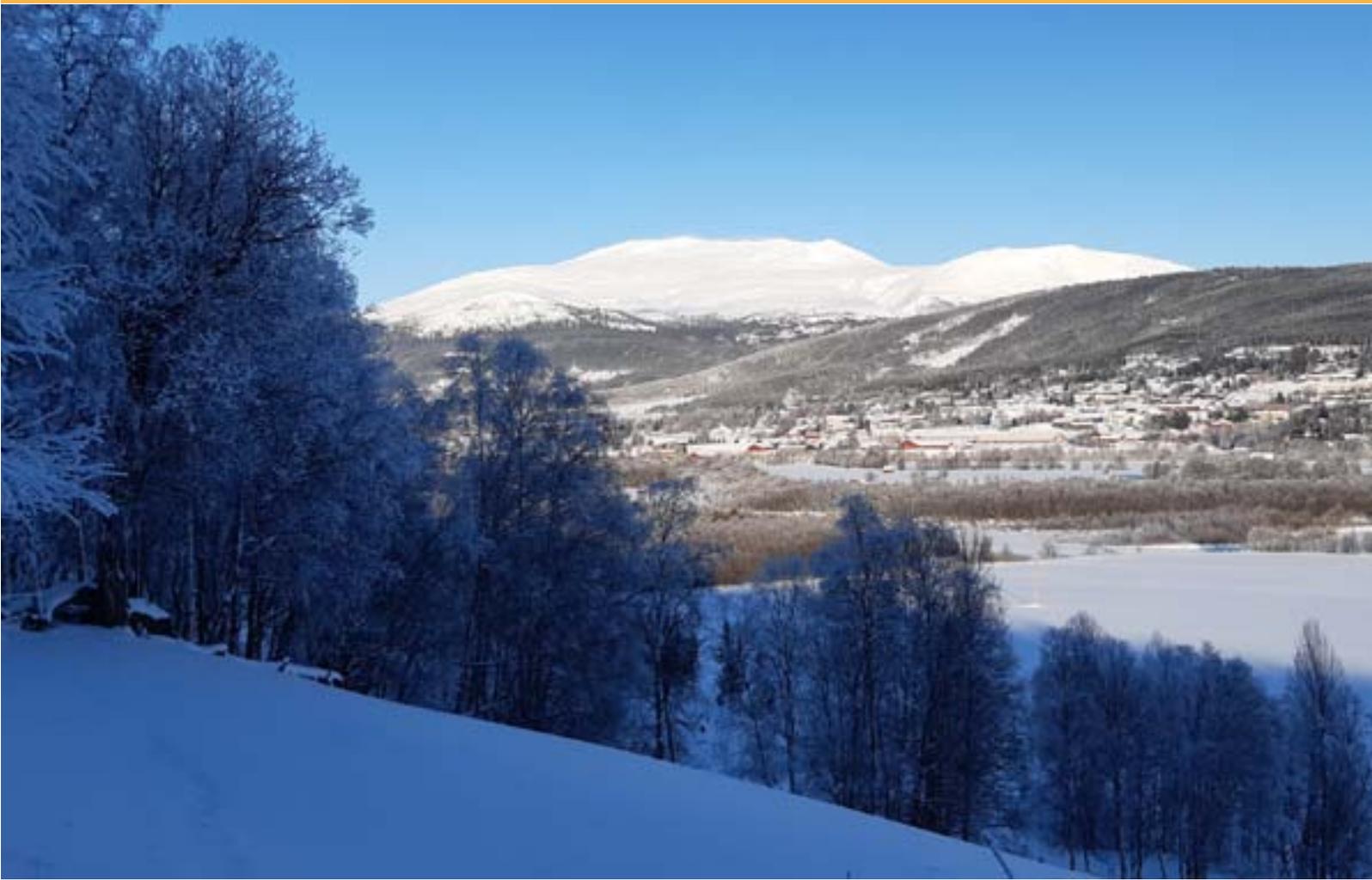




The Mt. Tron Mail

February 2021 * Mt. Tron University of Peace Foundation * No. 1 Vol. 24



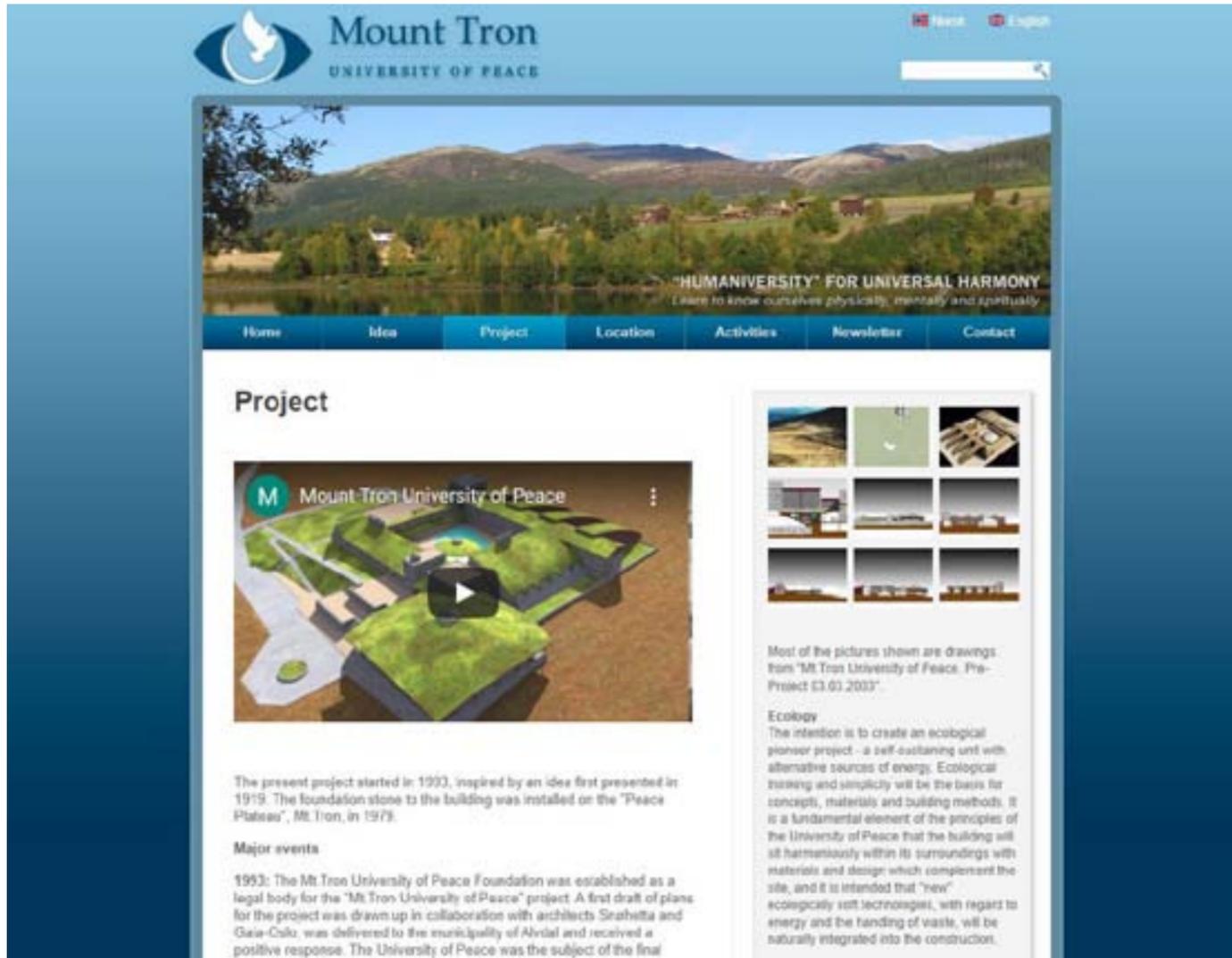
Mt. Tron and Alvdal bathed in sunlight and severe cold, at 14:11 hrs, on February 2nd 2021. Photo: BP.

The Mt. Tron Mail is now free

Since The Mt. Tron Mail became Internet based ten years ago in March 2011 and issued as a pdf file sent by e-mail, after 13 years of printing on paper and dispatching by post, the number of subscribers steadily decreased from a peak of about 120 to only a handful last year. We therefore decided to release The Mt. Tron Mail completely from the bond to subscription and a closed membership of subscribers.

