Kaleidoscope Issue: 5 - Dec/Jan

The various hues of Deepanam

OUR DYING WORLD!

DOGS CURE DEPRESSION?
Usually, we like to think about topics that could be inspiring for multiple articles, while still allowing room for other important writings, even though they might be slightly distant from the overall theme. This issue was rather difficult, despite the fact that we did take a break for the month of January, as the holidays were a distraction. What should have been a plain-sailing for few weeks, they were a little stormy. Even then, we have proudly released the 5th issue!

I, being part of the pet-loving community can assure you that the articles are written for them as well! They are not only for convincing people about having pets without turning a blind eye to the great responsibility, but also for the few animal lovers who are discriminating them according to their parents! It might not be wrong to have eyes for a selective type of animals according to their adaptability to your environment but being picky about having only a pure breed is unfathomable. One of the articles is about radiation, which might seem like the square peg in a round hole. I would like to think not. At the end of the day most of the pieces are about making your daily life better and this writing really puts in place how much of a difference your life could be, just by educating yourself correctly about such topics. These days, when words such as anxiety and depression are more commonly heard, it’s very important to prioritise health and happiness. I hope this issue could help!
CONTENTS

• WHAT GOOD ARE ANIMALS?
• RADIATION
• MY CAT HOLDS MY LEASH
• DOGS CURE DEPRESSION?
• OUR DYING WORLD
• MY PET STORY
• LEAH’S CULINARY CRITIQUE
• HURTING ANIMALS
WHAT GOOD ARE ANIMALS?

Animals are very intriguing. Each species has its own language. Like us, they eat, sleep and go to the toilet, but what do they really do that benefits us? Why do we take so much effort and care to keep them safe?

Well that is the question I am here to answer!

Animals can be used for numerous purposes from medicinal reasons to just plain affection, is there anything animals don’t do for us? I will have to think about that one!

As for how we benefit them, we give them food, shelter and affection too, but I bet they think we are stupid, talking to them in our baby voices (come on, I know you do it too).

When it could be a forty year old cat. I bet they’re thinking “I am forty years old, can you stop calling me Busney Bobby Boo Boo”. I would love to know what animals are thinking, wouldn’t you? Now I know lists are boring, but just to try and understand the scale of the things they do for us, not just pets, but animals.

And mind you, these are just some off the top of my head
A SMALL LIST OF THINGS THEY DO THAT BENEFIT US:

- Worms help us with compost.
- Guide dogs help blind people.
- In hospitals, dogs de-stress people.
- We use the wool from the sheep to make clothes and use it for stuffing pillows.
- Eggs from the chicken, which we use to bake and eat.
- Milk that we could probably not live without unless you are a Vegan!
- When you are lonely or bored, they are a great company.
- They’re there for us when you need it the most, when you come home after a rough day, They’re there.
- They give us meat.

So, compared to what animals do for us we do diddly spot. So, in answer to the question, animals do a lot more than we ever think. We must be grateful for what they give us and do for us. Next time you see a dog, pat it, we must show them how grateful we are.

I hope this answered your question!

-Leah
Radiation is not a very good thing for our health. It can cause trouble with tiredness, chronic sleeping, headaches, eye problems and in worst cases cancer. This does not mean you should never use your phone again, it just means you should limit your time using it. Yes, I know it's much easier said than done. I have tried to limit my time for electronics and it is very hard, but it is possible and there are many things you can do to help reduce radiation on the way. Now, it is up to you if you want to do it or not.
Start with simple things, for example:

when calling someone, don’t hold your phone to your ear but instead plug your earphones in and then call (make sure to use wired earphones), or if it is possible and there is no one eavesdropping. Use loud speakers and keep your phone as far away from your head as possible.

Also try to switch off your phone and WiFi whenever you are not using it. Try to avoid putting your phone in your pocket instead put it in your bag.

When going to sleep, switch it off and try getting an alarm clock, but if you are too lazy to buy one, at least switch off your WiFi. Put your smartphone in aeroplane mode and keep it as far away as possible.

Try reading actual books as much as possible instead of E-books. I know real books are more expensive but it is much better for you. Why don’t your star your own library, oh! Speaking of the library you can just borrow a real book. I personally prefer having my own copy so that I don’t have to go through the stress of returning it in perfect shape. It is easier to borrow them. Another thing that are supposedly good at absorbing a type of radiation are cacti. Isn’t that just great! I mean personally, I find them very beautiful, and if nothing else they can at least be a good decoration for your room. Just put a cactus somewhere in your room and voila! Hopefully, it has helped.

