

**Animal Welfare and Environmental Concerns in
India's Dairy and Poultry Industries:
Evaluating Cruelty and Reform Measures**

Intern - Sanaya Manglic

Mentor - Tanveer Khanam

Program - Summer Internship 2026

Organization - STRAW India

Submission date - 18th June 2026

Abstract

This paper will discuss the ethical and environmental concerns of dairy and poultry farms in India along with all relevant laws that have been violated or not followed by these farms. Through analysis of government and non-profit organization reports, fieldwork and legal frameworks, this paper will discuss common practices such as artificial insemination, use of antibiotics, debeaking, slaughter, misuse of oxytocin and many more extreme realities. Under the environmental impact, farms contribute significantly to climate change, pollution and is an overall threat to the environment. More specifically, antimicrobial resistance in humans, soil degradation, greenhouse gas emissions like methane, zoonotic diseases and other public health issues. This paper concludes by listing a few reforms that we as citizens and consumers, can implement.

Introduction

Research questions/objectives

- To what extent do Dairy and Poultry farms practice animal welfare?
- What is the environmental impact of these practices?
- What laws by the state are being violated?
- What are some reforms that can be implemented to avoid this cruelty?

Thesis statement

Although India has legal protections for animals under the Prevention of Cruelty to Animals Act, 1960, many dairy and poultry farming practices continue to indulge in practices that cause

animal suffering while contributing to environmental pollution and public-health risks, making it necessary for stronger regulation and welfare-focused reforms and enforcement of the same.

Investigating Dairy Farms

Ethical considerations

An investigation was conducted in Uttar Pradesh, Maharashtra and Haryana and covered 27 farms and 3 markets (Animal Equality India). On every farm, calves were separated from their mothers at the moment of birth. Their cries echoed through the sheds, their mothers pulled on the ropes trying to search for their babies. Many animals were found to be severely injured and sick however received no medical attention. Without any veterinary supervision farm owners regularly injected animals with medications in order to force their bodies to produce milk while cows stood in ankle-deep waste with no adequate cleaning or sanitation procedures (Animal Equality India).

Most cows and buffaloes are confined to tiny rooms that have no sunlight or ventilation. A recent investigative report found that keeping the animals tethered in these makeshift shelters at all times is a common practice at 79% of dairies. 60% of dairies also restrain the animals by tying up their hind legs (India Dairy).

Artificial insemination

This is when semen is taken from a male animal and is inserted into the reproductive tract of the female animal usually by a trained veterinarian instead of natural mating. Artificial insemination is repeatedly used year after year to the point where the mother cow's body cannot endure the strain any longer. Cows and buffaloes are either tied or forced inside a 'rape rack' so that they can't resist. The most common type of artificial insemination is called Recto Vaginal Method.

It gives us control over reproduction and requires certain conditions like proper hygiene, trained vets, however that isn't the case with most Indian farms as procedures are usually rushed which causes injuries and stress towards the animals. Additionally, guns used for AI are almost never sterilised, and the procedure is performed by untrained handlers who often shove their bare, soapy hands into animals' uteri. This causes cows excruciating pain and makes them susceptible to potential infections and diseases (Animal Equality India).

Mastitis

Mastitis is a common condition seen in dairy cows, goats and sheep. It is a persistent inflammation of the udder tissue, mostly caused by bacterial, fungal or viral infection (PMC11816332). Cows and buffaloes are given antibiotics and painkillers to counter this which ends up in the milk and can cause antibiotic resistance in humans (PMC11816332). In India, there is no regulation as to how many “pus cells per ml” should be allowed in milk. As a result, cows/buffaloes are milked even if they have mastitis. It's extremely painful for the animal to be milked in such conditions. The animals are even tied to avoid resisting. To make things worse, modern milking machines keep on milking and do not stop until their sensors detect blood so that the milk does not appear pink.

Use of oxytocin

Oxytocin is a banned drug in India however cows are still injected with it which causes them to suffer from severe labour pains. A survey that was conducted in Delhi, Haryana and Uttar Pradesh found that 82% of cattle breeders were using Oxytocin. It is used to extract residue milk that cannot be extracted with normal milking. When consumed, such milk causes early puberty in girls, breast enlargement in boys, and reduced testosterone in men. In pregnant women, it can

cause abortion, deformities, or weak immunity in newborns. The use of such milk also increases the risk of hemorrhage in mothers after birth. Although illegal, the use of oxytocin is rampant in India and is cheap and easily available.