The move to digital was made to ease the increasing workload, cut the cost considerably, and to avoid the environmental effects of unnecessary paper printing and postal transport. But it turned out to be more complicated and less attractive to subscribers, perhaps especially regarding the electronic invoice. And as we no longer depend on income from the newsletter, it is with relief and joy that we have taken the decision to make it free.

3D model of the University of Peace



The screenshot shows the website for Mount Tron University of Peace. At the top, there is a navigation menu with links for Home, Idea, Project, Location, Activities, Newsletter, and Contact. Below the menu, a large banner features a landscape image and the text "HUMANIVERSITY" FOR UNIVERSAL HARMONY. The main content area is titled "Project" and includes a 3D model of the university campus, a grid of smaller images, and text describing the project's history and ecological goals.

Project

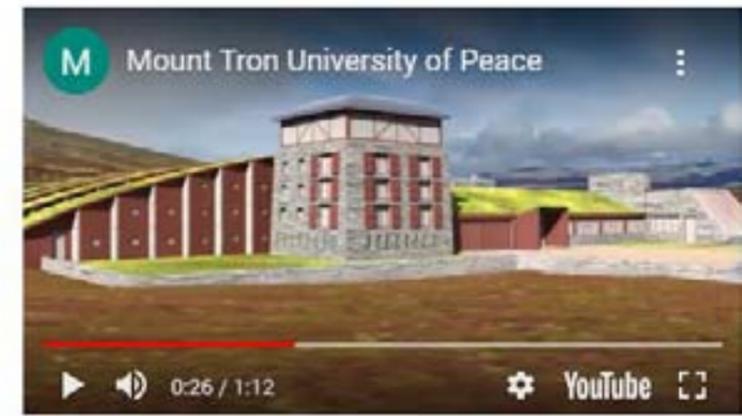
Most of the pictures shown are drawings from "Mt Tron University of Peace, Pre-Project 03.03.2003".

Ecology
The intention is to create an ecological pioneer project - a self-sustaining unit with alternative sources of energy. Ecological training and simplicity will be the basis for concepts, materials and building methods. It is a fundamental element of the principles of the University of Peace that the building will sit harmoniously within its surroundings with materials and design which complement the site, and it is intended that "new" ecologically safe technologies, with regard to energy and the handling of waste, will be naturally integrated into the construction.

The present project started in 1993, inspired by an idea first presented in 1919. The foundation stone to the building was installed on the "Peace Plateau", Mt. Tron, in 1979.

Major events

1993: The Mt Tron University of Peace Foundation was established as a legal body for the "Mt Tron University of Peace" project. A first draft of plans for the project was drawn up in collaboration with architects Srahetta and Gaia-Coko, was delivered to the municipality of Alvål and received a positive response. The University of Peace was the subject of the final

