



CARE FOR COWS

IN VRINDAVAN



Festivals

Cow Massage

Cosmetic Surgery for Cows?

New Admissions

Save Our Clinic



Care for Cows in Vrindavana
is inspired by
A.C. Bhaktivedanta Swami Prabhupada
Founder-Acharya International Society for Krishna Consciousness

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CARE FOR COWS
IN VRINDAVAN

Jaya Sri Guru!

Jaya Sri Gopala!

Jaya Sri Go Mata!

Dear Friends,

Srimad-Bhagavatam describes that Indra became angry and inflicted distress upon the Vrajavasis by flooding Vrindavan: "The cows and other animals, shivering from the excessive rain and wind, and the cowherd men and ladies, pained by the cold, all approached Lord Govinda for shelter. They called out, "Krsna, Krsna, O most fortunate one, please deliver the cows from the wrath of Indra! O Lord, You are so affectionate to Your devotees. Please save us also."

Interestingly enough, the Vrajavasi's pleaded for Krsna to save the cows before they requested Him to save themselves. This demonstrates an important symptom of the Vrajavasis—they put the welfare of the cows before all else, including their own dear lives.

As we know Lord Krsna lifted Govardhana Hill and invited the Vrajavasis, their cows and other domestic animals to take shelter underneath and enjoy His blissful company.

If we cultivate the attitude of the Vrajavasis who place the cow above all else and do the necessary to relieve the distress of the cows, certainly we assist Sri Krsna in His pastimes and no doubt become eligible to serve Him in His eternal abode.

The CFC Staff

careforcows.org

Care for Cows in Vrindavan is a Charitable Trust registered in India, USA, Holland and Switzerland.

Painting by Saccidananda Dasa, Vrindavan, India





Rice, halava, fresh and dried fruits, nuts, rock candy, milk sweets and various flowers are arranged in a circular pattern.

GOVARDHANA PUJA FESTIVAL

OCCASIONS FOR WOMEN





nged to resemble Govardhan Hill. Atop the hill rests a *sila* happily accepting the offering.

KRISHNA & GOPASTAMI FESTIVALS

WORSHIPPING THE COW

"Prepare very nice foods and invite the learned *brahmanas*. Then decorate all the cows and feed them well. After nice grasses have been given to the cows, Govardhana-puja may immediately begin. This sacrifice will very much satisfy Me." — Krsna Book



GOVARDHANA PUJA &



Vrajavasi folklore states that one's heart becomes soft by scratching cows under the neck



A guest consoles Sushila as her leg mends



Prema patiently benedicts her servant



Pilgrims from many places in the world gathered at Care for Cows to celebrate Govardhana Puja and Gopastami. Here participants are seen to be gently brushing the cows under the neck. It appears that cows equate this with the affectionate licking they receive from their mother and friends.

Service to cows is therapeutic and brings peace of mind

GOPASTAMI FESTIVALS

The most special days in the month of Karttika are Govardhana-puja and Gopastami. The former is the day Sri Krishna lifted Govardhana Hill to relieve the cows and Vrajabasis of distress; the latter is the day Sri Krishna first took the cows out to graze.

To underscore the importance of cow protection, Govardhana-puja is held on the same day as Go-puja when cows are worshipped in recognition of the unique place they hold in Sri Krishna's heart. Cows have such significance for the Lord that His own abode is named after them - Goloka (The Planet of Cows).

In the pastime of lifting Govardhana Hill, Sri Krishna cleverly convinced His father Nanda Maharaja to give up the traditional worship of Indra to secure good rainfall for their agricultural activities. Sri Krishna persuaded His father to use the elaborate arrangements intended for Indra to worship Govardhana Hill



A regular visitor consoles bedridden Mandakini



Hanuman fulfills a guest's life-long desire to kiss a cow



Sanjivani gets relief from the pain and discomfort of amputation



An affectionate father teaches his son to please cows

GOVARDHANA PUJA &



GOPASTAMI FESTIVALS



Murari Gaura Hari leads Kirtana as Dr. Lavania (center) offers respects and others offer incense to Krishna and Vanamali



Satya Narayana Dasa offers *arati* to Krishna

as that is where the cows graze. Sri Krishna argued that rain will appear in due course by nature's arrangement but that Govardhana Hill and the cows are the real livelihood for the cowherd community.

After the community held a grand festival and elaborately worshipped the cows and Govardhana Hill, Indra became infuriated that the elaborate worship originally intended for him was instead used for worshipping someone else. Thinking Sri Krishna to be an ordinary human, Indra

Opposite: Krishna, our prize ox, accepts a garland of flowers before his worship begins.

Above and left: Devotees chant in *kirtana* and offer incense to Krishna and Vanamali who happily accept an offering of carrots, spinach, bananas, radish, *gur* and *laddus*.

Below left: A hill is made of rice and *halava* decorated with a variety of dried fruits and flowers.

Below: Gaurangi wears a garland while Ekadasi is offered incense, a ghee lamp and bananas.



Nanda Kisor praises Govardhan Hill



GOVARDHANA PUJA &



Participants offer the cows spinach, carrots, radish, bananas, *gur*, and *laddhus* made of wheat bran, chick pea husks and barley

GOPASTAMI FESTIVALS

sent forth torrents of rain intending to decimate Nanda Maharaja's village and destroy all his livestock.

