



Voice of Cows

The Newsletter of
Bhaktivedanta Swami Goshala Vrindavan
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Mother Cow

Monkey Proofing

Milk for Spiritual Understanding

Back to Vrindavan Village



His Divine Grace
A. C. Bhaktivedanta Swami
Prabhupada

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The cow is the most important animal for developing the human body to perfection. The body can be maintained by any kind of foodstuff, but cow's milk is particularly essential for developing the finer tissues of the human brain so that one can understand the intricacies of transcendental knowledge. A civilized man is expected to live on foodstuffs comprising fruits, vegetables, grains, sugar and milk. The bull helps in the agricultural process of producing grain, etc., and thus in one sense the bull is the father of humankind, whereas the cow is the mother, for she supplies milk to human society. A civilized man is therefore expected to give all protection to the bulls and cows.

The demigods, or the living entities who live in the higher planets, are far superior to human beings. Since they have better arrangements for living conditions, they live far more luxuriously than human beings, yet they are all devotees of the Lord. The Lord incarnates in different forms, such as those of a fish, a tortoise, a hog, and a combined lion and man, just to give protection to civilized man, the cow and the demigods, who are directly responsible for the regulative life of progressive self-realization. The whole system of the material creation is planned so that the conditioned souls may have the opportunity for self-realization. One who takes advantage of such an arrangement is called a demigod or civilized man. The cow is meant to help maintain such a high standard of living.

SB 3.5.7

Ksatriyas are specifically meant to maintain the *brahmanas* because if the *brahmanas* are protected, then the head of civilization is protected. *Brahmanas* are supposed to be the head of the social body; if the head is clear and has not gone mad, then everything is in proper position. The Lord is described thus: *namo brahmanya-devaya go-brahmana-hitaya ca*. The purport of this prayer is that the Lord specifically protects the *brahmanas* and the cows, and then He protects all other members of society (*jagad-dhitaya*). It is His will that universal welfare work depends on the protection of cows and *brahmanas*; thus brahminical culture and cow protection are the basic principles for human civilization. *Ksatriyas* are especially meant to protect the *brahmanas*, as is the supreme will of the Lord: *go-brahmana-hitaya ca*. As, within the body, the heart is a very important part, so the *brahmanas* are also the important element in human society. The *ksatriyas* are more like the whole body; even though the whole body is bigger than the heart, the heart is more important.

SB 3.22.3

Milk for Spiritual Understanding

By Hare Krsna Devi Dasi from Back to Godhead June 1992

Srila Prabhupada explained that milk nourishes the fine brain tissue needed for understanding spiritual knowledge. Therefore, society needs the cow for spiritual advancement. As Srila Prabhupada put it, "Milking the cow means drawing the principles of religion in liquid form."

And only if we protect cows can we be sure of having milk. If we depend on an economic system that exploits the cow instead of protecting her, when that system collapses most cows will be killed and milk will become scarce. Evidently this is happening in the former Soviet Union with the collapse of state-subsidized agriculture. According to the February issue of Hoard's Dairyman, milk has become so scarce that a half gallon of milk (less than two litres) costs thirty hours of labor.



If we don't work the oxen and protect them, they won't be there for us when petroleum becomes too costly to use for food production. As Jean Nolle observed, "It is an incredible reality that farmers in the [industrialized countries], after having killed all their draft animals, are now sentenced to death by their own stupid economy." Neglect of cow protection means the end of human civilization.

A Special Way to Remember Krsna

The last and most important reason for cow protection is that it helps us think of Krsna. We can catch glimpses of His attractive and wonderful personality in many ways that would be more difficult without protected cows. When Srila Prabhupada visited Gita Nagari, he told the devotees, "This town life, industrial life, factory life, is asuric [demoniac] life. It is killing human ambition. It is killing civilization." He encouraged us to set an example by protecting cows and living as Krsna lived:



Krsna, in His natural life, is a village boy in Vrndavana. Vrndavana is a village. There is no factory, there is no motorcar, there are no big, big skyscraper buildings; it is a village. That Krsna likes.... Krsna is so fond of Vrndavana village life, with His cowherd boys and cowherd girls, His gopis, mother Yasoda, father Nanda, Upananda, uncles, big family, the cows and the calves, the trees, the Yamuna River. He is satisfied in that life. So at

least those who are Krsna conscious, they should be satisfied with simple life in the village. That is part of Krsna consciousness.... Whatever Krsna has taught by His personal life, by His teaching, to follow that is Krsna consciousness.

