-drinking, non-smoking, self denying, puritans so no wonder they live longer. And who wants to be like that?

Studies that have controlled for lifestyle variables still show that a vegetarian diet is

Why does all this matter? Because sensible eating is about distinguishing between healthy and potentially unhealthy foods - for us! Take lions, for instance. No matter how much meat they eat, no matter how fatty it is, their arteries don't clog up. Ours, on the other hand, do and the damage can start as young as two or three years old. The result is high blood pressure and heart attacks later in life. These deadly diseases are at epidemic proportions: For example, according to the American Heart Association (AHA), coronary heart disease is the single leading cause of death in the United States today (1). Moreover, they are almost all diet related-caused by animal products. And some people still claim we're meant to eat meat!

Dr. T. Colin Campbell, of Cornell University, organized a massive piece of dietary research called the China Study - one of the most important ever undertaken. When its findings were published, he said: **"We're basically a vegetarian species and should be eating a wide variety of plant foods and minimizing our intake of animal foods. Animal foods are not really helpful and we need to get away from eating them"** (2).

The British Medical Association (BMA)

The BMA was one of the first to distill the growing volume of research on diet and health in its 1986 report (3). It said :

"Vegetarians have lower rates of obesity, coronary heart disease, high blood pressure, large bowel disorders, cancers and gall stones. Cholesterol levels tend to be lower in vegetarians."

It went on to say that when meat eaters change to a vegetarian diet it can actually lower their cholesterol levels. It concluded by saying that vegetarians obtain all the minerals they need and that folate levels are higher than meateaters.

The China Study

The initial results of this combined Chinese -U.S. - British study, which began in 1983, were announced in 1989 (4). It was a massive piece of work which looked at the health and eating habits of 6,500 people in real life situations. Its conclusions were accurately summed up a New York Times headline on May 8, 1990: **"Huge Study of Diet Indicts Fat and Meat." In short, it found that the greatest single influence on the growth of degenerative diseases such as coronary heart disease, cancer and diabetes was the amount of animal fat and protein eaten-the more you eat, the greater your risk.**

It highlighted some extraordinary dietary differences between affluent and not so affluent societies. Animal protein itself raises the risks of cancer and heart disease.

These are the two biggest killers in the West but there are others, such as diabetes, strokes, obesity and high blood pressure which are associated with the West's affluent lifestyle. They are degenerative diseases and the China study found that they increased alarmingly as people changed from a more simple, predominantly vegetarian or vegan diet, to a Western diet based on meat and dairy products.

The study also found that the West's preoccupation with promoting meat as the main source of iron was wrong. The Chinese diet was predominantly vegetarian and yet adults consumed twice as much iron as an adult in the U.S. The Chinese diet also contained three times more fiber than a U.S. diet but there was no evidence that these high levels interfered with absorption of iron or other essential minerals.

The conclusions were unequivocal-that a plant-based diet is more likely to promote good health and reduce the risk of degenerative diseases.

The World Health Organization

Next came an even more detailed report from the WHO in 1991. It was interpreted by many as a call for the world to go vegetarian - and that's precisely what it was. **It stated that a diet rich in animal products promotes heart disease, cancer and several other diseases. It confirmed the BMA's and China Study's list of degenerative diseases and added others - osteoporosis, and kidney failure as being related to meat eating.**

It said that diets associated with increases in chronic diseases are those rich in sugar, meat and other animal products, saturated fat and dietary cholesterol, and added: "If such trends continue, the end of this century will see cardiovascular (heart) disease and cancer established as major health problems in every country in the world." And, of course, its predictions have been proved true.

But it went even further and condemned the years of public urgings by governments to eat animal products. It went on to say that in future: "Policies should be geared to the growing of plant foods, including vegetables and fruits, and to limiting the promotion of fat containing products."

The large quantities of cheap meat, which have adversely affected health, are only available because of intensive, factory farming and the WHO also had plenty to say about that:

"Farming policies which do not rely on intensive animal production systems would reduce the world demand for cereals. Use of land

could be reappraised since cereal consumption by the population is much more efficient and cheaper than dedicating large areas to growing feed for meat production and dairying." That advice has also been ignored.

In fact, as development takes place in previously undeveloped countries there is a shift towards a more affluent diet, the report says. As a consequence, there is a dramatic increase in the incidence of diet related diseases.

The Oxford Study

In early 1995, an interim report was issued by Oxford University scientists working on another huge piece of research, commonly known as the Oxford Study. **It is ongoing and is examining the diets of 11,000 people over a period of 13 years. The interim report confirmed lower rates of cancer and heart disease among vegetarians but added a new twist - 20% lower premature mortality.**

Physicians Committee for Responsible Medicine (PCRM) PCRM is a highly-respected group of 5,000 doctors. It includes William Roberts, editor of the American Journal of Cardiology, as well as the late Benjamin Spock (7). In 1995, PCRM confirmed the lower rates of disease among vegetarians and urged the government to recommend a vegetarian diet to U.S. citizens. Before this, the U.S. Dietary Guidelines had never made any mention of vegetarianism. The following year they did so for the first time, stating :

"...vegetarians enjoy excellent health: Vegetarian diets are consistent with the Dietary Guidelines and can meet Recommended Daily Allowances for nutrients. Protein is not limited in vegetarian diets ..." (8).

The PCRM report reviewed over 100 pieces of published work from across the world and was in no doubt about what we should be eating: **"The scientific literature supports the use of vegetables, fruits, legumes (peas, beans, chick peas) and grains as staples. Meats, dairy products and added vegetable oils should be considered optional."** It was another clear and unequivocal statement that humans do not need to eat meat and are healthier for not doing so.

American Dietetic Association

The ADA is probably one of the most respected health bodies in the world and, in its most recent report on vegetarianism, it kicked off with the words: "Studies indicate that vegetarians often have lower morbidity and mortality rates from several chronic diseases than do non vegetarians" (9). It confirmed that vegetarians are less at risk from the major degenerative diseases, including kidney disease and diabetes, and states that a vegetarian diet can arrest coronary artery disease. The ADA spells out the reason for this by saying that vegetarian diets offer disease protection benefits because of their lower saturated fat, cholesterol and animal protein content and often higher concentrations of folate, antioxidants such as vitamins C and E, carotenoids (vitamin A) and phytochemicals (plant nutrients).



PHYSICIANS COMMITTEE

FOR RESPONSIBLE MEDICINE

Vegetarian Foods : Powerful for Health

World-renowned figures as diverse as philosophers Plato and Nietzsche, political leaders Benjamin Franklin and Gandhi, and pop icons Paul McCartney and Bob Marley have all advocated a vegetarian diet. Science is also on the side of vegetarianism. **Multitudes of studies have demonstrated the remarkable health benefits of a vegetarian diet.**

“Vegetarian” is defined as avoiding all animal flesh, including fish and poultry. Vegetarians who avoid flesh, but do eat animal products such as cheese, milk, and eggs, are ovo-lacto-vegetarians (ovo = egg; lacto = milk, cheese, etc.). The ranks of those who abstain from all animal products are rapidly growing; these people are referred to as pure vegetarians or vegans. Scientific research shows that health benefits increase as the amount of food from animal sources in the diet decreases, so vegan diets are the healthiest overall.



Preventing Cancer

Vegetarian diets—naturally low in saturated fat, high in fiber, and replete with cancer-protective phytochemicals—help to prevent cancer. **Large studies in England and Germany have shown that vegetarians are about 40 percent less likely to develop cancer compared to meat-eaters.** In the United States, studies of Seventh-Day Adventists have shown significant reductions in cancer risk among those who avoided meat. Similarly, breast cancer rates are dramatically lower in nations, such as China, that follow plant-based diets. Interestingly, Japanese women who follow Western-style, meat-based diets are eight times more likely to develop breast cancer than women who follow a more traditional plant-based diet. **Meat and dairy products contribute to many forms of cancer, including cancer of the colon, breast, ovaries, and prostate.**

Harvard studies that included tens of thousands of women and men have shown that regular meat consumption increases colon cancer risk by roughly 300 percent. High-fat diets also encourage the body's production of estrogens, in particular, estradiol. Increased levels of this sex hormone have been linked to breast cancer. A recent report noted that the rate of breast cancer among premenopausal women who ate the most animal (but not vegetable) fat was one-third higher than that of women who ate the least animal fat. **A separate study from Cambridge University also linked diets high in saturated fat to breast cancer.** One study linked dairy products to an increased risk of ovarian cancer. The process of breaking down the lactose (milk sugar) into galactose evidently

damages the ovaries. Daily meat consumption triples the risk of prostate enlargement. Regular milk consumption doubles the risk and failure to consume vegetables regularly nearly quadruples the risk.

Vegetarians avoid the animal fat linked to cancer and get abundant fiber, vitamins, and phytochemicals that help to prevent cancer. In addition, blood analysis of vegetarians reveals a higher level of “natural killer cells,” specialized white blood cells that attack cancer cells.

Beating Heart Disease

Vegetarian diets also help prevent heart disease. Animal products are the main source of saturated fat and the only source of cholesterol in the diet. Vegetarians avoid these risky products. Additionally, fiber helps reduce cholesterol levels and animal products contain no fiber. When individuals switch to a high-fiber, low-fat diet their serum cholesterol levels often drop dramatically. Studies have demonstrated that a low-fat, high-fiber, vegetarian or vegan diet combined with stress reduction techniques, smoking cessation, and exercise, or combined with prudent drug intervention, could actually reverse atherosclerosis—hardening of the arteries. Heart diets that include lean meat, dairy products, and chicken are much less effective, usually only slowing the process of atherosclerosis.

Lowering Blood Pressure

In the early 1900s, nutritionists noted that people who ate no meat had lower blood pressure. They also discovered that vegetarian diets could, within two weeks, significantly reduce a person's blood pressure. These results were evident regardless of the sodium levels in the vegetarian diets. People who

follow vegetarian diets typically have lower blood pressure.²² No one knows exactly why vegetarian diets work so well, but probably cutting out meat, dairy products, and added fats reduces the blood's viscosity (or “thickness”) which, in turn, brings down blood pressure. Plant products are generally lower in fat and sodium and have no cholesterol at all. Vegetables and fruits are also rich in potassium, which helps lower blood pressure.

Preventing and Reversing Diabetes

Non-insulin-dependent (adult-onset) diabetes can be better controlled and sometimes even eliminated through a low-fat, vegetarian diet along with regular exercise.²⁶ Such a diet, low in fat and high in fiber and complex carbohydrates, allows insulin to work more effectively. The diabetic person can more easily regulate glucose levels. While a vegetarian diet cannot eliminate the need for insulin in people with type 1 (insulin-dependent) diabetes, it can often reduce the amounts of insulin used. Some scientists believe that insulin-dependent diabetes may be caused by an auto-immune reaction to dairy proteins.