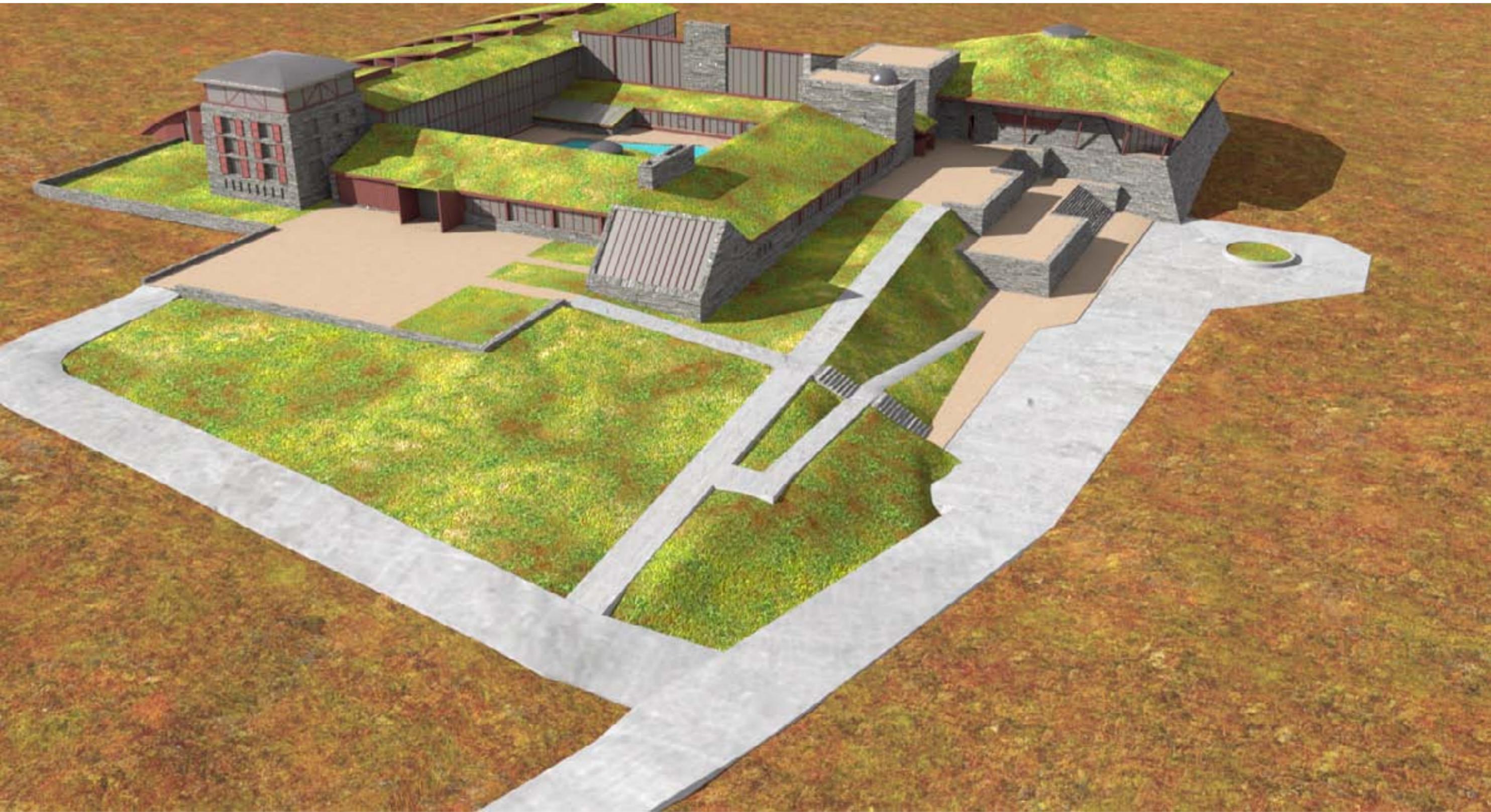


It has taken much longer than wished but after many years and at the third and last attempt a 3D model of the Mt. Tron University of Peace was finished last year. The model has been made privately by friends in India in their leisure hours and represents a very important addition to the planning of the project. It has been placed

into the regulated area in the landscape of Mt. Tron, and is shown as a short video film.

Visit our home pages on www.tronuni.org, press the tab 'Project' and watch the YouTube video there. Enjoy!

3D model of the University of Peace (cont.)



A picture of the model before it was inserted into the landscape and the video. On the first of the two preceding pages, the first picture is a screen dump of our home-pages where the video is placed and the bottom picture is also a model picture before the making of the video. On the next page all eight, small, pictures are screen dumps from the YouTube video.

On the picture above the vegetation around the built-up area has been replaced by a simple, digital texture, instead of photos of the local vegetation in the area. The intention is that the vegetation presently found in the area, will be placed on the roofs of the finished building so that the whole building will blend into the landscape.

The architect Knud Larsen is the creator of the sketch project of the Mt.Tron University of Peace, and the model builders in India have been guided by him.

“The Forest House” at Tronsvangen Seter



The photo shows how the so-called “Forest House” at Tronsvangen Seter looked until the end of September last year: A miserable sight which the previous owner wanted to tear down! Nobody knows the actual age of The Forest House, but it is the only one remaining of the original buildings at Tronsvangen Seter, after the hotel activity started in 1885. The house was transported there from the village in 1890. It had been in the village for several years, after having been moved there from the neighbouring village of Folldalen. The picture is taken from the survey report of 2017 by The Cultural Heritage Fund, Røros.

Great rehabilitation of “The Forest House” has begun

1



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3



4



5



Great rehabilitation of "The Forest House" has begun (cont.)

