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Symbiosis Open Education Society's
Symbiosis Junior College
Arts, Science and Commerce - Kiwale

Symbi Tribe
October Edition
Animal and Health care

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IMPORTANT DATES

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MITALI PANDEY | XII ARTS



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GANDHI JAYANTI

Gandhi Jayanti is celebrated to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi. Father of the Nation, as he was called, led India's freedom movement along with many other national leaders against the British rule in India. His method of non-violence inspired many civil rights movements across the world. To celebrate his contribution to the nation, 2nd October is celebrated every year as a national holiday. The day is also celebrated as the International Day of Non-Violence by the United Nations.

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INDIAN AIR FORCE DAY

The Indian Air Force was officially established on 8 October 1932. Every year, the Air Force Day is celebrated at Hindon base in presence of IAF chief and senior officials of the three-armed forces. These celebrations include an air display where the most crucial and vintage aircraft put up a magnificent show.

IMPORTANT DATES

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WORLD MENTAL HEALTH DAY

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

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INT'L. DAY OF GIRL CHILD

The International Day of the Girl Child focuses attention on the need to address the challenges girls face and to promote girls' empowerment and the fulfilment of their human rights. The theme for this year, "My voice, our equal future", reimagines a better world inspired and led by adolescent girls, as part of the global Generation Equality movement.

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DUSSEHRA

Dussehra is a major Hindu festival which is celebrated to mark the victory of Lord Rama over Ravana and the triumph of good over evil.

" BUILDING BONDS BETWEEN CHILDREN AND PETS, RIGHT OR WRONG?"



Once a kid asked his mum, "Hey Mom, can we please get a dog"? His Mum replied, " Why do we need a dog, we already have you!."

"Mom but I saw this really cute puppy on the street, and he was so playful, you would love him. I am ready to take every responsibility of it, but please can we get that puppy".

"NO, you are not responsible enough, forget it"

"But mom..."

Ha, I am pretty sure that everyone reading this has had such an experience in his or her's life. Some of us never had a pet and never got to feel the joy when we are around animals. So that comes to our topic

" Building bonds between children and pets, right or wrong?"

According to me, it's absolutely right.

A pet animal contributes innumerable benefits to the lives of children. In general, the company of an animal improves the quality of life of all humans, augments their longevity, preserves physical and mental balance, facilitates recreation, reduces stress, and generally lowers the depression rate. But its role in children's lives is even more important because it also contributes to their social and educational development as it forces them to take up responsibilities, augments their self-esteem, and, in most cases, improves family togetherness. Animals also foster responsibility and respect for others, develop their capacity for caring for someone and induce feelings of competence and safety, two sentiments a child needs to develop in its life cycle to reach the right emotional balance.

YES OR NO?
AND WHY?

It is demonstrated that people who in their childhood had contact with a pet will have less difficulty maintaining a positive interpersonal relationship than others. The relation with pets, therefore, has a stabilizing function in the child's experience and behavior contributes to creating happiness and eliminates sadness and feelings of threat. Likewise, in our interaction with animals, we learn many things in a natural way without constant interfering but with increased motivation.

One in two children (46%) perceives the animal as their main source of emotional support after their parents. The emotional ties with a pet animal help overcome feelings of fear and sadness, as a child will regularly turn to its dog or cat to cuddle it and find relief in such situations. This behavior is reinforced when the child is confronted with a serious problem, as they will look for their pets as a source of consolation to the same extent as their parents.

Mohandas Gandhi understood the importance of the human-animal bond. In his autobiography, he said, "man's supremacy over the lower animals meant not that the former should prey upon the latter, but that the higher should protect the lower, and that there should be mutual aid between the two." Recognizing the ways that companion animals enrich human lives, and understanding the depth of the affection between many humans and animals, maybe the key to not only better health, but to improving the welfare of society as a whole.

