

organo  
Et  
School

# FIELD TRIP TO BAKARAM GOSHALA



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OES organised this educational trip for children to help them connect to nature and animals and in turn to their true roots. Mr. Ugandhar N Reddy, our dairy expert speaker, introduced the Goshala concept to the audience. He explained in detail the difference between Desi cows and Western cows and mentioned a lot of identifying features for both. He described the journey of milk from Dairy to their glass of milk at home. He emphasized the advantages of organic milk over pasteurized one and also talked about pure cow milk versus mixed milk which is available readily in Indian market. They also had a short Q & A session with the children and parents about what are the good practices to adopt in today's scenario to be able to have pure and healthy milk and milk products.

After getting a fair amount of awareness about milk and milk products, they moved to the second leg of the trip. OES team took all the participants to the area where 2

buffaloes were tethered. Mr Reddy described buffaloes to the children and explained the difference between a cow and buffalo. The group then went further on a walk to the area of the goshala where they saw farms where fodder is grown for the cows. They learnt about various types of plants grown as fodder for Bakaram goshala cows. They also saw a water sump on the way to the cow shed.



Once they reached the cow shed, all the children were excited, and they wanted to feed and touch the cows. They were helped to some fodder leaves 'Super Napier', which they tried feeding the cows in the shed. There were 20 cows and 10 calves in the shed. After enjoying this activity, they all saw a structure of steel bars, where medical treatment is given to the cows.

Moving to the third leg of the trip, all the participants entered the Goshala kitchen and were offered a welcome drink, fresh butter milk! A demonstration of how cow milk is converted to Ghee and Paneer was conducted for them. Mr Reddy showed a small quality check for ghee, that we all should do while buying ghee. He also told the children to buy only good quality ice creams, made from fresh cream.

Moving to the last leg of the field trip, participants collected at the presentation area and filled up the feedback forms, both parents and children gave individual feedback to OES about this experiential trip to goshala. Having thanked the participants and Mr. Reddy for coming to Organo Bakaram goshala to share his knowledge. OES Team offered fresh cow milk paneer to all participants and guests and wrapped up this field trip.



Image location: Organo Dairy Incubation Centre



# Indian Cows



Gir Cow



Tharparkar Cow



Sindhi Cow



Sahiwal Cow



Haryana Cow



Ongole Cow

# Indian Cows



Kankrej Cow



Baragur Cow



Gaolao Cow



Punganur Cow



Red Kandhari cow

# Western Cows



Black Angus



Brahman



Charolais



Highlands



Galloway



Simmental

# Western Cows



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Texas Longhorn

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Limousin

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Wagyu

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Hereford

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Guernsey

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Holstein

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# Differences - Desi & Western Cows

S.NO.	DESI COW (A2)	WESTERN COW (A3)
<b>I.IDENTIFICATION :</b>		
1.	This COWS have FLAP OF SKIN BENEATH on their NECK.	This COWS DONOT HAVE ANY FLAP.
2.	This COWS have HUMP.	These DONOT have HUMP.
3.	Their BACK is CURVED SPECIALLY NEAR THE TAIL.	Their BACK is STRAIGHT THROUGHOUT THE BODY.
4.	Their HORNS is Uniform in Shape.	Their HORN is UN UNIFOM in Shape.
5.	Their NOSTILES are Wide open.	Their NOSTILES are Small Open.
6.	Their UDDER is in Uniform in Shape the Frount 2 Nipples will be Lower than the rest Teeth.	Their UDDER is no Shape and all Nipples are in one Size.
7.	Their TAIL BONE is TRIANGLAR in Shape.	Their TAIL BONE is no Shape.
8.	Their TAIL is Long almost Touches the Ground.	Their TAIL is Short.
9.	Their Legs HOOVES are Smaller and good in Shape.	Their Legs HOOVES are big and no good shape.
10.	They Sustain High & Low Temp. and all Diseases.	They Sustain Only Low Temp. and Less Diseases.
11.	MILK YIELD is LESS MAX. 2-10 Lts Per Day.	MILK YIELD is MORE MAX. 6-15 Lts Per Day.

