



# **Why dogs should not be Chained (or) Caged?**



**Dog  
Owner's  
Guide**

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### About us:

Elsa Foundation is a non-profit charitable trust that focuses on the conservation of biodiversity, prevention of cruelty to animals and animal rights issues of both domestic and wild animals. It opposes keeping wild animals in captivity.

We have travelled to several countries to study best practices and implement them in India.

The foundation supports various government bodies, in informed policy-making and decision-making on critical issues impacting biodiversity and the rights of animals.

Our work areas are research, advocacy, awareness, publication, support in policy and decision-making.

**Important:** In case of an animal medical emergency, immediately contact a veterinary doctor nearby.

To rescue animals trapped in dangerous situations (e.g., inside a well / on a rooftop / inside a deep trench etc.) please call the government “Fire and Rescue Services” department near your location.

For handling animal cruelty cases, please request support from a local animal charity in your city / town.

**To get a soft copy of this book and to volunteer see our website:**

[www.elsafoundationcharity.org](http://www.elsafoundationcharity.org)

**Happy stories:** If you have changed the living conditions of the dogs based on the suggestions given in this book (or) you have adopted an Indian community dog from the street (or) helped someone to adopt an Indian community dog from the street, then please contact us using our website. Such happy stories will inspire others to change the lives of dogs.

## Other books by the foundation



**Why fish should not be  
kept in an aquarium ?**

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## **SECTION 1: BASICS**

### **ABOUT DOGS**

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# 1 INTRODUCTION

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In many locations, we can see dogs chained (or) caged and kept in appalling conditions. People think chaining a dog is absolutely fine and there is nothing wrong with it. In several locations, dogs are kept chained on streets without protection from harsh sunlight (or) rain. They are also exposed to high pollution on roads. People give a common excuse that “Since the dog is biting, we are chaining (or) caging it” but the root cause of the development of the biting habit itself is chaining (or) caging. This document analyses the problems faced by such dogs and also provides solutions to avoid chaining (or) caging. It also guides about the overall welfare of dogs.



## 2 WHAT IS A DOG?

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Dogs are domesticated wolves. Even though they were domesticated several thousand years ago, even today their anatomy (body structures) physiology (functions of body structures), ethology (behaviour in natural habitat), diet, social structure, and psychology still reflect the wild wolf. Understanding all the above aspects of wolves is extremely important to understanding the dogs.

## 3 BENEFITS OF KEEPING PETS (DOGS AND CATS)

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### 3.1 EXCELLENT BENEFITS FOR OWNERS:

Maintaining dogs as suggested in this document not only enhances well being of dogs but also the well-being of humans. It is a proven scientific fact based on many studies that human health (both physical and mental) is enhanced by having a pet. It reduces stress levels and heart attacks in humans.

**The Centre for Disease Control and Prevention (CDC), USA and the National Institute of Health (NIH), USA** have both conducted heart-related studies on people who have pets.

*The findings showed that pet owners exhibit decreased blood pressure, cholesterol, and triglyceride levels - all of which can ultimately minimize their risk of having a heart attack down the road.*

### 3.2 CHILDREN LEARN COMPASSION AND SENSITIVENESS:

Children who grow up with pets learn to be compassionate and sensitive to all living beings (both humans and animals). This has a positive outcome in society when they grow up.

### 3.3 PETS PREVENT THE LONELINESS OF HUMANS:

Due to circumstances, some people have to stay alone for several hours a day. For example, senior citizens who stay at home, when other members are out for education (or) work.

In such scenarios, the company of pets removes loneliness, suicidal feelings, depression, etc., and provides great psychological comfort to such people.

Such people engage themselves in various activities with pets such as feeding, walking, grooming, etc.

### 3.4 PETS LIVE IN THE “PRESENT”

Unlike humans who always think about the future and worry every day, pets don't think about their future and always live in the “present”. This unique quality of pets makes them be in a happy and positive state always and in turn, deliver an abundance of happiness to the pet parent.

#### **Important:**

Keeping birds in a cage (or) fish in an aquarium (or) wild animals as pets is extremely cruel. It impacts the ecological cycle and promotes illegal wildlife trade.

A cage (or) an aquarium does not satisfy the biological, physiological, anatomical and psychological needs of an animal.

#### **For example:**

As birds do not have teeth, they need to eat little stones to help in pulverising the food in the special part of their stomach called as **gizzard**. Caged birds do not have access to stones, leading to digestive problems and further serious health problems.

Due to psychological stress caged birds get into a behaviour called self-mutilation, which is, plucking off of their own feathers and damaging their body.

Birds spreading seeds are prevented from doing this activity, which in turn has a huge impact on bio diversity.

Birds that eat insects act as natural pest control agents in agricultural fields. Caged birds are prevented from doing so.

The variety of food that birds consume in their natural habitat is too high, on contrast, caged birds are

## 4 THE FIVE FREEDOMS

Before anyone attempts to own animals, they must thoroughly understand the scientific facts related to animals in biological, physiological, ethological, and psychological aspects.

Owning animals without understanding these facts (or) without having proper knowledge (or) without doing a deep study in these animal sciences will lead to miserable living conditions of animals in all these aspects.

Captive animals' welfare is accessed by the principles of five freedoms:

1. Freedom from thirst and hunger
2. Freedom from discomfort
3. Freedom from pain, injury, and disease
4. Freedom to express normal behaviour
5. Freedom from fear and distress

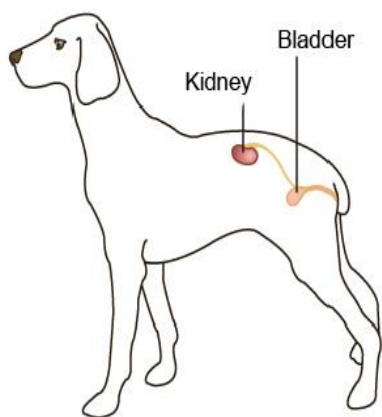
The facts presented in this book are also based on the above principles.

**The above are only fundamental welfare criteria. These can be further enhanced to achieve higher levels of physical and psychological well-being.**



## **SECTION 2: WHY DOGS SHOULD NOT BE CHAINED (OR) CAGED**





## 5 IMPACT OF KEEPING DOGS CHAINED (OR) CAGED

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1. Unable to urinate/defecate, when they have an urge to do so. This leads to serious health problems such as urinary tract infections, urinary stone formation, urinary bladder cancer, etc.

2. Some dogs unable to hold the urine (or) stool for several hours finally defecate/ urinate inside the cage (or) at a confined spot leading to a highly un-hygienic condition.

3. Forced to eat and rest at the spot which is contaminated

with faecal matter.

4. Unable to play, which is very essential for their wellbeing.
5. Lack of exercise leads to physical health problems.
6. Dogs are social animals that live in a pack. A dog kept inside the cage (or) chained is not able to socialize with other dogs, which leads to stress, boredom, critical psychological problems, and behavioural issues.
7. When guests arrive, due to extreme stress, dogs become aggressive, exhibiting anger towards the guest with loud barking and lunging on guests even when the dog owners (or) caretakers are standing next to a guest.
8. They bite the guests when they come near.
9. Infection and abrasion injuries on the neck, below the collar (or) chain wound around their neck
10. Irregular feeding habits of dog.
11. Unable to exhibit their natural behaviour.
12. In cases of lack of interaction by owners, dogs will get into serious psychological problems. They exhibit this mental stress by howling (or) whining.
13. Dogs tied on streets are exposed to harsh sunlight, rain, and vehicle pollution.



## 6 IT IS ILLEGAL

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As per “**Prevention of Cruelty to Animals Act 1960**” and as per multiple sections of “**The Indian Penal Code (IPC)**” it is illegal to keep a dog confined in appalling conditions, which will also lead to injury (external (or) internal), permanent disablement or cause death to the animal. Violations of the laws will lead to serious punishments (including imprisonment).

Keeping wild animals (including birds) in captivity is also a serious offence as per the **Wildlife Protection Act**.

**The Indian constitution insists people protect animals and treat them with compassion.**

**Important:** The above laws are central government laws applicable all over India. State governments also have state-specific stringent laws to prevent cruelty to animals.



## SECTION 3: SOLUTIONS FOR KEEPING DOGS WITHOUT CHAINING (OR) CAGING

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## 7 SOLUTION FOR DOGS KEPT AT INSTITUTIONS AND FARMLANDS

Various institutions keep dogs chained (or) caged for 24 hours a day (e.g.: resorts, sports academies, factories, hotels, malls, schools, colleges, sniffer dog squads and a few animal shelters (to prevent dog fights), etc.)