Gallstones, Kidney Stones, and Osteoporosis

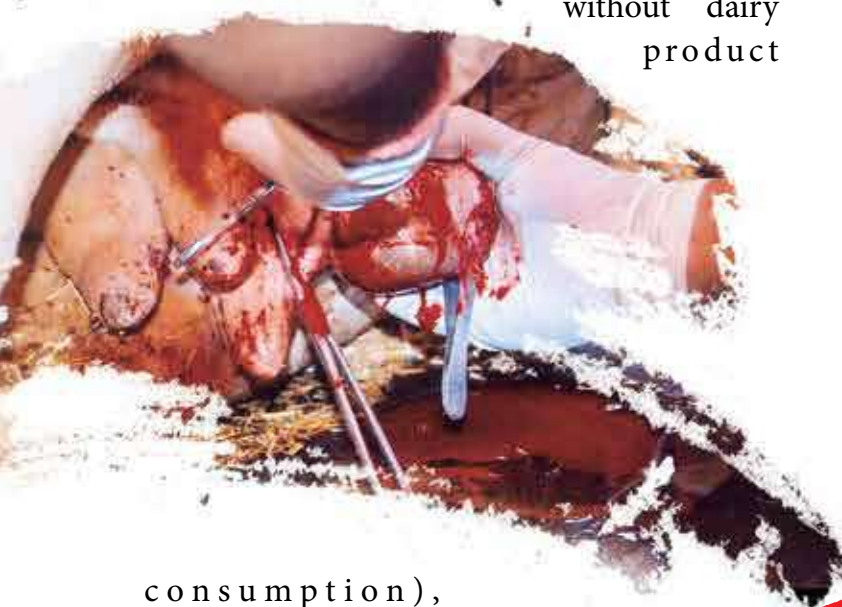
Vegetarian diets have been shown to reduce one's chances of forming kidney stones and gallstones. Diets that are high in protein, especially animal protein, tend to cause the body to excrete more calcium, oxalate, and uric acid. These three substances are the main components of urinary tract stones. British researchers have advised that persons with a tendency to form kidney stones should follow



a vegetarian diet. The American Academy of Family Physicians notes that high animal protein intake is largely responsible for the high prevalence of kidney stones in the United States and other developed countries and recommends protein restriction for the prevention of recurrent kidney stones.

Similarly, high-cholesterol, high-fat diets—the typical meat-based diet—are implicated in the formation of gallstones. The consumption of meaty diets, compared to vegetarian diets, has been shown to nearly double the risk of gallstones in women.

For many of the same reasons, vegetarians are at a lower risk for osteoporosis. Since animal products force calcium out of the body, eating meat can promote bone loss. In nations with mainly vegetable diets (and without dairy product



consumption), osteoporosis is less common than in the U.S., even when calcium intake is also less than in the U.S. Calcium is important, but there is no need to get calcium from dairy products. For more information on protecting your bones, contact PCRM for additional reference materials or visit StrongBones.org.

Asthma

A 1985 Swedish study demonstrated that individuals with asthma practicing a vegan diet for a full year have a marked decrease in the need for medications and in the frequency and severity of asthma attacks. Twenty-two of the 24 subjects reported improvement by the end of the year.

Common Concerns

Some people still worry about whether a vegetarian diet can provide all essential nutrients. However, it is very easy to have a well-balanced diet with vegetarian foods, since these foods provide plenty of protein. Careful combining of foods is not necessary. Any normal variety of plant foods provides more than enough protein for the body's needs. **Although there is somewhat less protein in a vegetarian diet than a meat-eater's diet, this is actually an advantage. Excess protein has been linked to kidney stones, osteoporosis, and possibly heart disease and some cancers.** A diet focused on beans, whole grains, and vegetables contains adequate amounts of protein without the "overdose" most meat-eaters get.

Calcium is easy to find in a vegetarian diet. Many dark green leafy vegetables and beans are loaded with calcium, and some orange juices, non-dairy "milks," and cereals are calcium-fortified. Iron is plentiful in whole grains, beans, and fruits.

Vitamin B₁₂

Vitamin B₁₂ is a genuine issue for vegans, although very easy to deal with. Found mainly in animal products, small amounts may be found in plant products due to bacterial contamination. However, these plant and fermented foods, such as spirulina, sea vegetables, tempeh, and miso, do not provide

an active and reliable source, so vitamin B₁₂ must be obtained elsewhere in the diet. Regular intake of vitamin B₁₂ is important to meet nutritional needs. Good sources include all common multiple vitamins (including vegetarian vitamins), fortified cereals, nutritional yeast, and fortified soymilk. It is especially important for pregnant women, breast-feeding mothers, and children to get enough vitamin B₁₂.

Special Concerns: Pregnancy, Infants, and Children

During pregnancy, nutritional needs increase. The American Dietetic Association has found vegan diets adequate for fulfilling nutritional needs during pregnancy, but pregnant women and nursing mothers should supplement their diets with vitamins B₁₂ and D. Most doctors also recommend that pregnant women supplement their diet with iron and folic acid, although vegetarians normally consume more folic acid than meat-eaters.

Vegetarian women have a lower incidence of pre-eclampsia in pregnancy and significantly more pure breast milk. Analyses of vegetarians' breast milk show that the levels of environmental contaminants in their milk are much lower than in non-vegetarians. Studies have also shown that in families with a history of food allergies, when women abstain from allergenic foods, including milk, meat, and fish, during pregnancy, they are less likely to pass allergies onto the infant. Mothers who drink milk pass cow antibodies along to their nursing infants through their breast milk. These antibodies can cause colic.

Vegetarian children also have high nutritional needs, but these are met within a vegetarian diet. A vegetarian menu is life extending. As young children, vegetarians may grow more gradually, reach puberty somewhat later, and live substantially longer than do meat-eaters.

SOURCE : <http://www.pcrm.org/health/diets/vegdiets/vegetarian-foods-powerful-for-health>



7 REASONS VEGETARIANS LIVE LONGER

TIME

The latest study shows that meat abstainers have lower blood pressure

There's nothing wrong with eating meat if you're doing so in moderation (I for one, will never give up the occasional cheeseburger), but research does show that vegetarians tend to be healthier overall, and even live longer.

Now there's another health perk vegetarians can boast about. A new study published in the journal *JAMA Internal Medicine* looked at data from seven clinical studies and 32 other studies published between 1900 and 2013 where participants kept a vegetarian diet and found that vegetarians have lower blood pressure compared to people who eat meat.

Here are some other reasons vegetarians may outlive meat-lovers.

1. Low blood pressure : In the latest study, researchers found that not only do vegetarians have lower blood pressure on

average, but that vegetarian diets could be used to lower blood pressure among people who need an intervention.

2. Lower risk of death : A 2013 study of more than 70,000 people found that vegetarians had a 12% lower risk of death compared with non-vegetarians. With none of the saturated fat and cholesterol that clogs arteries, vegetarians may be at a lower risk for chronic diseases overall.

3. Better moods : A 2012 study randomly split participants into a three diets: all-meat allowed, fish-only, and vegetarian no-meat. The researchers found that after two weeks, the people on the vegetarian diet reported more mood improvements than those on the other two diets.

4. Less chance of heart disease : Another 2013 study of 44,000 people reported that vegetarians were 32% less likely to develop ischemic heart disease.

5. Lower risk of cancer : Researchers at Loma Linda University in California studied different versions of the vegetarian diet and cancer risk among people at a low risk for cancer overall and discovered that a vegetarian diet may have protective benefits. Although the study is not the final say on the matter, vegans had the lowest risk for cancers, specifically cancers most common among women, like breast cancer.

6. Lower risk of diabetes : Studies have shown that vegetarians are at a lower risk for developing diabetes. While the diet won't cure the disease, it can lower an individual's risk by helping them maintain weight and improve blood sugar control.

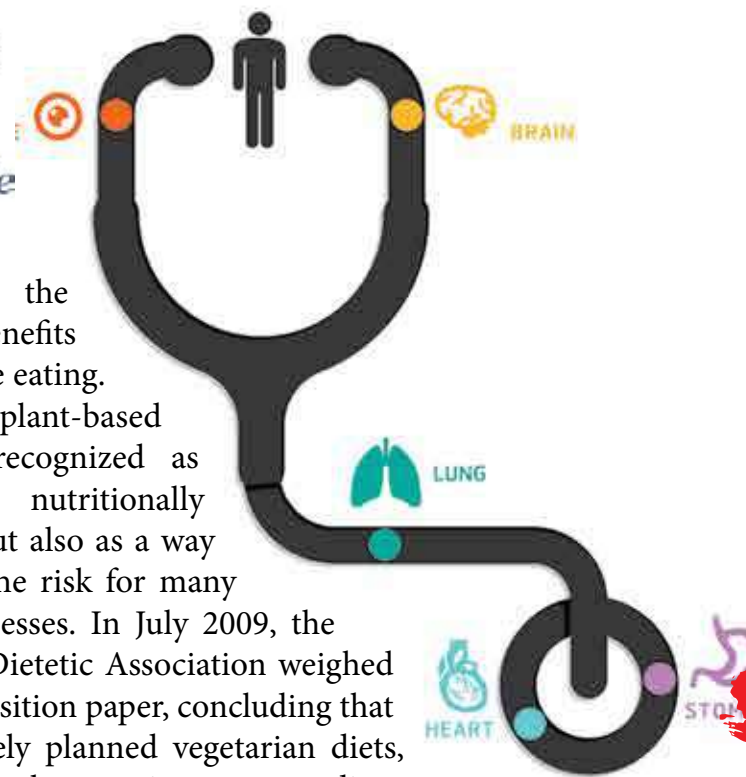
7. Less likely to be overweight : Research shows that vegetarians tend to be leaner than their

meat-eating counterparts, and that they also tend to have lower cholesterol and body mass index (BMI). Some data suggests that a vegetarian diet can help with weight loss and be better for maintaining a healthy weight over time.

People who don't eat vegetarian can still be very healthy, and a vegetarian diet comes with its own health risks. For instance, research has also shown that vegetarians are at a higher risk for iron deficiencies, and some experts question whether children who are raised vegetarian get the right amount of nutrients for their growing bodies. Making sure you get the right amount of nutrients is important, and keeping your physician in the loop about your eating habits can make sure you're meeting all the requirements for good health.

SOURCE : <http://time.com/9463/7-reasons-vegetarians-live-longer/>





Becoming a vegetarian

Harvard Women's Health Watch

Avoiding meat is only one part of the picture. A healthy vegetarian diet should be chock-full of foods with known benefits.

People become vegetarians for many reasons, including health, religious convictions, concerns about animal welfare or the use of antibiotics and hormones in livestock, or a desire to eat in a way that avoids excessive use of environmental resources. Some people follow a largely vegetarian diet because they can't afford to eat meat. Vegetarianism has become more appealing and accessible, thanks to the year-round availability of fresh produce, more vegetarian dining options, and the growing culinary influence of cultures with largely plant-based diets.

Today, six to eight million adults in the United States eat no meat, fish, or poultry, according to a Harris Interactive poll commissioned by the Vegetarian Resource Group, a nonprofit organization that disseminates information about vegetarianism. Several million more have eliminated red meat but still eat chicken or fish. About two million have become vegans, forgoing not only animal flesh but also animal-based products such as milk, cheese, eggs, and gelatin.

