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Avinash Kumar



Avinash Kumar has completed his Ph.D. in International Investment Law from the Dept. of Law & Governance, Central University of South Bihar. His research work is on "International Investment Agreement and State's right to regulate Foreign Investment." He qualified UGC-NET and has been selected for the prestigious ICSSR Doctoral Fellowship. He is an alumnus of the Faculty of Law, University of Delhi. Formerly he has been elected as Students Union President of Law Centre-1, University of Delhi. Moreover, he completed his LL.M. from the University of Delhi (2014-16), dissertation on "Cross-border Merger & Acquisition"; LL.B. from the University of Delhi (2011-14), and B.A. (Hons.) from Maharaja Agrasen College, University of Delhi. He has also obtained P.G. Diploma in IPR from the Indian Society of International Law, New Delhi. He has qualified UGC – NET examination and has been awarded ICSSR – Doctoral Fellowship. He has published six-plus articles and presented 9 plus papers in national and international seminars/conferences. He participated in several workshops on research methodology and teaching and learning.

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FROM CRUELTY TO COMPASSION: ADDRESSING DOMESTIC ANIMALS ABUSE AND ADVOCATING FOR VEGAN LIFESTYLE

AUTHORED BY - ESHA DESHLAHARE & SUNITA SAMANTA

BALLB Student - KES' Shri Jayantilal H. Patel College of law

ABSTRACT

Physical aggression, neglect, and institutional cruelty in industries that employ animals for human food are all forms of domestic animal abuse, which is still a widespread problem. The numerous types of domestic animal abuse are examined in this paper, including pet maltreatment and the misery of farm animals used in industrial agriculture. Animal abuse continues because of uneven enforcement of current legislative systems designed to protect animals. Furthermore, there is an urgent need for intervention given the connection between animal abuse and more general patterns of violence. While the demand for meat, dairy, and other animal products supports enterprises that subject animals to cruel confinement, forced breeding, and horrific slaughter techniques, the ethical issues surrounding animal abuse also affect consumer choices. Transitioning to a vegan lifestyle presents a compassionate and practical solution to reducing animal suffering, as it eliminates participation in exploitative systems. A plant-based diet has health and environmental advantages in addition to ethical ones, promoting sustainability and general well-being. The adoption of veganism, public awareness initiatives, and more robust legislative protections are all recommended in this study as ways to promote a more compassionate society. People may actively combat domestic animal abuse and advance a compassionate society where animals are treated with respect and dignity by adopting a cruelty-free lifestyle. Making thoughtful decisions that put sustainability, ethical responsibility, and the inherent worth of all sentient beings first is the first step in the transition from cruelty to compassion.

Keywords: Domestic animal abuse, Animal agriculture and cruelty, Animal protection laws, Vegan advocacy, Plant-based diet

Herding History: The Role of Animals in Human Civilization

Understanding our hunter-gatherer predecessors' mindsets is essential to comprehending our nature, history, and psychology. Humans have been foragers for almost the whole time that we have existed. When compared to the tens of thousands of years that our ancestors hunted and gathered, the last 200 years, when an ever-increasing number of Sapiens have earned their daily bread as urban labourers and office workers, and the 10,000 years before, when the majority of Sapiens lived as farmers and herders, are a blink of an eye.

In the time frame of the extinctions that happened when ancient foragers settled remote islands like Cuba and the extinctions that happened as Homo sapiens spread throughout Afro-Asia, including the extinction of all other human species, it is inevitable to conclude that the first wave of human colonisation was one of the largest and fastest ecological disasters to ever strike the animal kingdom. The big, fluffy creatures took the brunt of the blow.

The cycle of abuse: from domestic cruelty to industrial exploitation

Today, there are about 25 billion chickens, a billion pigs, a billion sheep, and over a billion cattle in the world. And they're everywhere in the world. The most common bird in history is the domesticated chicken. Domesticated sheep, pigs, and cattle are the second, third, and fourth most common big mammals worldwide, after humans.