Also, try to go for a walk without your phone, iPod etc. Just enjoy the beautiful surroundings wherever you are before it changes. On holiday or just next to your own home. Try starting your day with a morning walk. I will agree that it is hard to distract yourself when you have your phone buzzing all the time. So just move away from it, enjoy the birds singing and the slight mist in the air. The sun’s rays finding its way through the leaves falling down to the ground in very clear lines.

Start your day like this and it is assured that you will be awake and energised throughout. You will feel the difference!

- Arati
Paws and Noses,  
Beaks and Fur,  
Tails, Wings and loud purr,  
Ears, and Teeth,  
Claws and Skin,  
That's how animals appear.

They can Roar,  
And they can Jump,  
They can Fly,  
And they can Hunt.

They can Eat,  
And they can Sleep,  
They can be Puffy  
Like sheep.

Animals can be so different,  
But we all have something the same.  
We all live on one same Planet,  
Planet that we should protect.
It was quite sudden when we decided to bring a pet home. I have had a dog before, when I was younger. I don’t remember much about her. We thought of bringing a cat as they are low maintenance compared to a dog (personal opinion). I know that dogs are really friendly and all, but I wanted to experience having a cat. You might call me choosy but I wanted a black poofy cat with a lot of fur.

It was raining heavily the day we brought a cat home. She had black, grey and white fur. She is a Persian cat (doll face) I was so happy! She was only two months old and was very small. I wanted to name her "Zara", but we came to a decision of naming her Tuffy.

It has almost been four years since then. And she has grown quite a lot. She is a house cat and is one that does not ask for us to pet her or constantly play with her. I used to like both cats and dogs equally and could not choose, but now, I have been brainwashed and I am on team neko! (cats)

Whenever I used to come back from school, Tuffy used to come down the stairs to greet me, meowing, purring, her back hunched. That has stopped since coming to Auroville as she is very busy watching the outside world. Which is annoying but yeah... One evening about two years back, I could not find Tuffy!
I looked everywhere and found her under a cupboard, feathers sticking out of her mouth. I pulled her out, after her protesting against it. And found a petrified pigeon inside. We quickly took the pigeon to a vet but the doctor said that it was no more as my cat had given it a massive shock. I had never been so mad at her. Now that I think about it, it was quite funny.

It might be a surprise to you but there are many owners who celebrate their pet’s birthday! And I am one of them. Though the cake is only edible to humans and She has to stick to her cat food and treats while we celebrate.

Tuffy loves to travel. And mostly accompanies us wherever we go. We take her on walks with a leash on. She doesn’t care about the leash at all and is very enthusiastic about going outside. She is the one who leads me in the walk, not the other way around! She is also a very picky eater, and only eats her cat food, and if we give her another brand instead of the usual one, she won’t eat it! I think we have spoiled her. But that is how it is...

What I really love doing to Tuffy is squeeze her, well not that hard. I love dressing her up. I really love her!

I can’t exactly explain in words how it feels to have a pet. But it is for sure amazing and also a big responsibility at the same time. So PLEASE adopt animals and give them a better future!

-Sana
What are the benefits of having a dog? Is there one? They cost a lot, need a lot of attention, care and are like babies that never mature. These are a few of the many things you will hear from people who have not experienced them in their life. As a dog owner and someone who has spoken to multiple people about their own experiences with these animals in their family, I can tell you they are as good as humans. They actually are better! People can make you cry, hurt you, leave you, and when they do, I know I can go back to my dog, who only lightens my mood by licking me all over my face, or by nibbling at my socks and pulling at my dress for food. No one who has a dog can call themselves alone. Which is what brings us to “therapy dogs”, something that has become quite popular recently. I was much interested just by hearing the term. If you haven’t heard of this, the name itself is very self-explanatory. These are dogs that have been trained to provide comfort, love, and affection. They are kept in old age homes, children’s hospitals etc. There is no need for a scientific explanation as to why they are helpful. They give you something so valuable, that is so hard to get at those times in your life, joy! They lay by you, nuzzle in next to you when you need a hug, they read you better than a psychiatrist and stay with you. But I don’t think you necessarily need a trained dog to help you.
Imagine you had a horrendous day at work or school that the only thing you look forward to is to go in the unconscious state of being asleep, not because you're tired but because your mind is travelling on a path leading straight to the worst possible things. Not a single cell in your body wants to function. You somehow manage your way back home, only to see it in a mess! No food! And you have so much work still left to do! Nothing can be said or done to make you feel rejuvenated or some form of glee. But there is someone, your dog! That comes to you, running, soothes you, and even though you might be reluctant at first, as soon as you look into it’s eyes, they sparkle and show the brightest look, assuring you it’s okay and it’s a beautiful world even at it’s worst.