Section 12 of the PCA Act, 1960 states that no person uses any drug including oxytocin to increase lactation in any animal or for non-therapeutic purposes. Injecting any substance to an animal without veterinary prescription is an offence. Oxytocin cannot be openly sold in the market. It can only be sold with a prescription and records need to be maintained by chemists as per the Drugs and Cosmetics Act and Rules framed under the same. It can only be available in registered hospitals but is illegally purchased by dairies across the country (The Prevention of Cruelty to Animals Act).

Zoonotic diseases

Most agricultural practices in Indian farms increase the chances of animals developing zoonotic diseases due to overcrowding, poor hygiene, waste, mixing species which can also transmit to humans. For example, brucellosis affects animals like buffalos, goats and sheep and can infect humans through contact with infected animals or unpasteurised milk("PMC11816332"). This disease is recognised as a major livestock and public health concern in India and is included in national animal disease control efforts. In addition to this, Indian dairy farms have also shown evidence of Q fever, a zoonotic disease that spreads through infected birth products, manure, dust, and aerosols from livestock ("PMC11816332"). Poor farm conditions can increase the risk of zoonotic diseases through overcrowding of cattle, poor sanitation which causes buildup of manure, mixing species and delayed treatment.

What happens to female cows?

Like humans, cows have strong maternal instincts and shortly after birth, calves are dragged away from their mothers. This separation is traumatic for both mother and calf, but leads to a 15-30 per cent increase in milk availability for humans (Animal Equality India). Since cows are made to constantly reproduce, female cows will have to go through this painful process every year of her life. Typically, a cow is both lactating and pregnant for seven months every year and within three months of giving birth, they're made pregnant again. The milk she produces is taken from her and sold to consumers. Earlier animals who stopped producing milk were sold for slaughter but more than 75% of the dairies sell their animals even when their production of milk declines by 1-2 litres (India Dairy). Healthy females have to go through a repeated cycle of impregnation, separation, painful milking, oxytocin shots and mastitis.

What happens to male cows?

Male calves are either sold for slaughter or starved to death as they don't produce any milk and add cost to the dairy owner (Animal Equality India). Dead calves are studded with hay to trick the mother into thinking it's her baby so that their anxiety doesn't cause their milk production to go down. This practice is called 'Khal Baacha' (Voiceless India). Some are used as draught animals where they are subject to castration without anaesthesia, nose-roping, whipping and hard labour until they are old and weak.

As cows grow older they undergo a series of painful mutilations like branding and dehorning. During branding, workers heat iron bars in open fires and burn the flesh of young cows which cause wounds that are untreated and ripe for infection. During dehorning, workers cut their horns or burn off the delicate tissue. The cows' horns are full of blood and

hypersensitive nerve endings while all of this is done without any anaesthesia. Section 11(1) PCA

Act prohibits unnecessary suffering. Procedures that are performed without any adequate veterinary advice or pain management may be considered cruelty (The Prevention of Cruelty to Animals Act).

When it comes to transport, men shove sticks or genitals, rub chilly in their eyes, twist and break the tails to make them submissive. Ingrid Newkirk, President of PETA, followed one of the caravans of cattle stumbling towards Kerala. "It's a hideous journey," she says, "To keep them moving, drivers beat the animal across their hip bones, where there is no fat to cushion the blows. The cows are not allowed to rest or drink. Many cows sink to their knees. Drivers beat them and twist their battered tails to force them to rise."

Cows and buffaloes aren't allowed to live out their natural lifespan of up to 25 years and only live to around 10 years. At the slaughterhouse, butchers don't kill animals in one slit however they repeatedly slit the animals throat resulting in severe shock, some animals are alive while they're being skinned. On a statistical note, 9.97 million cows are killed in India and sold for veal. 53.67 million cows are used for milk in India ("Unit 8").

Investigating poultry farms

Ethical considerations

In poultry farms there are 2 types of birds - layer hens that are used for reproduction and broiler chickens that are used for meat production. Birds are raised for meat and their growth is artificially accelerated through intensive breeding and feeding. They produce eggs and as soon as their egg productivity declines, they are slaughtered. Findings from farm inspections include spider webs and mites which clearly indicates poor hygiene and cleaning, blood stained eggs,

contaminated water, heavy metals like lead, iron, and chromium which are overall extremely harmful towards birds ("After PETA Report").