Miracle in Manure

I HAD PERSONAL EXPERIENCE of the miracle of cow manure while I lived at Gita Nagari Farm. In the fall of 1987 I dug a pit two and a half feet deep and filled it with fresh cow manure. I topped it with three inches of soil and compost and transplanted spinach and lettuce into it. Then I covered this hotbed with a cold frame (a four-sided box covered with plastic to let in the sun). The decomposing manure provided heat to grow the plants during the snowy months so that we could offer the Deities fresh garden greens in the winter. (The winter-grown greens were exceptionally flavorful.)

But the real eye-opener for me came the following year when my hotbed, six feet by four, was plowed under to become part of the potato garden. There was a horrible drought over most of the United States that year. Crops were so bad the

government had to keep farms alive with disaster relief. Even our potato field looked bad. By the end of July, the tops of most of the potato plants were dry and yellow. But not the three plants that grew over last winter's hotbed. They just sank their roots into that rich, cool, moisture-holding cow manure and flourished in the hot sun. They were so green and healthy they looked like they'd never heard of the word drought. It was a striking lesson to me about how cow protection also protects the earth.



Monkey Proofing

By Gauranga Dasa from Vrindavan

One of the enclosed cow housing areas was recently renovated with monkey proofing. The Vrindavan monkeys come to the Goshala for shelter, and to steal the cow-laddus, and to use the place as a playground as they do everywhere. Perhaps they also disturb the cows, and the feeding program etc. They also leave dirt and create extra work costing time and money. So this installation is a great service to the cows and the great devotees who serve there.



The importance of a cow can be understood clearly from this Srimad Bhagavatam Canto 1, Chapter 17, Verse 3

TRANSLATION - "Although the cow is beneficial because one can draw religious principles from her, she was now rendered poor and calfless. Her legs were being beaten by a sudra. There were tears in her eyes, and she was distressed and weak. She was hankering after some grass in the field."

PURPORT by Srila A.C. Bhaktivedanta Swami Prabhupada, the founder acharya of ISKCON. The next symptom of the age of Kali is the distressed condition of the cow. Milking the cow means drawing the principles of religiosity in liquid form. The milk means cow's milk because it is liquid form of religious principles. The great Rishis and Muni's would live only on the

subsistence of milk. Srila Sukadeva Goswami would go to a householder while milking the cow and he would simply take a little quantity of it for subsistence. Even fifty years before nobody would deprive a Sadhu for a pound or two of milk and every householder would spare milk like water. For a Sanatanist (the follower of Vedic principles) it is the duty of every householder to have cows and bulls as household paraphernalia not only for drinking



milk but also for deriving religious principles from her. The Sanatanist worships the cow on religious principles as much as a Brahmin is so respected. The cow's milk is required for the purpose of sacrificial fire and by performing sacrifices the householder can only be happy. The cow with her calf is not only beautiful to look at but also it gives satisfaction to the cow and happily she delivers milk as much as possible. But in the Kali Yuga the calves are separated from the cow as early as possible for purposes which may not be mentioned in these pages of Srimad Bhagavatam. The cow stands with tears in the eyes and the Sudra milkman draws artificially

milk from the cow and when there is no milk the cow is sent for being slaughtered. These great sinful acts, of the human being, are responsible for all the troubles in the present society. They do not know what they are doing in the name of advancement of economic development. The influence of Kali will keep them in darkness of ignorance and inspite of all endeavours for peace and prosperity of the human society at large, they must try to see the cows and the bulls happy in all respects. Foolish people do not know how happiness is earned by making the cows and bulls happy but it is a fact by the law of nature. Let us take it from the authority of 'Srimad Bhagavatam' and adopt the principles for all round happiness of human-kind.

From this we can understand that when we take care of cows in this manner it benefits all of society. Please help us in this service as much as you can and want to.



Mother Cow - Gomata

LORD KRISHNA- The Supreme Lord, the source of all other incarnation and everything is inseparable from His Cows. He is a cowheard boy (GWALA). The Supreme Lord loves His cows so much that He is called Gopal (protector of the cows), Govinda (one who gives pleasure to the Cows). Lord appeared in this world at a place called Gokul. But unfortunately we see today that most Yadavs feel ashamed for being called a gwala. Also, I have come across many Yadav families who do not drink milk or curd. But in the great traditions of the world, people associated with milk & milk producing animals are considered to be holy & pious. Jesus Christ compared himself to a shepherd (one who tends sheeps). Prophet Mohammed was a shepherd. In American & European society, cowboys are very much respected and they are the symbol of courage & generosity.