Anxiety, depression and loneliness are big words that have been brought to the limelight in the past few years. These are only now being confronted, or least tried to be. These problems start off to be minor but since there is no one people are comfortable in confiding to, they just keep it to themselves. A lot of lives have been lost! Yes, that’s how serious this issue can get. So, what can be done to help these big words be used lesser in our sentences? Now, I will agree that each case is different but almost all of them have one thing in common. They all need someone! Not someone to answer back or give an opinion but just to be there, always! And you don’t need a dog to go through special training to do this. Any dog off the street will be as loyal to you as some expensive pure breed dog. All of them are beautiful souls who love you and ask for nothing in return.

Even if you are not an “animal person” you will be converted. There is no way one can look at them and not be hypnotised by their cuteness. They do need intensive care and grooming, but you can always find a breed that adapts to your climate, needs, and house well. Try and adopt dogs from the street or shelters. Help yourself and a dog!

-Vyomini
It's not a secret that people spoil the environment. And because of that, animals, plants, and other species are about to disappear from Earth. The pride of earth is its unbelievable ecosystems and vibrancy, but we are destroying it! Instead of admiring its beauty and uniqueness, we slap cement over it and make a building.

How many species do you think are threatened with extinction?

Over 26,500 species!!! And that is more than 27% of all species on planet Earth.

Because of this terrible problem, people decided to make a list of all species that are threatened. To spread awareness.

That's how the IUCN Red List was formed.

Established in 1964 the "International Union for Conservation of Nature's" Red List, became the biggest world's source of information about the status of species.
• 40% of all amphibians
• 25% of all mammals
• 34% of all conifers
• 14% of all birds
• 31% of all sharks & rays
• 33% of all reef corals
• 27% of all selected crustaceans

Even though those numbers hurt our eyes. A lot of species have been saved because of IUCN Red List. And I really hope that more will be saved.

-Dunia
If you are still not convinced about having a pet, these stories will definitely change your mind!

My favourite animals are cats. I do like dogs, but cats win for me. My very first cat was given to me by one of my friends. It was so cute, it was a male. I kept his name Kanama, he was so small when I first laid my eyes on it and then it became so big. He literally grew in my arms. Suddenly, one day he had a very bad fight with another cat. When he came back home, he was badly bruised and was crying for a long time. I couldn’t see her in that shape. I cried more than him seeing him hurting. The next morning I had found out that he ran away. He never came back. I waited for him to come back home, but he didn’t. I couldn’t help but cry every time I thought of him. After a few months, I decided to adopt another kitten. It looked just like kanama. I was finally happy after so many tears. He is now 5 years old and his name is kalyani, and he loves to play with me i love to be with him.

-Pallavi.
Honestly I could go on and on about pets for a whole day, but here are my top reasons why they are so important to me.

They're always there for you. Maybe sometimes they annoy you by begging you to throw the stick yet again, or when they give you the cold shoulder, but they do care for you a lot! They'll be there for you when you're in trouble and there to comfort and support you. They don't judge you either. They don't care what race you're from, what clothes you wear, whether you have disabilities or not, if you can study well or not. They don't care. As long as you love them back. That's all that matters!

Yes, I've been telling this all from my perspective. But guess what? I don't exactly have a “proper” pet. But, I do look after a stray dog. She isn't picky with what she eats, is patient with kids and normally is quite composed. She also has a pretty eye colour. It's hazel mixed with green in some parts. She can also do tricks. I don't greet her every day nor do I let her in the house but she still sticks by me. I'm extremely grateful to her.

What's your pet story?

-Gayatri
My pet is so important to me. He is very playful and friendly also, we have trained him so that everyone can play with him. When I go upstairs I have trained him to stop and not follow me. He also barks when someone comes to my house as an alarm. I feel very proud of him. He eats his breakfast very quickly, lunch and dinner as fast as he can! He also licks people when they come. When he was a baby, I gave him Cerelac in breakfast, for lunch and dinner he eats pedigree with milk in morning, mutton rice or chicken rice in afternoon and evening. If he wants to play, we take dog biscuits or chewing bones we have and hold it in our hand so he pays attention to us and then ask him to Sit, Jump and stand. When he was little, we let him sleep inside but now that he has grown up he sleeps outside. I started to take him for a walk outside as he grew up. I cried to my parents for a dog when I was 11 years old. Then they finally gave in. My dog’s name is kiyarno and I love him!

