

## **DOG'S HELP GROWTH OF CHILDREN IN MANY WAYS:**

Many like to say that a dog is a man's best friend, but it is far more accurate to say that a dog is a child's best friend. If your children or grandchildren are begging you to get a dog, you may want to consider what an amazing impact it will have on their lives. It is my personal opinion that every parent needs to know these facts, and even if you don't have children, it's still wonderful to see the positive effect these lovable creatures have on us.

### **1. Babies who live with dogs get sick less.**

A recent study at Kuopio University Hospital in Finland shows that babies who lived with dogs during the first year of their lives were less likely to have respiratory illnesses than their non-dog-owning counterparts. Many consider this fact to be a result of dogs causing more exposure to a mild amount of germs, increasing the abilities of the babies' immune systems to prevent sickness as they grow up.

### **2. Dogs help young readers gain confidence.**



Children who are just learning to read often get self-conscious about reading aloud around other people. By having a dog around, they don't have any of those anxiety issues as they are actually "reading to the dog". Since dogs will be happy just to be around the child, the resulting feeling of confidence will do wonders for their reading ability.

### **3. Kids with dogs have fewer cases of allergies and asthma.**



Scientists have found that kids who grow up around dogs are 50% less likely to develop allergies and asthma than those who grow up without a dog. This is again attributed to the fact that a child growing up around a dog will have a much sturdier immune system.

#### **4. Dog owners have healthier hearts.**



Dog ownership has been linked to increased cardiovascular health. It might be because being around a dog can lower your stress, your blood pressure and your heart rate.

#### **5. Kids with dogs get more exercise.**



In this day and age, some kids are hard to get out of the house, but a dog is a simple way to deal with that. Most types of dogs are great companions for physical activities - it can be by taking a walk around the neighborhood, or enjoying a fun day of playing with balls

and ropes in the backyard. All of these lead to healthier kids who are used to a more active lifestyle.

#### **6. Dogs work wonders for kids with Autism.**



According to a study by the University of Montréal, the stress hormone levels of a child with an autism disorder are dramatically reduced when living with a trained service dog. Many scientists have worked on this subject over the years, and while there is still much to find out about it, no one can argue about the fact that "animal therapy", and dog ownership in particular, can help these children in incredible ways.

#### **. Family pets lead to sibling bonding.**



Having a dog around the house is a lot like having another child. This can help brothers and sisters grow closer through their common love of their pet and reduce other factors like jealousy and rivalry. From sharing the walking and cleaning responsibilities to just playing with him in the yard, a dog can bring siblings much closer together.

#### **8. Kids who live with dogs are less likely to have eczema.**



According to a University of Cincinnati (College of Medicine) study, children who live with dogs when they are young, and also have an allergy to dogs, are four times less likely to have eczema. The logic behind this is that a mild allergy will not harm a child, and yet dealing with it will make him much more resistant to the effects of eczema.

#### **9. Dogs help kids learn social skills.**



Growing up with a dog helps children learn social skills, impulse control, and improves their self-esteem. It also makes them much friendlier - after all, when they walk around with the dog, it's very likely that other people and dogs will approach them. The sharing of the dog for a few moments teaches generosity and patience toward others.

#### **10. Kids grow up alongside a loving companion.**

Dogs are always happy to see you when you get home, they will always love you and their love is unconditional. They're the ideal confidant and an ever-willing playmate, which means there is no better friend for a child than his dog. Who wouldn't want a friend like that growing

### **11. Kids who care for pets learn responsibility.**



Having a dog is a daily commitment and caring for one is a great way to teach kids the importance of dependability and responsibility. It's important not to let the child forget that he is responsible for certain things that his dog does, as well as taking care of the dog's needs.

If your child shows resistance or laziness, remind them that to be a dog's provider is an honor that requires a lot of patience and work, and those that don't do it are not worthy of such friends.

### **12. Kids get even cuter.**



This might be a benefit for the parents more than it is for the child but regardless, you can't ignore just how cute little children and dogs are together! Having these two young friends around the house will be a constant source of smiles and laughter that will brighten up your home!

**DEAR FRIEND,**



Cow is also an animal, but... a cow  has many specialities that no other animal (not even human beings) has in this world. This is the reason that Hindus consider cow as ‘mother’ after their own mother, and

pray to the cow with respect calling it “go-matha”.



**These are some truths about go-matha.**



- If a cow eats something poisonous by mistake, and we drink its milk, will we fall ill? To find out, one cow was regularly fed a particular quantity of a poison every day. After 24 hours, its blood, urine, dung and milk were tested in a lab to check where the poison could be found. In this way, the tests were done not for 1 or 2 days, but continuously for 90 days in All India Institute of Medical Sciences (AIIMS) New Delhi. The researcher did not find any trace of poison in

milk, blood, urine or dung of that cow.



**Then where did this poison fed for 90 days go? Just like Lord Shiva held poison in his throat, the go-matha hid the entire poison in her throat. This is a special quality that no other animal has.**

- **This is the only creature that inhales oxygen and also exhales oxygen.**



- **Cow milk has the quality of countering poison.**

- **There are diseases that medical science has not yet understood; urine**



**of Go-matha has the power to cure them**



- **If cow-ghee and rice are cooked together, two powerful gases called ethylene-oxide, propylene-oxide are released. Propylene-oxide is the best gas used for creating artificial rain.**



- **Cow-urine is the world's best killer of microbes**

- **With medicines made using cow dung and cow urine, stomach-related ailments can be cured.**

- **We can save ourselves from radio-waves by plastering the home floors and area outside home with cow-dung**

- **Cow-dung has the power to destroy the microbes causing cholera**
- **If 10 grams of cow-ghee is put in fire (yagnya), 1 ton of oxygen is generated**



- **Cow-urine is as sacred as ganga-jal**



**“Cow protection is the way that our species, our dharma will be protected. Cow-protection is no less than the need for independence.” - Mahatma Gandhi**

**Cow’s milk is tonic, its ghee is ambrosia and its meat is disease (Hazarat Mohamed)**

**Killing a cow is equivalent to killing a human (Jesus Christ)**

**Cow is a great boon to human society. Where a cow is looked after well, and protected, that country’s land will be great. Homes will prosper. Culture will progress. (Bernard Mike Faden)**

**The Quran does not encourage cow-slaughter (HakeelHajmal Khan)**

**Cow-slaughter is against the rules of Islam (Tauhin-e-Hind Bijaharu)**

**Can we see unity in diversity anywhere in the world other than in India? Whether we are a Hindu or a Muslim, or a Christian, as long as we live in our country, we are an Indian. Respecting the culture and tradition of our country is our dharma.**

**Freedom does not mean “live as we please”. It means living in a way that our country would like.**



**Salute to Go-Matha (Vande Go-matharam)**



**CA Dr. VISHNU BHARATH ALAMPALLI.**

Baby animals are so cute and fun to look at, but there is one 'baby' that weighs more than most adult humans, has almost no fur to speak of and loves the mud, and despite these facts, the baby elephant is definitely one of the cutest of all baby animals!

So this post is all about these 'little' guys with great photos and also some fascinating information about the biggest land mammal.



An elephant calf is around 250 pounds or 115 kgs in weight when born. Females mature at about 11 years and stay in the group, while the males, who mature between 12 and 15, are usually expelled from the maternal herd.



Elephants are some of the most intelligent animals on Earth. Their brains weigh 5kg, much more than the brain of any other land animal. Their brains have more complex folds than all animals except whales, which is thought to be a major factor in their intellect. They commonly show grief, humor, compassion, cooperation, self-awareness, tool-use, playfulness, and excellent learning abilities.



An elephant in Korea surprised its zoo keepers by independently learning to mimic the commands they gave it by verbalizing on the end of its trunk, successfully learning 8 words and their context.



The elephant trunk, a specialized nose, is analogous to an octopus tentacle in terms of dexterity. It allows them a high degree of manipulation of objects and elephants are adept tool-users. Elephants have been taught to paint with their adroit trunks and produce some fascinating artwork. In captivity, elephants easily learn how to open simple locks and many master more complex ones, something impossible for most other animals due to a lack of dexterity and intellect.



Elephants in zoos have worked together to take advantage of this, by having many act as lookouts as another undoes the lock, or in one instance an elephant feigned injury as a distraction while another elephant helped the others escape. Once all the elephants were out, the distraction elephant climbed to its feet and ran for the door, surprising its tenders who had been unaware of the ruse.



Female elephants live in a herd of about 10 individuals led by the most experienced matriarch, whereas the males are normally solitary and move from herd to herd. The females in each herd help each other find food and care for calves.



Adults do not lie down to sleep because of the excellent support their very straight legs give them. Elephants communicate within their herds or between herds many kilometers away mostly using sounds too low for human ears to perceive and by stamping their feet. Within their herds, elephants are believed to have the same or similar levels of cooperation as chimpanzees.

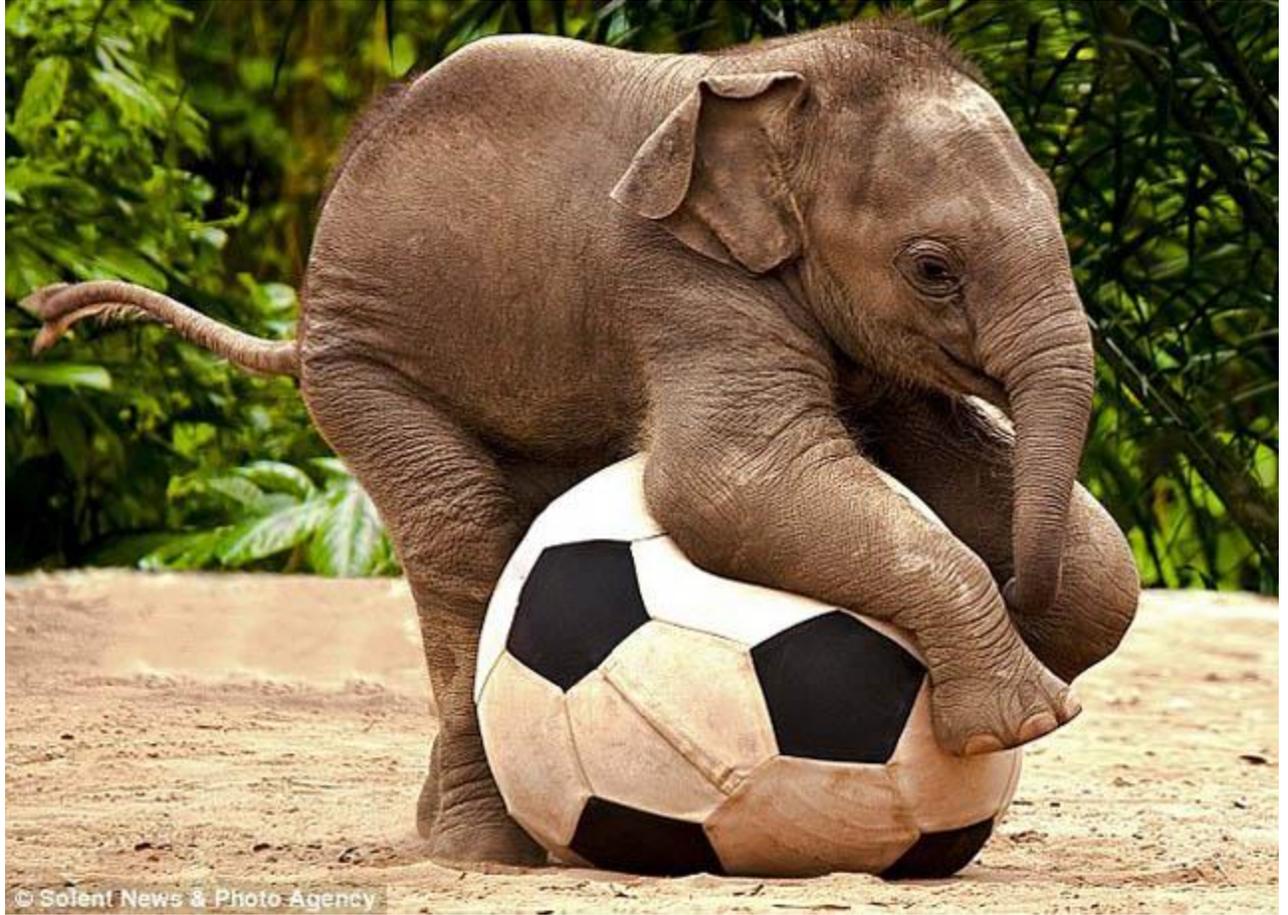


A young elephant must learn how to draw water up into its trunk and then pour it into its mouth.



Of all the elephant's specialized features, the muscular trunk is the most remarkable it serves as a nose, a hand, an extra foot, a signaling device and a tool for gathering food, siphoning water, dusting, digging and a variety of other functions. Not only does the long trunk permit the elephant to reach as high as 23 feet, but it can also perform movements as delicate as picking berries or caressing a companion. It is capable, too, of powerful twisting and coiling movements used for tearing down trees or fighting.







An elephant herd is considered one of the most closely-knit societies of any animal, and a female will only leave it if she dies or is captured by humans. Males will leave the herd when they become adolescents, around the age of 12, and live in temporary 'bachelor herds' until they are mature and live alone.





An elephant female is fertile for only a few days each year. During this time, males will try to court her by using rituals involving various affectionate gestures and nuzzles. If she accepts one, she will respond with similar gestures and after 20 minutes or so of a courting ritual they will mate. If she conceives, she will be pregnant for 22 months, longer than any other land animal.







## DEAR FRIEND,

When you really care about someone, a kiss, whether given to lips, a cheek or the back of a hand – is the best way to show it. So here I am sending you a few charming kisses, to show my affection and appreciation. I hope you enjoy these next sweet moments.





Happiness is like a kiss. You must share it to enjoy  
it.

~ Bernard Meltzer





**A kiss is a lovely trick designed by nature to stop speech when words become superfluous.**

~ Ingrid Bergman





**A kiss makes the heart young again and wipes out  
the years.**

~ Rupert Brooke





Like

**The sound of a kiss is not so loud as that of a cannon, but its echo lasts a great deal longer.**

~ Oliver Wendell Holmes, Sr.