There are so many gwala jokes and unfortunately today Yadavs themselves are not able to appreciate the glories and great fortune of being associated with the cows. Anyone who uses gwala as a derogatory word is a great offender at the Lotus feet of the Lord. The foundation of Hindu Dharma or Sanatan Dharma is Gomata or the cows. In earlier days the wealth of a person was measured by how many cows (gau-dhan) he had. According to Vastu-Shastra, all vastu dosh is corrected in a house where cow is living. Cow is considered to be the



mother, most loving entity.



Krishna lives in Goloka Vrindavana. That is the biggest spiritual planet and it is lotus-shaped. Goloka Vrindavana is much, much bigger than all the Vaikuntha planets plus all the material universes put together. And Krishna lives there. But what is that place. It is the "planet of the cows." It is simply a huge pasturing ground for Krishna's cows.

So we can see how much Krishna likes & love the cows. And from this you can understand how many problems and how much suffering

is being caused in this world because cow killing is going on such a huge scale. In United States, about 1, 00,000 cows are slaughtered daily. Even in India 40 thousand cows are slaughtered daily or 1 crore 40 lacs annually.



Less intelligent people underestimate the value of cow's milk. Cow's milk is also called gorasa, or the juice from the body of the cow. Milk is the most



valuable form of gorasa, and from milk we can prepare many important and valuable foodstuffs for the upkeep of the human body. The killing of cows by human society is one of the grossest suicidal policies, and those who are anxious to cultivate the human spirit must turn their attention first toward the question of cow protection. Today's society is so foolish

that they are ready to pay 45 Rupees for a liter of Coco Cola or Pepsi, but do not want to pay 20 Rupees for a liter of Milk. All these cold drinks are so much harmful for the body and causes many diseases. Wheres cow's milk not only is good for the mind and body but also for the soul.



Protection and grazing ground for the cows are among the essential needs for society and the welfare of people in general. The animal fat required for the human body can be well derived from cow's milk. Cow's milk is very important for human energy, and the economic development of society depends on sufficient food grains, sufficient milk, and sufficient transportation and distribution of these products. Lord Śrī Krishna, by His personal example, taught us the importance of cow protection, which is meant not only for the Indian climate but for all human beings all over the universe.

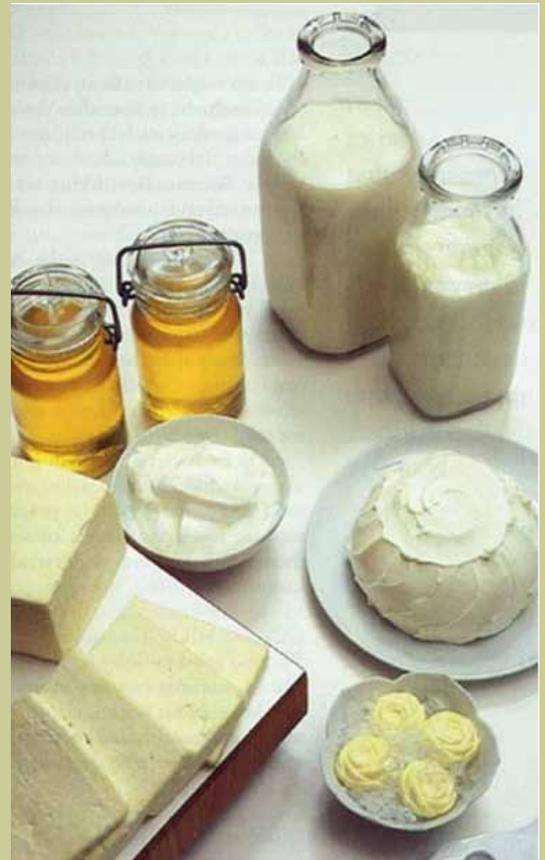
That everything in the Vedic Culture is centered around service to God - Krishna. What He requests or orders, that is what we do. We are His servants, and thus act accordingly serving His culture - that of Human Civilization, Daivi Varnashram Dharma. The Cow is very dear to Krishna, and as anything dear to Krishna it is dear to His devotees. Thus the Cow and the Bull are the emblems of Vedic life.

That the Cow is a very useful member of the community. She provides much more milk than her calf can healthily consume, and that excess can be used to help in preparing foodstuffs to offer to the Deity, which in turn are offered to the people in general to consume.

