

#'NON-VEG MILK'

Will This Be 'Milk!'

Dairy farmers in US routinely use animal-derived supplements to boost production of milk, now proposed for sale



A new controversy has emerged in India's dairy industry over what is being called 'non-veg milk,' a term used to describe milk produced by cows fed with animal-derived supplements such as meat and bone meal

(MBM), fish meal, blood meal, and animal fat. While the milk itself does not contain meat or animal flesh, critics argue that the source of the milk, animals raised on non-vegetarian feed, violates religious and ethical standards upheld by millions of Indian consumers.

Milk No Longer Pure?

Traditionally in India, milk is viewed as a sacred and vegetarian product, especially among followers of Hinduism, Jainism, and certain sects of Sikhism. In Hindu belief, the cow is revered as a holy animal, and milk is considered *sattvic*, pure and spiritually cleansing. However, revelations that dairy cattle in some commercial farms may be consuming animal-based feed have

alarmed religious leaders, social media influencers, and consumer rights groups. "The milk may look vegetarian, but if the cow is consuming non-vegetarian material, can the milk truly be considered pure?" asked a user in a viral Instagram post by education-*al page itubeclashes.upsc*. The post has ignited heated discussions online, with the hashtag *#NonVegMilk* trending in India.

A Common Global Practice

In countries like the United States, such feeding practices are not controversial. Dairy farmers routinely use animal-derived supplements to boost the growth, health, and protein intake of livestock. These methods are approved by health and agricultural agencies such as the U.S. Food and Drug

Administration (FDA). There is also no legal or consumer requirement in the U.S. to label milk based on the animal's diet, vegetarian or otherwise. But in India, where dietary choices are closely intertwined with religion and ethics, the issue has taken a different turn.

Calls for Transparency and Labelling

Consumer rights activists and religious organizations are now calling on the Indian government to enforce greater transparency in the dairy sector. Some have demanded labeling standards similar to 'veg-fed' or 'organic-fed' to allow informed choices. "Indian consumers have a right to know how their food is produced," said Dr. Nikhil Arya, a food policy expert

based in Delhi. "The assumption that all dairy is vegetarian needs to be addressed with clear, regulated information." Industry experts note that shifting to a fully vegetarian cattle feed model may increase costs, but it could also open up new markets for 'certified veg milk,' catering to ethically and religiously conscious consumers.

A Cultural Reckoning

This debate is part of a larger conversation around food transparency, religious beliefs, and consumer rights in modern India. While the science behind cattle feed is well-established, the cultural sensitivity surrounding milk, often entwined in religious ritu-

als and consumed with spiritual reverence, makes it more than just a nutritional commodity. As public pressure builds, the dairy industry may be forced to adapt. For now, 'non-veg milk' remains a controversial but crucial point of dialogue in India's evolving food landscape.



Sadhana Garg
Journalist &
Social Entrepreneur

Doc Saheb, how come you always make money in stocks? Even Rakesh Jhunjhunwala loses money sometimes," I once asked Ashok Panagariya, a leading Neurologist, who is credited for having published around 90 papers on his subject and is a Padam Shri awardee in 2014. His lean face lit up with his usual smile. "Rakesh Jhunjhunwala does not know astrology," he deadpanned. That, in a nutshell, sums up the expert's skill sets and life.

Few know that Dr. Ashok Panagariya besides being a leading Neurologist was an equally good astrologer. "A non linear Vedic science," he termed it and said, "it is a finger pointing to reality." He also believed that the role of *Bhagya* and *Karma* in one's birth, gene and environment cannot ever be exaggerated.

How did it all begin? Doctor Panagariya had booked a Maruti car by paying Rs. 25,000 advance to the dealer. Those were the days when they were long queues outside a dealer's showroom. On learning that, it would take about three months for his desired new car that he asked for a refund. Next morning, one of the stock market professionals suggested to the doctor that he should invest in stocks.