Shravani Vikrant Alurkar
XII ARTS

HOW MODERN ZOOS KEEP ANIMALS HAPPY, WELL-DEVELOPED AND PSYCHOLOGICALLY HEALTHY



The variety of wildlife in nature-imitating settings undoubtedly capture our fascination and excitement, especially that of children. Zoos attract millions of visitors every year. But have you ever wondered about how animals are taken care of and made happy and healthy by the zookeepers? This article explores just that!

The concept of encaging popular species of fauna for the entertainment of the visitors has become obsolete. Today, the zoos nurture animals not only to capture the attention of the audience, , but also to spread awareness about them, implement conservation initiatives to

the diversity of animals and birds that are out there, to make people understand that the disappearance of one species can disturb the whole ecosystem of our planet and so on.

Modern zookeepers play an important role in the well-being of animals. Not only that, they are one of the main and only points of contact between people and zoo animals. They promote healthy behaviours and better moods by giving animals access to social partners, naturalistic environments and stimulating training and workout routines. Without these activities, animals can display the hallmarks of depression, such as pacing, bar-biting,



head-bobbing, air-biting, gnawing, over-grooming and self-harm. As a result of boredom and lack of engaging activities, the animals may overeat, oversleep and show signs of severe frustration and mental instability.

The term 'zoochosis' refers to the psychological problems that affect animals in captivity, usually resulting in repetitive and destructive behaviours. In modern zoos, individuals of most species are captive born and bred. Since one of the central objectives of the zoos is to conserve endangered species, they have made major commitments towards

research designed to benefit captive populations in fields such as genetics, assisted reproductive techniques, demographic analysis, etc. The interpretation of animal welfare in zoos has changed over time. Traditionally, menageries have valued metrics such as longevity, breeding success and physiological health. As the science of zoo welfare advances, it has been accepted and proven through research that animals too have mental health issues like human beings and they also need and deserve the care that human beings require and hence, more measures of psychological well-being are being adopted by the zoo authorities. For example, they encourage assessment of behavioural indicators of contentment, self-grooming and maintenance behaviours, and affiliative relationships between animals as well as between animals and their caretakers. So, mental health has become an important factor in recent times, not only for human beings, but for animals too.

There are various programs that focus on making animals forage and work for food, solve puzzles for treats, or even hunt live prey, letting them practice natural behaviours and stay sharp. Live food comes with the risk of parasites but medical interventions and safely bred livestock raised in hygienic environments have reduced this risk drastically. To increase play time, many zoos, especially in the Middle-Eastern countries, have trained dolphins and seals to perform various tricks and playful activities, giving them an amazing opportunity to entertain and interact with common people and make bonds with them.



In the same way, penguins too have been trained to interact with people, mainly the children, who constitute the highest demography among the zoo visitors.

Zoo animals are pampered and taken care of in innovative ways we have never even heard of. Every year, during Halloween, zoos around the world let some of the animals play with pumpkins, "the large, orange thing with a face, that they have rarely seen before".

The way they explore and understand this large vegetable is really a funny sight to behold. This can be experienced in world class zoos like the San Diego Zoo in California, Woodland Park Zoo in Seattle among others where Squirrel Monkeys, Sloth Bears, Galapagos Tortoises and Siberian Tiger cubs were relishing such treats. Every summer, animals are given cool treats like ice lollies and popsicles to beat the heat and enjoy such frozen delicacies. The ice lollies and the frozen treats are custom-made with special ingredients to suit the animals' tastes and preferences. For example, a zoo in Prague, in the Czech Republic, gave a Polar Bear, an ice lolly with seal meat in it. Similarly, a zoo in the UK gave carrot, willow-leaf and acacia flavoured ice treats to Rothschild's Giraffes, and another zoo in Atlanta, USA gave bamboo-flavoured popsicles to the Giant Pandas under its care.

Even zoos in India are taking cue from the menageries in countries like USA, Czech Republic, Germany and Poland among other nations. In the Delhi Zoo last year, 200 animals who have completed about two-thirds of their lives, were shortlisted and provided intensive care, upkeep, food and nutrition to provide them with quality care and increase their lifespan as much as possible. Regular health screenings such as heart rate, oxygenation rate, tooth check-ups, etc., are undertaken. For example, if an animal's canine or molar has been eroded or broken, softer foods can be arranged such as boiled meat, minced meat, cheese can be given to them.



Zoo animals with proper care and developmental activities have better hormone profiles, live longer, eat better and are healthier than their wild counterparts. This means that with a modification in the standard of health and care, it is being strived that the animals are as happy as they can be.



Modern zoos have undergone transformative changes from being an arena of tightly-packed caged animals and birds to a sanctuary-like natural environment with the animals having much more rights and freedoms. Due to climate change and global warming, it has become much more important to conserve animals and ensure their welfare. It is our responsibility to protect the global species of such beautiful diversity of flora and fauna.

NEELANGSHU SARKAR
XII ARTS





ANIMALS THAT CAN MAKE GREAT PETS

| 03

The joy of coming home to a loyal companion who religiously waits for you at the door is ineffable. Having a pet at home is said to improve general wellbeing, lower stress & anxiety and promote a healthy life. 74% of people owning pets have an improved mental health and a better social life.

The very first pet that comes in our minds is a Dog!! Dogs are said to be the most affectionate animals on the planet. According to the book: "Genius of Dogs" by Brian Hare & Vanessa Woods, it was dogs who chose humans as their friends & not the other way round which we considered until now.

We see pet dogs everywhere around us, some people like me just 'wish' to have a dog at home but can't make it possible. So, why exactly dogs are so desirable or how are they the best pet to keep at home? Firstly, they are smart, funny, cute, caring, cheerful, loyal, in essence it's a complete package of goodness. Secondly, pet dogs can be welcomed home for old aged citizens to keep them busy or fade away their loneliness, as a companion for a single child, to treat someone going through a severe mental trauma, to build a lively, joyful atmosphere within a family or to guard a house.

The next best pet is a Cat! Cats are the easiest to be maintained as pets, they themselves have a sense of hygiene & personal care, in fact they keep our homes free of pests. They don't need much of training or supervision and have long life spans to tag along with their humans for years. Also, research says that cats reduce risks of cardiovascular diseases in their humans by 40% to 50%.

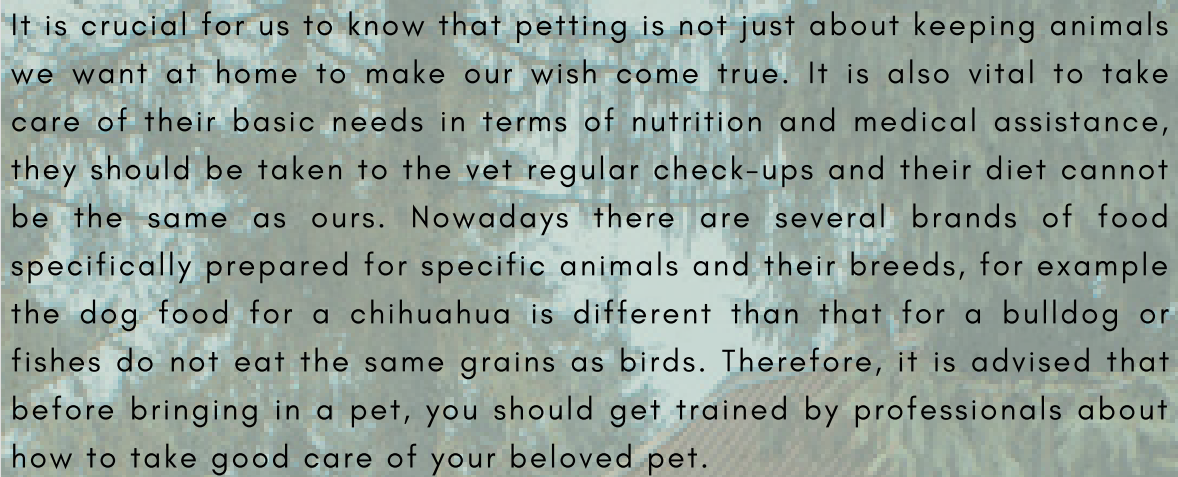


Birds: Chirping birds around us is a fantasy these days as in our urban life, it is not quite possible to spot or hear melodious, attractive species of birds. Hence petting them is a brilliant option. However, it is not necessary to cage them, just like dogs, birds too have a sense of loyalty and know who their human is. They return to the exact same person for love and nurture. Birds are not that exhausting or extortionate to maintain as compared to other pets. Their chirping is a meditating, soothing music for our ears and their presence gives a vibe of living in nature

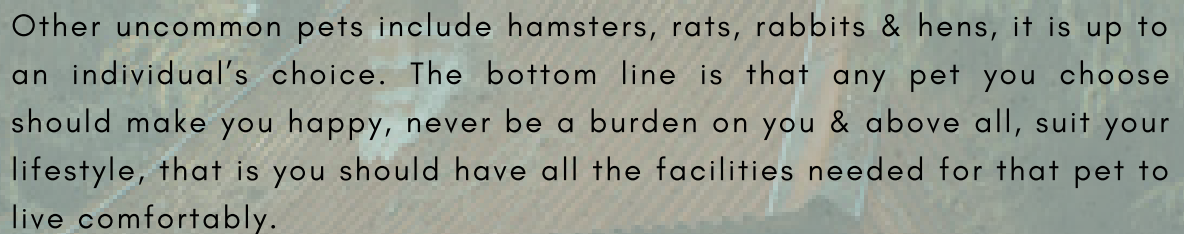


Aquatic pets: Fishes & turtles add to the aesthetics of homes, they are great to watch or observe for hours, especially an attraction for kids. They are companions to their humans for 20 years or more. They are believed to treat insomnia, dementia or behavioral problems in kids. They provide a sense of calm, peace and remind us to take a pause in our fast and busy lives.






It is crucial for us to know that petting is not just about keeping animals we want at home to make our wish come true. It is also vital to take care of their basic needs in terms of nutrition and medical assistance, they should be taken to the vet regular check-ups and their diet cannot be the same as ours. Nowadays there are several brands of food specifically prepared for specific animals and their breeds, for example the dog food for a chihuahua is different than that for a bulldog or fishes do not eat the same grains as birds. Therefore, it is advised that before bringing in a pet, you should get trained by professionals about how to take good care of your beloved pet.



Other uncommon pets include hamsters, rats, rabbits & hens, it is up to an individual's choice. The bottom line is that any pet you choose should make you happy, never be a burden on you & above all, suit your lifestyle, that is you should have all the facilities needed for that pet to live comfortably.



Ishita Gadkari.
XII Science

NON-PROFIT WILDLIFE ORGANIZATIONS

NEELANGSHU SARKAR | XII ARTS

The principal causes of decline of wildlife throughout the world are habitat destruction and unregulated commercial exploitation. The elephants are exploited for their tusks, jackals for their fur, musk deer for musk-pods, rhinoceros for its horn, pangolins for its scales, tigers for their teeth and bones, sharks for their fins and so on for exorbitant prices in the world's black markets by poachers and smugglers. To stop this injustice against wildlife, the non-profit wildlife organizations play a crucial role in their conservation.





1. Worldwide Fund for Nature (WWF):

The organization, headquartered in Switzerland, is a global body for wildlife conservation. Its main achievement includes saving the Galapagos Tortoises and Iguanas from near extinction by establishing the Charles Darwin Research Centre in the Galapagos Islands. They also took the initiative of conserving the Giant Pandas of China.



2. Wildlife Protection Society of India (WPSI):

Founded in 1994 in India, this organization has helped in drastically reducing the poaching of big cats in India, especially the smuggling of tiger bones and teeth. They also help in creating the most comprehensive Wildlife Crimes Database in India for tackling wildlife issues.



3. International Rhino Foundation (IRF) :

This organization has been aiding in the global conservation efforts for Rhinos for the past 25 years. The main operations take place in Asia and Africa.



4. Wildlife SOS:

Established in 1995 by a small group of individuals, the organisation today works against animal cruelty, rescuing wildlife in distress and resolving human-animal conflicts through education and awareness, especially focussing on leopards, elephants and reptiles. They established India's very first Elephant hospital in 2018.

These non-profit institutions participate in the crucial conservation efforts to protect the rich and varied diversity of flora and fauna of our Blue planet Earth, to maintain the ecological balance and also to ensure the survival of mankind.



WHICH ANIMALS WILL GO EXTINCT IN THE NEXT 5 YEARS?

The list for animals going extinct in the next 5 years or even the next decade is never ending. Names of the species just keep adding up in the list. We all know that the population of some of the most beautiful and exotic animals are going down... but do we realise that they might just become history in the next 5 years? And 5 years is not a huge time span. People won't even realise it happens and the next thing we'll know is that animals are just gone. Wiped off of the face of the earth. Let's take a look at some of the animals that will be history in the next 5 years/decade.

- **Malayan Tiger:-** In a few forested areas of Malaysia and a small chunk of Thailand, between 250-340 Malayan tigers stalk their prey. They're a subspecies of the Indochinese tiger, which isn't doing so Ehot either. Poaching for meat and traditional medicine persists, and its habitat is being lost to development. While there is a captive population of the Malayan tigers, all 54 are descended from just 11 tigers, making them too closely related to sustain a wild population.



Marine Iguana:- As its name suggests, the marine iguana spends much of its day swimming in the crystal-clear waters of the Galápagos, which is particularly remarkable as this is the only water-dwelling species of iguana. Unfortunately, climate change is destroying the marine iguana's nesting grounds, as sea levels and air temperatures rise. This also impacts the iguanas' ability to regulate body temperature on land, as they are cold-blooded. At the same time, invasive species, including cats, dogs, and pigs, prey on the iguanas.



Red crowned roofed turtle:- Natural to southeast Asia, this river turtle has been driven from areas like Nepal and Bangladesh through heavy water contamination and water extraction projects. They've also drowned in illegal fishing nets, and irregular water flow from dams have killed them. Now they find themselves limited, scientists believe, to a single river in India, the Chambal. The IUCN estimates that there are only 500 left, with the population decreasing. That's enough to list them as critically endangered.



Sumatran elephant:- The forest elephants are facing grave danger due to deforestation, which could see them wiped out within a decade. The bush elephant is faring somewhat better, but still faces persistent problems with habitat encroachment and poaching. The Asian elephant, which is distantly related to the African elephant, is in even graver danger. There are 700,000 African elephants left in the world, but only 40,000 Asian elephants across three subspecies.



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Sumatran Tiger:- The Sumatran tiger is the last of the Sunda Island tigers, a group of Indonesian tigers. The Sumatran tiger has less than 400 individuals left in the wild. Deforestation remains one of the biggest issues for the tiger, who prefer unkempt wilderness to even modestly developed areas.



Saola:- Not much about their population is known, but it was quickly realized they were in danger. Despite being related to livestock animals, the saola deals with captivity poorly, surviving for a scant few months. The saola tends to avoid humans, but humans are creeping on its strip of habitat through the Annamite Range of mountains. It's a solitary creature for the most part, meaning that if it gets cut off from its range, an individual may not have the chance to breed with other saolas.



Vaquita:- The Gulf of California is home to one of the rarest aquatic mammals in the world. The vaquita is a small porpoise whose population is in drastic decline. While there were 600 alive in 1997, there are only 10 left today. The vaquita is a small mammal, smaller than humans, and easily gets caught up in fishing nets. The practice of gillnetting for larger fish has swept over the vaquita population, leaving only those dozen or so remaining members of the species.



Yangtze finless porpoise:- While the finless porpoise is considered merely threatened in its habitat across Pacific and Indian ocean coastal waters, the Yangtze River population is in rapid decline. There were just 1,800 reported 10 years ago, and the population may be as low as 500 now. Wide-scale infrastructure projects on the river and industrial pollutants have affected the ecosystem of the river downstream, which, combined with by-catch fishing and boating activities, drove the aforementioned baiji to extinction.



Scimitar Oryx:- The scimitar oryx—a relative to the antelope—had a tough go of it when the Sahara's northern areas rapidly desertified, leaving only a southern population alive. But when European trophy hunters came in, their population rapidly declined. The oryx is prized for its long antler. By 2000, they were extinct in the wild. But the oryx was kept as livestock, leaving some individuals there.



The list for animals going extinct in the next 5 years or even the next decade is never ending. Names of the species just keep adding up in the list. We all know that the population of some of the most beautiful and exotic animals are going down... but do we realise that they might just become history in the next 5 years? And 5 years is not a huge time span. People won't even realise it happens and the next thing we'll know is that animals are just gone. Wiped off of the face of the earth. Let's take a look at some of the animals that will be history in the next 5 years/decade.

Niharika Anand
12th Arts



ADOPT, DON'T SHOP!

SHRAVANI ALURKAR | XII ARTS

Here is a list of NGOs and animal shelters in Pune you may reach out to in case of emergencies involving animals. Please note, if the injury to the animal is grave and serious, kindly consider arranging for the nearest vet. It may cost a little extra but you may just save an innocent life!

Please don't buy dogs in Pune when you can adopt from one of these shelters!

1. Mission Possible Pet Adoptions

— Padmini Stump and renowned cancer specialist Dr. Ravindra Kasbekar, founded what's perhaps Pune's most admired animal care center. The NGO leads the rescue of injured and sick dogs across Pune and also organizes adoption drives across Pune.

Address: 11 A Shankar Shet Road, Gurunanak Nagar, Pune - 411002

Phone: +91 99218 81894

2. ResQ Centre

ResQ charitable trust helps with the rescue and rehabilitation of animals in need.

They have a clinic, shelter, and run anti-Rabies drives. Address: Plot No. 3906, Paud Mulshi Road, Near 115 Hilltown, Near Chandni Chowk, Pune - 411021

Phone: +91 9890999111

Open from: 11 am - 5 pm | All Days

3. SPCA Pune

SPCA provides rescue, vaccination, sterilization, and medical facilities to ailing birds and animals. They also partner with colleges to offer internship opportunities to aspiring veterinarian doctors. In case you are looking for guidance wrt legal aid in the cases of animal violence, human-animal conflict, or crimes, you can consult them.

Address: 27/1, Hidayatulla Rd, Chitragupt Colony, Shanti Nagar Society, Katad Khana, Pune - 411042.

Phone: 020 2644 4960



4. Bodhisattva Pune

helps in promoting animal safety and well-being. They also run an animal ambulance service so you can reach out to them at +91 9970404025 in case you spot a street dog who needs help.

Phone: +919970404025

Email: bodhisattvapune@gmail.com

Aside from looking after the homeless or needy animals with food, and shelter, they also hold vaccination and adoption drives. They also raise funds towards providing animals with reflective collars to avoid fatal road accidents at the night.

5. Blue Cross Society of Pune

is an NGO into animal rescue, adoptions along with a companion animal hospital in Mundhwa, Pune. They have an OPD, vaccination clinic, boarding, and in-patient facilities. They also run Animal Birth Control (ABC) programs including animal sterilization and vaccination.

Address: Blue Cross Society of Pune, New Kubharwada, Keshav Nagar, Mundhwa, Pune-411036 Phone: 9822066338, Email: bluecrosspune@gmail.com

6. Karma Foundation

Karma Foundation runs a shelter primarily for cats and dogs. They also run adoption camps regularly.

Address: Jacinta Villa, Ward 8, Seasons Road, Aundh, Pune Phone: +91 8390944337





IMPRESSUM

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