Milk Nutritional Value

Milk is an unavoidable part of human diet. Different types of milk that we consume include different kinds of nutrients. Milk provides us with minerals, protein, fat, carbohydrate, and vitamins. So it is also called as a complete diet.

It is recommended that every human being should consume a certain amount of milk for fulfilling their nutritional deficits. Milk can be consumed either as a drink or in the form of milk-derivates like dairy products. "Nothing is perfect." The statement is true for food as well. There is no food item, which has all the nutritional supplements. Still, milk is something which at least comes next to perfection in the world of food products. The nutritional facts prove that milk has most of the nutrients that your body needs to carry out its daily functions. You will find carbohydrate, proteins, fats, vitamins and minerals in milk. Milk have all minerals, fat, vitamins except vitamin "C". Curd has everything including vitamin C. So a person can survive just on Curd with a healthy body.



Milk Nutrition Facts

Carbohydrates: 250 gm of milk contains approximately 13 gm of carbohydrates. Carbohydrates found in milk are in a di-saccharide (made of two sugar units) form called lactose. It is also sometimes referred to as milk sugar. One molecule of lactose is made of one molecule of glucose and fructose each. There is no dietary fiber or starch found in milk.

Fats: The fat content in 250 gm of milk is 2.5 gm. Out of this 2.5 gm of fats, 1.7 gm is saturated fats while the rest is unsaturated. The amount of monounsaturated fats is 0.7 gm and that of polyunsaturated fats is 0.1 gm. Milk is also rich in essential fatty acids. The amount of omega-6 and omega-3 essential fatty acids present in 250 gm of milk is 73.2 mg and 9.8 mg respectively.

Proteins: 250 gm of milk has 8.2 gm of proteins. The proteins mainly present in milk are casein and whey proteins. The amount of casein is 0.2 grams and that of whey proteins is 0.0252 grams. Milk has alpha-s1, alpha-s2, beta and gamma casein. In the category of whey proteins, milk has beta-lactalbumin, immunoglobulin and blood serum albumin. Milk also has fat globule membrane proteins and certain enzymes.

Vitamins: Milk is a very rich source of vitamins. 250 gm of milk meets approximately 44% of your body's daily requirement of vitamins. The amount of vitamin A is 478 IU, vitamin D is 127

IU, vitamin K is 0.2 mcg, riboflavin is 0.5 mg, niacin is 0.2 mg, folate is 12.2 mcg, vitamin B6 is 0.1 mg, vitamin B12 is 1.1 mcg, betadine is 1.5 mg, pantothenic acid is 0.9 mg and that of choline is 43.2 mg. Milk lacks vitamin C, E and B1.

Minerals: 250 gm of milk has 290 mg of calcium, 6.3 mcg of fluoride, 0.1 mg of iron, 8.1 mcg of selenium, 26.8 mg of magnesium, 1.0 mg of zinc, 232 mg of phosphorus, 107 mg of sodium and 366 mg of potassium. Copper is absent in milk. You will get all these minerals by drinking a single glass of milk.

Others: 250 gm of milk has some other essential components of your diet as well. It has 12.2 mg of cholesterol and 220 gm of water.



You can make out from the milk nutrition facts that the fat content of milk is low. By knowing the milk nutrition facts, you must have understood the significance of drinking milk everyday. It is almost equal to a balanced diet. Make sure that you are drinking at least a glass of milk daily. This will not only fulfill your nutritional requirements but also make your body strong and more resistant to diseases. Milk gives you a healthy life.



That the bull is by nature a hard working creature and is happiest in the working environment, tilling the fields, and pulling carts. As a useful member of society he is honoured and respected and given all facility for a healthy and happy long life.



Thus the Cow and the Bull are like the Mother and Father of Vedic society nourishing and providing for those who are dependent upon them.

When the Cow and Bull are shown affection, and given love and protection, they also interact with humans in a friendly manner.

Misconception:

That if the Cow and the Bull are allowed to increase in population, and are allowed freedom to not be slaughtered, that they will over-run society.

The fact is that so many of these poor creatures are brought into the world by artificial means and then misused, abused, etc. In a natural environment where animals are cared for such High Production techniques in farming DO NOT occur. Therefore there is no threat to land or food. In fact if crops that are presently being grown as animal feed were fed to humans, instead of to fatten up animals for slaughter there would be no so-called food shortages.



Misconception:

The unfortunate way that we see Cows and bulls in the world today, where these poor animals are fattened and artificially impregnated to produce calves for the slaughter, and to keep them milking for longer is not what we regard as Cow Protection, and is certainly not adhered to in the Vedic - Krishna conscious culture - this is total exploitation of animals' rights.