Traditionally, research into vegetarianism focused mainly on potential nutritional deficiencies, but in recent years, the pendulum has swung the other way, and studies are

confirming the health benefits of meat-free eating. Nowadays, plant-based eating is recognized as not only nutritionally sufficient but also as a way to reduce the risk for many chronic illnesses. In July 2009, the American Dietetic Association weighed in with a position paper, concluding that "appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases" (*Journal of the American Dietetic Association*, July 2009).

"Appropriately planned" is the operative term. Unless you follow recommended guidelines on nutrition, fat consumption, and weight control, becoming a vegetarian won't necessarily be good for you. A diet of soda, cheese pizza, and candy, after all, is technically "vegetarian." For health, it's important to make sure that you eat a wide variety of fruits, vegetables, and whole grains. It's also vital to replace saturated and trans fats with good fats, such as those found in nuts, olive oil, and canola oil. And always keep in mind that if you eat too many calories, even from nutritious, low-fat, plant-based foods, you'll gain weight. So it's also important to practice portion control, read food labels, and engage in regular physical activity.

You can get many of the health benefits of vegetarianism without going all the way. For example, a Mediterranean eating pattern

— known to be associated with longer life and reduced risk of several chronic illnesses — features an emphasis on plant foods with a sparing use of meat. (For more about the Mediterranean diet, go to www.health.harvard.edu/womenextra.) Even if you don't want to become a complete vegetarian, you can steer your diet in that direction with a few simple substitutions, such as plant-based sources of protein — beans or tofu, for example — instead of meat a couple of times a week.

Only you can decide whether a vegetarian diet is right for you. If better health is your goal, here are some things to consider.

Can vegetarianism protect you against major diseases?

May be. Compared with meat eaters, vegetarians tend to consume less saturated fat and cholesterol and more vitamins C and E, dietary fiber, folic acid, potassium, magnesium, and phytochemicals (plant chemicals), such as carotenoids and flavonoids. As a result, they're likely to have lower total and LDL (bad) cholesterol, lower blood pressure, and lower body mass index (BMI), all of which are associated with longevity and a reduced risk for many chronic diseases.

But there still aren't enough data to say exactly how a vegetarian diet influences long-term health. It's difficult to tease out the influence of vegetarianism from other practices that vegetarians are more likely to follow, such as not smoking, not drinking excessively, and getting adequate exercise. But here's what some of the research has shown so far:

Heart disease : There's some evidence that vegetarians have a lower risk for cardiac events (such as a heart attack) and death from cardiac causes. **In one of the largest studies a combined analysis of data from**

five prospective studies involving more than 76,000 participants published several years ago — vegetarians were, on average, 25% less likely to die of heart disease. This result confirmed earlier findings from studies comparing vegetarian and nonvegetarian Seventh-day Adventists (members of this religious group avoid caffeine and don't drink or smoke; about 40% are vegetarians). **In 2009, in a study involving 65,000 people in the Oxford cohort of the European Prospective Investigation into Cancer and Nutrition (EPIC-Oxford), researchers found a 19% lower risk of death from heart disease among vegetarians. However, there were few deaths in either group, so the observed differences may have been due to chance.**

For heart protection, it's best to choose high-fiber whole grains and legumes, which are digested slowly and have a low glycemic index — that is, they help keep blood sugar levels steady. Soluble fiber also helps reduce cholesterol levels. Refined carbohydrates and starches like potatoes, white rice, and white-flour products cause a rapid rise in blood sugar, which increases the risk of heart attack and diabetes (a risk factor for heart disease).

Nuts are also heart-protective. They have a low glycemic index and contain many antioxidants, vegetable protein, fiber, minerals, and healthy fatty acids. The downside: nuts pack a lot of calories, so restrict your daily intake to a small handful (about an ounce). The upside: because of their fat content, even a small amount of nuts can satisfy the appetite.

Cancer : Hundreds of studies suggest that eating lots of fruits and vegetables can reduce the risk of developing certain cancers, and there's evidence that vegetarians have a lower incidence of cancer than nonvegetarians do. If you stop eating red meat (whether or not you



become a vegetarian), you'll eliminate a risk factor for colon cancer. According to a 2007 report from the World Cancer Research Fund/American Institute for Cancer Research, red meat consumption is the only "convincing" dietary association with colon cancer. It's not clear whether avoiding all animal products reduces the risk further. Vegetarians usually



have lower levels of potentially carcinogenic substances in their colons, but studies comparing cancer rates in vegetarians and nonvegetarians have shown inconsistent results.

Type 2 diabetes : Research suggests that a predominantly plant-based diet can reduce the risk for type 2 diabetes. In studies of Seventh-day Adventists, vegetarians' risk of developing diabetes was half that of nonvegetarians, even after taking BMI into account. The Harvard-based Women's Health Study found a similar correlation between eating red meat (especially processed meats, such as bacon and hot dogs) and diabetes risk, after adjusting for BMI, total calorie intake, and exercise.

What about bone health?

Some women are reluctant to try a vegetarian diet — especially one that doesn't include calcium-rich dairy products — because they're concerned about osteoporosis. Lacto-ovo vegetarians (see "Varieties of vegetarians") consume at least as much calcium as meat-eaters, but vegans typically consume less. In the EPIC-Oxford study, 75% of vegans got less than the recommended daily amount of calcium, and vegans in general had a relatively high rate of fractures. But vegans who consumed at least 525 milligrams of calcium per day were not especially vulnerable to fractures.

Certain vegetables can supply calcium, including bok choy, broccoli, Chinese cabbage,

collards, and kale. (Spinach and Swiss chard, which also contain calcium, are not such good choices, because along with the calcium they have oxalates, which make it harder for the body to absorb calcium.) Moreover, the high potassium and magnesium content of fruits and vegetables reduces blood acidity, lowering the urinary excretion of calcium. Some research suggests that eating too much protein (in particular, animal protein) is bad for bones because it has the opposite effect.

People who follow a vegetarian and especially a vegan diet may be at risk of getting insufficient vitamin D and vitamin K, both needed for bone health. Although green leafy vegetables contain some vitamin K, vegans may also need to rely on fortified foods, including some types of soy milk, rice milk, organic orange juice, and breakfast cereals. They may also want to consider taking a vitamin D2 supplement (vitamin D3 comes from animals).

What about nutritional deficiencies?

Concerns about vegetarian diets have focused mainly on the following nutrients:

Protein : Research shows that lacto-ovo vegetarians generally get the recommended daily amount of protein, which is easily obtained from dairy products. (Women need about 0.4 grams of protein per pound of body weight per day. Because the protein in vegetables is somewhat different from animal protein, vegans may need 0.45 grams of protein per pound of body weight per day.) There are many plant sources that can help vegans meet their protein needs, including peas, beans, lentils, chickpeas, seeds, nuts, soy products, and whole grains (for example, wheat, oats, barley, and brown rice). Vegetarians used to be told that they had to combine "complementary" plant proteins (rice with beans, for example) at every meal to get all the amino acids contained in

meat protein. Now, health experts say that such rigid planning is unnecessary. According to the American Dietetic Association, eating a wide variety of protein sources every day is sufficient.

Vitamin B₁₂ : Vitamin B₁₂ is found only in animal products, but those products include dairy foods and eggs, so most vegetarians get all they need. If you avoid animal products altogether, you should eat foods fortified with vitamin B₁₂ (certain soy and rice beverages and breakfast cereals) or take a vitamin B₁₂ supplement to avoid a deficiency, which can cause neurological problems and pernicious anemia.

Iron : Studies show that in Western countries, vegetarians tend to get the same amount of iron as meat eaters. But the iron in meat (especially red meat) is more readily absorbed than the kind found in plant foods, known as non-heme iron. The absorption of non-heme iron is enhanced by vitamin C and other acids found in fruits and vegetables, but it may be inhibited by the phytic acid in whole grains, beans, lentils, seeds, and nuts.

Zinc : Phytic acid in whole grains, seeds, beans, and legumes also reduces zinc absorption, but vegetarians in Western countries do not appear to be zinc-deficient.

Omega-3 fatty acids : Diets that include no fish or eggs are low in EPA and DHA. Our bodies can convert ALA in plant foods to EPA and DHA, but not very efficiently. Vegans can get DHA from algae supplements, which increase blood levels of DHA as well as EPA (by a process called retroversion). DHA-fortified breakfast bars and soy milk are also available. Official dietary guidelines recommend 1.10 grams per day of ALA for women, but vegetarians who consume little or no EPA and DHA should probably get more than that. Good ALA sources include flaxseed, walnuts, canola oil, and soya.

Selected resources

Becoming a vegetarian requires planning and knowledge of plant-based nutrition. Here are some resources that can help :

American Dietetic Association
www.eatright.org

"Vegetarian nutrition," Food and Nutrition Information Center, USDA
www.nal.usda.gov/fnic/etext/000058.html

The Vegetarian Resource Group
www.vrg.org

Vegetarian Society of the United Kingdom
www.vegsoc.org

Vegetarian Nutrition
www.vegetariannutrition.net/articles.php



Varieties of vegetarians

Strictly speaking, vegetarians are people who don't eat meat, poultry, or seafood. But people with many different dietary patterns call themselves vegetarians, including the following:

Vegans (total vegetarians) : Do not eat meat, poultry, fish, or any products derived from animals, including eggs, dairy products, and gelatin.

Lacto-ovo vegetarians : Do not eat meat, poultry, or fish, but do eat eggs and dairy products.

Lacto vegetarians : Eat no meat, poultry, fish, or eggs, but do consume dairy products.

Ovo vegetarians : Eat no meat, poultry, fish, or dairy products, but do eat eggs.

Partial vegetarians : Avoid meat but may eat fish (pesco-vegetarian, pescatarian) or poultry (pollo-vegetarian).

SOURCE : <http://www.health.harvard.edu/staying-healthy/becoming-a-vegetarian>

VEGETARIANS MAY LIVE LONGER

BY ALEXANDRA SIFFERLIN @ACSIFERLIN JUNE 04, 2013

In one of the largest studies to date, researchers from Loma Linda University in California report that vegetarians outlast meat eaters.

Among a group of 70,000 participants, researchers determined that vegetarians had a 12% lower risk of death compared with nonvegetarians. The effect held true for other specific vegetarian diets, according to the study, which is published in the journal *JAMA Internal Medicine*.

For instance, vegans also had a lower risk of death compared to nonvegetarians. Vegetarian diets have been linked in prior research to a lower likelihood of developing chronic diseases like heart disease or diabetes, but the underlying mechanisms are still under investigation. “We can’t tell from this current paper with certainty, but one of the most plausible potential reasons contributing to this beneficial association is perhaps the absence or reduction of meat intake,” says Dr. Michael J. Orlich, the program director of the preventive-medicine residency at Loma Linda University.

Red meat has been fingered as a potential culprit because of its high levels of saturated fat and cholesterol, which can clog up arteries.

In April, another study found that the compound carnitine, also found in red meat, is metabolized by human-gut bacteria and fills up blood vessels.

While there is a fair amount of evidence linking red-meat consumption to higher mortality, other factors could also be at play. “It could also be that consumption of various plant foods may be beneficially associated with reduced mortality, so we definitely want to look at those things on the food level in the future,” says Orlich. Interestingly, the investigators also found that the association between vegetarian diets and lower mortality was greater in men than in women. Men had a lower rate of cardiovascular disease and death from heart-related conditions. Women did not have the same measurable reductions.