On a tip, he made his first ever investment, and within three months, the value of shares had become 75000. Quick on the uptake, he booked profits, and from then on, there was no looking back. Says Paras Kuhad, a legal luminary and his friend forever, "For Ashok, money never was a consideration on any parameter, so, he booked his profits at an opportune time. Therein lay his mastery in the stock market."

A Swetambhar Jain, Dr. Panagariya, was a devout Hanuman *bhakt*.

According to Arihant, his only son, "everyday after his bath, the first thing papa did was recite the Hanuman Chalisa."

Opines Kuhad, "It is from his uncle, from whom Ashok imbibed Hanuman Bhakti, and with it, the

belief that infinite possibilities open up with faith."

He recounts, "Once, we were at a function. Ashok looked at someone present from the higher judiciary and said, 'Get your spine treated.' Over a course of period, he went back to Ashok who looking at him and prescribed some medicines. For a second opinion, the patient flew to Bombay to consult a top neurologist in the country. His opinion confirmed Dr. Panagariya's findings with a statement, 'who other than Panagariya can know without any investigations.'"

Jaispurites are privy to this well-known quality of the first trained Neurologist of Rajasthan.

As the story goes, very early in his career, fresh out of a 2 year super speciality course in Neurology from PGI Chandigarh one evening, his colleague pleaded with him to make a home visit for a man who had been declared dead by a distinguished professor of medicine, his senior in SMS college and a personal physician to the then CM. Amidst a courtyard full of waiting women and men talking of last rites, Dr. Panagariya arrived. Realising a bad case of Cheyne-Stokes, a rare condition wherein severe case of CO2 narcosis occurs in the brain, Dr. Panagariya administered oxygen support and glucose to stabilize blood pressure. The patient went on to live for another 7 years.

It was a day the neurologist carried with him for the rest of his life. While people came to view him as a God sent saviour, he forever remained indebted to his father for having pushed him to take up medicine as a profession.

"Most sensitive of the 5 siblings and also most independent amongst all of us," says Dr. Arvind Panagariya, of his brother, who was older by two years to the economist and a one time Deputy Chairman of Niti Aayog. The unstinting integrity of father Panagariya, an officer in the excise department of Rajasthan, left an indelible mark, a talisman that Dr. Panagariya never let go.

In his book, namely 'Monk in a Merc', he writes that never did we exceed the three calls allowed from a government fixed line nor ever use the sarkari addi. Says Dr. Arvind Panagariya, "For years, we walked to and fro to school, it was particularly harsh on Ashok who had a sensitive skin. Ours was a very simple childhood with no drama or any break in routine. At the most, we brothers had fist fights, played cricket, flew kites,



Monk In A Merc!



#PERSONALITY



Ashok excelled in cutting other people's kites. Our mother, though uneducated with her knowledge of religious text, exposed us to philosophical realm. She revealed to us the righteous path and our father trained us to walk that path. "Father Panagariya would curate GK papers for the children to solve much before Siddharth Basu's 'Kaun Banega Crorepati' was aired on TV."

One evening, the father huddled the three boys and declared that oldest should become an engineer, to Ashok he said, you are sensitive, so best suited to service of humanity, and to Arvind, based on his argumentative skills, he pronounced him best suited to be a teacher or a bureaucrat." That life changing monologue gave the world one of its finest neurosurgeons.

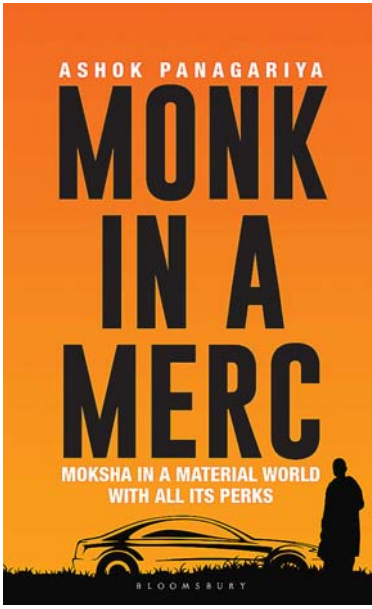
Ashok enrolled at Sawai Man Singh Medical College in Jaipur, oblivious of the fact that one day, he would head the same institution first as its director and then as its Vice Chancellor.