The idea that humans have dominion over these animals with the intention to exploit or harm them, is as wrong as it be in the case of a king who has dominion over his people to exploit or

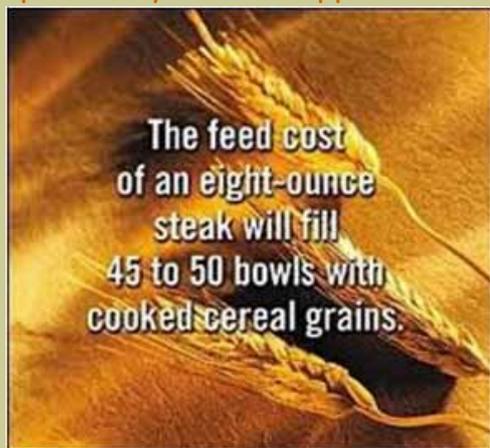
harm them.

Misconception:

That animals have some kind of "different soul" to that of humans, and thus can be exploited, abused, made the brunt of vicious sports, and even eaten.

Animals and humans, as well as other creatures of the land, sea, and air are ALL spirit souls; we are ALL sons and daughters of the same Father. Those who are a little soft-hearted and less exploitive, the innocent, and children can see that the human eats, the animal eats; the human sleeps, the animals sleeps; the human mates, the animal mates; the human defends, the animal defends - the same things are there, the similar bodies are there, neither want pain and suffering, both want to be happy with their families and friends. Neither WANT to die.

We are supposed to worship cows and feed them by "Go-grasa" everyday. If not atleast on this special day we are supposed to worship cows and feed them. But in this age, if we can think of



poor cows and try to help them to have a peaceful life, that would be more than a worship. Let us all pray for the poor and disabled cows and try to help those who are trying to protect them.

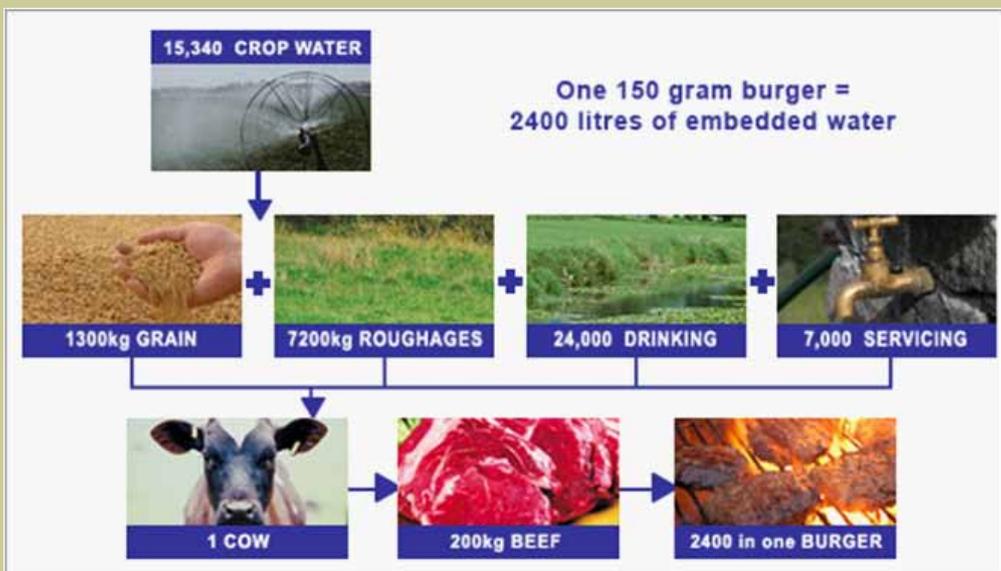
It would be more meaningful if we can support and help those "go-samrakshana Kendras" trying to protect the cows from the butchers' hand.

According to information compiled by the United States Department of Agriculture, over ninety percent of all grain produced in America is used for feeding live stock - cows, pigs, lambs and chickens - that wind up on dinner tables. Yet the process of using grain to produce meat is incredibly wasteful. For example, information from the USDA's Economic Research Service shows that we get back only one pound of beef for every sixteen pounds of grain.

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. As it stands now, about half the harvested acreage in America is used to feed animals. If the earth's arable land were used primarily for the production of vegetarian foods, the planet could easily support a human population of twenty billion and more.