“I don’t have any strong speculations, but it could be that the diet is playing out differently due to biological factors in men and women,” says Orlich, who plans to look deeper into what specific foods and nutrients may be responsible for the association. Figuring out what drives the link is complex, and it could be different for various groups and individuals. For example, a British study of the vegetarian diet in over 47,250 participants did not find the same mortality results. The fact that American vegetarians consume more fiber and vitamin C could be the reason, and this underscores the need for better understanding of how diet impacts longevity.

SOURCE : <http://healthland.time.com/2013/06/04/vegetarians-may-live-longer/>

SETTING THE RECORD STRAIGHT

Vegetables have plenty of protein, and they’re complete proteins as well

BY MICHAEL BLUEJAY • LAST UPDATE : JUNE 2013

Common vegetables have much more protein than you need, and contrary to popular myth, they’re complete proteins as well.¹ The reason you’ve heard otherwise is that the people spouting protein myths haven’t bothered to look up the actual numbers. (Anyone who thinks that vegetables *don’t* supply enough protein or that it’s incomplete for human needs should cite *bona-fide science* that says so.) So let’s look at what the science *actually* says — as well as what doctors and dietitians who are actually familiar with protein say.

We need only 2.5 to 11% of our calories from protein, according to peer-reviewed research and the official recommendations.^{2,3,4} And that amount is easily supplied by common vegetables.^{4,1} Vegetables average around 22% protein by calorie, beans 28%, and grains 13%.^{4,1} Have a look at the chart at right.

The U.S. government’s recommendation is 5-11%, based on various factors.³ The World Health Organization recommends a similar amount.⁴ And these recommendations are padded with generous safety margins, to cover people who need more protein than average. WHO makes it clear that around 97% of people need *less* than their recommendations.⁴

In any event, whether you think our needs are closer to 2.5% or 11%, you can see from the chart that it’s nearly impossible to fail to get enough protein, provided that you make sure to eat food. Every single whole plant food has more than 2.5% protein, and every group averages at least 11% except for fruit.

PROTEIN CONTENT OF VARIOUS FOODS

6.7%	Fruit
11%	Nuts & Seeds
13%	Grains
22%	Vegetables
28%	Beans

Need (Low end)
2.5% 11%
Need (High end)

Protein given as a percentage of calories. Food figures are averages for several foods in each category^{4,1} and were taken from the bible of nutrient data, the *USDA Food and Nutrient Database*. Human need is from peer-reviewed research², US govt. recommendations³, and WHO⁴. Chart from MichaelBluejay.com, ©2009-12

Protein is one of the *easiest* nutrients to get.

The figures for food are from the bible of nutrition data, the *USDA National Nutrient Database for Standard Reference*. (I averaged the numbers for several foods in each category.^{4,1} To find the percentage of protein for a sample, multiply the protein grams by 4 and divide by the number of calories.^{4,2})

So plant foods *easily* supply our protein needs. The truth is that if you’re eating food, you’re eating protein — and almost certainly more than enough.

It’s meaningless to talk about a “source of protein”, since *all* foods have plentiful protein. In other words, *every* whole food is a “source of protein”. You don’t have to eat certain, special foods to get protein. You just have to eat any whole food. That’s it.



Any well-educated health professional will tell you the same thing. Take Marion Nestle, Ph.D, chair of the Department of Nutrition at New York University :

"We never talk about protein anymore, because it's absolutely not an issue, even among children. If anything, we talk about the dangers of high-protein diets. Getting enough is simply a matter of getting enough calories."^{4,3}

Anyone who says otherwise simply hasn't bothered to look up the actual numbers. The reason you've heard that plants are protein-deficient is because everyone is simply repeating that misinformation without looking at what the science actually says. The science itself is clear and consistent, for anyone who cares to look.

It's true that meat has more protein than vegetables, but the amount in vegetables is already much more than you need. The extra protein in meat isn't better, it's useless. If you're shopping for a car and one goes 200 miles an hour and the other goes 400, it doesn't matter, since the maximum speed limit in the U.S. is 80 mph. Two hundred mph is more than enough for a car, and 22% protein from vegetables is more than enough when your protein needs are only 2.5 to 10%.

Oh, but you've heard that plant protein is "incomplete", right? Well, that's not true either. Let's have a look.....

Vegetables are complete proteins

We've all heard that plant protein is "incomplete" compared to meat protein, and that plant foods have to be carefully combined

to make a "complete" protein. But that's just an urban legend that was never based on science. The American Dietetic Association abandoned that idea decades ago. Susan Havala Hobbs, Ph.D, R.D. describes how the ADA discarded the protein combining idea :

There was no basis for [protein combining] that I could see..... I began calling around and talking to people and asking them what the justification was for saying that you had to complement proteins, and there was none. And what I got instead was some interesting insight from people who were knowledgeable and actually felt that there was probably no need to complement proteins. So we went ahead and made that change in the paper. [The paper was approved by peer review and by a delegation vote before becoming official.] And it was a couple of years after that that Vernon Young and Peter Pellet published their paper that became the definitive contemporary guide to protein metabolism in humans. And it also confirmed that complementing proteins at meals was totally unnecessary.^{8,5}

There's a very easy way to see the completeness of plant proteins, that most nutrition writers haven't bothered to do : Look at what's actually in the food! It's not like this is a secret; that data has been publicly available from the USDA for decades, and now the USDA's database is even online.^{4,1} Below is what it looks like when you actually look up the numbers.



Vegan diets supply plenty of protein for building muscle

Plant foods supply plenty of protein even for athletes and those trying to build muscle. In a recent study older adults doing either lower-body or whole-body resistance training increased their muscle strength and mass on the US RDA for protein of only 0.36 g per lb. of body weight.^{14,5} For a 120-lb. person eating 2000 calories or a 180-



lb. person eating 2500 calories, that's 8.6% to 10.4% of their diets as protein. And remember, vegetables average 22% protein and beans 28%.

Another study suggested that established bodybuilders need around 0.48 g of protein per pound of body weight per day (1.05 g/kg).¹⁵ (Incidentally, it also found that bodybuilders required 1.12 times and endurance athletes required 1.67 times more daily protein than sedentary controls.) For an 180-lb. athlete the 0.48 g/lb. figure is 90 grams (360 calories from protein). For a 3000-calorie diet, that's 12% of calories from protein. And again, vegetables average 22% and beans 28%.

Those starting a muscle-building program may need more protein, 0.77 g/lb. (1.7 g/kg).¹⁶ For a 180-lb. athlete that's 139 grams (556 calories). On a 3000-calorie diet, that's 18.5%, still less than supplied by common vegetables.

If the athlete eats more than 3000 calories a day, or weighs less than 180 lbs., then the percentage of protein required goes down even more.

In 2009 three major health organizations endorsed the 0.5 to 0.8 g/lb. (1.2-1.7 g/kg) figures above (American Dietetic Association, Dietitians of Canada and the American College of Sports Medicine)¹⁷

More is not better. As one paper said, "Ingesting more protein than necessary to maintain protein balance during training (e.g., >1.8 g/kg/d) does not promote greater gains in strength or fat-free mass."^{17,5}

Jack Norris, RD points out that nutrient recommendations are always "padded" with safety margins. That is, most people need less :

Considering the information reviewed above... it seems reasonable to conclude that the protein needs of most vegan bodybuilders are somewhere between 0.8 and 1.5 g/kg (0.36 and 0.68 g/lb) of body weight....

The Food and Nutrition Board, which sets the RDA, reviewed Lemon et al.'s study and others and concluded there is no sufficient evidence to support that resistance training increases the protein RDA of 0.80 g/kg [0.36 g/lb] for healthy adults.¹⁸

It's really meat that's incomplete

When you think about it, it's kind of silly to single out protein, just one of the many nutrients, just so we can declare plant proteins to be incomplete (although they're not). Why aren't we declaring meat to be an *incomplete vitamin*? Because it is, you know. For example, beef is completely devoid of Vitamin C, an essential nutrient without which you'd die. And beef doesn't just have a lower level of this essential nutrient, it has *zero*. So why didn't the authorities ever caution us that we need to combine various foods to get a complete vitamin?

But actually, *no* combination of meat will make a complete vitamin, since every single kind of common meat has *zero* Vitamin C. And it's deficient in other vitamins as well. So while plants *aren't* actually deficient in protein, meat is *definitely* deficient in vitamins. But I'm sure you never heard about vitamin deficiency in animal foods. All you've heard about is the supposed deficiency of protein in plants.

And speaking about biases, the whole protein-combining idea supposes that vegetarians are eating just *one* food, which is allegedly incomplete. Okay, how many people do you know who eat *one* food? And since nobody eats just one food, the whole idea of protein combining would be unnecessary anyway, even if it were true. So here again, what would be the point of harping on protein combining when it doesn't matter?

Using some common sense

The largest land animals in the world, elephants, are exclusively vegetarian. They grow up to 10,000 pounds, by eating nothing but plant matter. They couldn't grow so big if plants weren't loaded with protein.

Amazingly, many readers have protested this by saying "But we're not elephants!", as though they've made some sort of point. If they mean to suggest that elephants don't need protein, they're wrong : Every living creature on the planet does. Elephants don't have some magical superpower which allows them to live and grow without eating protein. They need it, eat it, and use it, like everyone and everything else.

Perhaps the point was supposed to be that elephants utilize protein differently? Not in any meaningful way. All protein, whether plant or animal, is broken down into the individual amino acids before the body uses it. And that goes for any body, elephant, human, or otherwise.

Maybe the idea was that elephants get enough protein from plants only because they eat so much? No, because once you adjust for body weight, elephants eat *less* than we do. Per 100 lbs. of body weight, Americans eat about 3 lbs. of food per day, while elephants eat only 1.9.^{13.5}

And elephants aren't the only huge vegetarian animals roaming the planet. There are also horses, camels, giraffes, elk, rhinos, cattle, and more. Clearly if these massive animals are eating only plants, then *plants have more than sufficient protein*.

The Combined Conclusion

The combined conclusions of this huge volume of research from these different sources is overwhelming. Vegetarian diets are the healthiest possible and the most natural for the human race. So why isn't the fact more widely known? Government silence on the subject speaks volumes about the power and advertising spending of the meat industry and the government cowardice. Politicians are terrified to tackle the vested interests of a huge industry; just as for decades they were terrified to effectively tackle the tobacco industry. You, of course, don't need anyone's permission to change your diet.



GAUVANSH HATYA PARTIBANDH BILL NATIONAL IMMINENCE MEAT TRADE IS IMMODESTLY CRUEL & UNETHICAL PRACTICE.