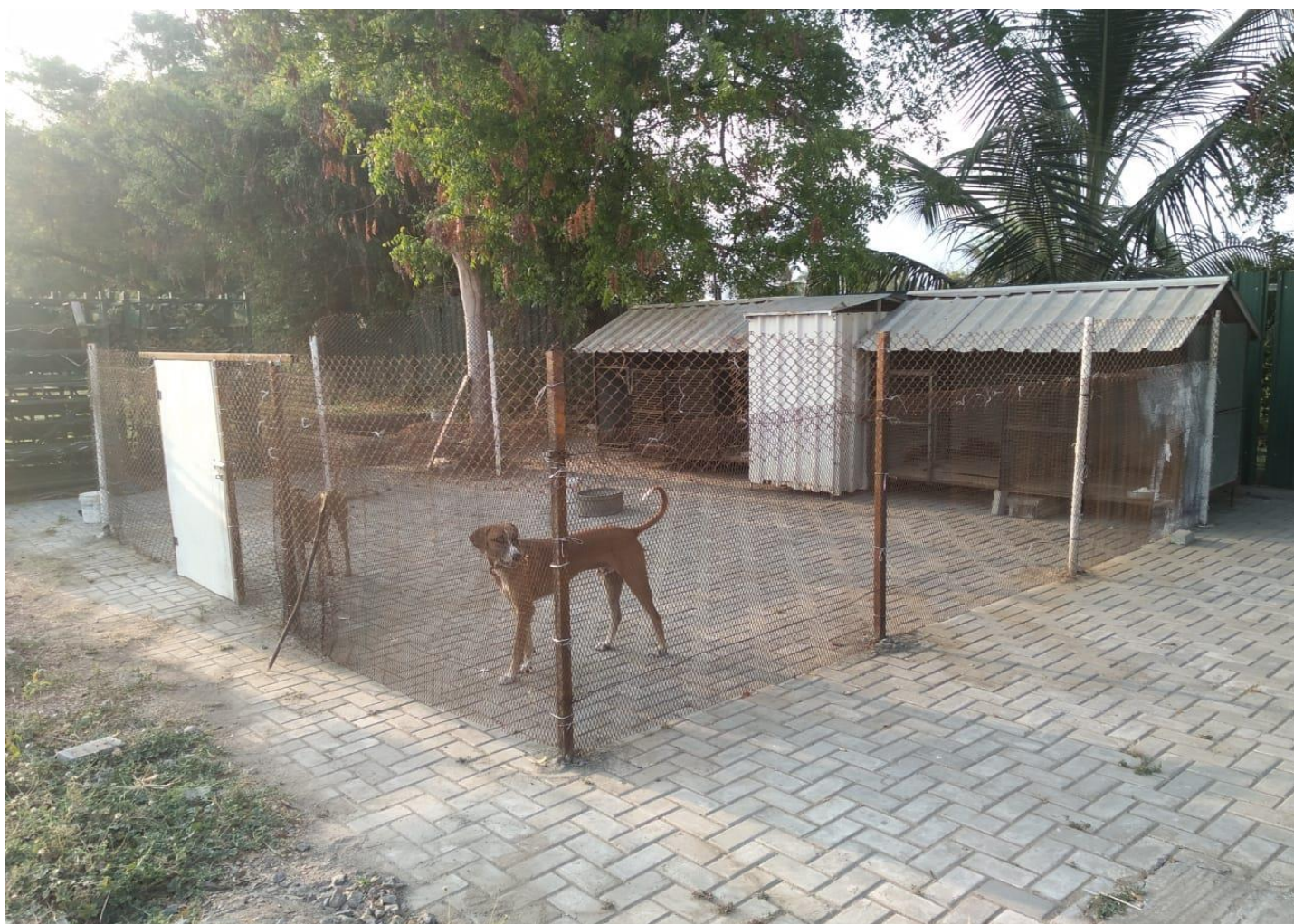
A dog enclosure can be built to avoid all the problems discussed earlier. Create a mound of sand on one corner of the enclosure for dogs to urinate (or) defecate whenever they have an urge to do so. This sand mound needs to be cleaned every day.

**Condition of dogs before:** Chained and caged, with serious restrictions on movement



Comparison

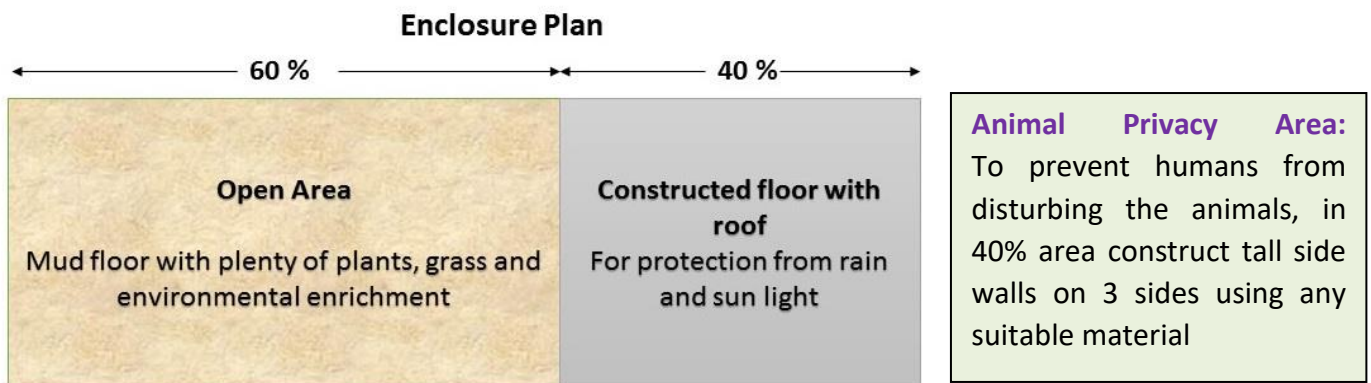
**Below: Condition of dogs after:** Free inside enclosure without being chained (or) caged





## Benefits of keeping dogs in large enclosures at institutions

1. Dogs don't have to be chained.
2. Multiple dogs can be kept inside a single enclosure. This helps in socializing.
3. They can urinate/defecate at one corner of the large enclosure whenever they have an urge to do so. This prevents them from getting into critical health & hygiene problems mentioned earlier.
4. They can play, which leads to better mental health and friendly behaviour.
5. They do not get stressed, bored, or frustrated and can exhibit normal behaviour.
6. They have the opportunity to exercise by running inside the enclosure, leading to better physical health.



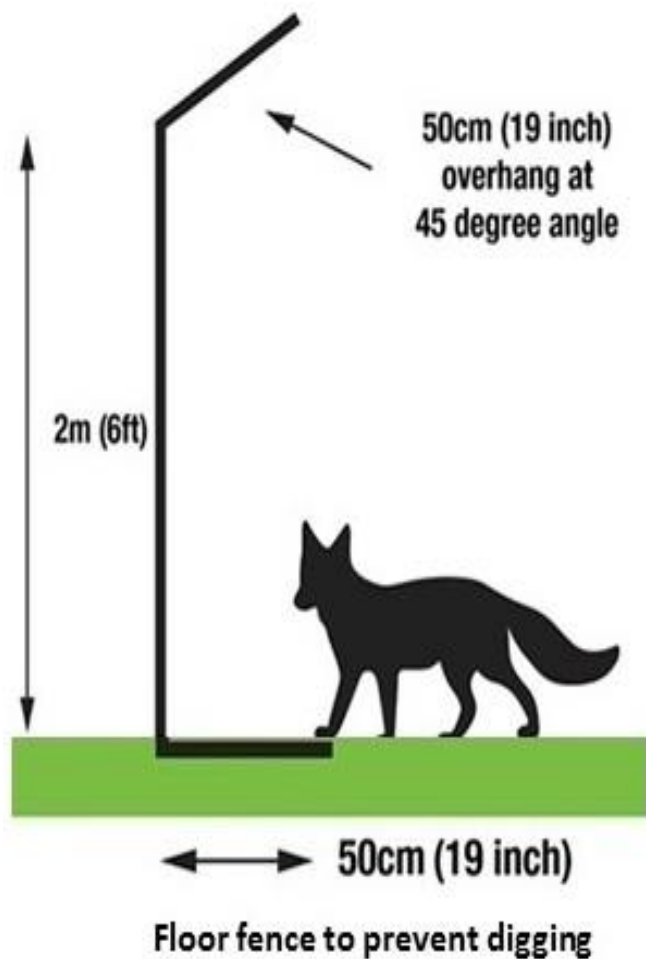
**Important:** 100% constructed floor is not recommended as pets need access to mud.



**Dog Enclosure**



## 7.1 FENCE DESIGN TO PREVENT DOGS FROM ESCAPING



### Dogs in farmlands:

There is absolutely no necessity for dogs at a farmland to be chained (or) caged, but chaining (or) caging is a general practice in many farmlands.