Contributed by: G Ugandhar Nath Reddy

S.NO.	DESI COW (A2)	WESTERN COW (A3)
<b>II.MILK CONTENTS :</b>		
1.	Milk Contains Less Fat 3.5-4.5%, SNF (Solids Not Fat) like Calcium, Proteins, Lipids & Vitamin B12 for healthy Bones	Contains Less Fat 3 - 4.2%, SNF (Solid Not Fat) like Calcium, Proteins, Lipids, can cause Diabetes type 1.
2.	Contains Vitamin A, For good Eye Sight & Immune Function.	Causes High Blood Pressure.
3.	Helps to regulate the Human body Rate of Metabolism.	Causes Sudden death Syndrome in Infants.
4.	Its good for Kidneys.	Causes Sudden Death in Old Age.
5.	Regular Consumption Increases good Cholestrol.	Causes Mental disorder in old Age.
6.	Regular Consumption helps in Body growth & Development in Children Brain.	Causes Heart Attacks/Cardiac problems.
<b>III.PRODUCTS MADE FROM MILK:</b>		
1.	CURD	CURD
2.	BUTTER	BUTTER
3.	GHEE	GHEE
4.	SKM (SKIM MILK POWDER)	SKM (SKIM MILK POWDER)
5.	ICE CREAM	ICE CREAM
6.	KOHA (SWEETENED & UN SWEETENED)	KOHA (SWEETENED & UN SWEETENED)
7.	PANEER	PANEER
8.	SFM (sterilized Flavored Milk)	SFM (sterilized Flavored Milk)

Contributed by: G Ugandhar Nath Reddy

# A2 Milk vs. Regular Milk

## Mainly the difference between regular milk and A2 milk:

Regular milk contains beta-casein A1 and A2 both,  
A2 milk may contain A2 beta-casein only.

It is seen that regular cows produce an A1 and A2 beta-casein combination, whereas some cows with genetic mutation produce A2 beta-casein only, yield A2 milk naturally.

Milk is a good source of protein and calcium. Milk protein is converted to peptides that are then converted to amino acids. A2 milk is easier to digest than regular milk and, thus, is safe for human body.

## Benefits of A2 milk:

Contains strontium, which helps boost the body's immune system, prevents bowel flare-ups, and enhances healthy blood sugar levels.

Contains omega-3 fatty acids known for removing cholesterol deposits, so critical for heart health.

Cerebrosides in A2 milk may improve brain function.

## Risks associated with A2 milk:

Lactose intolerance

Allergies

These are the same as those identified in most cow's milk:

## Should I consume only A2 milk?

Currently, there is only early evidence to suggest that A2 milk has health benefits over regular cow's milk products. Initially, A2 milk was marketed as a healthier alternative to regular milk. Claims were that regular milk is linked to higher risk of type I diabetes and heart disease, whereas A2 milk is not. According to a scientific review published in 2005 and another in 2011, however, these claims were unsubstantiated.

Therefore, for now, it is unclear which type of milk has more nutritional value. Based on overall nutritional profile of A2 and regular milk, A2 milk has similar health benefits as regular milk.

# About Author



## **G Ugandhar Nath Reddy**

Dairy Expert and Contributor

He is a Dairy farming expert, has a B.Tech in Dairy Technology and brings over 32 years of experience working in various states across India, in the procurement side and dealing directly with the farmers to increase milk products. Presently he is involved in various Voluntary Organizations working for the upliftment of the poor & Marginal Farmers in Agriculture & Dairy Farming in the State of Telangana, A.P & in other states of India.



## **Garima Goel**

Author and Organiser

Having completed her management degree from Amity Business School in 1998, Garima Goel brings in an experience of more than 12 years as a marketing professional and a lifetime of community engagement. Garima has worked for corporations like Wockhardt Pharmaceuticals, Whirlpool India, Redington across her career. Her passion lies in teaching underprivileged children and her interests are in reading, cooking and traveling.

# About Organo Et School

At Organo Et School (OES), we recognize that for any positive impact to be sustainable, it has to be long-term and inter-generational. We strive to empower people to embrace eco-living solutions, mindsets and habits.

Organo Et School is a learning initiative set up by Organo Eco-Habitats Pvt Ltd in 2017 and has been facilitating fields visits and workshops for Schools and Interest Groups. Organo Et School has had over 25+ schools, 6000+ students and 2500+adults participate over the last 4 years.

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