'Directive Principle, 'Prohibition of Cow Slaughter' be centrally regulated'

Jan 9, 2015

Directive Principles of state policy are not enforceable by any court; however the makers of the constitution laid these guidelines to assure that free India becomes a just place for even the weaker section as well as for agriculture and animal husbandry. While the past governments paid heed to some of these principles viz. free education to all children aged 6 to 14 years and advancement of minority and backward sections, the area that craves for government's courtesy is the directive principle, 'The State shall endeavor to organize agriculture and animal husbandry on modern and scientific lines and shall, in particular, take steps for preserving and improving the breeds, and **prohibiting the slaughter of cows and calves and other milch and draught cattle.**' Many of us do not even know that there is no law that explicitly forbids consumption of beef and legislations governing slaughter of cattle vary from state to state. The country, where Hindus form the majority and for whom cow is a symbol of strength, generous giving, abundance of earthly life, and sacredness, embraces states that do not at all restrict slaughtering of cattle; we rank 5th in world in terms of beef creation and 1st in terms of exporting; now that is a clear breach of trust with Hindus. The story isn't old when a couple of senior IPS officers of the state of UP could trace a link between cow smuggling and funding of underworld and anti-national activities.

The concern which finds a due place in the constitution of India is not a matter of worry for the politicians, may be since they are more anxious about minority votes. It is in the open; many states ban shipping of animals across state borders, but cows are regularly shipped to states with lesser or nil restrictions on slaughtering; several thousands of cow slaughterhouses operate in India, unlawful ones are at least ten times in number as compared to the legal ones. In the state of Andhra Pradesh,

the brutality can be noticed with the fact that the state has only 6 licensed slaughterhouses; however more than 3000 of such places run unlawfully and produce thousands of metric tons of beef. Then are the perks associated with the production and exporting of beef; in the year 2012-13 export earnings from processed meat were close to INR 18,000 crore. Isn't it weird that in a Hindu-dominant country, the food processing ministry had announced subsidies of INR 15 crore to modernize abattoirs? Then, while in Europe and Australia, stunning animals prior to their being slaughtered for food is a compulsory norm, India has no such norm, and backed by the demand of Gulf countries that insist on Halal meat, most of our beef production is without stunning, thereby meaning killing of a conscious living being.



Protectors of law are very well aware of the rampant abuse of animals during transport and slaughter; they are overloaded in trucks and are transported abruptly without food and water. I was speechless to witness a video showing some young men pinching the tail of a cow in such a manner that it was forced to move into a small car, post which was taken for slaughter and feeding. FIAPO, Federation

of Indian Animal Protection Organizations, complains of letting off of vehicles carrying cattle by police officers thus cheering unlawful slaughter just for the sake of a few pennies. Aren't we then letting a person kill the faith and morality we have been carrying since ages? Let me share a few more numbers. According to India's livestock census, India consumes 300 million cattle, and 185 million sheep and goats every year. **Despite of setting up various committees and expert groups to look into the critical question of banning cow slaughter in India, we have been promoting schemes like Pink Revolution that provides subsidies and tax breaks to owners of slaughterhouses and**

**SAVE
MOTHER
COW**

exporters. The advocates of this law say that officially only buffalo meat, with 11 lakh tons of shipments in 2012-13, went out of the borders of India; however it is broadly known that abattoirs consider no difference between buffalo and cow, the latter being exported illicitly.

I can reiterate the words of our present PM who wanted a Green and White Revolution in India. The condition is warranting also because our total cattle population fell from 204 million to 199 million between the 1992 and 2007 livestock census. Isn't it shocking that in the state of UP where Uttar Pradesh

Prevention of Cow Slaughter Act, 1955 bans slaughter of cows and considers the same as cognizable and non-bailable offence, more than 5,000 cows are taken to unlawful slaughterhouses every month to be butchered? Same is the case with other states. Findings reveal that root cause of slaughter of milch cattle is the unnatural conditions under which animals are kept for milk production in urban areas, while economic necessity is the reason behind slaughter of dry animals. Way out can be what many other countries have followed, which is removal of cattle from cities and arranging milk supplies from rural parts of India. The same would also boost the development of cattle and dairy industries. **Let me also quote the words of the Cattle Preservation and Development Committee appointed in 1947, which read as, 'This Committee is of the opinion that slaughter of cattle is not desirable in India under any circumstances whatsoever, and that its prohibition shall be enforced by law. The prosperity of India to a very large extent depends on her cattle and the soul of the country can feel satisfied only if cattle slaughter is banned completely and simultaneous steps are taken to improve the cattle, which are in a deplorable condition at present.'**

Isn't it undeniable then that there is a pressing need of a central law on the subject of slaughtering of cows, Goddess of Hindu groups, and superseding of all state laws with respect to slaughtering of cattle? **A department/ministry for cow protection**, functioning under the union government, can also be thought over. Provisions for maintenance and care of serviceable and unproductive cattle and for development of feed and fodder are desired; Gaushalas and Cattle Protection Societies and Salvage Centers be encouraged.

SOURCE : <http://www.dr.sunilgupta.com/directive-principle-prohibition-of-cow-slaughter-be-centrally-regulated/>



Do you know what meat you eat?

By Nozia Sayyed,
Pune Mirror | Jan 22, 2015, 02.30 AM IST

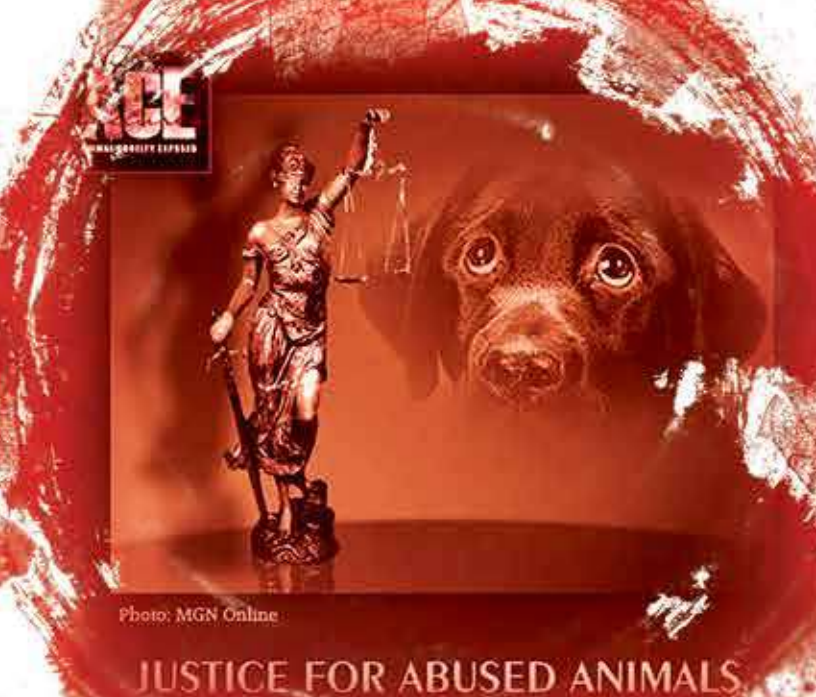
While over 90% meat in Pune is unhealthy and produced illegally, even PMC has only one vet to check nearly thousands of animals that go to slaughter daily.

If you're the kind that appreciates a juicy steak or a meat curry frequently, here's a statistic to shock you off your table — over 90 per cent of meat consumed by Pune is unauthorised and undergoes no scrutiny, leaving just 10 per cent to be produced in legally-run slaughterhouses. Shockingly, however, with only one veterinary doctor filling in for six official positions at the civic body-run abattoirs, even the latter 10 per cent undergoes scant scrutiny, leading experts to believe that several related diseases have been on the rise.

Dr Wagh's pleas for assistants have gone in vain. He said, "I observe as many animals as I can. It becomes impossible to scrutinise each one, so I cannot be blamed if substandard meat is reaching homes. I am aware that we are sending out unhealthy meat into the market. PMC knows I am shortstaffed, but it has failed to provide more doctors."

Moreover, he said, illegal slaughterhouses where animals are butchered sans a vet's approval have become rather common these days, adding, "This is a serious threat to public health — I have been fighting for more doctors to carry out ante-mortems."

SOURCE : <http://www.punemirror.in/pune/others/Do-you-know-what-meat-you-eat/articleshow/45971373.cms>



Illegal abattoirs win meat export 'trophy' for Uttar Pradesh

Subhash Mishra,
TNN | Jul 12, 2014, 07.04AM IST

LUCKNOW : Uttar Pradesh is India's largest producer of meat with 44% share in the country's export. Bulk of it is beef. The flipside however is that the honour largely comes with the help of illegal slaughter houses.

Officially, more than 8.5 lakh cattle are slaughtered annually in UP's 115 registered abattoirs.

Its export is several times higher than this - in 2012, India's beef export alone was 1.89 million tones. Clearly, the additional supply comes from unauthorized slaughter houses.

All over the state, there is a mushrooming of big and small slaughter houses in bylanes of cities. According to a report, more than 4,300 buffaloes are butchered daily in Unnao alone. In other places, there is no record of thousands of cattle being slaughtered daily illegally.

These slaughter houses thrive on smuggling of cattle which has become a permanent headache for the government and the state

police. According to a senior IAS officer, while cow slaughter is banned in UP, more than 5000 cows are taken to these illegal slaughter houses every month to be butchered.

UP Prevention of Cow Slaughter Act prescribes imprisonment up to seven years, as per an amendment in effect since 2002. Consumption of canned beef is allowed but sale or transportation of cattle for the purpose of slaughtering invites prosecution. Someone caught slaughtering frequently can face charges under the Gangster Act and the National Security Act. But that hardly deters the offenders in the state.

IPS officer Arun Kumar when he was additional DG (law and order) ordered a crackdown on cow smugglers in 2013.

More than 36 smugglers along with 21 police personnel were booked for their connivance and thousands of cows were recovered . Then a senior leader of the Samajwadi Party was caught in cow smuggling Gonda police chief was all set to book him. But before he could lay his hand on him, the officer was transferred.

Before Arun Kumar, another senior IPS officer Shailja Kant Mishra had investigated the rampant smuggling of cattle and found a link between cow smuggling and funding of underworld and anti-national activities .

While these illegal abattoirs are said to have the blessing of politicians of all hues, the UP government while presenting the budget of animal husbandry department a few days back quoted 2007 population of the livestock. There was no record of the number of alive cattle at present.

<http://timesofindia.indiatimes.com/city/lucknow/Illegal-abattoirs-win-meat-export-trophy-for-Uttar-Pradesh/articleshow/38237545.cms>

Are Indian cows holy for real?

India, where a third of the population is vegetarian, is the second largest exporter of beef, after Brasil.

Cow in garbage. Bombay | Antoine Dessart

According to the international service of the US Department of Agriculture, India is the second largest exporter of beef and veal in the world, despite being the fourth largest producer. Indians eat less than half of their production. In 2014, 1850 thousand tons were exported out of 4,100 thousand tons produced. As for 2015, India is planning to export 1950 thousand tons.

Animals are intelligent and
Emotionally evolved beings



THEY FEEL!

The growth in Indian meat exports is due to its low production cost. A lot of cattle previously used for the production of milk is later used for its meat and leather.

In 2013, according to the Indian Ministry of food processing industry, India had over 3600 official slaughterhouses. Despite the ban on killing animals outside those, there is an estimated number of 30,000 illegal abattoirs. As part of an investigation about leather production, a PETA Indian inspector (People for Ethical Treatment of Animals) testifies: "While the cows were being loaded, I could hear the gurgling of one cow choking on her own blood. The rope in her nose had been improperly placed, and with the constant tugging on it by rough handlers, as well as being tethered to her fellow cattle during the 12-hour march, it had ripped through her nose, and blood was pouring down her face."