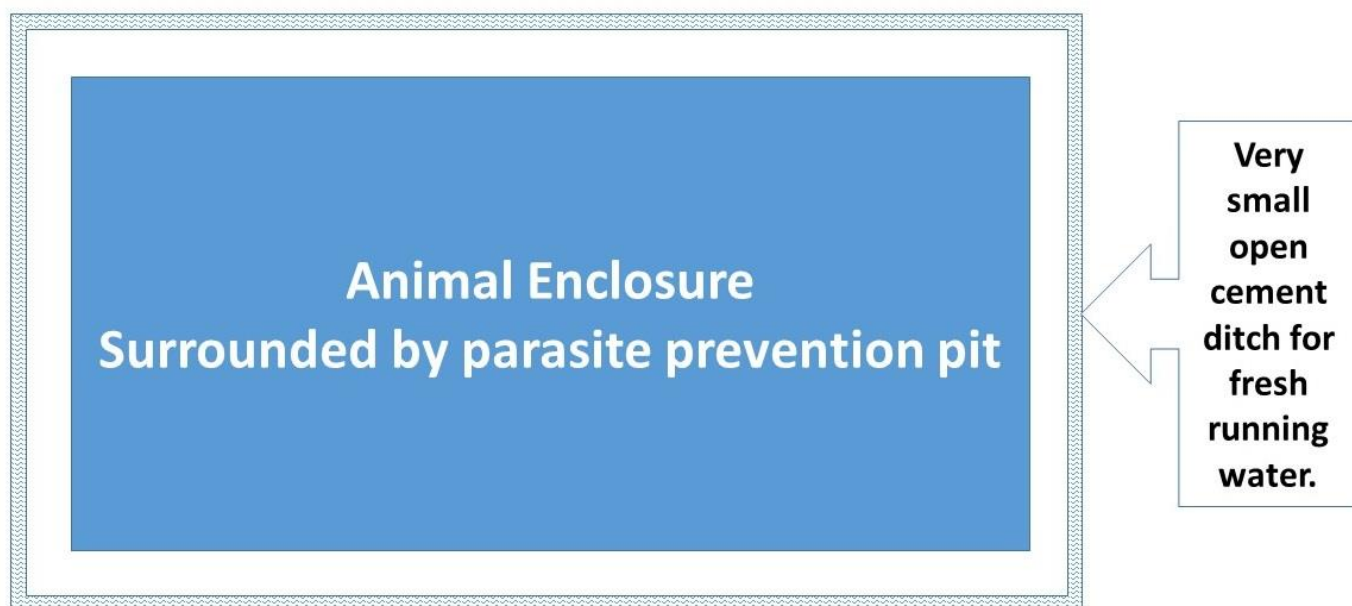
Due to some genuine reasons if the dogs' movement has to be restricted within a particular area, then that particular area can be barricaded with a fence.

A sample fence is shown in the image above.

A floor fence can be made to prevent digging and escaping

## 7.2 PARASITE PREVENTION AT INSTITUTIONS

Parasites continue to enter animal enclosures very regularly. Constructing a very small freshwater ditch will prevent parasites from entering animal enclosures.



**Important:** Water needs to be cleaned and fresh water needs to be filled regularly in the ditch.

## 7.3 ENCLOSURE ENRICHMENT

Construct an enclosure with plenty of natural enrichment such as trees, plants, rocks, etc. Also, introduce plenty of other human-made enrichment items inside the enclosure.

## 7.4 REMOVING DOGS OUT OF ENCLOSURE FREQUENTLY

The enclosure is not a permanent place for dogs to stay for 24 hours a day. Multiple times, every day, the dogs need to be removed from the enclosure for long walks, playing, outings, exercise, etc.

## 7.5 STAFF RECRUITMENT AND TRAINING

### Recruitment and background check of staff:

An animal caretaker is not like any other normal job, to recruit anyone and train. This job needs a high level of compassion for animals and extreme patience. A thorough background check of any new staff to be employed as an “Animal Caretaker” needs to be done, to ensure that the person is suitable for the job and will treat animals with compassion.



**Training of staff on biological and psychological aspects:** Since institutional animals do not have a specific owner, they do not get the personal attention needed. In such a scenario animal caretakers need to be educated on the biological, physiological, ethological and psychological aspects of the animal. They need to be trained to treat animals with the highest level of compassion without beating them (or) threatening them.

**Training on illness identification:**

The staff needs to be trained on various symptoms such as – diarrhoea, vomiting, not eating food, not drinking water, dullness, tumours, injuries, parasites and eye problems.

**Training on playing with dogs:**

Staff needs to be trained on various forms of dog exercise, playing, etc. and they have to practically execute this every day.

**Mandatory CCTV:** It is mandatory to install a 24-hour CCTV setup, to analyse how the caretakers are handling the animals.

**In case of animal abuse:** The caretaker needs to be removed from the job with immediate effect. There is no second thought about this.

**Staff safety:** Staff needs to be administered a pre-exposure anti-rabies vaccine. This is mandatory and very critical.



## 7.6 CREATE SOPs

Staff leaving the job and new staff recruitment is inevitable in any organisation. In such a scenario training needs to be imparted every time a new staff is recruited. This becomes a very hectic task.

To ease this scenario always develop and document “**Standard Operating Procedures**” for any activity to be done by the staff. This will give enormous benefits and avoid confusion in day-to-day actions to be completed. It is extremely helpful in training the new staff. **Training videos should be made.**

**A checklist** of activities to be done by the caretaker is mandatory. The caretaker needs to mark the checklist every day.



## 8 THE CORRECT APPROACH FOR KEEPING HOME DOGS

Dogs need to be kept chain-free always. They should be allowed to enter the house and live inside the house. There is nothing wrong with this. If a guest is arriving and only if needed, for a short period, a baby gate can be used and the dog can be restricted inside a room. In case the owner wants to restrict the dog outside the home during a guest visit, then an enclosure (similar to the one mentioned in the previous section) can be built outside. The hygiene of Dogs at home needs to be maintained at a very good level.

### Baby Gates



**Indian cricketer Shikhar Dhawan with his adopted Indian dogs**



**Indian Actress Madhuri Dixit with her adopted Indian dog**

**Dogs inside homes and chain free**

## SECTION 4: WELFARE OF DOGS

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## 9 GAMES THAT DOGS LIKE

Take the dogs for outings very regularly and encourage playing

**Tug of war**



**Fetching a stick / ball thrown on a water body**

**Bathing and playing in a water tub at home**







**Playing  
on sand**



**Playing on  
grass**



**Taking rest on  
sand (or) grass**



## 10 IMPORTANT INSTRUCTIONS FOR THE WELL-BEING OF DOGS

### **Note: Instructions in this section are for both home and institutional dogs**

1. Owners (or) caretakers should interact and play with the dogs frequently. Toys and balls can be used for playing. This keeps them alert and relieves them from mental stress.
2. They should be taken out for walks multiple times each day.
3. Frequent outings (Examples: trekking, visiting rivers, beaches, parks, playgrounds etc.) will enhance the mental and physical health of the dog.
4. Dogs love to play, rest on sand (beach sand (or) river sand) mounds and on the grass. If possible, arrange for such a facility at your place.
5. Take the dog to any facility (or) place in which they can swim and exercise. In big cities, there are dog resorts specialized in such activities. Owners living in small towns and villages can take their dogs to a playground (or) river. Dogs are born swimmers but they need some initial training to remove the fear of swimming. They are very fast learners.

### **10.1 PURPOSE OF HAVING MORE THAN ONE DOG:**

Dogs are domesticated wolves. Wolves in the wild live in a pack (group). In the same manner, dogs love to live and play with their species, so have at least two dogs. Dogs consider the human owner as a “Pack Leader”. Normally pet parents are busy with their office / home commitments. Owners also leave the dog alone for several hours when they go to the office. In such a scenario, when the owners are not interacting with the dog, the dogs feel lonely and extremely bored. Having a companion dog is a solution to this critical problem. Companion dogs interact, play with each other and support the well-being of other dogs at home.

Wild wolves give birth to multiple puppies in a single litter. These puppies and the puppies of the aunts grow together with a lot of fun, playing and learning new lessons every day. This is similar to a human child growing up at a play school. To mimic this wild scenario, always get two or more puppies together, so that together they can play, have fun, learn and grow.



**Wild wolf puppies grow as a pack with siblings and cousins. Pack structure continuous in adulthood**

### 10.2 CATER TO A PUPPY'S NEEDS:

Puppies are very curious and have very high energy to play throughout the day. Playing is extremely important for their physical and psychological well-being. Adopt two puppies at the same time, to give them a playing companion. This will also reduce your workload of acting as a playmate to the puppy, the whole day. Getting a single puppy and not playing with it, will lead to enormous negative psychological stress for the puppy and nonstop crying of the puppy.