Living Cows Are an Economic Asset

It is quite clear that a living cow yields society more food than a dead one - in the form of a continuing supply of milk, cheese, butter, yogurt and other high-protein foods. In 1971, Stewart Odend'hal of the University of Missouri conducted a detailed study of cows in Bengal and found that far from



depriving humans of food, they ate only inedible remains of harvested crops (rice hulls, tops of sugarcane, etc.) and grass. "Basically," he said, "the cattle convert items of little direct human value into products of immediate utility."

This should put to rest the myth that people are starving in India because they will not kill their cows. Interestingly enough, India recently seems to have surmounted its food problems, which have always had more to do with occasional severe drought or political upheaval than with sacred cows. A panel of experts at the Agency for International Development, in a statement cited in the Congressional Record for December 2, 1980, concluded, "India produces enough to feed all its people."



If allowed to live, cows produce high quality, protein rich foods in amounts that stagger the imagination. In America, there is a deliberate attempt to limit dairy production; nevertheless,

Representative Sam Gibbons of Florida recently reported to Congress that the U.S. government was being forced to stockpile "mountains of butter, cheese, and nonfat dried milk." He told his colleagues, "We currently own about 440 million pounds of butter, 545 million pounds of cheese, and about 765 million pounds of nonfat dried milk." The supply grows by about 45 million pounds each week. In fact, the 10 million cows in America provide so much milk that the government periodically releases millions of pounds of dairy products for free distribution to the poor and hungry. It's abundantly clear that cows (living ones) are one of mankind's most valuable food resources.



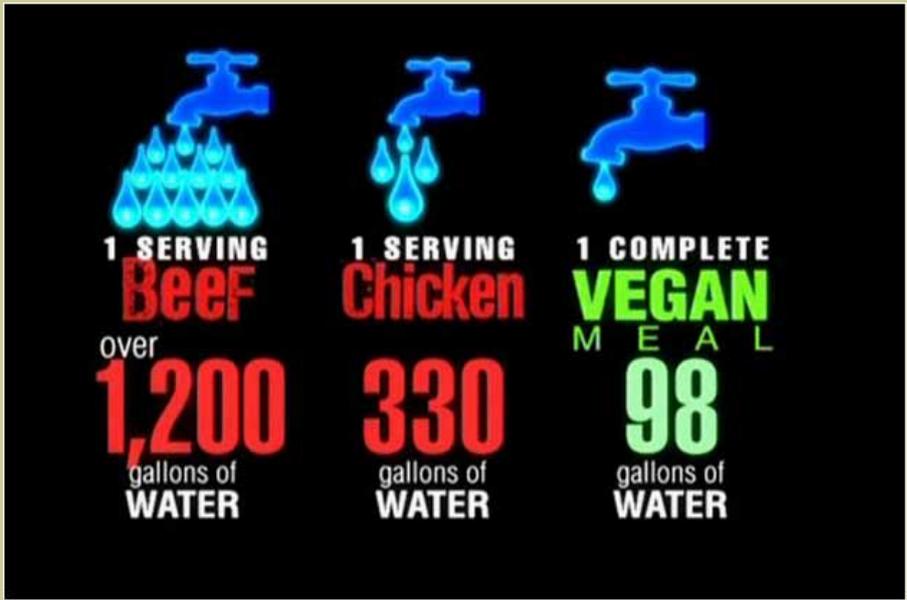
Movements to save seals, dolphins, and whales from slaughter are flourishing - so why shouldn't there be a movement to save the cow? From the economic standpoint alone, it would seem to

be a sound idea - unless you happen to be a part of the meat industry, which is increasingly worried about the growth of vegetarianism. In June 1977, a major trade magazine, Farm Journal, printed an editorial entitled, "Who Will Defend the Good Name of Beef?" The magazine urged the nation's beef-cattle raisers to chip in \$40 million to finance publicity to keep beef consumption and prices sky high.

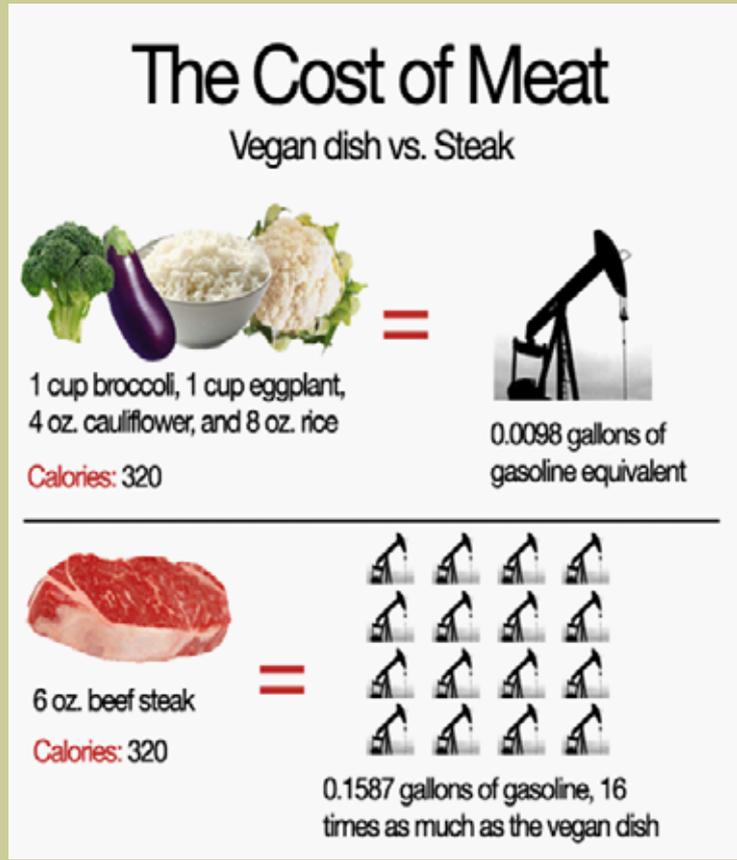
You're Paying More than You Think for Meat

The meat industry is a powerful economic and political force, and besides spending millions of its own dollars to promote meat-eating, it has also managed to grab an unfair share of tax dollars. Practically speaking, the meat production process is so wasteful and costly that the industry needs subsidies in order to survive. Most people are unaware of how heavily national governments support the meat industry by outright grants, favorable loan guarantees, and so forth. In 1977, for example, the USDA bought an extra \$100 million of surplus beef for school lunch programs. That same year, the governments of Western Europe spent almost a half-billion dollars purchasing the farmers' overproduction of meat and spent additional millions for the cost of storing it.

More tax dollars go down the drain in the form of the millions of dollars the U.S. government spends each year to maintain a nationwide network of inspectors to monitor the little-publicized problem of animal diseases. When diseased animals are destroyed, the government pays the owners an indemnity. For instance, in 1978 the American government paid out \$50 million of its citizens' tax money in indemnities for the control of burcellosis, a flulike disease that afflicts cattle and other animals. Under another program, the U.S. government guarantees loans up to \$350,000 for meat producers. Other farmers receive guarantees only up to \$20,000. A New York Times editorial called this subsidy bill "outrageous," characterizing it as "a scandalous steal out of the public treasury." Also, despite much evidence from government health agencies showing the link between meat-eating and cancer and heart disease, the USDA continues to spend millions promoting meat consumption through its publications and school lunch programs.



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only 60 pounds of water, whereas production of a pound of meat requires anywhere from 2,500 to 6,000 pounds of water. And in 1973 the New York Post uncovered this shocking misuse of a valuable national resource - one large chicken slaughtering plant in America was found to be using 100 million gallons of water daily! This same volume would supply a city of 25,000 people.

Social Conflict

The wasteful process of meat production, which requires far larger acreages of land than vegetable agriculture, has been a source of economic conflict in human society for thousands of years. A study published in Plant Foods for Human Nutrition reveals that an acre of grains produces five times more protein than an acre of pasture set aside for meat production. An

Environmental Damage

Another price we pay for meat-eating is degradation of the environment. The United States Agricultural Research Service calls the heavily contaminated runoff and sewage from America's thousands of slaughterhouses and feedlots a major source of pollution of the nation's rivers and streams. It is fast becoming apparent that the fresh water resources of this planet are not only becoming polluted but also depleted, and the meat industry is particularly wasteful. In their book Population, Resources, and Environment, Paul and Anne Ehrlich found that to grow one pound of wheat requires

acre of beans or peas produces ten times more, and an acre of spinach twenty-eight times more protein. Economic facts like these were known to the ancient Greeks. In Plato's Republic the great Greek philosopher Socrates recommended a vegetarian diet because it would allow a country to make the most intelligent use of its agricultural resources. He warned that if people began eating animals, there would be need for more pasturing land. "And the country which was enough to support the original inhabitants will be too small now, and not enough?" He asked Glaucon, who replied that this was indeed true. "And so we shall go to war, Glaucon, shall we not?" To which Glaucon replied, "Most certainly."