With more than 132 million tonnes of milk produced in 2013, India is the largest producer in the world. Indian milk mostly comes from buffaloes, cows and goats. According to the Department of Animal Husbandry, the government has invested Rs. 2242 crore (£ 215,577,300) to meet a national demand of 150 million tonnes of milk by 2016-17. Continually inseminated, cows are made pregnant every year so that they produce milk. In addition to the poor hygiene of such practices, electric milk pump pulls on their udders in order to produce on average 14kg of milk a day. To reach such huge quantities, illegal hormones like oxytocin are used, as they act on the uterus and mammary glands. Whereas they can normally live up to 18 years, their life expectancy does not exceed an average of 6 to 7 years, time after which, they are sent to slaughter.

According to a PETA investigation, there are thousands of illegal dairies, each of them using

50 to 3000 cows. Most of Delhi's dairies do not have electricity or drainage of excrements, forcing cows to live in those conditions. Sometimes forced to walk in the heat for days without eating or drinking, they collapse from exhaustion. Cruel techniques are used to get them to stand and walk. PETA India has recently denounced the use of peppers in their eyes. In slaughterhouses, animals are killed each in front of each others. - which is illegal - and they are skinned and dismembered while still aware.

If they are too lean to be sold or used for their milk, they are often abandoned in the street, where they spend their days trying to survive by eating from the garbage, swallowing huge amounts of plastic most of the times (see photo). Often attached to poles along the roads, while people passing caress them saying "holy"...

<http://uk.blastingnews.com/travel/2015/01/are-indian-cows-holly-for-real-00235223.html>

**GAUVANSH HATYA PARTIBANDH BILL
MORALLY, SPIRITALLY, ETHICALLY JUSTIFYING :
AS GAUVANSH HATYA IS IMMODESTLY CRUEL PRACTICE.**

UNSEEN THEY SUFFER, UNHEARD THEY CRY



SLAUGHTER HOUSES IN INDIA

Right now, there are 36,000 slaughterhouses (official number), of which 10 are highly automated, where daily 250,000 animals are hacked. At this time the population of buffalos in the country is only 75 millions, and cows 200 millions. Alkabar alone is licensed to kill 600,000 a year, but Deonar (Mumbai) is licensed to kill 2,500,000 a year, in addition to 120,000 cows and 60,000 buffalos. Kolkata located slaughterhouse kills 1,200,000 cows and buffalos per year. These are just official numbers for a few large facilities. Don't you think we need to take action and ban all the slaughterhouses.

IN AGONY THEY LINGER, IN SILENCE THEY DIE...



THE PINNACLE OF CRUELTY.....

In a journey too cruel to imagine, livestock are forced to walk so far that their hooves are worn down to bloody stumps. If the traffickers have trucks, to keep them standing to make room chilies are forced into their eyes for the entire journey, till their eventual death. For days a cow may not be able to sit, eat drink or sleep as a chilli lodged in her eye burns it into submission. Her tail is broken; she is beaten, gouged and trampled only for her journey to end with her being skinned alive right after her legs are hacked off.

This is the most inhuman and cruel end to millions of cattle in India. A country where cows are meant to be revered, yet in reality are so brutally treated.

The government turns a blind eye, and refuses to regulate the industry. Much of the abuse stems from the fact that the trade in and slaughter of cows is almost entirely underground and illegal - but the authorities which should be stopping it are routinely bribed to let it continue.

The slaughter of cows has been banned in some states, but not all. All this has created in secrete abattoirs, but even worse the trafficking of cattle from no slaughter zones to slaughter zones where it is legal.

Trafficking is huge, Cattle going to West Bengal go by truck and train and they go by the millions. The law says you cannot transport more than 4 per truck but they are putting in up to 70. When they go by train, each wagon is supposed to hold 80 to 100,

STOP ANIMAL CRUELTY

but they cram in up to 90, and up 400 or 500 of them came out dead.



It's a hideous journey. To keep them moving, drivers beat the animals across their **hip bones**, where there is no fat to cushion the blows. The cows are not allowed to rest or drink. Many cows sink to their knees. Drivers beat them and twist their battered tails to force them to rise. If that doesn't work they torment the cows into moving by lodging **hot chilli peppers** and tobacco into their eyes."

When they finally make it to the slaughterhouses, the end they confront is unspeakable. In Kerala they also have a unique way of killing them - they beat their heads to a pulp with a dozen hammer blows.

Greed, poverty, ignorance and absence of regulation and supervision have brought India's cows to the point where their treatment is on the edge of becoming a major international scandal.

Demand India to regulate the transport of cattle and to stop the cruel treatment of the animals they are meant to hold dear.

The photograph is of a bull on board a truck being transported for slaughter. **The green object is a piece of green chilly which has been stuffed in to ensure the animal does not lie down due to the burning sensation in its eye or eyes. The entire journey of 3 to 4 days the animals are forced to keep standing.** The need to keep them stand is to pack more number of animals in the truck...Humans will go to any extent to earn money ruthlessly brushing aside mercy...



Every creature has the right to live and die with dignity and denial of this is a sin..." SIN TO GOD". - with Jayasree Varma



In India, in particular, cattle are walked unconscionable distances without food or water, in all kinds of weather, to slaughterhouses; if they collapse along the way, they are further maltreated and tortured in the most brutal manner, such as having chilli powder rubbed into their eyes to make them get up, and so on.

Their tails are broken, segment by segment, to force them to move out of sheer pain. If they are transported by lorry, they are packed close to one another without any room to move at all. Their necks are jerked tightly upward and tethered to the roof of the lorry at a painful angle. The weak amongst them are trampled by those able to stand up. Calves and sick cows are often crushed to death or gored by the horns of other animals.

When the survivors arrive at the slaughter houses confused, exhausted, terrified and in dreadful pain, they are killed in full view of one another. More often than not, because of time constraints, cattle which have had their throats slit are skinned alive in most Indian slaughterhouses, where the practice of stunning is either not used at all or else is used incorrectly so that the poor animal remains conscious and live during the entire process of slaughter and skinning.

(SOURCE : Undercover video taken by 'People for the Ethical Treatment of Animals or PETA)

Smugglers stuff 22 cattle in tanker, 17 die

| Dec 2, 2014, 10.03PM ♦ IST TNN [Mrigank Tiwari] |

BAREILLY : As many as 17 cattle died of suffocation when animal smugglers tried to sneak them out of the region to Rampur by stuffing 22 of them into a sealed tanker. The plight of the animals would not have come to light if the tanker driver in a bid to escape the police had not lost control of the vehicle, causing it to turn turtle. While the driver fled leaving the dead and dying bovines to their fate, police rescued the few they could.

The incident happened under the Fatehganj East police station's area on Monday evening.

According to sources, the cops at Fatehganj East police station on Monday evening received a tip-off that cattle were being taken for illegal slaughtering to Rampur by some smugglers.

The police swung into action and a team erected a barricade on the highway connecting the city with Rampur. They noticed an oil tanker coming from Shahjahanpur, which they signaled to stop. However, the tanker driver sped away.

The cops gave a hot chase to the tanker, which suddenly skidded off the road and overturned. After reaching the spot, the police prised open the lid of the oil tanker and were surprised to find 22 oxen stuffed inside. The animals had apparently been administered sedatives.

Of the 22 animals, 17 were had already suffocated to death while remaining five were gasping for breath. They were sent to the government veterinary hospital for treatment, said inspector, Fatehganj East police station, Rajvir Singh Yadav.

He said, "We had absolutely no clue that an oil tanker normally used for ferrying oil would be used for smuggling animals. It was only when we broke open the artificial opening in the rear side of the tanker that we found the animals stuffed inside in the most inhuman manner."

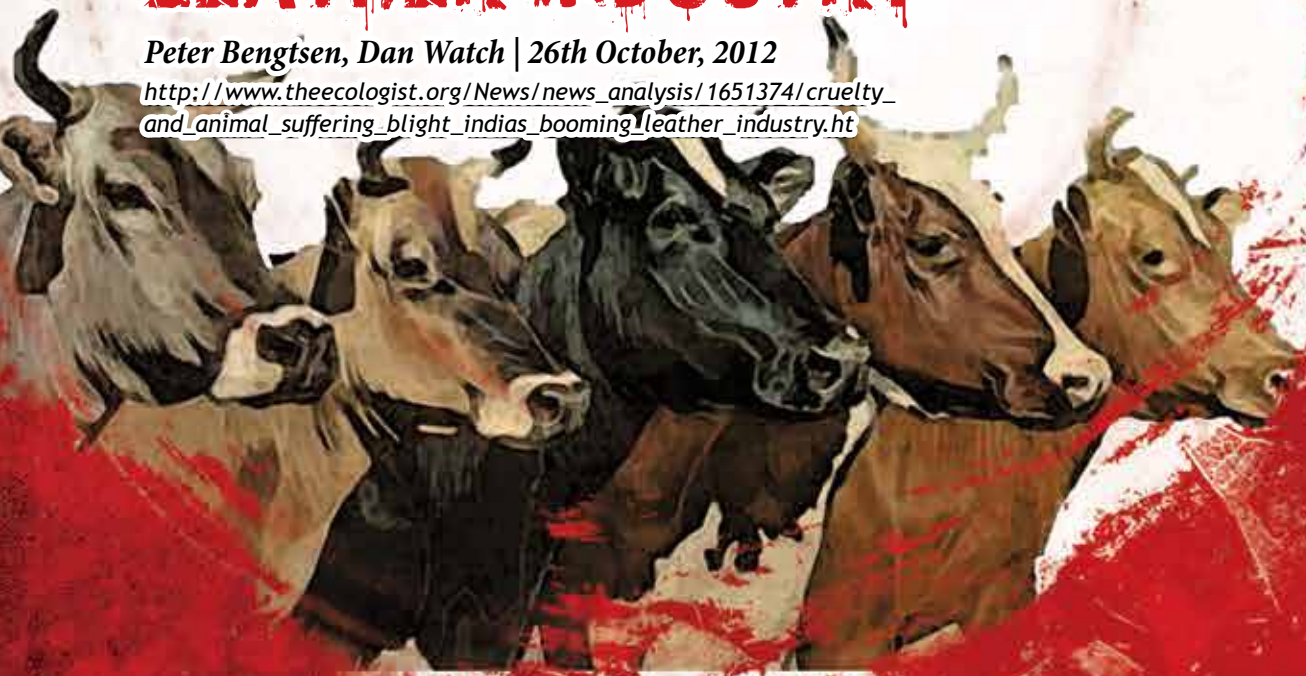
The bodies of the 17 animals were sent for postmortem while the condition of the remaining five bovines is tated to be serious. They are being treated at th egovernment veterinary hospital. The driver of the tanker, however, managed to flee from the spot.



CRUELTY AND ANIMAL SUFFERING BLIGHT INDIA'S BOOMING LEATHER INDUSTRY

Peter Bengtsen, Dan Watch | 26th October, 2012

http://www.theecologist.org/News/news_analysis/1651374/cruelty_and_animal_suffering_blight_indias_booming_leather_industry.ht



Cattle crammed into trucks, calves hurled on their backs and other serious animal welfare abuses happen daily in India. Despite ambitious legislation, animal welfare is a concept the leather industry are yet to embrace.