6



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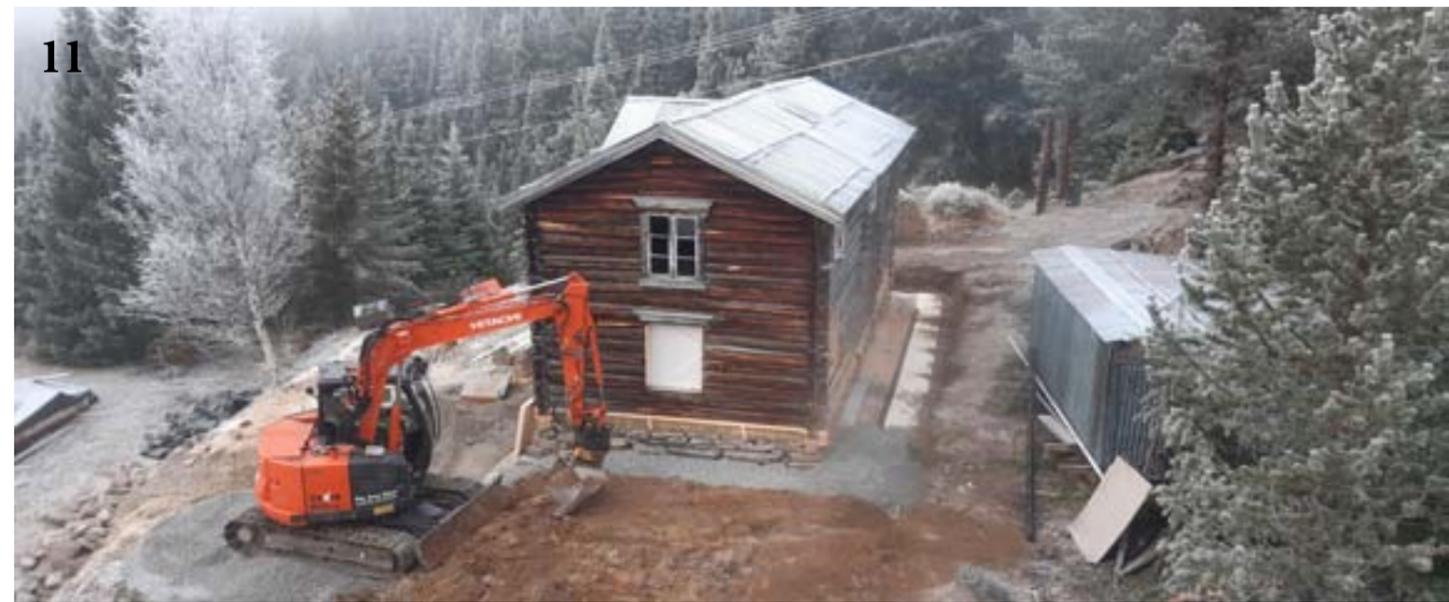
10



8



11



Great rehabilitation of “The Forest House” has begun (cont.)



“The Forest House” at Tronsvangen Seter was in a very deplorable condition due to continuous lack of maintenance and consequent increasing decay for the last, perhaps more than, 50 years, so that rescue has come in the nick of time.

Picture 1, 2 and 3: At the very beginning digging round the whole house was necessary to be able to do any work, and then filling the ditch with some gravel to avoid mud. All the base logs are rotten and have to be exchanged, and in addition the floor of the house has been lying directly on the ground underneath. All the pictures are from 24.09.2020 (BP).

Picture 4 and 5: Two ready mix concrete lorries came from Tynset to supply ready concrete to parts of the foundation wall underneath the entire building, with a long supply piece reaching all over the house to its rear side. Both pictures are from 28.09.2020 (BP).

Picture 6: Here the “steps house” in the front has been temporarily demolished, and a huge spruce, which was rotten to the core and threatened both the Forest House and the hotel, has been cut down, together with some cleaning up around the house. 06.10.2020 (BP).

Picture 7: A rented ‘bobcat’ was used to remove soil which had to be dug out from underneath the house, together with transporting stones to the house. The stones would be used for the foundation wall. 07.10.2020 (BP).