Battery cage system

In ideal conditions, they flap their wings, perch, and nest which are scientifically important for their muscle health and psychological well being. However, this battery cage system gives each bird less space than needed and avoids them from stretching their wings or walking normally (PETA India, Hens Suffer for Their Eggs). This confinement can often also lead to weak bones due to minimal movement and intensive egg production, wire floors that often damage their feet and skin, and damage when scraping their neck against cage wires while trying to eat. Serious health issues like fatty liver haemorrhagic syndrome which is caused by stress, overfeeding and confinement could also occur. Farmers also use drugs like arsenic to increase weight gain which can lead to neurological problems, cancer and organ damage. Hens often have to sit in their own faeces, these habitually clean creatures have no choice but to urinate and defecate on one another which causes diseases for which people inject them with antibiotics.

The AWBI under section 4 of the PCA Act, 1960, issued an advisory that is dated 16 February 2012 clearly states that confining hens to battery cages violates Section 11 (1) (e) of the PCA Act, 1960 which forbids keeping or confining “any animal in any cage or other receptacle which does not measure sufficiently in height, length and breadth to permit the animal a reasonable opportunity for movement”(Animal Welfare Board of India). Doing so therefore, is illegal.

Use of Antibiotics

Due to the confinement of chicks, it's hard for farmers to keep the environment clean which causes animals to sit in their own faeces most of the day. These unsanitary conditions combined with their mental stress weakens their immune system, antibiotics are given to these chickens right from birth. An organisation called Animal Equality India investigated many chicken farms and meat markets from February 2019 to October 2020 in Maharashtra, Gujarat, Andhra Pradesh, and Telangana which are states in India which are known for their chicken production. They found that it's standard practice to give feed laden with antibiotics to grow the bodies of chickens unnaturally fast. As a result, their legs become crippled because of unnatural weight gain. In their investigation, they found birds who could not walk or reach food or water along with chickens severely ill and dying of starvation, heart attacks, and respiratory infections (Animal Equality India). The remains of the dead birds were left to rot next to living chickens causing them shock. Once these chickens reach their maximum weight, they're shoved into overcrowded transport trucks. The birds are then sent on a journey that lasts for hours, sometimes days, without food or water. Many will die along the way, while those that remain are barely alive. At the meat markets, the chickens are crammed into small cages for hours and days again without food or water (Animal Equality India).

Artificial Insemination

Similarly with dairy farms, hens on layer and broiler farms never have the opportunity to mate naturally. Instead of this, farmers repeatedly and artificially inseminate them against their will (PETA India, *Hen Investigation Report*). At diamond group's broiler farm, workers without gloves roughly extract semen from male chickens, forcibly drag hens out of their cages and inject

semen into them using the same syringe again and again. After being raped, they are shoved back into their filthy cages while being visibly terrified (PETA India, *Hen Investigation Report*).

Debeaking

When female chicks who are just a few days old, workers cut off a larger portion of their beaker with a searing hot blade without any use of painkillers (PETA India, "Hens Suffer for Their Eggs") to prevent them from pecking each other out of the frustration that is caused by confinement to small cages. This usually happens to layer hens. Many birds have been found to find it difficult to eat or drink after their de-beaked. Some farms like Mulpuri layer's de beak chicks when they are just 8-10 days old. The baby birds aren't given any anaesthetics during this extremely painful procedure. Some are debeaked again when they're just 14 days old or whose beaks "weren't cut off properly" for the first time (PETA India, "Hens Suffer for Their Eggs"). Mutilating hens' beaks in a cruel manner or cutting off chicks' beaks without anaesthetics causes unnecessary pain and suffering, and such acts are clearly in violation of Section 11(1)(l) and Section 11(1)(k) of the PCA Act, 1960. In addition to this, the AWBI stated that the practice of depriving hens of feed for several days amounts to cruelty to animals under the PCA Act, 1960, and is therefore a punishable offence (The Prevention of Cruelty to Animals Act).

Killing baby chicks and slaughter

The egg and chicken industries reject male, sick and deformed chicks and others who are considered undesirable according to their standards and kill them after they hatch (The Factory-Farmed Chickens). Some are tossed in waste bins stacked on top of the other, others are

sold for food for other animals. Moreover, chickens are often killed in a 'backyard' manner at meat shops. This means that buyers choose the chickens they want to have killed. The animals are held down by the wings or their legs while the head is held back and a dull knife is used to cut the throat. They're then thrown in a drum and eventually are left to die. Sometimes they're still conscious while workers dismember them. In more 'modern' slaughter houses in India and around the world, chickens are shackled and hung upside down by their feet on a conveyor belt and their heads are cut off. At places where they are stunned, their heads may pass through an electrified water bath before their throats are cut. However chickens often lift up their heads and miss the electrified water bath and their throats are frequently cut improperly at slaughterhouses. As a result, when they are finally immersed in the defeathering tanks, many are still conscious and are scalded to death (PETA India, "Hens Suffer for Their Eggs").