-arav
Sugar in the pet shop

What is going on?!

Maybe, my eyes aren't working properly. Maybe my brain isn't completely awake.

am I dreaming or-

Let me go find Fern!

Hey mom, why is he crawling like that?

Aha!

Hush. It's not nice to point at people.

That's right! Humans walk on two legs. I must look so strange.

Ugh...

I did it!

CRASH!

Owie...

Standing isn't as easy as I thought it'd be.

How am I supposed to go anywhere?!

I can't crawl either.

Sugar?
Sugar in the petShop

Currently in his brain: Who the cat is that? That's not my Shadow! Why does this cat know my name even though I'm human-

So it is you Sugar?

Fern?!

Ahaha... Yea! I went to some strange petshop after seeing my sister being taken inside. I woke up the owner who got angry and...

He cast a spell on me and I woke up like this. I wanted to go find you for help but before I could go.

Come to think of it, this might've been because of that petshop owner. Let's go find him!

O-ok, uh Sugar, I honestly don't understand what's going on so... I don't think I should go-

Nevermind! You're coming with me!

Hi! This is Kill-y-E! Last issue and this issue's comic strip "Back to School" is postponed to next issue because of some little problems... I'm terribly sorry.
In this review we or more accurately I strive to answer your life long question. To go or not to go.
Welcome to my critique. This month i shall talk about my visit to naturellelment! A Greek/Italian (I think!) restaurant it’s quite up market, from fast service to a kids corner They really have thought of everything. I ate spaghetti with just the right amount of tomato sauce and it was Divine. It was served with these cute bread-sticks and perfectly distributed Parmesan. So the judges verdict is...4 STARS
Well this time there is absolutely no way I’m telling you where I’m going next time
No way (must resist!)
Oh alright but don’t you dare tell! It’s important that you don’t tell scratch that I NEED YOU TO NOT TELL....... fine it’s Tanto, happy now?
But ssshhhh it’s a secret!
Thank you for reading
LEAH
1. WHAT IS ANIMAL ABUSE AND CRUELTY?
Cruelty towards animal, also known as animal abuse, animal neglect and animal cruelty (technically the same thing as animal abuse). Animal abuse and cruelty can be in many different forms of example; Torturing or beating up an animal, Killing an animal in an inhuman way, Failing to provide proper food, Medicine, Water, and shelter for an animal. They are many more examples but I will not write them. When an owner uses one of these examples, that probably means that he/she has no emotional connect to it (or anything for that matter) and is just using it.

2. WHY IS ANIMAL ABUSE AND CRUELTY A BAD THING?
Animal abuse and cruelty is very bad and inhuman thing to do! they are not objects on which you let your anger out! Here is an example : You are coming home late and had a bad day at work or at school, you see your dog and started kicking or scaring him away because you very upset or angry. That’s not a very cool thing...right ? One of the worst thing is that your animal trusts you and one day, suddenly you start being mean towards him or her and treating it very badly. Just because they don’t communicate their pain and still trust you. Their whimpers can be ignored, the tears can be hidden by the fur but that doesn’t mean that anybody can treat them lesser than themselves. Does the anger have to be put towards their animal ? They can just take a pillow and start kicking, punching it, reaping it apart! ( poor pillow..uwu...) But keep away from the animal!

3. EXAMPLES OF ANIMAL ABUSE
2 Puppy Mills.
3. Fur Farms.
4. Laboratory Experiments on Animals.
5. TV and Film making.
6. Circuses.
8. Gadhimai Festival.

4. MOST COMMON ANIMAL VICTIMS
According to the media, out of 1,880 cruelty cases in the US, dogs are the most common victims of animal cruelty.
In dogs, Pitbulls faces increasing number of animal cruelty cases are :
. In 2000 and 2001, pitbulls were the victims in 13% of reported cases of dogs abuse.
. In 2007, pitbulls were victims in 25% of reported cases of dogs abuse.
. dogs , 64 %
. Cats , 18 %
. Other Animals , 18 %

-Eva
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See you next issue where we talk about travel!