In many cases, we see a puppy is purchased alone and kept chained in an isolated condition at home. Their continuous cries, seeking attention, are fully ignored (or) they are scolded for crying. If you have a single puppy, then it is your responsibility to play with the puppy the whole day. Since this is NOT practically possible, keep another companion dog/puppy to play with it.

### 10.3 PUPPY, KITTEN IS NOT A TOY (OR) A PRODUCT TO GIFT:



In many cases parents of young children and college students buy a puppy (or) kitten, like buying a toy, to keep at home. This approach is completely wrong. Raising a puppy (or) kitten is exactly like raising a human child at your home. The animal will face all the problems a human child will face. Raising an animal is the parent's responsibility and not the children's responsibility. If the parents don't have the time, space and funds to raise an animal, then never buy or adopt an animal. **Also never gift an animal to another person** due to the reasons mentioned above and also you may not know if the family of the person receiving the gift will accept the pet and take care of it.

### 10.4 GET SUPPORT FROM A HUMANE DOG BEHAVIOURAL TRAINER:

The behavioural issues and aggressiveness of your dog can be corrected using positive training methods. Approach a qualified humane dog trainer for support. Never attempt to harass, beat or abuse the dog to correct its behaviour. It will further worsen the scenario.

### 10.5 DON'T IGNORE THE VOICE OF A DOG:

Dogs make different unique vocal sounds for communicating different scenarios. Few examples:

- To grab your attention
- On seeing a stranger entering your premises
- For excretion of urine (or) stool
- Asking for help in life-threatening situations.

**Important:** Do not threaten the dog if it makes continuous vocal sounds, instead, try to understand what it is communicating and immediately react to it. Understanding the body language of the dogs is also extremely important.





## 10.6 SUPERSTITION

Many believe dogs' howling, to be a bad omen and attack the howling street dogs (or) abandon their howling pets. Dogs are domesticated wolves; howling is a way of communication for wolves and in turn for the dogs. There is nothing wrong with it.

A pet dog will howl in the following scenarios A) It is always chained / caged. B) It is extremely stressful and depressed without anyone interacting and playing with it. This problem needs to be addressed immediately.

## 10.7 TAKING YOUR DOG TO THE VET.

Never ask your domestic helper to take your dog to a doctor. Always make sure that you go in person to the vet's clinic to understand the health problems completely and take necessary action. This will also be very helpful for doctors to discuss critical issues, symptoms and multiple aspects of the disease with you.



## 10.8 METHODS FOR PROVIDING MEDICINES FOR DOGS



Due to some illness if you have to feed tablets/capsules prescribed by a vet, then follow this procedure.

**Method 1:** Hide the tablet/capsule in a small ball of the sweet Milk Peda (a.k.a. Milk Kova) and give it to the dog. If the tablet is big, then break it into pieces and hide them in multiple peda balls. Dogs will immediately gulp the sweet ball with the hidden tablet.

**Method 2:** Hide the tablet in a small piece of fresh cooked meat / fresh raw meat and give it

**Note 1:** Buy only pure white, plain milk peda. Do not buy a peda mixed with some artificial flavours and colours.

**Note 2:** If you mix the tablet with rice gravy (or) milk (or) water, then it gets diluted immediately. If the dog consumes only a portion of the food (or) liquid, the tablet will not be fully consumed.

## 10.9 MAINTAINING DOG MEDICAL RECORD BOOK

It is extremely important to maintain a separate dog medical record book for each dog that you have. Request your vet to write all the details in the record book. Due to the non-availability of the book, if the vet has given a prescription paper, then staple the prescription to the book after coming home.

**Important:** Administering vaccines is very critical to give protection to your dog from fatal viruses such as distemper, parvo, rabies etc. Entering the vaccine details in the record book is mandatory.



## 10.10 DO NOT TIE THE DOGS ON THE TERRACE

Tying dogs on the terrace (or) keeping them in a cage on the terrace is a completely unacceptable action. The animal is exposed to excessive heat from the sun. Tin sheet roof multiplies the intensity of the heat and creates the effect of a burning oven. Never keep dogs below a tin sheet roof.

### 10.11 FORMING DOG OWNERS' GROUP

Forming a dog owners' group in your city and planning for various outdoor activities such as a pet picnic, has wonderful advantages.

The pets can play with many other dogs in the outdoor get-together. The owners can share best practices and develop a great network. This is a win-win situation for both owners and pets.

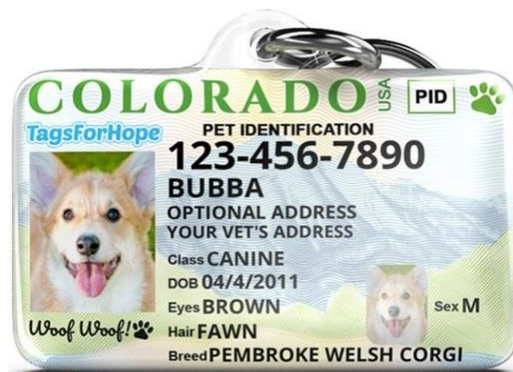


### 10.12 DON'T LOCK ANIMALS INSIDE A CAR

While outing, never leave the animals locked inside a fully closed car. Failure of AC, excess heat and lack of oxygen will kill the dog. This is highly cruel and unacceptable.

### 10.13 IMPORTANT SAFETY PRECAUTIONS FOR OUTINGS WITH DOGS

- While going out on a trip, take all safety precautions for the dog (harness, leash, drinking water, first aid kit etc.). Always keep an eye on the dog.
- When near water bodies apply life jackets for the dogs and watch them closely.
- Prepare a plastic identity card and tie that to the harness. Record your address and mobile number in it.
- This will be helpful for someone to contact you when the dog is lost.



### 10.14 ATTEND TO CATARACT IMMEDIATELY

Your dog could get a cataract due to various reasons. Immediately consult a vet specialised in animal eye treatment at the very initial stages of cataracts.

### 10.15 PARASITE CONTROL

Very regularly check your dog's body and its living place for parasites. Consult your vet doctor and take immediate action to remove parasites from its body as well as the living place. Always use very safe non-toxic shampoos to remove parasites.



## 10.16 PROVIDING A COMFORTABLE SPACE TO ADULT DOGS, DURING COLD WEATHER

Keep a suitable size yoga mat (keep a double layer for cushioning) inside a tall, round corner plastic tub to provide warmth to the dog during cold weather. You can cut the mat to fit the size of the tub.

### Advantages:

- Parasites (Ticks, fleas etc.) do not have favourable living and growing conditions, so they are prevented to a very large extent.
- Very easy to wash and dry
- Even if puppies urinate (or) pass stool on it, it can be very easily washed, when compared to cotton rugs (or) clothes.
- After washing, the mat and tub will become dry in direct sunlight in just 10 minutes.
- Hygiene bedding is possible.
- Tub, mat has a natural warmth and does not become cold like marble, granite or tiled floor



**Important:** The tub wall should be tall enough to cover the body of the dog fully.



### Important: For puppies and kittens

Puppies and kittens do not have a developed thermoregulatory system in their bodies, due to this they need external warmth. Puppies and kittens with their mothers, get this warmth from their mothers' body

If you have a puppy (or) kitten without a mother, then, they need to be covered below and above with a soft, fluffy, pure cotton towel, to provide extra warmth.

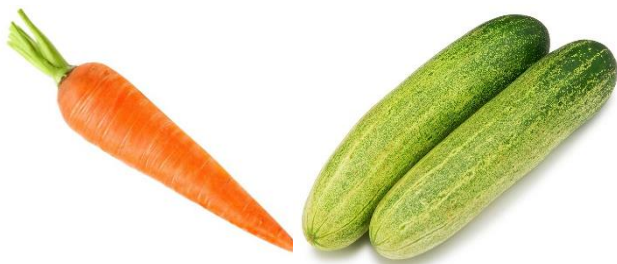
The towel needs to be washed regularly with hot water.

**The same towel bedding can be done for adult dogs also.**

**Most important aspect: You can use any "pure cotton" fluffy bed but the bed covers should be removable & washable.**



## 10.17 SAFE DOG CHEWS



**Adult dogs:** Never give any dog chew made with artificial materials or colours. Provide chews made with natural bones and hides.

**Puppies** will break their teeth by chewing hard chews, so do not give them hard chews till 3 months of age, instead, provide them with clean, washed, raw (uncooked) carrot and cucumber to chew.

## 10.18 CARRYING BASKET

Low-cost baskets that have a lid, lock and handle are available in many stores and supermarkets. These can be used for carrying a puppy (or) a kitten to a vet in a safe manner.