Forced Moulting

This is a very inhumane technique that involves starving hens, which can last anytime between 7 to 28 days, in order to shock their bodies into starting another egg-laying cycle (PETA India, "Hens Suffer for Their Eggs"). The process is done in order to force the hens body to produce as many eggs as possible before it is killed. Many hens lose all their feathers, most of their body weight while some even die. In 2011, the Animal Welfare Board of India (AWBI) demanded all poultry farms in the country to discontinue the cruel practice of forced moulting, calling it a punishable offence that violates the Prevention of Cruelty to Animals (PCA) Act, 1960 (Animal Welfare Board of India) (The Prevention of Cruelty to Animals Act).

Genetic manipulation

Wild chickens naturally lay around 10 eggs per year. But through genetic manipulation layer hens used in factory farms now produce up to 300 eggs per year (The Factory-Farmed Chickens). This overproduction of eggs takes a serious toll on hens' bodies. Many hens develop osteoporosis, tumors, uterine prolapse, and other painful and often lethal conditions. The genetic manipulation of broiler chickens also causes several physical conditions. As chickens grow at faster rates and develop more substantial pectoral muscles, their bodies often develop muscle disease, deformities, and foot problems.

Environmental considerations of dairy and poultry farms

Farms contribute to methane, nitrous oxide, and carbon dioxide into the atmosphere. These are all toxic greenhouse gases that could harm the environment. India has the world's largest livestock population, and their practices cause greenhouse gas emissions like methane to be released through digestion of these cattle and manure decomposition. Research states that Indian livestock produce approximately 11.63 Tg of methane annually through enteric fermentation and an additional 1.11 Tg through manure management, making livestock a major source of agricultural greenhouse gases and issues with climate change. Mistreatment can also encourage inefficient production where animals experiencing stress, diseases, or poor nutrition may have lower productivity, which leads to more resources needed like land, food and water that are needed to produce the same amount of milk, eggs, or meat. The FAO states that improving animal welfare and health often improves production efficiency and lowers greenhouse gas emissions per unit of output (Food and Agriculture Organization). For example, healthier dairy

cattle with better nutrition and veterinary care can produce more milk with relatively lower methane emissions per litre.

Water pollution

Manure, litter and other farm waste often enter nearby lakes and groundwater systems. This waste often contains high levels of nitrogen and phosphorus which can lead to eutrophication which can harm marine life (International Water Management Institute). In addition poultry and dairy waste contains pathogens, residues of antibiotics used on chickens and other chemical contaminants that pose risks to both environmental and human health. Improper handling of poultry waste major ways where poultry farming affects water quality. This violates the Water (Prevention and Control of Pollution) Act, 1974 and the Environment (Protection) Act, 1986.

Soil contamination

Large portions of manure are often applied to agricultural land as fertilizer, however excess of this can lead to soil contamination (Alam et al.). Poultry and dairy litter may contain heavy metals, residue of pharmaceuticals and excess nutrients that may collect in the soil over a period of time. This can reduce the quality of the soil and potentially affect crop quality as well. Moreover, this contamination present in the soil can leach into groundwater systems and enter food chains. This violates the Air (Prevention and Control of Pollution) Act, 1981 and the Environment (Protection) Act, 1986.

Antimicrobial resistance

Since chickens and cattle are frequently fed antibiotics to prevent disease and improve productivity, bacteria can become resistant to infections and diseases (Alam et al.; IndiaSpend).

This bacteria can spread through food products, animal waste and direct human contact. This may transfer to humans and infections in humans may become more challenging to treat, reducing the effectiveness of medicines.

Other public health risks

This can affect both workers and nearby communities to harmful biological and environmental contaminants. The high stocking densities found in poultry production systems create conditions where pathogens such as bacteria, viruses, fungi and parasites spread quickly among birds. As seen due to dairy farms as well, poultry farms also increase the risk of zoonotic diseases including avian influenza which can spread more easily in densely populated poultry operations(Alam et al.). In addition, factors like dust containing feathers, feed particles, dried manure, microorganisms and ammonia can accumulate in closed environments which may lead to respiratory issues like chronic coughing and other pulmonary disorders in farm workers (Alam et al.). These impacts don't just affect workers but people who live near poultry farms because they are exposed to odors, pathogens and emissions released from poultry waste. This exposure can affect their quality of life and can lead to long term health issues.