Dr. Ramesh Roop Rai, a batchmate of Panagariya, reminisces, "One day, both of us had our bikes stolen from SMS Medical College, for next three years, we walked to work."

Even in student days, says Dr. Rai himself, a leading gastroenterologist, "Ashok was given to moderation, he spoke little, ate even less, saying why should I burden my system unnecessarily?"

The concept of 'We treat, he cures' or the 'Rx' that every medical student is introduced to, the presence of the unknown in the healing process, intrigued Panagariya. The episodic play of science and chance in healing patients, that the trained neurologist had personally experienced, further motivated the expert to study the interplay of science and reasons that went beyond it. To quote the Neurologists, who by now had earned the reputation of a doctor with a healing touch, "All my deliberations would keep bringing me back to one organ, the brain, the true enabler of all actionable pursuit."

Rajasthan's Mohan Lal Sukhadia, with the longest tenure of a C.M., consulted a Solan based astrologer in Himachal Pradesh. Very often, he would take his confidant, Haridev Joshi, with him. On one such visit, it was none other



"The Monk, according to the Doc, is a state of mind." One could be driving in a Mercedes sedan and yet remain on the path of self-discovery. The brain then is a medium which allows you to choose your *Dharma* and *Karma* and in so doing, we are well-tuned with the universe.

than Haridev Joshi, who was Dr. Panagariya's patient himself, who narrated the incident to him. The astrologer predicted unfavorable times ahead for Sukhadia, but as they were leaving, he quietly told Joshi that he would be stepping into CM's shoes very soon. Joshi, who was on drugs for Parkinson's, had a chart that showed a promising career inspite of being in the grip of the degenerative disease. For once, says Dr. Panagariya reading of the stars made no sense to me' and then something unimaginable happened. A bleed in the brain ended up curing him of Parkinson's disease. Panagariya claims that at that time, it was the only second recorded case in the world where a man's degenerative illness was cured by another illness. According to the Doc, the human brain, a supercomputer lodged in a bony vault, is what makes us humans the god of small things.

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Mango Day!

mango is a deliciously sweet and juicy fruit from tropical regions. Did you know there's a whole day dedicated to eating mangoes! And that day is today. Mangoes are generally sweet and it's generally just the inside meat of the fruit that is consumed. It is so popular that it is regarded as the *King of the Fruits*. It is cultivated in most frost-free tropical climates, with almost half the world's mango supply harvested in India, with the second-largest source being China. On Mango Day, go buy a bunch of mangoes and try out different recipes.

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University with a fellowship. My father's influence over all us children was firm that I should appear for the IAS but had Ashok not supported me, even I would have yielded to my father's advice." To Ashok, health was not only absence of disease but a patient's state of mind. He always went beyond what met the eye at a time when attending doctors have no time to talk to their patients. Kamal Panagariya remembers, "not once but many times, I heard him tell his patients, that if they washed their hands frequently and gave themselves the luxury of a mouthwash each time they ate, 70% of their health would be taken care of." This was well before Covid 19. Very often, Ashok mentioned the three points program drawn up by our father, namely applying mind to whatever you do, excel in the field of your choice, and lastly, buy peace of mind at any cost. Without the last, maintained Dr. Ashok Panagariya, the first two were inconsequential and nor do they take one on the path of monkhood.

"Jan sanatana, what gives mind happiness." To Dr. Ashok Panagariya goes the credit of recycling this happiness again and again.