## 10.19 NEVER TRANSPORT ON A TWO-WHEELER

Animals (even puppies (or) kittens) should never be transported on a two-wheeler. Due to the risk of accidents and serious injuries to both humans and animals, avoid two-wheelers. Always carry the pets in an auto-rickshaw (tuk-tuk) (or) a private car (or) a taxi.

**Important:** Auto (tuk-tuk) is suggested only for pet dogs, but for rescued community (street) dogs, it is mandatory to use a car/pet taxi that has closed doors. Rescued dogs will jump out of the running auto causing serious injuries to the animal and also to any humans coming on two-wheelers behind the auto.

## 10.20 GROOMING AND ITS BENEFITS



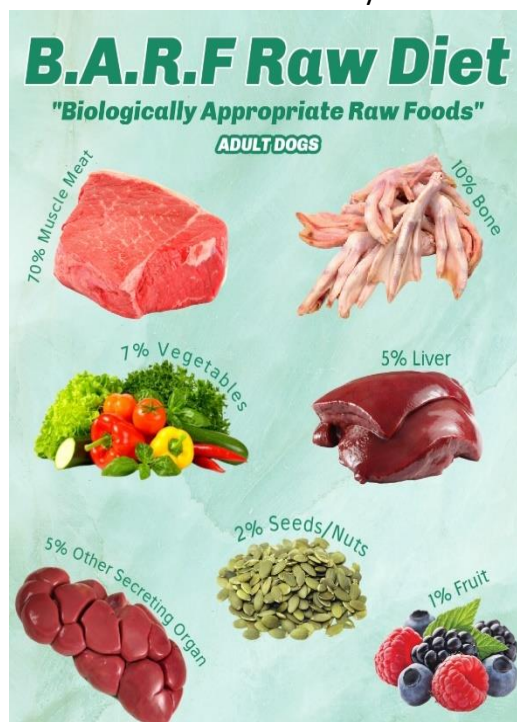
Regularly grooming your dog with a soft brush is extremely important. The following are the benefits

- The gentle massage with the brush calms down the pet
- Helps in removing ticks.
- It unwinds the tangled fur
- Removes dead fur
- Increases the pet's bonding with the human.



## 10.21 NATURAL & HEALTHY DIET FOR DOGS

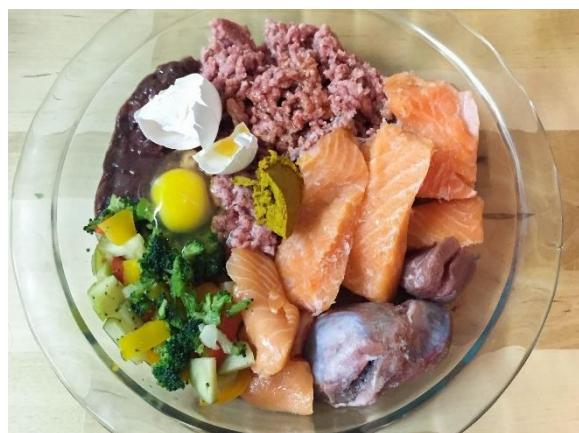
Dogs are domesticated wolves; their natural diet is carnivorous. Their anatomy and intestines are designed for eating & digesting a carnivorous diet. The majority of its diet should be freshly boiled and cooled muscle meat (without any spices and salt). A minor portion of it should be freshly boiled & cooled organs and bones. Other minor ingredients are non-boiled eggs, vegetables, edible green leaves, fruits, nuts and seeds (do not add grains). This ratio replicates the natural diet of a wild wolf. Don't throw the meat broth and the stock (made with bones) liquids, feed that also. Feeding very fresh, highest quality, uncontaminated, hygienic raw meat (a.k.a. BARF – Biologically Appropriate Raw Food) in the same ratio as mentioned above, is also recommended. If you want to feed raw, then buy only the meat kept for human consumption, as this will meet the highest quality standards. To get more knowledge, please see online videos and web articles by qualified professionals about preparing fresh meat-based dog meals at home. Dumping the dog meal with high quantities of rice, bread (white, brown), biscuits (cookies) flatbreads (wraps, chappatis, rotis) (or) grain-filled dry pellets may lead to diabetes due to very high carbohydrate content. Diabetes leads to blindness, kidney problems and heart problems.



**Why processed, packed food is harmful?** Never feed pets with dry-processed, packed food (kibbles/pellets) (or) wet-processed, packed food. Due to chemicals, preservatives, artificial colours, artificial flavours and zero water content in kibbles, these are highly unhealthy, leading to multiple dangerous health problems over a while. Packed food may be prepared with leftover meat that is not suitable for human consumption. Grains (loaded with carbs) are used as fillers to increase the weight of the packet. From a human perspective, this is similar to eating only packed potato chips for the entire life. If anyone is trying to promote such processed, packed foods, then it is purely based on their commercial interest. It has nothing to do with your dog's welfare.

**Note:** We don't recommend pellet food. This is just for your information - The fresh smell of the food is extremely important for dogs and cats. If the packet/ box containing the dry pellets/kibbles are kept in an open condition even for a few minutes, the smell from the pellets disappears. Meat that is not fresh gives a stale smell and leads to food poisoning. Dogs and cats do not like to eat any food that does not have a fresh smell.

**Time for preparing:** If you are running short of time to prepare fresh home food for the dog, then you can request your domestic help to do it (or) identify a very honest dog food supplier in your city, who can supply high-quality freshly cooked food, daily.



**Allergy:** If your dog shows any allergic reaction (e.g. vomiting, loose stools etc.) to any type of food, then immediately consult a vet doctor.

**What is the proof that home-made fresh meat diet is the best for dogs?** For trillions of years, wild wolves have lived an extremely healthy life by eating a carnivorous diet (i.e. fresh meat). That is the proof. Processed, packed foods are a recent invention based on commercial interest and making people lazy (not putting effort to prepare a fresh meal).

## 10.22 IMPORTANCE OF ANIMAL BIRTH CONTROL (ABC) SURGERY



Dogs and cats are prolific breeders. They multiply in double digits within a year. Their gestation period is only about 2 months, so it is extremely important to do a birth control surgery for your pets.

Also, it is very cruel, not to allow an animal in its active reproductive cycle, to mate. This is done to prevent litter. When birth control surgery is done, the animal will no longer be in an active reproductive cycle.

Consult a veterinary surgeon and plan for surgery. Surgery duration is short and full recovery is possible within a few

days. Globally this procedure is recommended to control the animal population. Give the highest importance to this and do this surgery at the appropriate age.

## 10.23 TAIL DOCKING AND EAR CROPPING ARE CRUEL, UNETHICAL AND PUNISHABLE OFFENCES:

Tail docking and ear cropping are artificial mutilations of dogs' body parts.

These are very cruel and punishable offences. Never do these. These actions cause enormous pain and lifelong



trauma for the dogs.

The tail is a mode of communication for animals. Dogs express various feelings using their tails. Cutting their tail leads to psychological trauma and physical injuries and also affects the internal organs.

From a human perspective, this is equal to chopping the hands (or) legs of a human being and calling it "enhancing the looks".

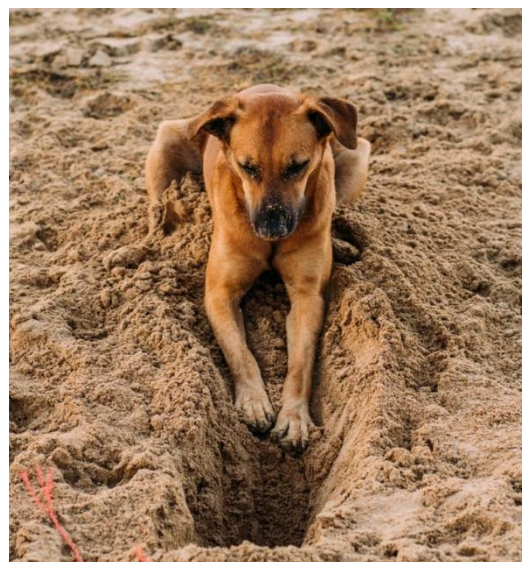


## 10.24 EXPOSURE TO SOIL IS MANDATORY

Dogs and puppies have the instinct of smelling, digging the earth and hiding the bones under the soil. Exposing the dogs to the soil every day is mandatory. Allowing the animal to spend plenty of time on the soil will be beneficial in the following aspects

- ✚ Defecation
- ✚ Sniffing
- ✚ Playing
- ✚ Digging
- ✚ Burying bone
- ✚ Satisfying the instinct
- ✚ Enhanced physical and mental health

Puppies defecate and urinate very frequently. Exposing them to soil, multiple times is very important.





## 10.25 WHEN THE WHOLE FAMILY IS “OUT OF TOWN”

When the entire family travels to another city, “Where to keep the dogs?” is a big question.