It is interesting to note that meat-eating played a role in many of the wars during the age of European colonial expansion. The spice trade with India and other countries of the East was an object of great contention. Europeans subsisted on a diet of meat preserved with salt. In order to disguise and vary the monotonous and unpleasant taste of their food, they eagerly purchased vast quantities of spices. So huge were the fortunes to be made in the spice trade that governments and merchants did not hesitate to use arms to secure sources.

In the present era there is still the possibility of mass conflict based on food. Back in August 1974, the Central Intelligence Agency (CIA) published a report warning that in the near future there may not be enough food for the world's population "unless the affluent nations make a quick and drastic cut in their consumption of grain-fed animals."

Saving Money with a Vegetarian Diet

But now let's turn from the world geopolitical situation,

and get right down to our own pocketbooks. Although not widely known, grains, beans, and milk products are an excellent source of high-quality protein.

Pound for pound many vegetarian foods are better sources of this essential nutrient than meat. A 100-gram portion of meat contains only 20 grams of protein. (Another fact to consider: meat is more than 50% water by weight.) In comparison, a 100-gram portion of cheese or lentils yields 25 grams of protein, while 100 grams of soybeans yields 34 grams of protein. But although meat provides less protein, it costs much more. A spot check of supermarkets in Los Angeles in August 1983 showed sirloin steak costing \$3.89 a pound, while staple ingredients for delicious vegetarian meals averaged less than 50 cents a pound. An eight-ounce container of cottage cheese costing 59 cents provides 60% of the minimum daily requirement of protein. Becoming a vegetarian could potentially save an individual shopper at least several hundred dollars each year, thousands of dollars over the course of a lifetime. The savings to America's consumers as a whole would amount to billions of dollars annually. Considering all this, it's hard to see how anyone could afford not to become a vegetarian.

For any society Cows are the barometer of non-violence. One can tell by seeing how cows are treated in a particular society & can tell how peaceful is that society or nation. Unfortunately, in India, cows are being slaughtered. Even after its banned in almost all states of India,



nobody cares to implement the law and save the mother cows. As a Yadav its prime duty of our community to do whatever they can do for saving cows. Love the cows, drink cow milk. Eat cow curd and cow milk products. This can be your first step towards loving the cows.



The Srimad Bhagavad-Gita and the Sacredness of All Cows

Lord Krishna states in Srimad
Bhagavad-Gita: chapter 10, verse
28

dhenunam asmi kamadhuk

dhenunam -- of cows; asmi -- I am;
kama-dhuk -- the surabhi cow

among cows I am the surabhi

GOMATA KI JAYA



Thanks from Krishna and Balarama's Cows



We would like to take this opportunity to show our appreciation and thanks to those who have donated to the Goshala or have adopted a cow or a calf, their names are listed below with the name of the cow they have adopted.



Bhakta Maxim & Bhaktin Svetalana & Family from Moscow Russia offered Go-puja



Bhakta Denis & Bhaktin Svetalana & Family from Moscow Russia offered Go-puja

Sponsor Krishna's cows in Sri Vrindavana Dhama and obtain boundless mercy!

Sponsorship Opportunity	Amount INR
Adopt a cow/bull for one year on a monthly basis	1,500 per month
Adopt a cow/bull for one year	18,000
Adopt a cow/bull for life	1,80,000
Adopt a calf for life	2,70,000
Maintain Goshala for one day	20,000
Medical expenses for one month	25,000
Feed the full herd for a month	5,00,000
Developing of Grazing land for the cows per acre	1,00,000

If you visit our website, www.goshala.com and click on the **Cow Adoption** page you can then choose your cow or bull for adoption and the type of sponsorship as listed above. Or you can click on the **Sponsorship** page to make other donations as listed above, then click on your selection and simply follow the instructions on screen.

If you are unable to make donations online then you can deposit your donation directly into our bank account, there are separate accounts for national and international deposits, so please use the correct account depending on if you are in or outside of India.

Bank	Axis Bank Ltd.	Khasra No.1283, Chatikara Road, Near Nandanvan, Vrindavan, District-Mathura. U.P. India
Inside India	Account Name	ISKCON - Goshala A/C
	Account No.	9100100-1456-3822
Outside India	Account Name	ISKCON - Foreign A/c
	Account No.	9100100-1456-5239
	Swift Code	AXISINBB086
	IFSC Code	UTIB0000794