Peter Bengtsen reports

Twilight is long gone and complete darkness engulfs Highway 181 in the humid Indian state of Tamil Nadu. Light from the speeding cars and trucks in the throng of traffic is the single source of illumination. The cattle truck belonging to 56-year-old Saravanan is the only vehicle not moving on this rural stretch of road. He watches as two colleagues struggle to change the flat left-rear tyre. Some of the 21 buffaloes crammed together in the truck follow the work disinterestedly. 'I know it is

illegal to have 21 cattle [on the truck], but I load as many as possible,' says Saravanan. 'I need the money. I don't know what the legal limit is.' The limit is six cattle on a truck his size according to government regulations.

From the roof of the driver's cab I get a closer look at the well-fed animals, standing bottom-to-shoulder in no apparent order with no space at all between them. One is lying down, while another one is having trouble keeping its head above the rest of the big bodies. Packed together like anchovies in a tin, there is no need to tie the animals, although some are bound with a rope through their noses. 'I buy on cattle markets and drive to slaughterhouses in Kerala, which is around 300 kilometres from here,' continues Saravanan. 'Other cattle trucks have to travel 800 kilometres from markets to slaughterhouses. My animals get food and

water before we leave. Sometimes they collapse during transport but they will live. They need to live until we reach the slaughterhouse,' he adds.

He drives during the hours of darkness to avoid attention from police and animal welfare NGOs that are known for stopping cattle trucks and filing animal abuse cases in court. With good reason it seems. Earlier I spotted trucks carrying 25 cows on the same highway. Another truck driver, Paulraja from Punjipuliampatti, has just won such a case against what he calls a group of 'Hindu-nationalists'. 'They filed a case about overloading of my truck but I won. I have had no income the whole week while my truck and cattle were confiscated by the police,' he says frustrated. He was transporting 15 cows and calves on his medium-sized truck with a truck bed measuring around 1.5 by 2.5 metres. According to Government regulations, this allows him to carry only two cattle, not 15. According to his lawyer Noorul Ameen he won the case, because only two were cows, the rest were calves and calves are not included in the regulations. Yet the regulations do mention calves as a type of cattle.

Big business

Beef is not big business in India because of the Hindu belief that cows are sacred creatures not to be killed or eaten. Still, millions of cows are slaughtered each year, mostly by non-Hindus. India is one of the top five producers of hides globally, with production hitting 400,000 tonnes in 2009. And the reason hides are big business is because of the leather industry. From local markets cattle are transported long distances to slaughterhouses in Indian states such as Kerala and West Bengal where demand for beef is high thanks to large Muslim and Christian populations. In Kerala, 1.2 million cows are slaughtered annually, of which two thirds are killed illegally, according to the State Animal Husbandry Department of Kerala.

After slaughter, the hides are transported to leather industry clusters in other states, such as Tamil Nadu. 'If you cross the highway and wait, you will see trucks with hides driving in the opposite direction back to Tamil Nadu,' says truck driver Saravanan. Now on his way to Kerala with the 21 buffaloes, he gestures into the dark to the other side of the road.

With no tradition of cattle ranching and few slaughterhouses compared to the world's top producer of hides, Brazil, the wide-spread but small-scale network of cattle farmers and slaughterhouses in India makes it a challenge for leather companies to trace the hides back through the supply chain. Kerala alone has 4,904 slaughterhouses according to the Government of Kerala. None of the tanneries has taken up the challenge, it seems. Not even the more progressive ones, such as Farida Prime Tannery – one of the biggest tanneries in India and supplier to some of the world's biggest shoe brands. 'It is difficult to trace cattle hides back to the slaughterhouse, as India is full of them. It would be easier with the establishment of bigger slaughterhouses, this could make it possible to trace the hides,' says Director Israr A. Mecca of Farida Prime Tannery. Farida Prime Tannery mostly sources buffalo hides from India.



'Not one slaughterhouse fulfilled the legal requirements'

At the Coimbatore Corporation Beef Slaughterhouse, I peek inside to watch the slaughter of a handful of cattle. It's not a pretty sight but it's not cruelly done either. According to Dr. Chinny Krishna who is Vice Chairman in the Animal Welfare Board of India, a governmental body part of the Federal Ministry of Environment of Forests, the main problems in cattle welfare are the transportation and slaughter conditions. 'Cattle crammed in too little space, collapsing and worse on cattle trucks and mistreatment in slaughterhouses is extremely widespread,' he says. 'Based on directives from the Supreme Court of India, several dozen slaughter houses in the states of Tamil Nadu, Karnataka and Kerala were inspected between 2006 and 2009. Not one fulfilled the legal requirements. I can guarantee that not one vehicle transporting animals for slaughter follows the Transportation Rules,' he says, adding: 'During your visit, did you find even one that did so?' I have to say no.

Some industry initiatives are in place in order to improve animal welfare. The Council for Leather Exports (CLE) has helped the local authorities in Coimbatore to start a project to reform slaughterhouses in the city and

the animal market in nearby Pollachi. The project should improve practice in markets, lorries and slaughterhouses. But the project has been criticised by some NGOs as not dedicated enough. PETA India, a branch of the international animal welfare NGO, was part of the CLE project for several years but has now withdrawn. 'Over the duration of the project, it became evident that the CLE intended to do only the bare minimum that they felt was required to give the misleading appearance of progress, which was nowhere near enough to genuinely alleviate the suffering of any animals in Coimbatore or anywhere else in India,' says Poorva Joshipura, Chief Functionary of PETA India. According to lawyer Noorul Ameen who represented truck driver Paulraja, the problem is the widening gap between the economic and the animal welfare perspectives.

'It is impossible for drivers to earn a profit with only six cows in a big truck or two cows in a medium-sized one,' he says. 'At the moment regulation is too strongly slanted towards the animal welfare perspective.' Vice Chairman in the Animal Welfare Board of India, Dr. S. Chinny Krishna, disagrees. 'India has probably the best rules in the world for animal protection,' he says. However, implementation is virtually zero.'

Bhandewadi slaughterhouse terrible

Vijay Pinjarkar, TNN | Jul 10, 2012, 12.42AM ♦ IST |

NAGPUR : A state government committee appointed on the direction of Supreme Court to inspect the Nagpur Municipal Corporation (NMC)-run slaughterhouse at Bhandewadi has submitted that its general condition is terrible.

The six-member committee consisting of Dr DV Kadoo, Dr KS Bhide, Dr SB Baseshankar, Abodh Aras, Dr NN Zade and SN Kapoor, had inspected the slaughterhouse on April 17. The report was submitted to the government recently.

The report states the slaughterhouse is in a complete mess and is not maintained as per the norms. On an average, 100 animals are slaughtered daily but the infrastructure is missing.

The committee has said that the slaughterhouse, spread across 560 sq metres, is **being run without the approval of the Maharashtra Pollution Control Board (MPCB). There is no effluent treatment plant (ETP) and hence disposal of solid waste is improper. The NMC has failed to comply with the directives.**

The committee has recommended complete restructuring of Bhandewadi. There are no gradients for drainage. As there is no drainage facility, blood flows in an open pit. There are no doors, no window ledges and rodent-proof equipment. The cemented floor is in a damaged state and seepage of blood is a regular occurrence. The report states that there is no freezer room or dry storage facility. Lighting and ventilation is not as per the norms. Water supply is from a bore well which is not covered. The committee observed that after the animals are slaughtered, there is no place to dress

carcasses. Hides and skin are transported by hand and there is no sterilization facility for knives.

It was observed that animals are treated cruelly. During their visit, committee members saw more than four animals tied to each other with short ropes. When moved, the animals were seen falling. They were being pulled by their tails. Besides, the animals are tied in the open near a dirty water body. They are not fed or given water before being slaughtered.



At the time of the visit, the committee noticed a truck full of huge blocks of ice indicating that the meat of the slaughtered animals is being sent to places outside the municipal limits.

In a suo motu writ petition being heard in the high court, NMC's health officer Dr Milind Ganvir has filed an affidavit on March 31, 2006, committing that the Bhandewadi slaughterhouse will cater to only domestic consumption and not for export.

However, export of meat is rampant. Kannubhai Savadia, founder of Sukrut Nirman Charitable Trust, which is fighting

to save cows, had lodged separate complaints in December 2010 and 2011. The latest one was on May 11, 2012 with Nandanvan police and RTO officials pointing out about illegal export of meat. Till date, no action has been taken.

Savadia said that on April 4 and April 22, the police had seized four meat-laden trucks in Mehkar and Chikhli in Buldhana district. Of these, two trucks were from Bhandewadi. "What more evidence do the local officials want," asked Savadia. Several other meat-laden trucks seized last year were allegedly from Kamptee where an illegal abattoir is being operated in the heart of the city. Dr Ganvir admitted that there are complaints of meat exports from Bhandewadi but was not firm about any action against the accused. "We will

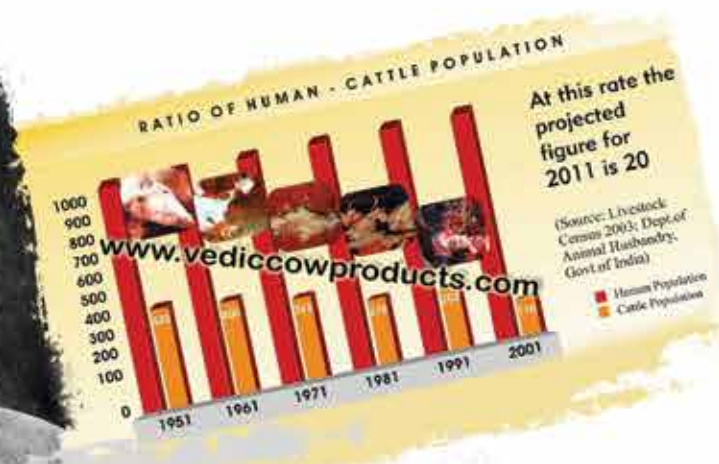
keep a tab on check-posts and take action," was his reply.

On the bad state of the slaughterhouse, Dr Ganvir said Bhandewadi is a temporary arrangement. The NMC is scouting for an alternative site to set up a modern slaughterhouse.

SOURCE : <http://timesofindia.indiatimes.com/city/nagpur/Bhandewadi-slaughterhouse-terrible/article-show/14786140.cms>

Quotable quot :

"The average meat eater is responsible for the deaths of some 2,400 animals during his or her lifetime. Animals raised for food endure great suffering in their housing, transport, feeding and slaughter." - J. Motavalli



Let animals live like animals; let humans live like humans. That's my whole philosophy in a sentence.