Laws violated

Most of these acts come under the Section 11 of The Prevention of Cruelty to Animals Act, 1960 as they include practices that starve animals for days, inflict any sort of unnecessary cruelty, and don't provide them adequate space which is all strictly prohibited (The Prevention of Cruelty to Animals Act, sec. 11(1)). 11. Treating animals cruelly.— [\(1\)](#)

If any person - (a)beats, kicks, over-rides, over-drives, over-loads, tortures or otherwise treats any animal so as to subject it to unnecessary pain or suffering or causes or, being the owner permits, any animals to be so treated; or (c)wilfully and unreasonably administers any injurious drug or injurious substance to any animal or wilfully and unreasonably causes or attempts to cause any such drug or substance to be taken by any animal; or (d)conveys or carries, whether in or upon any vehicle or not, any animal in such a manner or position as to subject it to unnecessary pain or suffering; or (e)keeps or confines any animal in any cage or other receptacle which does not measure sufficiently in height, length and breadth to permit the animal a reasonable opportunity for movement; or (f)keeps for an unreasonable time any animal chained or tethered upon an unreasonably short or unreasonably heavy chain or cord; or (h)being the owner of any animal, fails to provide such animal with sufficient food, drink or shelter; or (k)offers for sale or, without reasonable cause, has in his possession any animal which is suffering pain by reason of mutilation, starvation, thirst, overcrowding or other ill-treatment; or (l)mutilates any animal or kills any animal (including stray dogs) by using the method of strychnine injections in the heart or in any other unnecessarily cruel manner; (The Prevention of Cruelty to Animals Act, sec. 11(1))

Findings from fieldwork

While visiting local farms in my community, a few farms were reluctant to even allow visitors to ask questions, roam around or click pictures. In one of the dairy farms in Aarey Milk Colony the person in charge was extremely vague while answering questions. While asking about their healthcare and procedures when an animal is injured, he gave an extremely vague response and

didn't encourage any detailed information. All the cows had tags pierced into their ears with most cows tied to extremely short chains. All of them had to stand in the scorching heat and had mud and their own faeces surrounding them. Cows were then put in tiny cages where they looked visibly distressed and didn't have adequate space. Chickens were put in the battery cage system which was discussed in this paper with multiple chickens in one cage with very little space to move their wings or move. Farmers walked around with sticks in order to scare the animals while they had to obediently cooperate. In one of the farms there was a veterinarian but he was also extremely vague and did not encourage taking pictures as he claims it's normally printed in the paper as false news.

Recommendations

Reduce consumption of animal products

One doesn't necessarily have to eliminate the consumption of dairy, eggs and poultry products so that demand is decreased for intensive farming systems. This would include trying to substitute some dairy products with plant-based alternatives or reduce portions of animal products consumed. This may help as lower demand reduces pressure for mass production. In addition to this, small dietary changes like introducing more plant-based options can contribute to reducing animal cruelty.

Increase Public Awareness

This is one of the most commonly practiced measures however it can be proved to be extremely effective. Many consumers remain unaware of conditions in intensive dairy and poultry systems. It could vary from sharing educational content on social media or donating to causes supporting this issue or by volunteering at a non-profit organisation. This may help due to the fact that research suggests that greater awareness often increases concern for farm animal welfare and influences our purchasing decisions ("The Ethical Concerns"; Animal Equality India).

Support Local and Small-Scale Producers

Consumers can choose local producers who prioritise animal welfare and refrain from engaging in inhuman acts. This is also due to the fact that they don't produce milk or sell meat on a large scale which is why they don't torture animals out of pressure of demand. One could visit farms themselves or even purchase directly from local farms when possible. This point could also include encouraging farmers and people involved in this industry to publicly disclose their animal welfare regulations and practices. This helps because small scale operations often allow consumers to directly observe the farming conditions and question them on animal management. This transparency also encourages accountability which might make them less likely to inflict harm on animals (Food and Agriculture Organization; "The Ethical Concerns")

Conclusion

India's Dairy & Poultry industries play an extremely important role in food production and economic development as it provides employment and provide us with dairy products. However, evidence in this paper indicates that many current farming practices compromise animal welfare through engaging in cruel psychological and physical practices while simultaneously contributing to environmental and public-health concerns. Although legal protections and laws do exist, a country like India experiences a major problem in enforcement of these laws. Sustainable reform requires cooperation between government agencies, farmers, veterinarians, industry stakeholders, and consumers. Improving animal welfare should not be viewed solely as an ethical responsibility but also as an essential component of environmental sustainability, food safety, and public health and it is our responsibility as citizens to at least be aware of these atrocities.