Picture 8: Here we clearly see how the whole house is being temporarily kept up by leca pillars, which rest on insulated plates of concrete underneath. The insulation reaches a bit outside the concrete. Formwork for all the corners of the house has also been finished. 10.10.2020 (BP).

Picture 9 and 10: Building contractor Inge Slåen and his able men are working with the exchange of the base logs, together with the final result, along with the finished stone wall at the rear of the house. 15. and 23.10.2020 (BP).

Picture 11: Drainage, filling up of crushed stone and leveling. 11.11.2020 (BP).

Picture 12 and 13: Close-ups of the technique of cogging joints. 28. and 13.10.2020 respectively (BP).

Picture 14: Inside new floors, walls and roofs on the ground floor. In one of the rooms some of the old panelling has been conserved. 26.11.2020 (BP).

Picture 15: The rear of the house with flattening around and view towards the valley. 14.11.2020 (BP).

Picture 16: The front of the house with the restored “steps house” in place, and a satisfied Knud Larsen in front of the entrance door. The windows are all ready and will be installed later this year. And the first floor, together with the roof, will be done later this year. The shed in the background will be removed.

The Cultural Heritage Fund at Røros is supporting this project with NOK 370,000. As neither the municipality of Alvdal, nor the County municipality, nor the Sparebank Trust, to all of whom an application for funding was made, found this interesting, Knud Larsen pays the remaining cost from his own pocket. The Forest House is going to be a museum for Anandacharya.



Yoga practices to help fight the Coronavirus

By
Baheerathan Vykundanathan (Thamba)

Nitric oxide to mitigate Covid-19

In October 2020, researchers at Uppsala University in Sweden claimed that **nitric oxide** (NO), a compound with antiviral properties that is produced by the body itself, was found to be effective against the Covid-19 coronavirus. This study is published in the journal Redox Biology. Several articles regarding this have since been published, among which a few trustworthy websites have been listed below:

<https://www.sciencedaily.com/releases/2020/10/201002111724.htm>

<https://www.sciencedirect.com/science/article/pii/S2213231720309393#>

<https://www.medicalnewstoday.com/articles/covid-19-nitric-oxide-shows-promise-as-antiviral-treatment>

Nitric oxide (NO), a cell signalling molecule produced naturally by the body, has anti-inflammatory effects and is a vasodilator (dilation of blood vessels), meaning it dilates blood vessels to increase blood flow, reduces blood pressure, redistributes blood flow and also has antiviral properties.

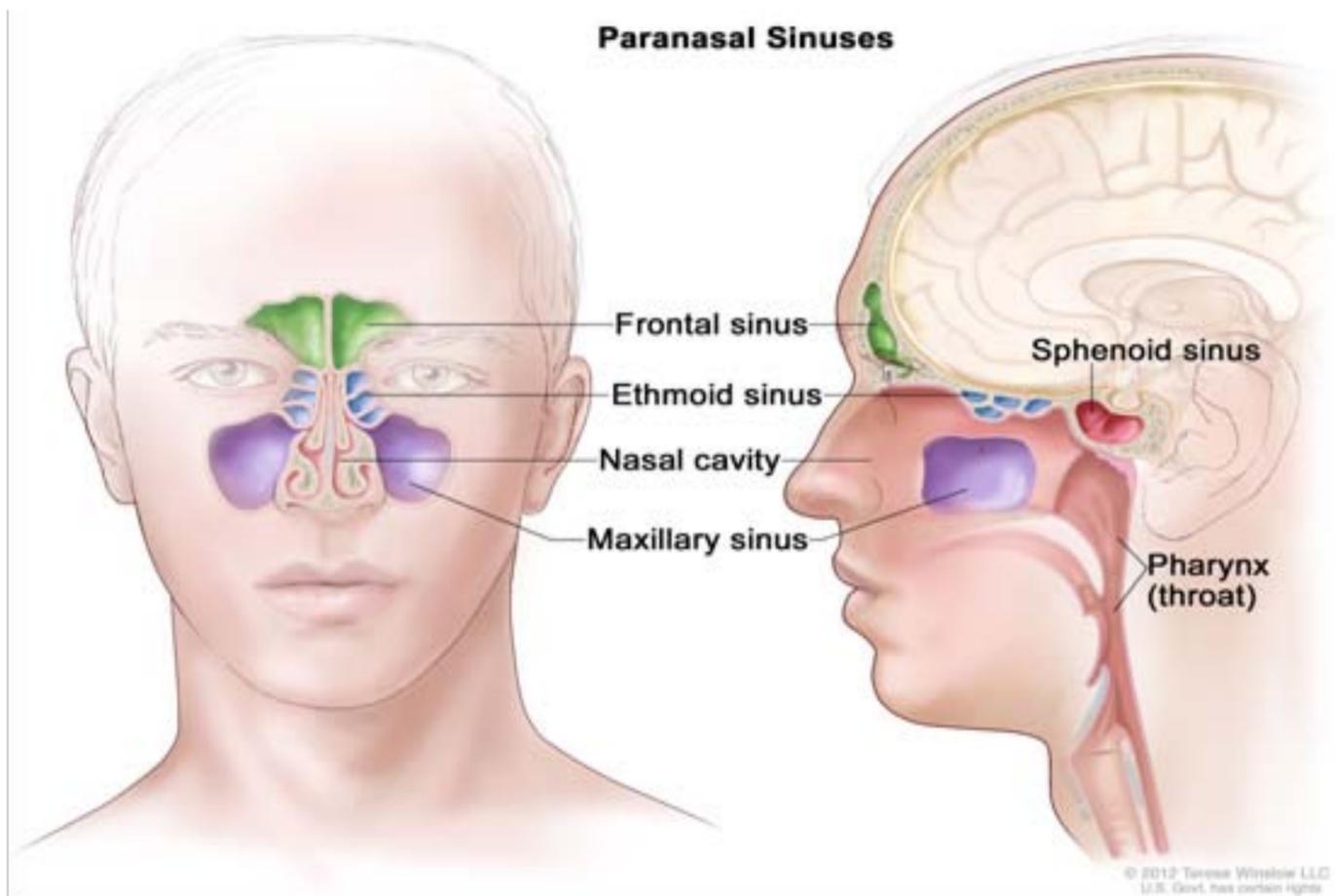
There are several companies around the world currently working on using NO as a treatment against the Coronavirus. More information:

<https://sanotize.com/>

<https://www.newsobserver.com/news/coronavirus/article245656290.html>

Nitric oxide production in the sinuses

Nitric oxide is produced in the paranasal or sinus cavities of adult humans.



The produced NO flows into the nasal airways and is carried into the lungs with each (nasal) breath we take. There are several medical journals and articles in recent

times publicising the actual benefits of nasal breathing over mouth breathing and how important it really is to breathe slowly and deeply.

Some of these studies highlighted the important aspect of nasal NO, that it acts as our body's first line of defence against airborne pathogens by sterilizing incoming air.

<https://www.thebreathingdiabetic.com/science-library/lundberg-and-weitzberg-1999>

<https://pubmed.ncbi.nlm.nih.gov/18951492/>

<https://www.sciencedirect.com/science/article/abs/pii/S1286457920300800>

Pranayama

The Yogic practice of Pranayama (breathing exercises) has since several thousand years taught various techniques involving the intake of breath, slowly and deeply, through the nostrils.

It is widely known that during a normal day, most people do not breathe in a slow and relaxed manner. The breath is shortened when we experience stress, fear, anger, disturbance etc. And during the span of a normal day, given the amount of stress we go through, most people do not breathe in a proper manner. It is therefore all the more important to take the time to do proper breathing exercises.

Based on a certain study, they found that the airflow rate in the nasal passage affects the concentration of NO produced. What they found is that **there is a higher concentration of NO produced at lower flow rates**. Below is a link to the study:

<https://thorax.bmj.com/content/54/10/947>

There are enough documented benefits of the Pranayama breathing techniques. Now with this current knowledge of nitric oxide production, we can safely conclude that Pranayama is a natural and effective method to produce a good concentration of NO in the paranasal sinuses.

Humming and Nitric oxide

There are several recent studies that have found that humming greatly increases the nasal nitric oxide levels. This happens due to the vibration or oscillating airflow produced by the humming (the 'M' syllable that is prominent) that enhances sinus ventilation and thereby increases nasal NO levels. The study found that the **NO level increased 15-fold during humming** compared with quiet exhalation. Here are a few trustworthy sources describing the study and its effects:

<https://pubmed.ncbi.nlm.nih.gov/12119224/>

<https://www.atsjournals.org/doi/full/10.1164/rccm.200202-138BC>

<https://sequencewiz.org/2020/09/16/hum-your-way-to-health-how-to-naturally-increase-nitric-oxide-in-your-body/>

Chanting the Mantra - Om

The ancient yogic practice of chanting the mantra "Om" has been known to have several benefits both to the body and mind. When pronounced correctly, it sounds more like "AUM" and consists of the syllables: A, U, M. (Sometimes also said to contain a 4th silent syllable). The first sound "A" begins from the Solar plexus or abdominal area and sends vibrations through the stomach. The transition to the second sound of "U" moves upwards and vibrates in your chest cavity and throat. The final sound of "M" produces vibration in your head.

This is much like the 'M' syllable produced while humming but far more effective. Chanting "Om" is an excellent way of producing vibrations in your body and head. Learning to chant the Mantra correctly also teaches you to produce the vibration in a steady frequency and longer duration than you could do with regular humming.

Below is an article about a study performed at the Karolinska Institute in Sweden where they have researched and documented the effects of humming and "Om" chanting to help fight Sinusitis.

<https://www.yogajournal.com/meditation/sinusitis-survival/>

We thus see that chanting OM is an excellent way of producing vibration in your sinuses that can greatly increase the production of nitric oxide in your sinuses.

With all of the above-given information, we can thus infer that the regular practice of Pranayama and chanting OM can be used to mitigate the Covid-19 virus.

Food sources of Nitric Oxide

For those interested in naturally increasing nitric oxide levels through food intake, here are a few good sources of nitric oxide in foods:

1. Leafy greens (Argula, Spinach, Kale, etc)
2. Beet-root
3. Rhubarb
4. Spirulina
5. Dark Chocolate
6. Citrus fruits
7. Pomegranate
8. Walnuts

Source: <https://shop.ora.organic/blogs/news/top-nitric-oxide-foods>

NEWS bites

The Mt.Tron Road

On September 7th 2020 a court settlement about The Mt.Tron Road was agreed upon in the local land consolidation court, which implied that the ground owners own the ground of the road, while the municipality of Alvdal owns the road itself and has the right to hold and construct the road all the way on Mt.Tron. Furthermore, Jan Inge Gjermundshaug has the right to keep toll road facilities and to operate the road through contract with the municipality. However, the ground owners have the right to a percentage of the income from the toll road.

Amazon

The English edition of the book on Anandacharya: **Sri Ananda Acharya. A forgotten Son of Mother India. His own story. A biography and anthology**, has now been published on Amazon both as a paperback and as an eBook:

<https://www.amazon.com/Sri-Ananda-Acharya-Forgotten-anthology-ebook/dp/B08P51H6WS/>

It is thus easily available for anyone anywhere in the world.

Satsanga via Zoom

Every Sunday from about 10 a.m. we hold Satsanga with friends over the internet using Zoom. It is open for all to participate and lasts to about Noon. This started last year owing to the Corona situation.

Budeia

On July 30th 2020 the organization **BUDEIA, Norwegian women's aid to needy sisters in India** was established to help the women in Satavisha. More about this in the next issue!

The screenshot shows the Amazon product page for the book "Sri Ananda Acharya - A Forgotten Son of Mother India: His own story. A biography and anthology. Kindle Edition" by Bjørn Pettersen. The page includes the book cover, a description of the author and the book's content, and technical specifications such as page length (472 pages), language (English), publication date (November 24, 2020), and file size (131539 KB). There is also a section for "Follow the Author" with a button to follow Bjørn Pettersen.

The Mt.Tron Mail - the newsletter for those interested in the establishing of the Mt.Tron University of Peace

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(Chairman of the Foundation)
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Address: "Shantibu", 2560 Alvdal, Norway
Telephone: +47 62 11 36 91
E-mail: shanti@tronuni.org
Internet: www.tronuni.org
Organization No: 990 106 118
IBAN: NO94 1895 2650 935
BIC-address: SHEDNO22
Bank name: Sparebanken Hedmark