The cows and the cowherd men and ladies shivered from the severe rain, wind and cold. The cows draped the velvet-like folds of skin under their necks over the delicate heads of their calves and approached the lotus feet of Sri Krishna. The cowherd men and women pleaded, "Krsna, Krsna, please deliver the cows from the wrath of Indra! You are so affectionate to Your devotees. Please save us also."

To protect His cows and family, and to teach Indra a lesson, in one easy motion Sri Krishna lifted Govardhana Hill and held it over His head on His little finger, and called for the entire village and cows and animals to take shelter underneath the hill. Although Indra continued to pour rain on

the community for many days, Sri Krishna protected them and remained holding Govardhana Hill above His head like a huge umbrella.

On the seventh day Indra called off his attack, realizing that all of his power was no match for Sri Krishna's little finger. Indra understood that Sri Krishna was the Supreme Lord and that Govardhana Hill and the cows were the rightful recipients of worship.

After placing Govardhana Hill back on the ground, Sri Krishna accompanied by His cowherd friends, then returned to the place where they had been tending the cows. The rest of the gopas and gopis returned to their homes singing joyfully about the wonderful deeds performed by Sri Krishna.

Those who protect cows from natural calamities or any other type of danger should do so in the mood that they are assisting Sri Krishna in His pastime of lifting Govardhana Hill.



Gopinath pleases Prana



Guests were served a feast



Radhika and a friend relax after the feast

HELP US SAVE THE CFC CLINIC

*Working together to revive the consciousness
of caring for Lord Krishna's beloved cows*



The Care for Cows facility at Raman Reti has welcomed many of you during the last few years. Those who have come to meet the residents to whom the facility is now home, know full well that a visit to CFC is an unforgettable experience.

Often it is a long anticipated moment when Sponsors get to personally meet their chosen cow for the

first time or a chance for long term Sponsors to reunite with their cows. CFC has offered new guests a glimpse of the plight and suffering of Vrindavan's abandoned cows and helped them face up to the harsh reality of life for those left on the streets to fend for themselves or left for dead at the roadside, after an accident, in the Holy Dham.

The CFC facility not only

provides for the needs of the cows, it is a meeting place centred on go-seva, for all who find their way here. A place, where personal interaction connects people with sacred Vrindavan cows. It is a spiritually enlightening experience that draws on the realization of how Lord Krishna spends His days – blissfully, in the company of cows.



Far left, recuperating patients at the CFC Clinic facility, Raman Reti. Left, Kisori and a visitor share a heartfelt embrace. Below, a Vrindavan street bull suffering from heat stroke collapses by an open sewer.





You may not be aware of the fact that the owner of the land that accommodates the CFC clinic, who graciously allowed CFC its use for these last few years, now wishes to sell. He has given CFC the first option to purchase at the current market value. Land prices in Vrindavan continue to soar as land availability

reduces. The land we presently occupy (1/2 acre), is valued at **Rs 2 crore / US \$500,000.**

The purchase of the land must be completed by Gaura Purnima, March 21, 2008, if we are to secure the future of CFC at this site. You will undoubtedly understand that the purchase of this land is absolutely crucial to ensure

the continuity of the CFC project and the welfare of the cows who are cared for here.

Today the CFC herd numbers over 230 cows, bulls, oxen and calves. Many of whom have been treated through the CFC Clinic, made a full recovery, and will now remain under CFC's lifetime protection.



Far left, administering IV fluids to a sick calf patient. Left, Dr Lavanai at work in the CFC Laboratory. Below, a new arrival delivered by bullock cart, a practical means of transporting a patient through the tangle of Vrindavan's narrow lanes.



The present site, from where we run the CFC Clinic, provides accommodation for around 40 orphaned calves and 60 injured, sick and disabled cows who require on-going medical care or special assistance; many are elderly, infirm and weak.

Raman Reti is an easily accessible location in close

proximity to the Doctors and Carers, who need to attend to patients in emergencies, or be on-call, around the clock, throughout the year. It is also a site close to town for immediate access to emergency cases, and for injured and sick street cows to be transported by local means.

With your help and

support, CFC has been able to develop into a world-renowned go-sadan, extending services to the local community by providing free medical care for Outpatient cows. It has also established the only Laboratory in Vrindavan offering veterinary screening to the public, free of charge.



Pressured by the increasing number of cows in need a new wing to accommodate another 15 patients is presently under construction at the CFC Clinic facility (left). Below, some happy and healthy CFC herd members, once victims of abuse and neglect. Below right, CFC Clinic is home to many disabled cows like Sakhi Vrinda, one of our several amputee cows.



From its humble beginnings, eight years ago, with minimal funding, it now provides food, shelter, and medical care and lifetime accommodation for abandoned cows, bulls, retired oxen and orphaned calves arriving from Vrindavan, Govardhan, Varshana and Mathura. A Team of Volunteers

who offer their talents and resources to respectfully care for the neglected cows in the Vraja Vrindavan area, Uttar Pradesh, India, runs CFC. In this year alone, CFC has provided lifetime accommodation for over 100 abandoned, injured and needy cows. The present location affords easy, safe access for

It is conveniently located, offering itself as a 'showpiece' for the CFC project, which is readily accessible to prospective Donors.

CFC funding relies heavily on donations in order to keep running and for this reason, its current location ensures that visitors to Vrindavan are afforded every opportunity of being aware of its existence, in that it is situated on a well-used path.

Earlier this year, as the ever-increasing herd outgrew the Raman Reti facility, a





number of the healthy cows and oxen were transferred to a rented goshala at Belvan, across the Yamuna River. That facility is now full.

As well as the anticipated purchase of the Raman Reti facility, CFC has also entered into negotiations for purchasing cheaper acreage plots across the Yamuna River.

As these plots are in a more remote and less accessible location, they are unsuitable for use as the CFC Clinic or for regular visitors. The goal of the purchase of this land is to secure the future for our growing number of healthy herd members. The CFC Clinic will continue to function and provide a home to the disabled

and needy cows.

For those of you who have been supporting CFC over the years, we wish to thank you, extend the blessing of the many cows you are helping in Vrindavan, and call upon your support once again. We are asking you to help us by giving a tax-deductible donation for the CFC Clinic



Far left, clean drinking water, as valuable as gold in the desert environment of Vrindavan.

Left, another success story, after months of treatment to save her leg, Sushila's wounds are closing and her complicated fracture is healing. Hopefully she will be out of the cast and walking around by mid December.

Land Purchase. We work very hard to provide a much-needed service for Vrindavan's abandoned, injured and sick cows each year. This work must continue to help Krsna's cows. We hope we can count on you all to make a generous donation of \$100 or more. If \$100 is beyond your means, please do not hesitate to

contribute whatever you are able, as it will be most gratefully received.

If you require additional information about Care for Cows, do not hesitate to contact us. We will be happy to answer any questions you may have. Visit www.careforcows.org online or contact us directly by phone

0983 7090 024. Email kurmarupa@careforcows.org.

Donate online via Pay Pal or credit card. If you are sending your donation in the form of a cheque, please make it payable to "Care for Cows".

On behalf of Vrindavan's cows we thank you for your continued support and for your consideration.

EVERYBODY

Massage
Therapy for
rehabilitation,
health and
relaxation

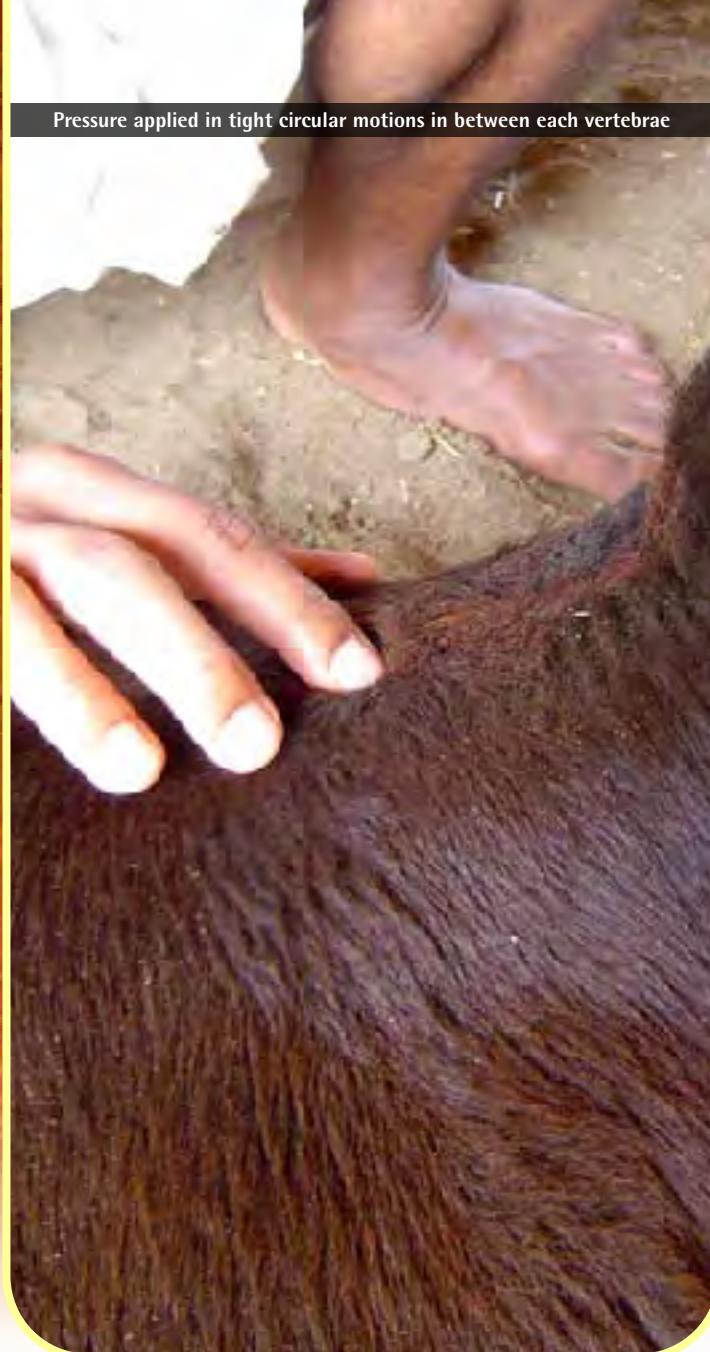


LOVES A
MASSAGE



Kala Krishna ready for his daily massage session

Pressure applied in tight circular motions in between each vertebrae



Stimulating acupressure points along the sides of the spinal column



**For thousands of years
Massage Therapy has been in
practice and is considered
one of the most advanced of
the healing arts.**

Today, Massage Therapists use extensive backgrounds in Massage Therapy to provide healing of many body ailments including rehabilitation therapy, injuries, chronic

musculoskeletal problems, arthritis, and bursitis. Massage Therapy can also benefit many patients suffering from problems with stress and relaxation deficits.

At CFC we treat a broad range of patients suffering many of the above mentioned ailments and have incorporated Massage Therapy

into their daily treatment. And yes, our cows love a massage! During their session they will often stretch out with the flow of movement, tilt their head and gaze hypnotically, lie down flat on their side, and eventually fall asleep - sure symptoms of a relaxing massage! It is not uncommon for some of our more intuitive

Massaging down the spine as energy flows from the head to the feet



From the spine the nervous system spreads out all over the body



cows to communicate to their

Therapist the body point in

need of a massage by

repeatedly touching the part

with their nose! The CFC

Therapist often comes out of a

session being 'exfoliated' by

the cows reciprocal licking.

Massage Therapy aids the

body by:

- Increasing circulation,

allowing increased oxygen

and nutrients to be

delivered to treated areas

- Aiding the management of stress
- Relaxing injured muscles, reducing cramps, and muscle spasms
- Increasing blood flow to relieve often painful swelling of joints and
- Increasing joint flexibility and joint range of motion
- Stimulating the release of the bodies natural endorphins which may aid in pain control
- Decreasing recovery time from muscle injuries
- Providing increased exercise

muscles due to injury,

disease, or overexertion

- Increasing joint flexibility and joint range of motion
- Stimulating the release of the bodies natural endorphins which may aid in pain control
- Decreasing recovery time from muscle injuries
- Providing increased exercise

stretching for atrophied muscles

- Treating the senses, relaxing the body and mind.

Many combinations of massage techniques are used during a therapy session, and by observing the cow's receptiveness and responses the Therapist can create a

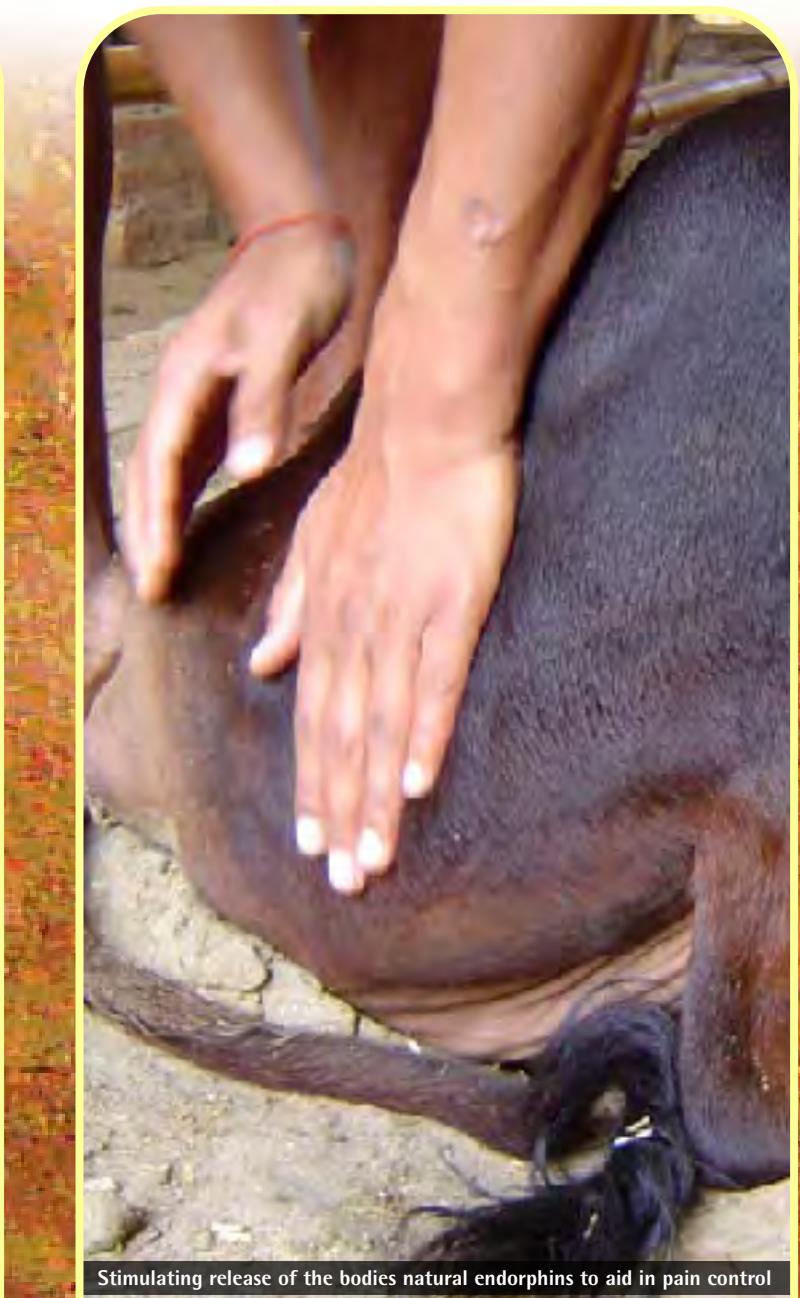
personalized program. All massage techniques can be tailored to specific areas of the body such as for an injury, or the massage can incorporate a more general approach aiming for an overall relaxation of the patient. Medical massage utilizes specific treatments appropriate to working with

disease, pain, and injury.

As in humans, different oils may be used in conjunction with this therapy on cows or other animals. Oils that create heat in the body such as mustard or sesame help penetrate and loosen and are excellent for deep tissue massage. Cooling oils such as



Broad, flowing strokes used to relax the foreleg muscles



Stimulating release of the bodies natural endorphins to aid in pain control

olive, coconut or almond are used on the head, and medicinal oils can be used on areas of joint or muscle pain. At the completion of the massage we also rub our CFC Gavausadhi Healing Oil onto painful joints or tender muscle areas. CFC accommodates a number of Downer Cows, or

cows who cannot stand up, mostly due to back leg, pelvic, or spinal injuries. Massage Therapy plays an important role for their rehabilitation, aids blood circulation, helps to keep their lymphatic system healthy, and benefits their daily comfort needs.

Love is the best medicine of

all and another reward of massage is that it creates a loving bond between the cow and the Therapist. In our experience this natural expression of love and care can make the difference of life or death for an injured, neglected and unwanted Vrindavan street cow.



Relaxing injured muscles, reducing cramps, and muscle spasms



Satyadev, CFC Massage Therapist in a session with Kala Krishna

NEGLECT

CALF ADMITTED NOV 23, 2007

Kotichandra passed away that night at 10.30pm

Bhugarbha & Kasisvara Disappearance Day



The month of Kartik (Oct–Nov) is celebrated throughout the Vedic scriptures as being the holiest of months in the year.

This auspicious time benedicts the soul with great spiritual advancement for even the slightest pious act performed, and this is multiplied a thousand times if residing in the holy land of Sri Vrindavan. Kartik month 2007 CFC admitted four serious cases, all of whom passed away in that holiest of times. First to arrive was Syama Sakhi from Govardhan, a seriously

neglected year old calf from a Gaudiya Math Goshala. She had suffered from long term neglect and sadly died within 24 hours.

The next patient was an abandoned calf from Madhuvan Colony in Vrindavan. She had fallen into a drain at night and in the morning was pulled out shaking with cold. She was admitted to CFC that day, developed pneumonia overnight and passed away the following day.

Later in the month a nilgai (blue cow) was hit by a car on Mathura Road, Vrindavan, early morning. She

suffered a broken front leg, internal injuries and when she arrived mid morning she was in deep shock. The Doctor tried to save her but she passed away that night.

Another sad case this month was a 3 month old calf starved by her goshala owners and exposed to cold with developed pneumonia. Unable to even hold up her head, her cruel owners put her out on the roadside to die. She was found by two English sisters who rushed her to CFC, but it was to be the end of her short life. They had named her Kotichandra.



NEGLECT

CALF ADMITTED NOV 8, 2007

Syama Sakhi passed away Nov 9, 2.20pm
Dipavali Day

PNEUMONIA

CALF ADMITTED NOV 13, 2007

She passed away Nov 14, 2.20pm

Srila Prabhupada's Disappearance Day





ROAD ACROSS



ACCIDENT

ADMITTED NOV 21, 2007

The nil gai passed away that night

1.20am Utthana Ekadasi





An oversized wart dangled on Totaram's eyelid



The wart could flap up and down, being attached along the brow

Cosmetic Surgery

Totaram is a handsome young bull calf brimming with confidence, but one slight imperfection takes away from his appearance – a dry, oversized, unsightly wart dangling over his eye.

It had to be removed, but not just because of cosmetic considerations. The wart was impairing Totaram's vision and

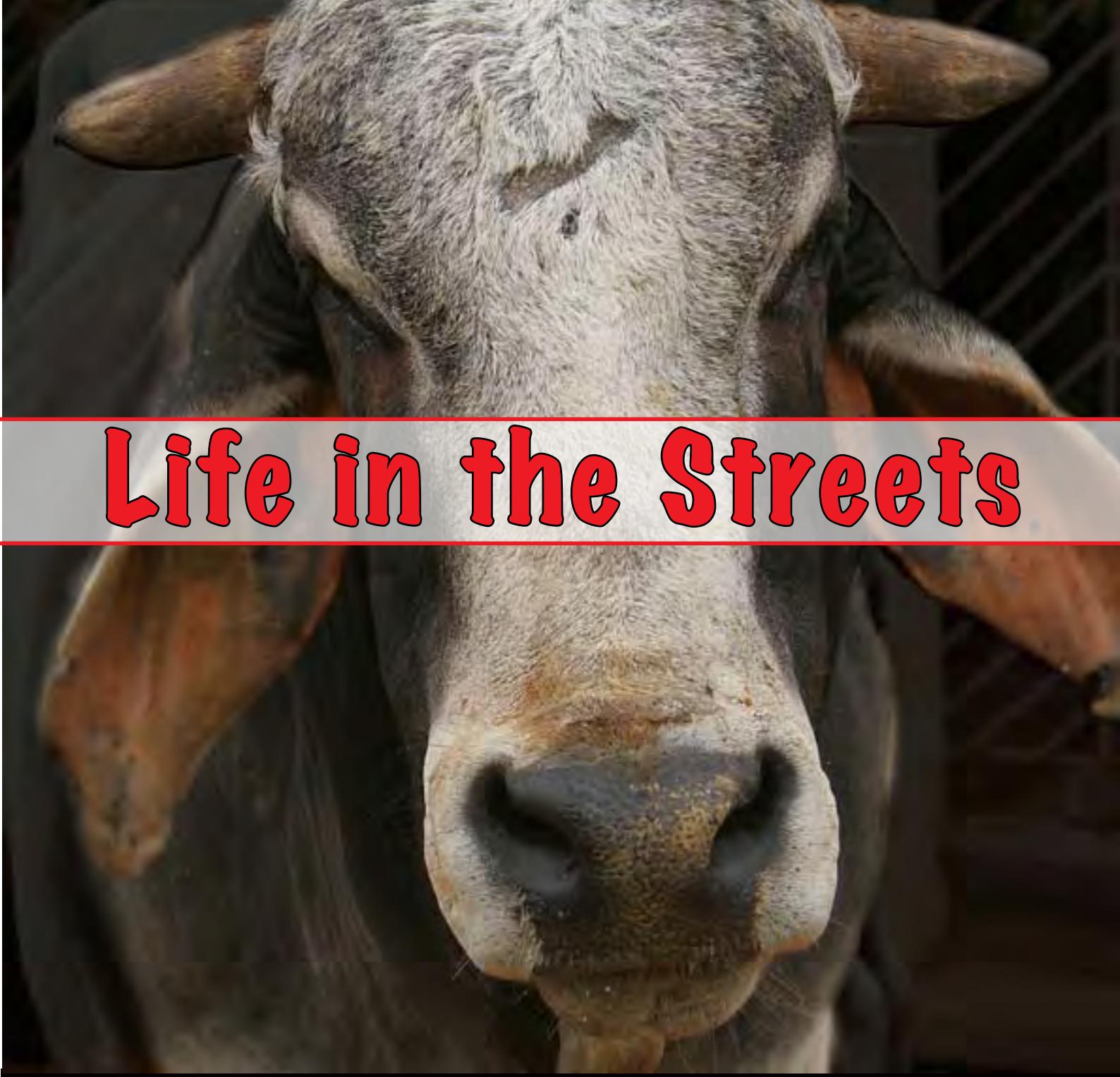
through constant contact with the eyelid it was spreading by developing a cluster of warts around the eye.

Dr Lavanai was called in for Cosmetic Surgery and after anesthetic was administered locally to numb the area, the operation was complete within 10 minutes. The wart had grown like a round, flat disc

that could flap up and down, being attached to the skin along the eyebrow. It was sliced off at this point and only two sutures were required. After six days Totaram's stitches were removed, his eye now free of the heavy burden weighing on his vision of other beautiful Vrindavan cows.



Life in the Streets

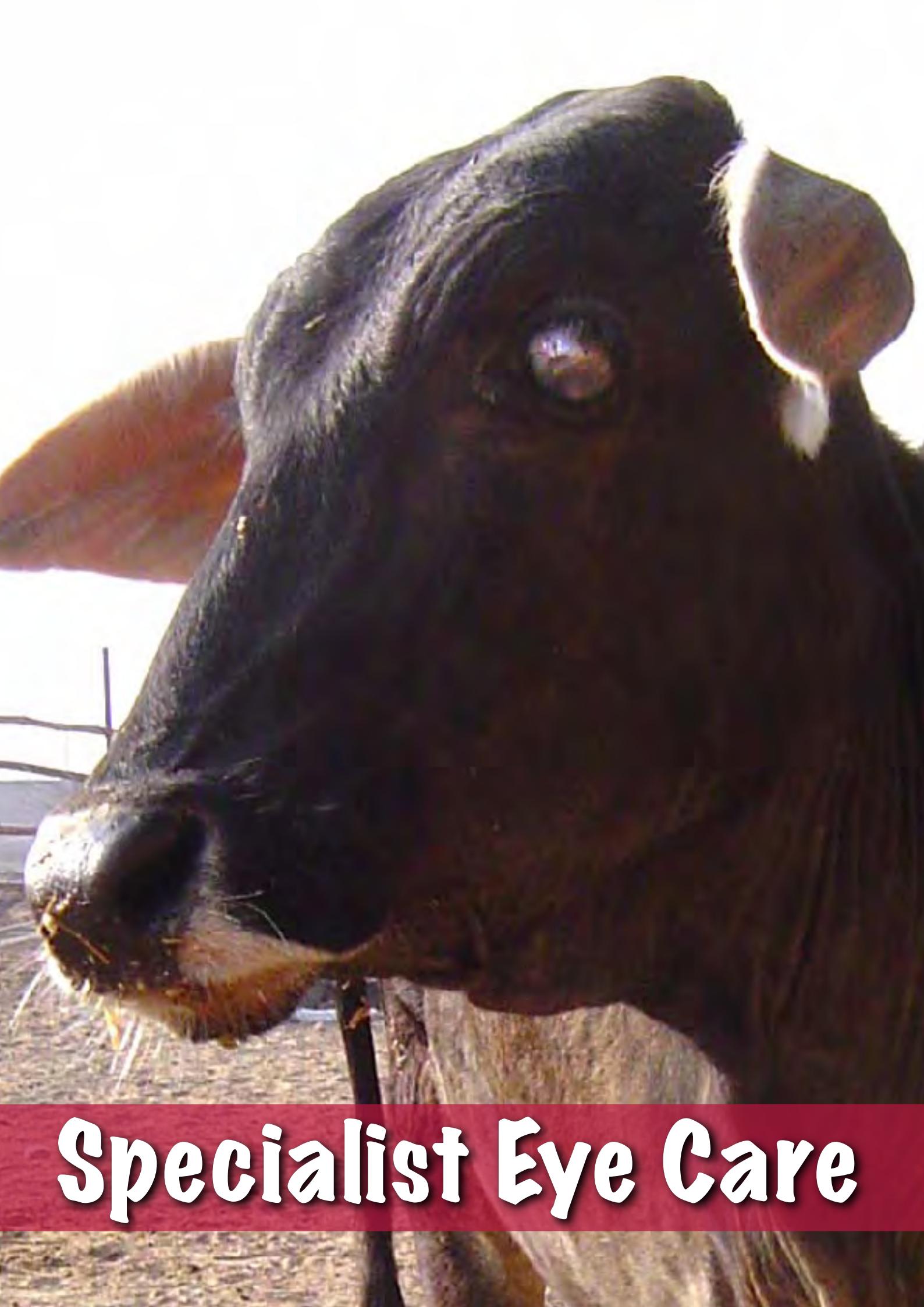




Left: An elderly bull with a maggot infested wound limps amidst the traffic on one of the main streets of Vrindavan. We attempted to goad him towards CFC but he did not cooperate. We are making arrangements to tranquilize him and transport him to our facility soon.



Above: A two-year-old bull suffering from a broken front leg was found in Sital Chaya. The leg injury is several months old and has not healed properly. The bull was loaded on the truck and taken to Care for Cows where an attempt will be made to join the broken limb and rehabilitate him.



Specialist Eye Care



Dr Luvania administered local anesthetic



The eye was swollen and bulging from the socket



Fluid was drained from within the eyeball

Injured in a road accident at Govardhan, Venkat was picked up off the street by Sudevi and nursed back to health at Surabhi Goshala, Radha Kund.

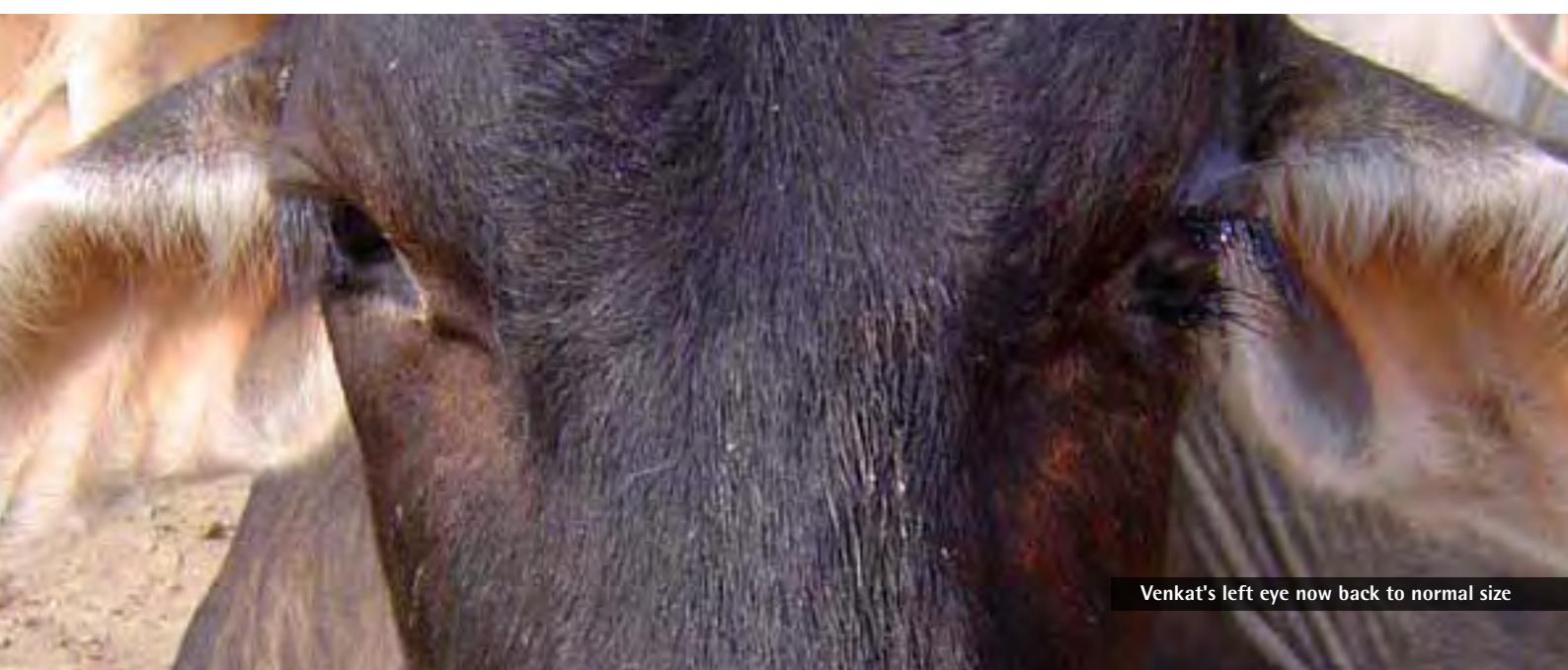
His front leg was fractured in three places and trauma to the head had caused his left eyeball to prolapse, or be knocked out of its socket. As

he could not close the eyelids around the eyeball it was subject to contact with dirt and debris and he soon lost total vision in the eye. He underwent three surgeries to try and correct the prolapse but none were successful.

Venkat was admitted to CFC as an Outpatient in November in a final attempt to

treat the eye, or if necessary remove the eyeball. Dr Luvania performed a delicate operation in which excess fluid was drained from the eyeball, which was then successfully placed back into its socket.

Coupled with medication the eye has retained its normal size enabling Venkat to now close his eyelids and blink.



Venkat's left eye now back to normal size



Do You Know?

The cure for a fat lip?

I'm not going out looking like this! I've tried ice but it's not working, neither is hydrocortizone cream. Someone suggested 'prevention' - keep my mouth shut, before I offend another cow, and before they kick me in the mouth.

Very funny... I'd laugh if I could.

Thank You From the Cows



The cows send their heartfelt thanks to those who assisted during November 2007

Adi Karta Dasa, USA	Kadamba Kanana Swami, India	Pushpavan Dasa, USA
Alessandra Petrassi, Italy	Karunika Dasi, NZ	Radha Caran & Krsnamayi, India
Ananda dasa, Guatemala	Katyayani dasi, USA	Radha Jivan Dasa, India
Anastasia Tsitsishvili, USA	Ketan Velani, UK	Radha Mohan Sevak, India
Ann Kennedy, USA	Kirtiraja Dasa, USA	Radhapati Dasa, India
Annada Dasi, India	Kitri Waterman, USA	Raj Patel, India
Anon, Singapore	Labangalatika Dasi ,India	Raktak Dasa, India
Antoinette Kennedy, USA	Laksman Dasa, India	Rama Publications, USA
Aravind Chawla, India	Laksmirupa Dasi, India	Rayan Koendjbiharie, Netherlands
Atanu Dasa, NZ	Lalita Dasi, India	Sanjay Dahia, UK
Ayyangar Komanduri, USA	Lalita Dasi, USA	Satya Narayana Dasa, USA
Bonnie Hamdi, USA	Lisa Kubisz, USA	Sri Hari Dasa, India
Braja Gopal, Switz.	Madhava Dasa, USA	Srinivas & Radha Damodara, Australia
Chandrasekhara Acharya Dasa, Sing.	Mandapa & Jagat Priya, Australia	Sumit Roy, India
Chandravali & Hrsikesha, UK	Marianna Polonsky, USA	Surendra & Manjula Shah, UK
David Kasanow, USA	Michael Barsaleau, USA	Suresh Vagjiani, UK
David Thornton, USA	Michael Meshuris, USA	Syama Dasi, USA
Devala dasa, Canada	Mokshsalaksmi Dasi, UK	Syama Kund Dasa, Canada
Dhruva Maharaja Dasa, India	Nanda Dasi, India	Tatiana Leonova, USA
Dhruva Singh ,India	Nara Narayana Dasa, India	Tusta Krsna Dasa, USA
Dr. G. Shanker, USA	Navadvip Dasa, UK	Tyaga Caitanya Dasa, India
Dritarastra Dasa, India	Nirav Methi, India	Vaninath Dasa, USA
Enver Ajanovic, Ireland	Omaha Sanga, USA	Varun Juneja, India
Haimwatti Greenberg, USA	Pankaj Vohra, India	Vidyasagar Lokhande, USA
Hari Priya Dasi, NZ	Paramgata Devi Dasi, Sweden	Vilasa Manjari dasi, Australia
Isani Devi Dasi, India	Parvati Devi Dasi, India	Visvambhara Priya Dasi, USA
Jagat Mohini, India	Pradipta Chatterjee, USA	Vrindavan Candra Dasa, Malaysia
Jai Simman, Singapore	Pranavallabha Dasa, USA	Vrindavan Vilasini Devi, Germany
Judith Tallent, USA	Pranil Bharath, SA	Yogamaya Dasi, Boston

May cows stay in front of me; may cows stay behind me; may cows stay on both sides of me. May I always reside in the midst of cows. —Hari Bhakti Vilas 16.252