Aravind Adiga



MY HEAD HANGS IN SHAME



90



91

कत्लखाने बन्द करो

डूब मरो गऊ माँ के हत्यारों
बड़े दुःख खेद और विडम्बना की बात है
मेरे सोने की चिड़िया कहलाने
वाले देश की अर्थव्यवस्था इतनी लाचार है कि हमने अपनी
सर्वसुखदात्री सर्वदेवमयी गौमाता को बेखुशी से कत्ल
करके गए-गए कत्लखाने खुलवाकर इस देश की
अर्थ व्यवस्था को चलाए जाने की
दुष्टनीति चलाई जा रही हैं।

ABBATOIRS THE HELL ON EARTH

Municipal Slaughter House, Pithapuram, East Godavari District (AP, India): Illegal slaughter in India.
Pictures © Animal Rescue Org. Kakinada. Used with permission by 'The Voice of Stray dogs' (www.strays.in)



Municipal Slaughter House, Pithapuram, East Godavari District (AP, India): Illegal slaughter in India.
Pictures © Animal Rescue Org. Kakinada. Used with permission by 'The Voice of Stray dogs' (www.strays.in)

CAUSE OF CONCERN DEPLETION OF IN- DIAN ORIGINAL INSTINCT COW BREED

'Indian Desi Cows are unaffordable for Farmers because of it's lesser Milk output.'

**High Time To Remove Dust Of above
Fallacy propaganda to promote Milk
& Meat concept :**

Very soon India original breed will remain
on Postal Stamps & in Museum only.

While Indian cattle breeds are doing exceptionally fine abroad, the fascination of our own policy makers for exotic breeds seems to be never ending. Meanwhile, Brazil has emerged as the biggest exporter of Indian breeds of cows across the world followed by Newzeland, **What is also little know is the fact that Indian cows and buffaloes produce a more nutritious milk than the exotic breeds like Jersey and Holstein-Friesian.** A recent study by Karnal-based National Bureau of Animal Genetic Resources (NBAGR) showed Indian cows have a rich A2 allele gene which helps them produce healthier milk. The frequency of this A2 allele in Indian breeds is 100 per cent whereas in exotic cattle breeds it is less than 60 per cent. **Imported breeds posses A1 allele, which is considered to be associated with diabetes, obesity and cardiovascular diseases Indian Cow, Buffalo breeds give healthier milk.**

It is true that, maintained well, crossbreeds often produce milk in excess of 30 kg per day. But as their average yield in India is stuck at 6.63 kg, it's clear that the majority of this cattle, in the care of resource-strapped farmers, is not delivering to potential. In such a scenario, quality *desi* cows with an average yield of 8-20 kg would be a far more lucrative option.



Again, it's true exotic crossbreeds can produce 4,500 kg per annual lactation. *Desi* cows, on the other hand, rarely cross 2,500 kg per lactation in standard home conditions. But, crossbreeds rarely lactate more than four times; while *desis* lactate 10-12 times. **In effect, this means a crossbreed can only produce 18,000 kg of milk in a lifetime, while a desi can give up to 25-30,000 kg. But our policy makers are seems to be not interesting in exploring true value of our cattle breed** and keep singing songs of Jersey etc... leading our huge *Pashupalak* communities to distance from world's Best breed! Jersey etc. breeds are suitable to European climate and not fit as draught animal even it's male calf too are little fit for this purpose (so they are useless for peasant who inturn sale them at throw away price to butchers for slaughter house) where our original Indian breeds are very well suitable for healthier milk and for draught.

To encourage Tractors and fertilizer, Chemicals our western guided policy makers have played vital role in depleting our original breed. Govt. maliciously provides huge subsidies to these slaughter houses but pay no sincere attention towards preserving our rare quality breeds.

In order to promote this malicious program they roped western cultured scientists too who alongwith policy makers calling our breeds "unproductive" and the Pashu Kranti schemes, announced by the prime minister and chief ministers to help farmers in distress, continue to dump Holstein Friesians and Jerseys onto our poor unsuspecting farmers, pushing them into further debt and disaster.

India has 37 pure cattle breeds. Five of these — Sahiwal, Gir, Red Sindhi, Tharparkar and Rathi — are known for their milking prowess. A few others, such as Kankrej, Ongole and Harijana, belong to dual breeds that have both milch and draught qualities; ie, they are good plough animals. The rest are pure draught breeds.

But when official data records the average yield of indigenous cows as 2.2 kg daily, it clubs these dual breeds and non-dairy draught breeds together with the five top milch breeds. This deliberately undermines the performance of India's best milch cows — such as Girs and Rathis — to establish the supremacy of the exotic cattle.

In India, The fate of exotic crossbreed bulls is even worse. Vulnerable to Indian weather conditions, they are useless as draught animals. Unless they are selected as breeders, these bulls are either killed immediately after birth or starved to death. But now the trend is to



join those new born calves long, brutal march to slaughterhouses both In India and abroad as illegal consignments. They are the major fed stock of slaughter house.

"Over the years, this has justified a policy that discards Indian milch breeds to promote exotic crossbreed animals. Due to this neglect, quality *desi* cows have become rare. So dairy farmers are easily lured to exotic cattle that start milking at a younger age but often trip soon after,

We demand that our valuable money should use to support farmers so that they breed and rear our indigenous breeds—the Ongole, the Hallikar, the Deoni, the Pandharpuri buffalo, the Asil poultry, the Deccani Sheep and the Kanchu Dwarf Goa.

We demand a complete halt of the import and dumping of useless Holstein Friesians, Jerseys and Boar Goats on to the farmers. It will be the ultimate irony if our next generation has to purchase an Ongole germplasm-look-alike clone from a company in Australia, Brazil or the US, in the event that our amazing indigenous breeds completely vanish from the face of this soil.

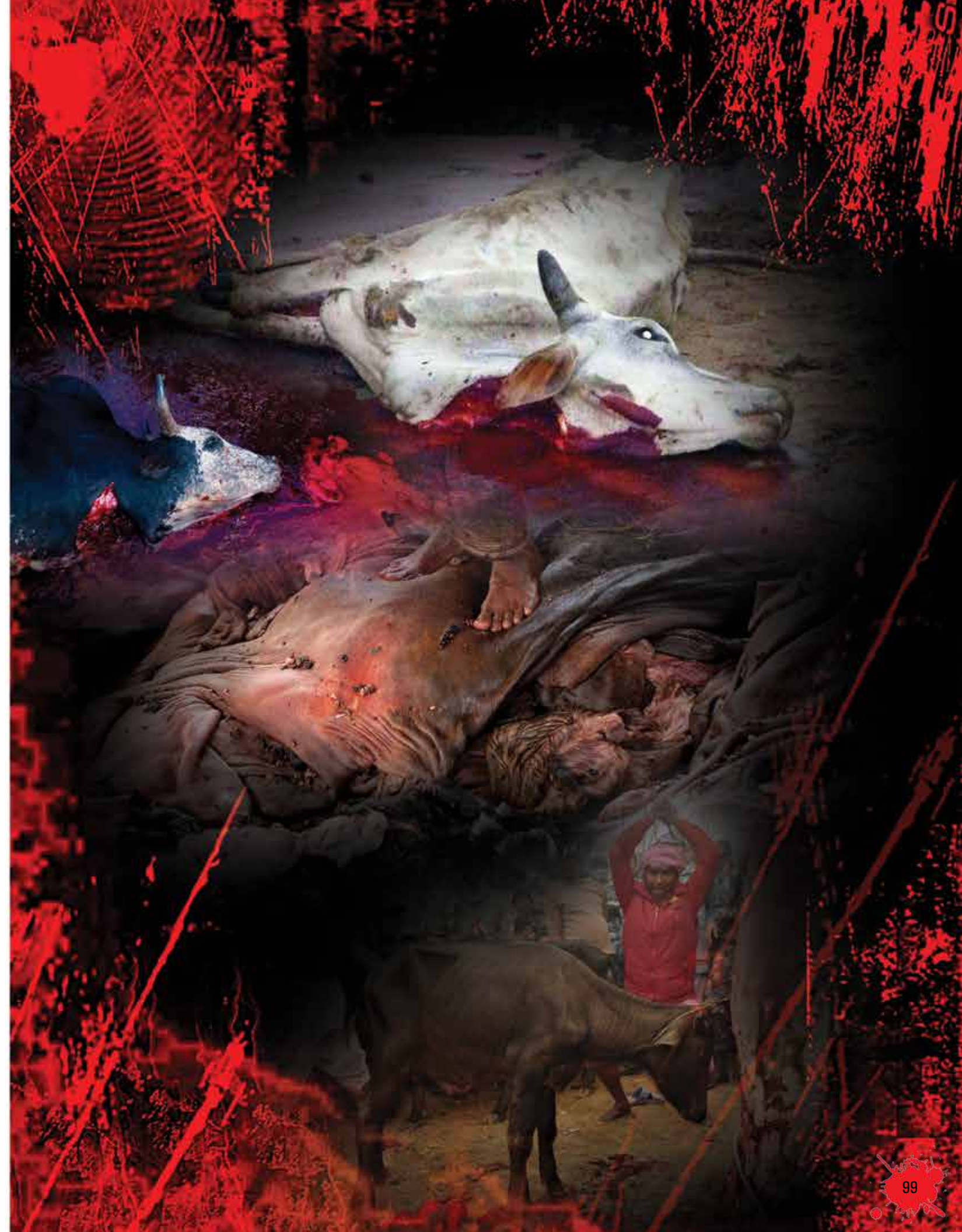
REPORT COMPILED BY : SHRI VARDHMAN PARIVAR & AKHIL
BHARTIYA KRISHI GO SEVA SANGH. MUMBAI

DRAUGHT ANIMAL IS REAL WEALTH OF ANCIENT HINDUSTAN

To Elevate Meat Export Contribution of Cattle to Indian Economy Is Down Played

- Animals are considered to be the back bone of rural economy in India. Draught animals play a dominant role in our rural economy. Apart from the manual labour, the traditional cultivation in India was based on the use of animal power for 97.6 % of farmers (land owners) accounting for 77.2 percent of land holdings.
- India had the largest population of draught animals in the world (Approx. 88Million). This localized resource is exhaustible and available resource with farmers, yet to be optimized properly.
- Animal terms of present Contribution to National Economy Contributes approx 50 % of all the power consumed in farming sector in India so approx annual saving of diesel is 23.75 MT equivalent to INR 21500 crore .
- Gives traction power to 50 million ploughs in villages.
- Gives employment to 20 million people on full time/part time basis in Bullock cart business.
- Transports approx.15% of the total of the load (Tonnes-km) carried by motor transport sector in India. In load terms, bullock carts carry more load than the total load transported by railways.
- Provides approx 100 million tons of dry dung per year which is equivalent to INR 5000 crore /year.
- Saves 5 million tons of firewood per year which is equivalent to INR 500 crore per year.
- Provides by products like skin, bone, horn etc. worth INR 100 crore/year.
- Gives dung for Bio-gas, cakes & Bio-fertilizers.
- Draught Animals are the main source of Motive Power (Tractive & Rotary) for the majority of the farmers. India possesses finest breeds of draught animals. Bullocks, Buffalo and camels are the major draught Animal for field operation. Horses, Mules, Donkey, Yake & Mithun are the pack animal for Transportation The animals are holistic source of energy and well fitted in Hindustani system

(Ref : http://www.greenenergysolutions.co.in/rural_portable_generator.html)



NO MORE BLOOD





REPORT COMPILED BY:
SHREE VARDHMAN PARIVAR &
AKHIL BHARTIYA KRISHI GO SEVA SANGH. MUMBAI