Dr. Vimal Soni, owner of Soni Hospital, had a bond with Dr. Panagariya, one of mentee and mentor. "He was my senior by 8-9 years at the Medical College. We both shared a love of cricket. I, being a Ranji Trophy player, wasted too much time and money on cricket and was taken under his wings. He tutored our group of 6-7 medics for hours. Initially, our tutor had no money to buy books. He borrowed the books from their owners, and in return, tutored them. In fact, it is said that the notes Ashok had made then, are still in circulation," informs Kuhad.

Vimal Soni, who knew Panagariya for the last 34 years, points out that the first MRI and CT scans in Rajasthan was instated at Soni Hospital. Out of the 10 patients, who availed of them, half were recommended by my mentor. His only condition was that we maintain high precision. Money or any commercial transaction was not even a possibility for Dr. Panagariya. At that time, when doctors had become prisoners to pharmaceutical lobbyists and are now shackled by the compelling commercialization of their profession, it is indeed solace to the soul to have

have men like Dr. Vimal Soni and Paras Kuhad vouch for his integrity that was hardwired in his system. "Chasing money was not even in an option for Ashok," said Kuhad, "or why would he have turned down an offer from Medanta, which many professionals cannot even envisage. He also travelled widely to attend conferences or present a paper that he had penned."

On several occasions, on his visit to Bangalore and Calcutta, impressed by the research work being done, he ended up donating sizeable amount to the cause. "To Ashok, donating without any fan fair was second nature," says Kuhad. He was a Philanthropist with a mute button. Few know that as recently as a month before passing away he donated 1 lakh to be distributed equally amongst the four men, who manned the Adarsh Nagar Crematorium, on whom had fallen the unenviable task of cremating Covid bodies left unattended by their kith.

Apparatus, the high vibrational experience in visiting Ghat ke Balaji was Dr. Ashok Panagariya's reset button, which must have enabled the medical genius in him to reprogramme and rewire his brain for super results. The conjecture is mine but what is certain is that his hotline with Divinity gave him the powers to go beyond the limits of perception.

"In my career as a Resident working under Sir," says Professor Bhavna Sharma, and at present Unit Head in SMS, "I remember we had admitted a patient whose right arm was not functioning. Sir took one look at him and said to get him tested for pancost tumor which occurs in the upper part of the lungs. Investigations proved him right similarly and on one of his rounds, I informed him that we had done a GBS and CFS on a particular patient."

"Get him tested for Dural fistula," he said casually and moved on. The word 'doing the rounds' in the Neurology department was like Vaishno Devi in Dr. Panagariya's unit, the darshan of the super specialist also are only for one minute. The moot question is whether the ACH hormone, responsible for intuitive powers of a person and associated with fulfillment of one's innovative inclinations, was present more in his brain as compared to others! Be that as it may, to Dr. Sharma, he was also her life coach, his thumb rule, as he himself put it, was 'whenever there is negativity, ensure zero environmental reactivity'.

I always admired my Guru for

his super management skills! "Sir would stop seeing patients at 8:30 and then the writer, the thinker, the researcher, the astrologer, the stock broker would take over." What is the big deal about having a successful practice? He often stated, 'Get a life, Bhavna, and use it to actualise your potential as the most intelligent specie on this planet.'

Professor Sharma breaks down several times during the telecon, "I had two fathers, one biological, and the other my Guru, for carving me out to whatever I am today. I haven't still come to terms with his going away. Yet, we feel his energy!"

Few know that the Rambagh Hotel was Dr. Panagariya fav go-to destination. Going down the memory lane, his son Arihant says, "It is on one such evening when he would host dinners for different set of people at different times that one of his friends said during the course of a conversation that Doc Saheb should have become a monk." As they reached the valet parking, Dad's Merc was parked in and his guest, as if struck by a revelation, proclaimed him 'Monk in a Merc.' Dr. Panagariya had found the title of his book, which he had been so very assiduously writing for years. Says Kuhad, that Ashok was not all work. He loved leading a good life, enjoyed the fruits of his labour, sanctified them by sharing with the less privileged, loved to gamble for the sheer kick of the chance factor: Ashok had no pretensions of understanding art and I remember when he was building a house, I pulled his leg, "Tumne simpton ki tarhey architect ko bola hoga accha ghar bana do and let it at that, "Aur kya?" pat came the doc's reply.