Domesticated animals, such as sheep, chickens, donkeys, and others, provided raw materials (skins, wool), muscular power, and sustenance (meat, milk, eggs). Animals were increasingly used for tasks that previously required human strength, such as transportation, ploughing, grinding, and other duties. Animal husbandry was a secondary occupation in the majority of agrarian communities, when people concentrated on growing plants. However, in other areas, a new type of culture that was mostly dependent on animal exploitation also emerged: pastoralist herder tribes.

The natural lifespan of wild chickens is about seven to twelve years, and of cattle about twenty to twenty-five years. Although the majority of cattle and chickens in the wild perished far before then, they still had a reasonable chance of surviving for a good amount of time. On the other hand, because this has historically been the best time to slaughter from an economic standpoint, the great majority of domesticated cattle and poultry are killed between a few weeks

and a few months of age.

It is occasionally permitted for dairy cows, draught animals, and egg-laying hens to survive for several years. However, the cost is being forced to live a life that is wholly at odds with their desires and impulses. For instance, it is logical to imagine that bulls would rather spend their days wandering across broad grasslands with other bulls and cows than towing carts and ploughshares while being tamed by an ape with a whip.

The natural inclinations and social bonds of bulls, horses, donkeys, and camels had to be shattered, their aggression and sexuality confined, and their freedom of movement restricted in order to transform them into submissive draught animals. Farmers came up with methods like mutilating animals, training them with whips and cattle prods, bridling them in harnesses and leashes, and confining them within pens and cages. Males are nearly always castrated as part of the taming procedure. This helps humans selectively regulate the herd's reproduction and curbs male hostility.

The number of pigs a person owns has historically been a measure of their wealth in many New Guinean societies. Farmers in northern New Guinea cut off a portion of each pig's nose to prevent them from escaping, which causes excruciating pain whenever the pig tries to sniff. Since the pigs are unable to find food or even navigate without sniffing, this mutilation renders them totally reliant on their human owners. In another region of New Guinea, it has long been customary to gouge out the pigs' eyes so they are unable to see where they are going.

The dairy industry uses a variety of tactics to coerce cows into doing what it wants. Only after giving birth to calves, kids, and lambs—and only while the young are nursing—do cows, goats, and sheep produce milk. A farmer must keep calves, youngsters, or lambs for nursing in order to maintain an animal milk supply, but they must be kept from monopolising the milk. Historically, a popular practice was to simply kill the calves and infants as soon as they were born, milk the mother to the point of exhaustion, and then re-establish her pregnancy. This method is still widely used today.

The average lifespan of a milk cow in many contemporary dairy farms is five years before it is killed. She is nearly always pregnant over these five years, and in order to maintain optimal milk supply, she is fertilised 60 to 120 days after giving birth. Soon after birth, her calves are

taken from her. While the males are turned over to the meat sector, the females are raised to be the next generation of dairy cows.

Another strategy is to keep the calves and young close to their moms while using different strategies to keep them from sucking too much milk. The easiest method is to let the infant or calf begin to nurse, then push it away as soon as the milk begins to flow. Both the mother and the child typically oppose this approach. In the past, certain shepherd communities would murder the child, consume its meat, and then stuff the skin. The mother was then shown the stuffed child in the hopes that its presence would stimulate her to produce more milk. To give the fake calves a recognisable, living aroma, the Nuer tribe in Sudan even went so far as to smear toy animals with their mother's pee. An further Nuer method involved wrapping a ring of thorns around a calf's lips, which pricks the mother and makes her refuse to nurse.⁹ In order to make nursing uncomfortable and deter young camels from ingesting excessive amounts of milk, Tuareg camel breeders in the Sahara used to puncture or cut off portions of the nose and upper lip.

An industrial meat farm's contemporary calf. The calf is taken from its mother as soon as it is born and kept in a little cage that is hardly larger than its own body. The calf stays there for the duration of its life, which is typically four months. To prevent its muscles from becoming strong, it is never permitted to leave its cage, play with other calves, or even walk. A steak with soft muscles is delicious and tender. On the route to the abattoir, the calf has the first opportunity to walk, stretch its muscles, and interact with other calves. Cattle are among the most successful animal species in history in terms of evolution. They are also among the most wretched creatures on the earth.

Vegan Diet: A Stand Against Animal Cruelty

The vegan diet is a way of eating that emphasises plant-based foods including fruits, vegetables, grains, legumes, nuts, and seeds while avoiding all animal products like meat, dairy, eggs, and honey. Concerns about ethics, the environment, and health frequently drive people to adopt a vegan diet.

Adopting a vegan diet is a moral decision to avoid contributing to the suffering and exploitation of animals raised in factory farming conditions. Many individuals choose veganism for the moral motivation of avoiding animal slaughter for sustenance, which many vegans believe is

needless.

A vegan diet addresses several forms of animal exploitation and suffering, making it a potent tool to combat animal cruelty. It immediately prevents the annual breeding and killing of billions of animals in horrific industrial farms, such as fish, pigs, chickens, and cows. In addition to preventing the lifelong suffering of cows and hens in these businesses, where they endure severe conditions prior to being slaughtered, it also eliminates the need for dairy and eggs. Additionally, as animal husbandry is a primary cause of habitat destruction, water pollution, and deforestation, adopting a plant-based lifestyle contributes to the protection of wildlife and the environment. Additionally, since many food products derived from animals go through gruesome experiments, it lessens the necessity for animal testing.

Vegan Alternatives to Animal Products	
Milk	Almonds, Oats, Soya or Coconut milk
Meat	Plant based meat (Soy, Jackfruit, Mushrooms)
Paneer	Tofu, Bean curd
Honey	Agave, Maple syrup or Date syrup
Leather	Cork, Paper or Plant baser leather

Laws & Movements Supporting Veganism

- Jallikattu Ban (Tamil Nadu): The Supreme Court outlawed the brutal practice of bull taming, although this decision was later overturned.
- Animal Welfare Laws: India has robust laws protecting animals, but they need to be enforced more strictly.
- PETA India, FIAPO, and Vegan India Movement are vegan advocacy groups that support plant-based diets.

Legal Framework

The Prevention of Cruelty to Animals Act, 1960 – Prevents unnecessary pain or suffering to animals. It includes penalties for cruelty and establishes the Animal Welfare Board of India (AWBI).

Bharatiya Nyaya Sanhita (BNS) ,Section 325 – Imposes penalties for maiming or killing animals.

The Transport of Animals Rules, 1978 – Regulates how animals should be transported to avoid cruelty.

Article 51A(g) of the Constitution – A fundamental duty for citizens to show compassion for living creatures.

Article 48A – Directs the state to safeguard forests and wildlife.

Pet Shops and Dog.

Ban on Cow Slaughter– Several states have laws prohibiting cow slaughter to protect cattle.

Ban on Dolphinariums (2013) – Prohibits keeping dolphins in captivity for entertainment.

Conclusion

The widespread problem of domestic animal abuse affects not just pets but also agricultural animals that are exposed to systematic maltreatment. Since legal safeguards are still insufficient to stop abuse, consumer decisions are essential to bringing about change. A strong ethical response to animal maltreatment is to adopt a vegan diet, which lowers demand for exploitation-based enterprises. A more sustainable, compassionate world where animals are treated with respect and dignity is fostered by a shift towards plant-based existence.

There are many advantages to switching to a vegan diet, from bettering one's own health to helping the environment and animals. For people who are concerned about their health, the environment, and the morality of eating animals, the long-term advantages make the commitment worthwhile.

Reference

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Singer, P. (1975). *Animal Liberation: A New Ethics for Our Treatment of Animals*. New York: New York Review of Books.

A list of academic sources, reports, and articles on domestic animal abuse, legal frameworks, and the benefits of a vegan diet would be included here.