In such scenarios, ensure that you identify a good friend (or) relative, who is experienced with dog care and who is interested in taking care of your dogs. You need to take your dogs to the designated home (friend's / relative's), multiple times before your out-station trip. This ensures that your dogs get used to the place and people at the alternate home. The dogs also get personal attention in such arrangements. You can enquire frequently about the wellbeing of the pet, over the phone. **An alternate option** is to request that caretaker (relative / friend) to come and stay at your home along with your pet.

Boarding kennels are not preferred as the dogs feel abandoned and it impacts their physical and psychological well-being. Cases of animal cruelty and even the death of dogs at boarding kennels have been reported. Boarding kennels with only “cage model kennels” should never be considered. If you are forced to leave the dogs at a boarding kennel, then choose a place with a large play area, so that your dogs can play with other dogs at the kennel. Such playing makes them feel better when the human family is not there. This is also important for their physical and psychological well-being.

Before leaving your dog for a few days, at a specific boarding kennel, ensure that your dog stays for a few hours, a few times, at the designated kennel. This arrangement ensures that the dog gets used to the new place and feels comfortable with the place and also the animal caretakers.

Never leave your dog for a prolonged duration at a kennel.



**If you don't have any other option other than leaving your pet at a boarding kennel, then, it is mandatory to choose a boarding kennel with plenty of outdoor playing facilities and environmental enrichment.**



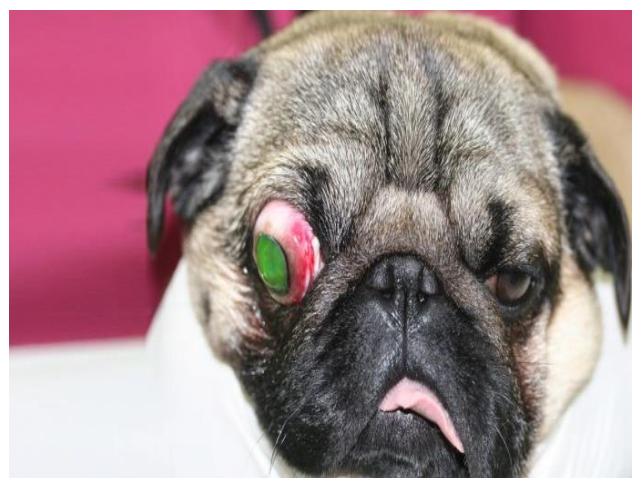
## 10.26 ILL EFFECTS OF USING A COLLAR / CHOKE CHAIN

Taking dogs for a walk (or tying them) with a collar / choke chain can cause several serious health problems for the dogs.

1. The neck is crushed
2. It affects the thyroid, salivary glands and lymph nodes in the neck region
3. It will cause injury to the neck.
4. It leads to intense pain in the neck bone.
5. There is a risk of eyeball coming out.
6. It leads to squeezing of the windpipe (trachea), making it very difficult for the dog to breathe.



Use a **BODY HARNESS** to avoid all these problems.



### Dangerous Method – Using a Collar



#### Dangerous Method - Using a Choke Chain

Choke chain 's diameter reduces every time you pull the leash (or) your dog moves away from you. This creates all problems mentioned above and is extremely dangerous.

#### Importance of thyroid glands in the neck

- # It is an integral part of the endocrine system.
- # The endocrine system is responsible for hormone production.
- # The thyroid gland produces thyroid hormones. These hormones are largely responsible for the regulation of metabolism.

#### Importance lymphatic system (lymph nodes in the neck are a part of this)

- # It is to keep your dog's internal ecosystem clean plus protect and defend your dog's immune system.



Body harnesses are available in various designs and sizes suitable for all sizes of dogs

Buy a simple model that will be suitable and comfortable for your pet.

While choosing the model, carry your pet to the shop, try it before buying



### Correct method – Using a Body Harness

There is a hook in the back. This model harness is suitable for all types of dogs (small and large).

In the above image, the harness is wrapped on the chest, NOT on the neck of the puppy

**Gap:** Keep the fingers in a horizontally stacked position and check if there is two fingers gap between the harness and the body of the dog. This is to ensure the harness is not too tight.



### Body Harness with the front hook:

- This is only for training large dogs for normal walking, without dragging.
- It should not be used after the dog has completed the training.
- For small dogs, NEVER use this for walking (or) for tying.



## 10.27 TOYS TO PLAY AND STIMULATE THEIR BRAIN



Toys play an important role in physical health and stimulating the mental health. Provide plenty of toys for your pets to play.

Very high-quality stuffed toys and ropes can be given

Toys designed to stimulate the pet's brain are available. Pet parents should be part of all these games.

**Caution:** Never give a low-quality plastic toy that will easily break and has harmful chemicals. Always check if the materials used in the toy and the brand are approved by government agencies.

Don't give small plastic toys (or) plastic toys with small parts that will break and go inside the windpipe and become very dangerous.



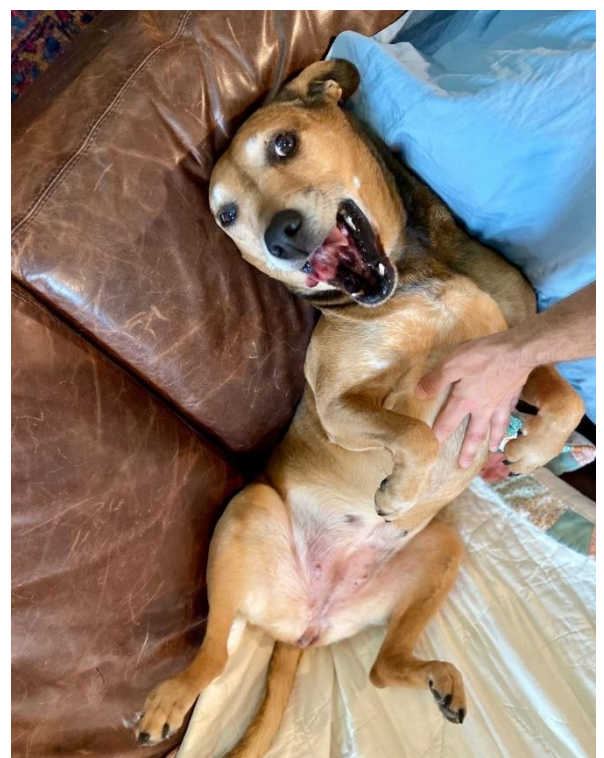
## 10.28 BELLY RUBS AND MASSAGE

An animal exposes its belly when it trusts the human 100%.

Belly rubs and massage of the head, paws and back should be done daily.

This increases the happiness and promotes the well-being of the animal.

This improves the bonding between the pet and the pet parent.





### 10.29 PET BATH

Whenever you give a bath to your pet, ensure that you DO NOT apply soap / shampoo on the head, as the soap / shampoo will enter the eyes and lead to a burning sensation & harmful effects on the eyes.

### 10.30 KEEP TOXIC / HAZARDOUS CHEMICALS AWAY FROM PETS



Ensure that you keep toxic / hazardous chemicals, out of reach for your pet (Ex: Toilet cleaning liquid / Floor cleaning liquid etc.)

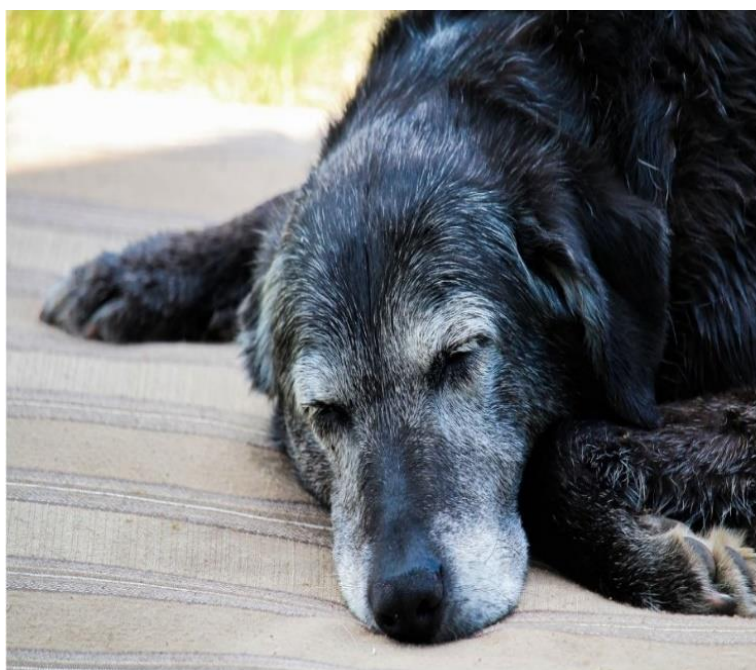
### 10.31 GERIATRIC PETS (OLD AGE PETS)

Like humans, pets are subjected to various health issues during their old age. Their movements and metabolism will slow down.

Be very patient and provide the utmost care to your dog during this stage. Never force your dog to stretch its endurance limit by activities such as fast running, doing extreme exercises etc.

If they have lost their teeth (or) their teeth have become blunt, then, provide mashed food, so that it is easy for them to digest.

Keep your dog engaged as usual by doing regular activities such as walking, taking them for an outing etc. but be cautious of the above-mentioned points.



### 10.32 COPING WITH THE LOSS OF YOUR PET

Losing your pet due to old age / critical illness can be highly traumatic. Seek support from genuine animal-loving friends and family to recover from the bereavement. Can take counselling from professional bereavement counsellors (psychologist / psychiatrist)

Adopting a new pet will be a solace to the deep impact created by the loss

Never be alone, feel guilty and get into depression during this stage.

### 10.33 SCENARIOS NOT SUITABLE TO GET A PET

During the following scenarios do not bring a new pet into your home

# One of your family members is seriously ill and your efforts are fully diverted to their well-being.

# You are planning to shift to a new city for a job / studies etc.

# You are getting married and moving to another city soon and you are not in a position to take the pet

# You are living alone and don't have any family members as backup to take care of the pet

## SECTION 5: ADOPT INDIAN DOGS

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**Sachin Tendulkar – Indian cricket legend with his adopted pet  
(Orphan Indian puppy, adopted from the street)**



## 11 DO NOT BUY DOGS & CATS WITH ABNORMAL SHAPES AND FUR

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Dogs bred with abnormal shapes and fur are purposefully bred to look in a certain way. Unfortunately, these animals have enormous, permanent health problems leading to lifelong suffering. Here is a partial list of health issues of some of these abnormal breeds.

a.) Breathing problems for all the dog breeds with smashed-in faces (e.g., Dogs: Pug, Bulldog, Shih Tzu; Cats: Persian, Himalayan). These breeds suffer from a serious breathing problem called as **Brachycephalic Obstructive Airway Syndrome (BOAS)**. These dogs' narrow nostrils, elongated soft palate and narrow trachea are the reasons why they probably snore and these can lead to a life-threatening emergency if they get overheated (or) overtired. Dogs don't sweat, they have to pant to cool their body. These breeds cannot pant efficiently.

#### **Brachycephalic Obstructive Airway Syndrome (BOAS) explanation using images**

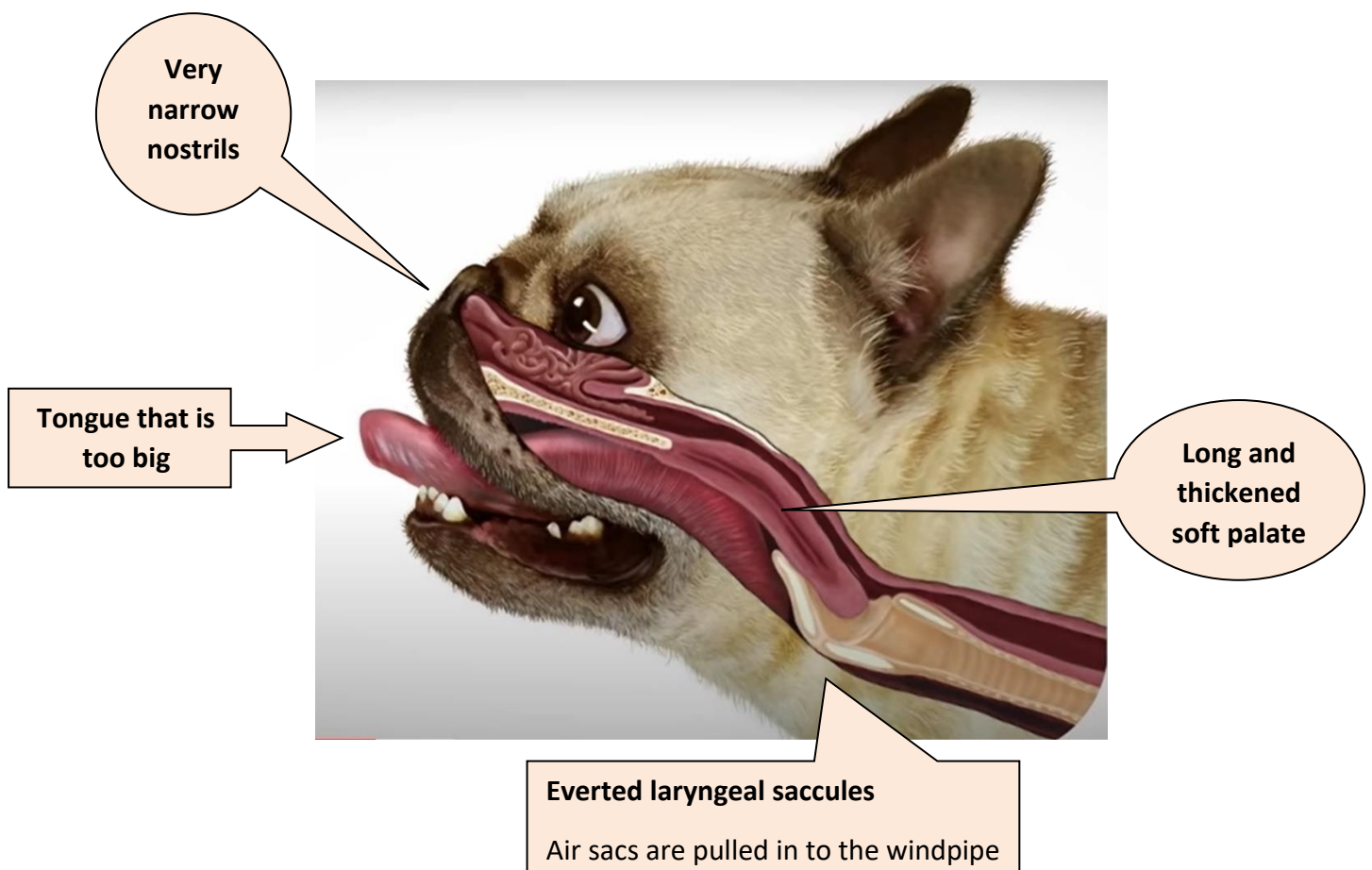
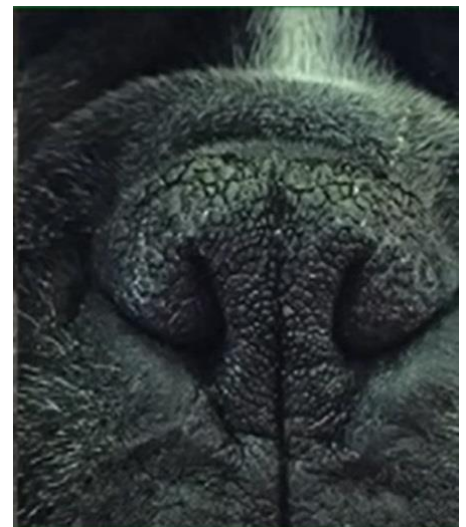


**Left:**

Large nostrils of a normal dog

**Right**

**Very narrow nostrils of a smashed-in face dog (severe stenosis)**



**b.) Eye problems for all breeds with smashed-in faces and bulging eyes**

These breeds are prone to several eye problems, including bacterial infections, eyelash issues, irritation, corneal ulcers, glaucoma, proptosis, cherry eye, and more. These issues can cause discomfort and vision loss in severe cases.

The most serious is an eye-popping out of its socket. This can happen if such a dog gets a head trauma (or) due to a fight with another dog (or) due to sudden pulling of the neck with a leash.

**d.) Shih Tzu:** Wobbly kneecaps or patellar luxation, are extremely common in toy breeds such as Shih Tzus. In patellar luxation, the kneecap occasionally pops out of place, causing the dog to hobble, skip a step, or limp. The kneecap will usually pop back into position on its own, but in severe cases, surgery may be necessary to correct the problem and prevent arthritis.

**e.) Dachshunds:** Because of their long bodies and very short legs, dachshunds are at higher risk for back injuries and spinal disk problems (especially intervertebral disk disease). Excess weight, stair-climbing and jumping down from furniture, also strain their back.

In addition to back problems, this breed is prone to patellar luxation where the kneecap can become dislodged. Dachshunds may also be affected by osteogenesis imperfecta (brittle bone disease).

**f.) Poodles (has dreadlock fur)** are one of a handful of breeds that are at increased risk for this serious eye disease called as Glaucoma. Glaucoma is a build-up of fluid in the eye, which causes pressure, pain, and eventually blindness.

**g.) All dogs with dreadlocks and very long fur**

**E.g.: Poodle, Puli, Komondor, Bergamasco, Havanese etc.**



**Long fur dog NOT maintained and abandoned on the street by the owner**



Matting occurs when hair next to the skin gets knotted and tangled in clumps or masses. If un-brushed, the clump attracts more fur and continues to get bigger, tighter and closer to the body. This may be simply caused by scratching, biting or lack of brushing. It may be because wet coats have not been brushed out or your dog has rolled and picked up any number of foreign matters such as sticks, burrs, faecal materials etc.

Even minor matting may place tension on the fur and underlying skin, which the dog will lick to relieve the discomfort, this, in turn, may make matting worse and lead to stress.

In severe cases, matting may impede regular air circulation to the skin, cut off the air supply to extremities, damage, bruise and discolour the skin, open up sores and rips and become a breeding ground for fleas and parasites and be very smelly.

To simply say, matting is painful for your dog. Even mild matting can cause your pet pain, stress and discomfort. Brushing out established mats involves a process of pulling live hair out of the skin as healthy hair has become enveloped by mats and clumps. This causes further pain and irritation and the dog may lick the area to alleviate discomfort, further spreading redness, irritation, infections and potentially causing swelling and sores.

Matting may occur in both the outer coat and undercoat. At times, undercoat matting can't be seen because of a heavier outer coat. The skin could be infected, irritated, sore, paper-thin or have skin tags/moles underneath.

**Keeping long fur dogs in tropical countries:** Apart from the above problems, keeping such dogs in a hot tropical weather country is like forever punishment and horrifying torture for the animal

## **What happens when you buy such abnormal breeds?**

**Commercial breeders try to breed more and more such abnormal animals, leading to enormous lifelong suffering and cruelty to these innocent animals. Your demand decides the supply. Your action is highly unethical.**

**Wonderful Indian dogs that are highly intelligent, loyal, loving, without any of these health complications, suitable for warm tropical weather and have very minimum maintenance cost, are available free of cost.**

**In this scenario, do you need to support an unethical and cruel dog breeding trade?**

## 12 COMMERCIAL BREEDERS AND PUPPY MILLS

**Commercial Breeders** operate puppy mills. Puppy mills are large-scale cramped breeding centres. At such places, they abuse the mother dogs forcing them to live in cages in inhumane, appalling living conditions for several years.

They snatch puppies from mothers when they are too young, to make quick profits.

The puppies are then exhibited for sale at pet shops. The terrified puppies are forced to live in filthy metal display cages, on busy, polluted roads with heavy traffic noise and heat.

Horried puppies continuously cry in such a strange atmosphere and search for their mother. This is highly cruel. Never encourage such breeders.



### **Above:**

Puppies are removed from their mother and kept at a pet shop for sale.

### **Below:**

A dog kept for breeding at a puppy mill. For its entire life, it is forced to live in such filthy living conditions (image: Animal Sheltering)




Photo source: Animal sheltering



## 13 ALL DOGS ARE EQUAL - ADOPT INDIAN DOGS

There is no difference between street dogs and pedigree dogs. All dogs have the same intelligence, understanding and sniffing abilities. Here are a few news articles to prove it.

**In the world's largest canine behaviour study conducted by Duke University USA, it is proven that the breed of dog is not connected with the intelligence of the dog, so adopt homeless Indian dogs and puppies on the streets. There are several thousands of them in every city.**



Firstpost.

Health | India | World | Arts & Culture | Sports | Entertainment | Tech | 9 Months S.4 | #Road

# In a first, Uttarakhand Police train street dogs to recruit them in dog squad; strays outperform expensive breeds

The video and pictures from Uttarakhand Police's experiment have gone viral on Twitter and people are appreciating this experiment by calling it resourceful and kind at the same time.

FP Trending | November 19, 2019 17:06:52 IST

News > Mirror Now > Society

## Abandoned by owners, stray dog helps RPF save lives at Chennai station

Society

Updated Nov 19, 2019 | 22:03 IST | Mirror Now Digital



Commuters at the Park Town station in Chennai are all praise for a stray dog that barks on passengers trying to cross railway tracks or travelling on the footboard of trains.

NDTV

CORONAVIRUS | LIVE TV | LATEST | INDIA | VIDEO | WORLD | OPINION | CITIES | OF

## Kolkata Stray Outperforms Peers, Becomes Top Dog In Elite Sniffer Squad

Officers originally intended keeping the mixed-breed stray as a pet, but Asha turned out to have a nose every bit as good as the German Shepherds and Labradors usually trained to sniff out explosives and drugs.

Kolkata | Agence France-Presse | Updated: March 06, 2019 12:38 pm IST

## 14 AGE FOR ADOPTION

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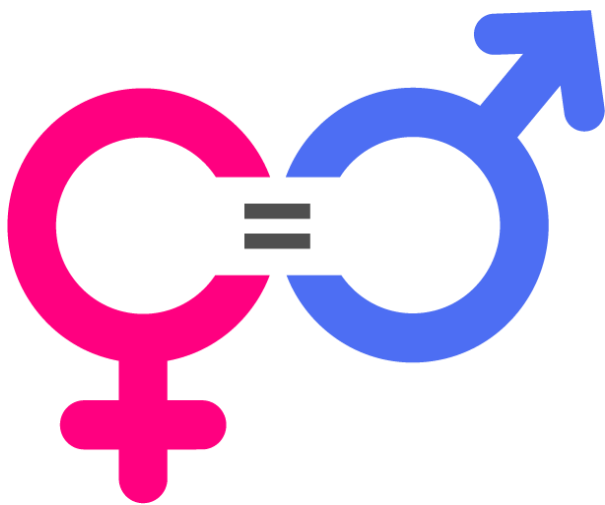
Puppies need their mother's milk and care for the first two months after birth. Removing them from their mother before two months puts them at high physical and psychological risk. Any kind of man-made formula milk cannot compensate for mother's milk.

Young animals need their mother's care and warmth as they do not have a thermoregulation mechanism in their bodies. Also, mothers stimulate their puppies' anus and genital regions to urinate and defecate, as they cannot do these on their own. Mother's care is very essential for puppies' and kittens' physical and psychological well-being.

## 15 AVOID GENDER BIAS AMONG PUPPIES

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In multiple incidents related to Indian dogs, it is noticed that male puppies are preferred for adoption and female puppies are thrown on the streets. This is a highly cruel act. There is no difference between a male and female dog in their abilities, skills, intelligence, love and the affection they shower on you.



As a responsible owner, you need to do birth control surgery for any dog (male or female) and keep them as a healthy and happy pet. It is very strongly advised to avoid such bias, based on gender.





## SECTION 6: CONCLUSION

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## 16 FINAL SUGGESTIONS

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### 16.1 NEVER GET A DOG IN THIS SCENARIO

If you do not have the time, space, patience and funds to maintain a dog properly, then **never** buy (or) adopt a dog. Consent from all the family members, for getting a pet, is mandatory. Getting a pet without the consent of other members will lead to conflicts, misunderstandings and suffering for the animal.

### 16.2 IF YOU ARE NOT WILLING TO CHANGE

If you are not willing to change the living conditions and spend time with your dog, then it is lifelong torture, unbearable pain and suffering for the animal, every day. In this scenario give the dog for adoption

#### Giving for Adoption

Try your level best to find someone experienced in handling dogs and who loves animals, to adopt your dog and keep it in better living conditions as explained. If the dog has become aggressive, then the person adopting needs to change the aggressive behaviour of the dog by humane training, as suggested. Modified living conditions will calm down the dog and the animal will definitely show great improvement in its behaviour.

### 16.3 NEVER DO THIS

Never abandon your dog on the road. This is the highest form of cruelty to the pet. Pet dogs abandoned are bitten by other dogs on the road (due to territory problems). The dog would be continuously searching for its home, walking several kilometres every day. Unable to find food and water the dog will die a miserable death after several days.





## 16.4 ALWAYS CONSULT AN EXPERT



It is observed that the majority of people when they want to handle problems related to animals, they take some harsh decisions on their own. Such decisions made without any logic (or) without considering the physical and psychological well-being of dogs, force the animals into enormous pain and permanent suffering.

When you have a health problem, you are consulting an expert (i.e., a doctor).

Similarly, when you are handling a problem related to an animal, do not hesitate to ask well-reputed animal NGOs for suggestions. They will guide you with the correct solutions.

**Ask an  
expert**



You don't have to be a zoologist (or) veterinary doctor (or) animal psychologist to understand the living conditions and problems of an animal.

Just ask yourself this simple question.

**" Will I put myself in the same condition as this animal? "**

If your answer is **NO**, then don't do that for any animal

*Elsa Foundation*  
*Animal & Biodiversity Charity*

What is  
wrong  
with  
keeping  
dogs  
chained  
(or)  
caged?

Dog owner's  
guidebook