"We spent many a lovely evening with Ashok on the karaoke, with him pelting his fav old Bollywood numbers."

For a man who prophesied to Pratibha Patil, the then Governor of Rajasthan, that one day, you will become the President of the country or told a junior doc friend of his, "Tera jail yog hai," and sure enough, the man went to jail, though only for a night, and was out on bail the next morning. "So, did he see the curtains down for intuitive powers of a person and associated with fulfillment of one's innovative inclinations, was present more in his brain as compared to others! Be that as it may, to Dr. Sharma, he was also her life coach, his thumb rule, as he himself put it, was 'whenever there is negativity, ensure zero environmental reactivity'.

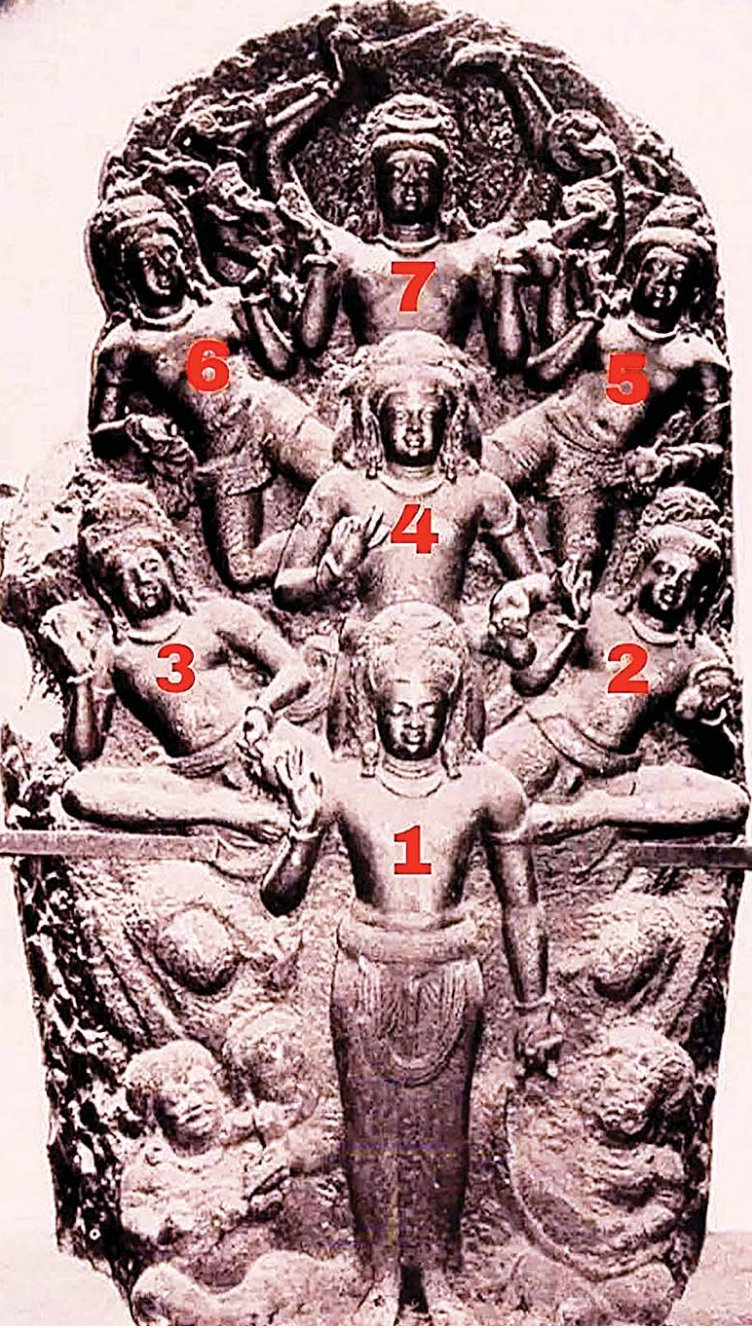
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#MAHADEV