Works Cited

Alam, et al. "Intensive Poultry Farming: A Review of the Impact on the Environment and Human Health." *Science of the Total Environment*, vol. 858, 2023, p. 159928.

Animal Equality India. "Dairy." *Animal Equality India*, n.d.,
<https://animalequality.in/issues/dairy/>. Accessed 21 May 2026.

Animal Welfare Board of India. *Animal Welfare Board of India*. Ministry of Fisheries, Animal Husbandry and Dairying, Government of India, n.d. Accessed 21 May 2026.

"After PETA Report on Cruelty to Chickens, a Glimpse of Haryana's Poultry Farms." *NDTV*, 17 Mar. 2017,
<https://www.ndtv.com/india-news/after-peta-report-on-cruelty-to-chickens-a-glimpse-of-haryanas-poultry-farms-1664216>. Accessed 21 May 2026.

"Details." *People for Animals India*, n.d.,
<https://www.peopleforanimalsindia.org/articles/details/197>. Accessed 21 May 2026.

Food and Agriculture Organization of the United Nations. *Tackling Climate Change Through Livestock*. FAO, 2013.

"The Ethical Concerns in Animal Agriculture." *Archives of Current Research International*, n.d., <https://journalacri.com/index.php/ACRI/article/view/1423>. Accessed 21 May 2026.

"The Factory-Farmed Chickens." *The Humane League*, n.d., <https://thehumaneleague.org/article/factory-farmed-chickens>. Accessed 21 May 2026.

"India Dairy." *Vegan Outreach*, n.d., <https://veganoutreach.org/india-dairy/>. Accessed 21 May 2026.

Indian Kanoon. *The Prevention of Cruelty to Animals Act, 1960*. Indian Kanoon, n.d., <https://indiankanoon.org/doc/1763700/>. Accessed 21 May 2026.

IndiaSpend. "Indian Poultry Farms Use Antibiotics to Replace Nutrition, Hygiene, Endanger Human Lives." *IndiaSpend*, n.d., <https://www.indiaspend.com/indian-poultry-farms-use-antibiotics-to-replace-nutrition-hygiene-endanger-human-lives-62530>. Accessed 21 May 2026.

International Water Management Institute. "World Environment Day: Will the Growth of India's Dairy Industry Put More Pressure on Water Resources?" *IWMI*, n.d., <https://www.iwmi.org/news/world-environment-day-will-the-growth-of-indias-dairy-industry-put-more-pressure-on-water-resources/>. Accessed 21 May 2026.

Outlook Business. "Why India Needs to Do More to Make Agriculture Emission-Free." *Outlook Business*, n.d.,

<https://www.outlookbusiness.com/columns/why-india-needs-to-do-more-to-make-agriculture-emission-free>. Accessed 21 May 2026.

PETA India. *PETA India Hen Investigation Report 2018*. PETA India, 2018, https://www.petaindia.com/wp-content/uploads/2018/10/PETAIndia-Hen-Investigation-Report-2018_72_lo-res-only.pdf. Accessed 21 May 2026.

PETA India. "Hens Suffer for Their Eggs." *PETA India*, n.d., <https://www.petaindia.com/features/hens-suffer-for-their-eggs/>. Accessed 21 May 2026.

PubMed Central. "PMC11816332." *PubMed Central*, U.S. National Library of Medicine, n.d., <https://pmc.ncbi.nlm.nih.gov/articles/PMC11816332/>. Accessed 21 May 2026.

"Unit 8." *eGyanKosh*, Indira Gandhi National Open University, n.d., <https://egyankosh.ac.in/bitstream/123456789/70841/1/Unit-8.pdf>. Accessed 21 May 2026.

Vegan India Hub. "Why Go Vegan: Dairy." *Vegan India Hub*, n.d., <https://veganindiahub.com/why-go-vegan/dairy>. Accessed 21 May 2026.

Voiceless India. "Khaal Bachha: This Will Break Your Heart." *Voiceless India*, n.d., <https://voicelessindia.org/vegalog/f/khaal-bachha-this-will-break-your-heart>. Accessed 21 May 2026.