Lord Of The Sound

Shiva as the Origin of the Seven Musical Notes. Parel Sculpture, 6th Century CE, Mumbai.



his rare and exquisite 6th-century sculpture, discovered in the Parel area of present-day Mumbai, depicts Lord Shiva as the primordial source of sound and music. It presents him as the creator of all time (*sarvakala rachita*) and the master of all arts (*sarvakala sampanna*).

According to ancient belief, Lord Shiva once addressed a divine assembly for the welfare of the world. At that time, different sounds emerged from his five faces, Sadyojata, Vamadeva, Tatpuruasha, Ishana, and Aghora, which eventually evolved into the seven musical notes (*saptasvara*). When Shiva addressed the assembly facing forward (from the Tatpuruasha face), the note 'Sa' (Shadja) emerged.

Then, when he looked to his left (from the Vamadeva face), the

note 'Ni' (Nishada, from the lower octave) was produced. When he looked to the right (from the Aghora face), the note 'Re' (Rishabh) emerged.

Later, as Shiva turned further in those directions,

From the far left (again from the Vamadeva face), the notes 'Dha' (Dhaivata) and 'Pa' (Panchama) from the lower octave emerged. From the far right (again from the Aghora face), the notes 'Ga' (Gandhara) and 'Ma' (Madhyama) were produced. Thus, the seven notes, Sa, Re, Ga, Ma, Pa, Dha, Ni, emerged from Lord Shiva himself, and these are considered the foundation of Indian classical music.

This sculpture is not only a rare representation of Lord Shiva in stone but also a profound artistic symbol of the divine origin of sound and music in Indian tradition.

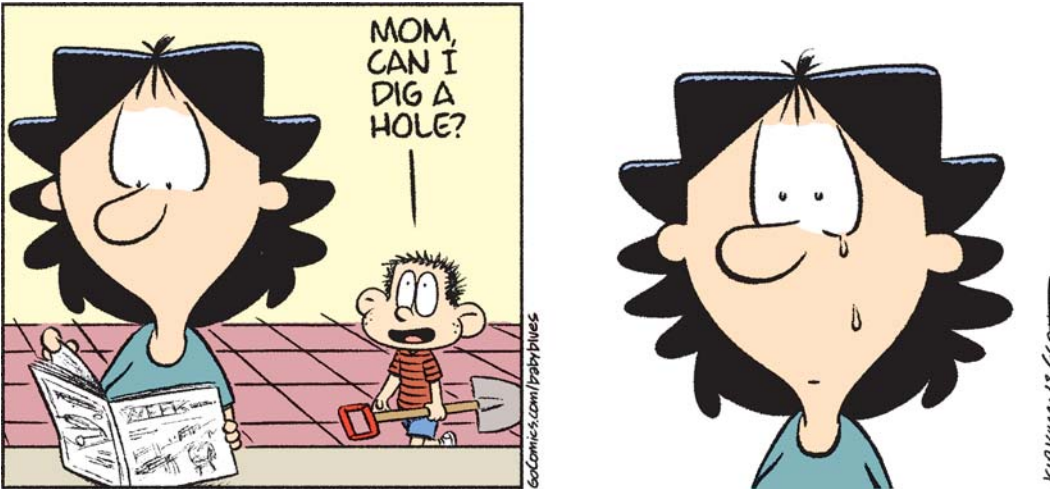


The Shiv Temple in Parel, and also the Chandi temple.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman