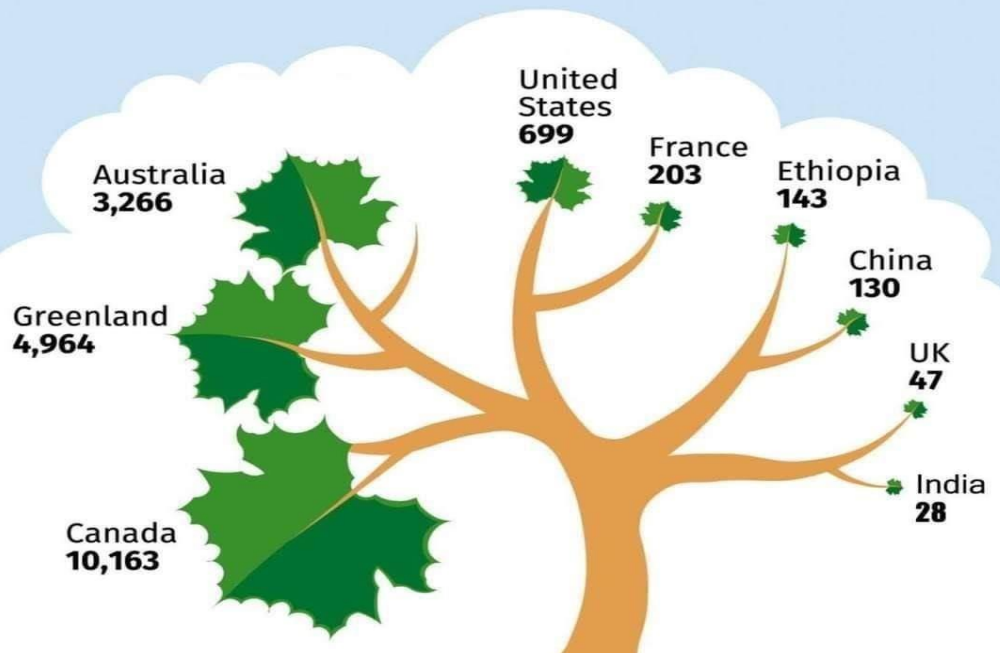
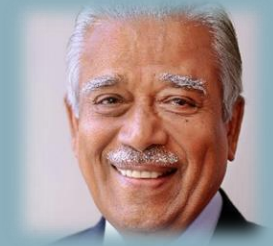


**Trees per person :**

# DRK's News Letter



Issue No: 38

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**EARTH IS OUR ONLY HOME – LET US SAVE IT  
SAVE THE ENVIRONMENT – SAVE THE PLANET**



*"Yes, the planet got destroyed. But for a beautiful moment in time we created a lot of value for shareholders."*

**WHEN A PICTURE IS WORTH  
A MILLION WORDS!**



**POOR BY WEALTH BUT  
RESPONSIBLE BY NATURE**



“Earth provides enough to  
satisfy every man's needs,  
but not every man's  
greed.”

— Mahatma Gandhi

### Why this Urgency for a newsletter on Environment?

I am shocked at the way we are destroying environment in every way, that I recalled the prediction Of E O Wilson, often described as "The New Darwin", "Darwin's natural heir" or "The Darwin of the 21st century"

“If all mankind were to disappear, the world would regenerate back to the rich state of equilibrium that existed ten thousand years ago. If insects were to vanish, the environment would collapse into chaos”.

I found more such wise statements warning the present generation of its responsibility:-

**Mahatma Gandhi**, celebrated as the greatest person of the last century said- “Earth provides enough to satisfy every man's needs, but not every man's greed”.

Saving our planet, lifting people out of poverty, advancing economic growth... these are one and the same fight. We must connect the dots between climate change, water scarcity, energy shortages, global health, food security and women's empowerment. Solutions to one problem must be solutions for all. – **Ban Ki-moon**- eighth Secretary-General of the United Nations.

Sooner or later, we will have to recognise that the Earth has rights, too, to live without pollution. What mankind must

know is that human beings cannot live without Mother Earth, but the planet can live without humans. – **Evo Morales**, 65th President of Bolivia

A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people. – **Franklin D. Roosevelt**- 32nd president of the United States from 1933 until his death in 1945

What is the use of a house if you haven't got a tolerable planet to put it on? – **Henry David Thoreau**- American naturalist, poet, and philosopher

It is horrifying that we have to fight our own government to save the environment. – **Ansel Adams**, American Environmentalist, wilderness conservationist.

We won't have a society if we destroy the environment. – **Margaret Mead** an American cultural anthropologist who also said, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has”





*"The Greatest  
Threat to Our  
Planet Is the  
Belief That  
Someone Else  
Will Save It"*

*~Robert Swan*



**Chris Maser** of Corvallis, Oregon, is known to some as the 'Ghandi of the Forest said,

"What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another"

**Mike Huckabee**, candidate for the Republican Party presidential nomination in both 2008 and 2016 said-

"The most important thing about global warming is this. Whether humans are responsible for the bulk of climate change is going to be left to the scientists, but it's all of our responsibility to leave this planet in better shape for the future generations than we found it".

"Our planet's alarm is going off, and it is time to wake up and take action"-said **Leonardo DiCaprio** placed eight times in annual rankings of the world's highest-paid actors

### **What is Environmental Disaster?**

An environmental disaster or ecological disaster is defined as a catastrophic event regarding the natural environment that is due to human activity. This point distinguishes environmental disasters from other disturbances such as natural disasters and intentional acts of war such as nuclear bombings.

Environmental disasters show how the impact of humans' alteration of the

ecosystem has led to widespread long-lasting consequences. These disasters have included deaths of wildlife, humans and plants, or severe disruption of human life or health, possibly requiring migration.

A 2013 report examined the relationship between disasters and poverty world-wide. It concludes that, without concerted action, there could be upwards of 325 million people living in the 49 countries most exposed to the full range of natural hazards and climate extremes in 2040.

The most common causes include pollution that seeps into groundwater or a body of water, emissions into the atmosphere and depletion of natural resources, industrial activity or agricultural practices.

An environmental disaster is an incident which takes place due to naturally or human actions, results in a harmful impact upon the natural environment.

In most cases environmental disasters are caused by human error, accident, lack of foresight, corner cutting during industrial processes, greed, or by simple incompetence. ... Lack of foresight is a common cause of an environmental disaster.

Disasters can be classified into three types: (1) natural; (2) man-made; and (3) hybrid . Natural disasters are catastrophic events



resulting from natural causes such as volcanic eruptions, tornadoes, earthquakes, etc., over which man has no control.

A disaster is a sudden, calamitous event that seriously disrupts the functioning of a community or society and causes human, material, and economic or environmental losses that exceed the community's or society's ability to cope using its own resources. Though often caused by nature, disasters can have human origins.

Disasters may be explosions, earthquakes, floods, hurricanes, tornados, or fires. In a disaster, you face the danger of death or physical injury. You may also lose your home, possessions, and community. Such stressors place you at risk for emotional and physical health problems.

Awareness, education, preparedness, and prediction and warning systems can reduce the disruptive impacts of a natural disaster on communities. Mitigation measures such as adoption of zoning, land-use practices, and building codes are needed, however, to prevent or reduce actual damage from hazards.

An environmental health hazard is anything in the environment that endangers human health and life; there are various types of environmental health hazard. ... The consequence of water, air and soil pollution is damage to the environment and to humans.

Humans impact the physical environment in many ways: overpopulation, pollution,

burning fossil fuels, and deforestation. Changes like these have triggered climate change, soil erosion, poor air quality, and undrinkable water.

The list of issues surrounding our environment go on, but there are three major ones that affect the majority of them overall: global warming and climate change; water pollution and ocean acidification; and loss of biodiversity.

Humans need to interact with the environment to obtain our food, water, fuel, medicines, building materials and many other things. Advances in science and technology have helped us to exploit the environment for our benefit, but we have also introduced pollution and caused environmental damage.

**The Top 5 Environmental Concerns today are -**

### **1. Biodiversity**

Biodiversity is the most complex and vital feature of our planet. It is essentially every living thing and ecosystem that makes up the environment. From the tallest giraffe to the smallest microorganism,

everything plays an important role in the maintenance of our world.

But with the increase in global warming, pollution and deforestation, biodiversity is in danger. Billions of species are going or have gone extinct all over the world. Some scientists, in fact, are suggesting that we are in the beginning of a 6th mass extinction, posing issues for our planet and ourselves.

Reducing our meat intake, particularly red meat, as well as making sustainable choices can help to keep our planet running smoothly.





## 2. Water

Water pollution is a huge concern for us and our environment. Not only is polluted water a huge financial strain but is also killing both humans and marine life. With oil spills, an abundance of plastic waste and toxic chemicals entering our waterways, we're damaging the most valuable resource our planet has to offer.

By educating people on the causes and effects of water pollution, we can work together to undo the damage humans have caused. Laws also need to change to make pollution tougher, consistently across national borders.

## 3. Deforestation

We need plants and trees to survive. They provide oxygen, food, water and medicine for everyone, all over the globe. But if deforestation continues at the rate it's occurring, we won't have much of the valuable forestry left.

With natural wildfires, illegal logging and the mass amount of timber being harvested for commercial use and animal agriculture, our forests are decreasing at an alarming rate. As well as reducing our supply of oxygen, the loss of forests is contributing around 15% of our greenhouse gas emissions.

To help, we should buy more recycled and organic products, limiting the amount of paper and cardboard we use.

## 4. Pollution

Pollution is one of the primary causes of many of the other environmental concerns,

including climate change and biodiversity. All 7 key types of pollution – air, water, soil, noise, radioactive, light and thermal – are affecting our environment.

All types of pollution, and environmental concerns, are interlinked and influence one another. So, to tackle one is to tackle them all. That's why we need to work together, as a community, to reduce the impact that pollution is having on our environment.

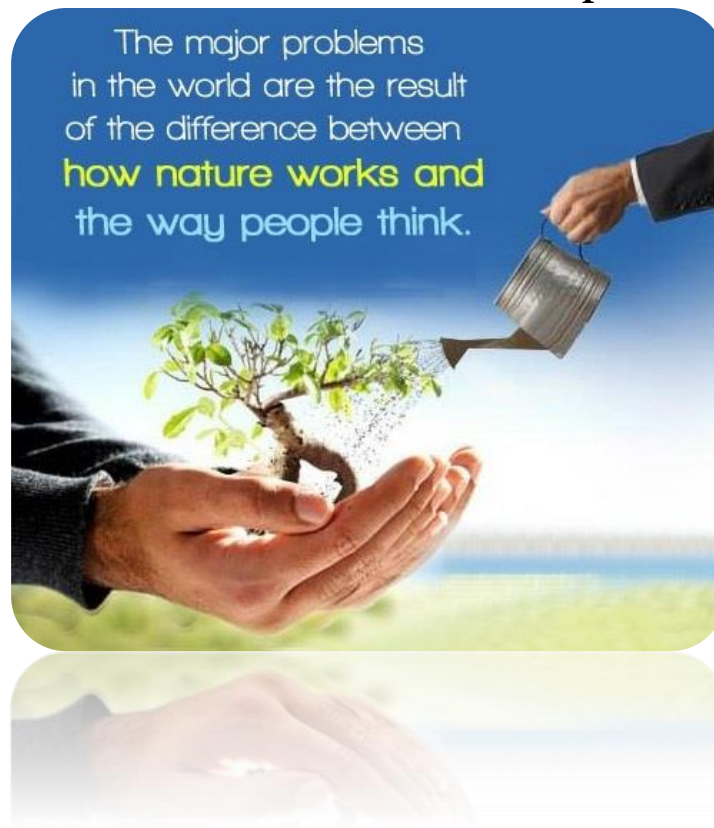
## 5. Climate Change

As pointed out by a recent UN report, without 'unprecedented changes' in our actions and behaviour, our planet will suffer drastically from global warming in just 12 years. Greenhouse gases are the main cause of climate change, trapping in the sun's heat and warming the surface of the earth.

An increased ocean temperature is affecting the sea life and ecosystems habituated there. The rise in global sea levels is shrinking our land, causing mass floods and freak weather

incidents across the world. If we continue as we are, the world will suffer irreversibly. Many island nations and low lying coastal cities will disappear.

Saying no to driving more will reduce your carbon footprint, as will switching off electrical items when they're not in use. More importantly, we need to educate the world on the effects and severity of global warming, before it's too late.



## Some of the key Environmental issues are:

Our environment faces several problems, and many of these seem to be worsening with time, bringing us into a time of a true environmental crisis. It is therefore becoming increasingly important to raise awareness of the existence of these issues, as well as what can be done to reduce their negative impact. Some of the key issues are:

### 1) Pollution

Pollution of the air, water and soil caused by toxins such as plastics, heavy metals and nitrates, caused by factors such as toxins and gases released by factories, combustion of fossil fuels, acid rain, oil spill and industrial waste.

### 2) Global warming

The emission of greenhouse gases due to human activity causes global warming, which in turn causes an increase in temperature that then leads to rising sea levels, melting of polar ice caps, flash floods and desertification.

### 3) Overpopulation

We are facing a shortage of resources such as food, water and fuel to sustain the rising global population, particularly in developing countries. Intensive agriculture attempting to lessen the problem actually leads to more damage through the use of chemical fertilizers, pesticides and insecticides.

### 4) Waste disposal

An excessive amount of waste is produced and dumped in the oceans. Nuclear waste is particularly dangerous, as well as plastics and electronic waste.

### 5) Ocean acidification

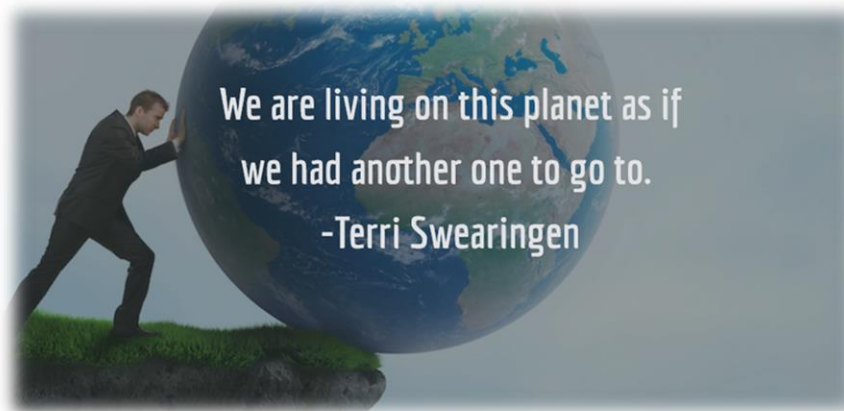
The increase in the production of carbon dioxide by humans causes the oceans' acidity to rise, which has a negative impact on marine life.

### 6) Loss of biodiversity

Species and habitats are becoming extinct due to undesirable human activity. This causes an imbalance in natural processes like pollination and poses a threat to ecosystems – coral reef destruction is a serious concern.

### 7) Deforestation

Loss of trees in order to make space for residential, industrial or commercial projects means that less oxygen is produced, and temperature and rainfall are affected.



### 8) Ozone layer depletion

Pollution caused by chlorofluorocarbons (CFCs) in the air creates a hole in the ozone layer, which protects the earth from harmful UV radiation.

### 9) Acid rain

Pollutants in the atmosphere such as sulfur dioxide and nitrogen oxides cause acid rain, which has negative consequences for humans, wildlife and aquatic species.

### 10) Public health issues

Lack of clean water and clean air is one of the leading environmental problems currently. Pollutants in the air also cause issues such as respiratory disease and cardiovascular disease.



Gurudev Sri Sri feeding elephant, AOL ashram

## Reverence for Nature Only Way to Save It

*Gurudev Sri Sri Ravi Shankar,*

*Founder Art of Living Foundation  
[www.artofliving.org](http://www.artofliving.org)*

Ancient Indian tradition believes in the sanctity of nature. It perceived the mountains, rivers, sun, moon, and trees to be sacred and that which is sacred, is honored. Unfortunately, we pollute our rivers and mountains in the name of sacred rituals. We also suffer from the misconception that ecological degradation is an inevitable by-product of technology and development. But the two need not be mutually exclusive. The purpose of technology is to harness nature, to bring information and comfort to human beings. When spiritual and human values are ignored, technology brings pollution and destruction, instead of comfort. The role of spirituality is to help maintain harmony in the environment even while allowing technology and science to grow. This is the challenge of our time.

We can take our lessons in environment preservation from nature. Nature digests waste material and produces something beautiful

every time. Despite all the extreme characteristics one finds in Nature, somehow, a balance is struck. It is not the science or the technology that is harmful; it is the waste material produced that is toxic. This waste needs to be minimized and recycled.

The greatest pollutant is, of course, human greed. It comes in the way of preservation of ecology, as it gives higher priority to quick profit and quick results over eco-friendly manufacturing practices. Greed pollutes the subtle environment and mind of man with negative emotions and impressions. Pollution permeates both the physical and subtle environment. An angry person exudes anger which spreads to others around him; it is a chain reaction. At the root of all wars is compounded negativity of emotions. Often we are not aware that something that is anti-environment is also anti-health.

By reviving traditional reverence for nature, we could restore a degree of purity to our surroundings. We can see God in nature — this would make us more sensitive to the way we treat nature. Then you can't but be environmentally conscious. Both ancient and modern methods need to be adopted. Vedic farming was done with cow urine, cow dung and neem leaves, and these have now been proved to be excellent for crop production. Recent experiments in India have shown







Sadhguru in solitary splendour in forest

that the yield has tripled just by natural farming done without fertilisers and pesticides. Just because something is new, it need not be good and just because something is old it need not be discarded. A good mix of the two can help us balance our lives with that of the environment and in this manner, we can prevent further degradation of Planet Earth. This can only happen when human consciousness rises above greed, selfish motives and exploitation.

We need to ask ourselves: How much do we want to exploit Earth? Or how much do we want to preserve it? We have to honour, respect and take utmost care of our planet and all its creatures. We should encourage chemical-free, organic farming and ensure that we don't pollute the earth with plastic, poisonous fertilizers and chemicals. Taking steps so that we collectively become environmentally conscious will be our greatest offering.

**Ecology is not somebody's work, it is everybody's work:**

***Sadhguru, Founder Isha Foundation - [www.isha.sadhguru.org](http://www.isha.sadhguru.org)***

As a generation, ours has taken the biggest bite off the planet. Whatever we do for the environment today is neither service nor a great achievement; it is a matter of survival. It's not the planet that is in danger today; we are.

Unfortunately, we live in times when human consciousness is so compartmentalized that we have forgotten there is actually no such thing as "environment." If an individual is willing, he can experience the entire world as himself. It is only because he has not exercised this choice that there is a divide between humanity and the environment.

Trees are our closest relatives. What trees exhale, we inhale; what we exhale, they inhale. They are half our respiratory system. Spirituality is not about looking up or down; it's about looking inward. The first fundamental fact you find on looking inward is that you are very much a part of everything around you. Without that realization, there is no spiritual process.

Ecology and human consciousness cannot be separated. Only because human beings have become insensitive, we have to talk today about saving the world, which is a silly idea because it is we who are protected by Mother Earth, not the other way round! None of this would be necessary if human beings understood that whether we like it or not, we are reverberating as a part of this existence.

Today modern science has established that the whole of existence is one energy; every particle in your body is in constant



With Sadhguru at Isha Yoga Centre, Coimbatore





“  
Let us pledge to collectively work towards conserving precious environment resources. Let us live in harmony with nature and keep our beloved Earth clean and green.  
”

Prime Minister Hon'ble Shri Narendra Modi

communication with the cosmos. This is a dry scientific fact which does not change your life. But the spiritual process enhances your perception to make this fact a living experience for you. Yoga means union. Union means the boundaries of the individual self dissolve and you experience existence as yourself. Once this is a living experience, to care for what's around you as you care for yourself is only natural.

In 1998, a team of experts predicted that by 2025, Tamil Nadu would become a desert. I don't like predictions. People make predictions based on statistics and cold figures; they don't take into account human aspiration and longing, and what beats in the human heart. I decided to drive around Tamil Nadu and take a look. I realized that we might not even make it to 2025! Small rivers had dried up and homes were built on riverbeds, and there isn't enough soil moisture for even palm trees – desert vegetation – to survive.

So, we started a project called Project Green Hands to plant 114 million trees. The first seven years we spent planting trees in people's minds, which is the most difficult terrain! Because that's been done, it's much easier to transplant those trees onto land. When I mentioned the figure, everyone

around me was alarmed. I asked them: “What is Tamil Nadu's population?” They said, “Sixty-two million.” I said, “If all of us plant one tree today, nurture it for a couple of years and plant one more, it's done.”

Even a beggar can plant one tree and have a living office for himself! You don't have to be affluent to do this; just about anybody can. Ecology is not somebody's work; it's everybody's work.

Link to the article:

<https://isha.sadhguru.org/in/en/wisdom/article/ecology-and-the-spiritual-process>

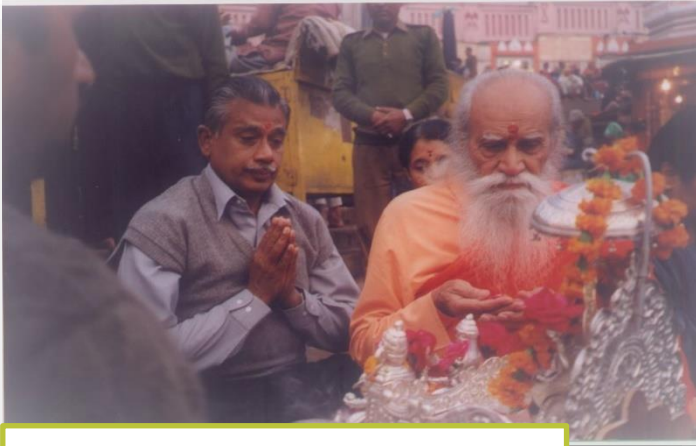
## Protecting Mother Earth

*By Sri Swami Satchidananda*  
*Founder Global Integral Yoga,*  
*Satchidananda Ashram–Yogaville, USA*  
[www.swamisatchidananda.org](http://www.swamisatchidananda.org) and  
[www.integralyoga.org](http://www.integralyoga.org)

We have a duty toward the land that brings us food, toward the rain that brings us water, toward nature. But what have we done? We are ruining it. Now, we are thinking of repairing it. Well, that's the way we learn. Mother Nature allows us to make the mistakes and to learn by our own mistakes. The earth is not going to condemn you once and for all. And we cannot literally ruin the whole nature. It's not in our hands. But we suffer by our actions and we learn to correct ourselves by that suffering. All the terrible things that



With Swami Satchidananda at my home, Delhi



With Swami at Ganga Ghat, Haridwar

are happening in the environment and climate help us to realize we must clean things up. Why is the weather pattern like this? Who is the cause for it? We, as a whole, are. We did something wrong, now we're facing it those results. And scientists also say that. They know the truth, yet many still don't want to accept that.

Every city knows what smog can do. We're polluting the air completely. Many years ago in 1970, I still remember that first Earth Day in New York City. The entire Fifth Avenue was blocked to traffic. We all gathered there to talk about how to keep the earth clean. And Mayor Lindsay said, "We should stop polluting the air by driving in huge cars." And I asked the Mayor, "Sir, how did you come here?" Of course, he came in a big car! We all do that; we know what is wrong, but still we continue. So, the suffering is slowly educating us.

Nobody was thinking of the earth in those days. So, it is all a sort of indirect lesson for us. Blessings in disguise. Slowly, all these things are teaching us lessons. We are constantly learning lessons by our own mistakes. The world is teaching us. Now companies have begun to introduce electric cars. Already the major car companies, and newer companies, are making electric cars. Several decades earlier, they even made sample cars to run by electricity. But then why didn't they manufacture those? They had to spend a lot of money to change the

technology, change the manufacturing equipment, which they didn't want to do. They had put a lot of money into manufacturing these gas guzzling cars. So, even though we know the technology—we had it earlier—we don't want to do it because money plays an important part in our lives.

For the sake of money we are ready to do anything. We pollute the air, pollute the water. Now a lot of damaging things fall into the rivers. Who does that? The money-making companies. Who pollutes the lungs? Cigarette companies. Why? They want money. That's why we are suffering. We never think of others. And that money, is it going to make us happy, healthy? No. An ill-earned money brings more illness. Well-earned money, even though only a little, will bring wellness to you. Ill-earned money will bring ills to you.

So that's why we find an increasing environmental consciousness everywhere today. The moment we stop polluting the earth, it will recuperate by itself. And that's what we are trying to do now. And each one should do his or her part. Right now, right here, we can try our best not to continue to pollute. Keep the little part of the earth where you are now as clean as possible. Let's not misuse Mother Nature's gifts unnecessarily.

“You cannot get through a single day without having an impact on the world around you. **What you do makes a difference**, and you have to decide what kind of difference you want to make.”

—Jane Goodall



Dr Jane Goodall - the legendary primatologist





With Patriji at Peace Conference

### “ Take Care of Mother Earth”

**Saving Environment, Eliminating Pollution**

***BRAHMARSHI PATRIJI***

***Founder Pyramid Spiritual Societies Movement [www.pssmovement.org](http://www.pssmovement.org)***

We are having our existence on Planet Earth.

The Planet Earth acts as a ‘Mother’ for all the beings existing in it. The mother takes care of the babies, when they are babies .. but when the babies grow up and become adults, they have the fundamental responsibility to take care of the mother... especially the ‘ailing’ mother.

Infant souls grow into baby souls, then into adolescent souls, then into adult / mature souls. Until a given soul becomes mature, the mother nature takes care of them. But after a soul becomes mature and adultish, the maturity of the soul itself requires that it begin to take proper care of the Mother. That is the meaning of a ‘mature’ soul or an ‘adult’ soul.

It is the responsibility and prime duty of all the adult souls of the Planet Earth to take care of the environmental problems and ecological harmony. The actions of the irresponsible humanity are mightily affecting the health-state of the Mother Planet. Time has come for the whole of the humanity to urgently address problems

like environmental pollution .. industrial wastes .. deforestation .. animal killing, etc etc.

All adult souls should come together in one voice to carry out this huge work of saving the Planet. That is the immediate next duty of every Buddha or every Enlightened Master. Among all the mature souls, a Buddha happens to be the most enlightened and most mature soul. Under the combined leadership of all such Buddhas, this whole Planet Earth will, in a very short time, see its glorious fulfilment.

Let us all together clean the environment. Reforestation should be done everywhere on a most intensive scale. Everybody should become a vegetarian, and there should be no animal slaughter for the sake of food anywhere. Pyramids have to be built everywhere to re-magnetize the Energy Grid of the Earth.

Pyramid Spiritual Societies Movement is doing its best in the whole scheme of things. Thank you all the thousands and thousands of Pyramid Masters .. modern-day Buddhas .. spread all over the country of India and the rest of the world for doing this !

**Pranams to Mother Earth !**

**Pranams to all the Buddhas of the Planet Earth !!**

**Pranams to all the Pyramid Masters of PSSM !!!**



With Patriji at Pyramid Valley, Bangalore



With BK Shivani at Dadi Janki Stamp Release function at Vice President's House, Delhi

## Reconstructing Environment With Our Vibrations

**BK SHIVANI, Spiritual Teacher of Raj Yoga - Nari Shakti Awardee**

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

When we think of nature, what we consider are only the visible natural resources. So, there are several initiatives extended to save and preserve them. But what we overlook is a huge and crucial dimension of our environment - THE HUMAN CONSCIOUSNESS.

- Our mind is our personal, inner environment. The quality of thoughts created in our mind determines how clean it is. And the total of all our individual thoughts forms the collective Human Consciousness.
- Our thoughts further give rise to our emotions, attitude, words, behaviors, choices, personality, culture and morals.
- We radiate all these as subtle energy vibrations into the environment throughout the day.

Clearly, the environment we see comprises of both direct and indirect manifestation, of the effect of human consciousness. Today human consciousness is filled with

greed, lust, anger, ego and pain. We radiate these vibrations, so they are all 'in the air'. So, they influence literally everything around us - the Five elements (air, water, fire, space and earth), people, plants, animals, food and water. Here is how human consciousness affect these entities -

- Each time we create thoughts of anger, jealousy, fear, or hurt, we are injecting the environment with these vibrations.
- Each time we are peaceful, happy, kind and compassionate, we infuse the environment with positivity.

Thus, at every moment we are either healing or harming the environment with our energy vibration. It is time to bring about a change in our consciousness, to ensue wellbeing of the ecosystem.

**Vegetation:** All of us have experienced the impact of our thought energy on plants and trees in our own backyards. When we nurture them with thoughts of love and care, they grow stronger, healthier and their yields - flowers, vegetables or fruits – are of a superior quality. Whether we realize or not, whether we intend or not, our thoughts travel as vibrations and influence every seed, plant, tree, garden and a forest - even in a distant continent. That is how powerful our thought energy is (Vibrations transcend time and distance.) Let us set aside a few minutes every day to radiate good thoughts to plant life to nurture them with healing energy.

**Water bodies:** Over 60% of human body and over 70% our planet is water-covered, implying a huge influence of our thoughts, on our own body and water bodies across the planet. Water responds significantly to directed thoughts. Scientific evidences shows that water has 'memory'. This means the water we drink absorbs all the thoughts which are present in its environment. Let us routinely radiate caring and healing thoughts to water bodies so that collective consciousness purifies them.



**Animal life:** Besides experiencing their own range of emotions, animals discretely respond to human behavior. Our pets are thrilled to see us happy and are distressed when we are sad. They think, emote and sense our state of mind merely by our facial expressions, body language or tone of words. Today several animals at a home, farm, zoo, lab, or in the wild are subjected to physical and emotional suffering. All of us cannot reach out to them with care, food or shelter. But all of us certainly can radiate loving and healing thoughts daily to innocent animal life on the planet.

**Food:** The food we eat literally determines who we are. Plants are a chief source of our food and (and as we saw earlier) plants are deeply influenced by thought energy. This means everything we eat carries thought energy absorbed from its surroundings. Thus, food carries energies of several people, even before it comes on our plate. It has vibrations of the one who grew the crop, one who sold it, one who cooked, and the one partaking it. Once we consume this food, the emotions in it become 'our' emotions. This makes it vital for us to pause for 15 seconds before eating or drinking anything, and create pure, positive thoughts to cleanse the emotional energies it contains.

**Healing with vibrations:** In our daily prayer, meditation or chanting, we can include these few healing thoughts -

I am a peaceful being, my vibrations of peace are radiating to the space element of my physical body and the universe. I am a pure being, my vibrations of purity are radiating to the water element of my physical body and the universe. I am a loving being, my vibrations of love are radiating to the air element of my physical body and the universe. I am a joyful being, my vibrations of joy are radiating to the fire element of my physical body and the universe. I am a powerful being, my vibrations of power are radiating to the Earth element of my physical body and the universe. My environment consisting of



With Nayaswami Jyotish and Devi at Ananda Village, Nevada, USA

fellow beings, plants, animals, food, the five elements is pure, clean, positive and powerful. We all co-exist in harmony, making this world more beautiful every day.

**Saving the Environment**  
**Nayaswami Jyotish and Devi**  
**Ananda Worldwide, Nevada USA**  
**[www.ananda.org](http://www.ananda.org)**

Protecting the environment is surely one of mankind's most important obligations. While government and industrial regulations may help, the real answer lies in seeing more clearly the long-term effects of our behaviors, and in raising consciousness. There are many changes that could be made if we but had the collective will to do so. Here are a few: widespread adoption of a vegetarian diet, prioritizing clean air and water above profit in both industry and agriculture, reducing our carbon footprint, and appreciating the natural world.

None of these will happen unless we can raise the level of awareness on a broad scale. The great American botanist, George Washington Carver, said, "Everything in nature will speak to you if you love it enough." The great masters of India go a

step further and urge us to see the divine unity behind the diverse forms of nature.

The great yogi Paramhansa Yogananda wrote, “Veils surround me, Father, hiding Thee from me. I love the dainty, colored veils of roses and daisies; the shining veils of clouds of burning gold; the dark, star-decked shawl of the night. But—how long wilt Thou remain hidden behind all these veils? I love them because they hint at Thy presence. Yet, still they hide Thee! I long to see Thee as Thou art—behind all this cover of veils!”

At Ananda Village in California, we maintain a harmonious balance between people and nature. The wildlife is abundant here because the deer, foxes, turkeys, and geese know they are safe. The forests and meadows are healthy, valued for both their beauty and health-giving benefits. We appreciate that the natural world is vital to our well-being. It has been found that hospital patients recover more quickly if they have a window with a view of nature or even a picture of beautiful scenery.

Swami Kriyananda urged people to connect with a “channel” in nature that particularly appealed to them, such as birds, trees, rivers, mountains, stars, or flowers. He said:

Man, by ignoring the Divine in nature, is gradually closing up those channels. It's like a spring: If you don't keep flushing it out and using it, gradually it chokes up and dries up.

So, also, does the flow of the Divine in this world if we ignore it. If we don't think of trees as being manifestations of God, and the grasses, and the rivers, and the stars, and everything, then the energy begins to withdraw. It's like a person to whom you don't give appreciation. Gradually he shuts off and he no longer gives you that which you might appreciate.

There has to be reciprocity in our relationship with people, with nature, with



Dr K Kasturirangan, at Space seminar, Delhi

everything. And so we have this idea here that it would be a lovely thing for us to try consciously to see God in nature—to try to invite Him back.

The saints in India say that the reason this planet is so erratic these days is that people have grown so totally out of tune with the harmony of nature. That's why we have so many floods, droughts, excessive cold, and so on.

Meditation and other spiritual practices are especially beneficial, because they help us to feel a sense of unity with others. As we become more self-aware, we find it natural to express our kinship with other people, with the natural world, and with this delicate planet that we all share.

### **Saving the Environment for Saving the Planet**

***K. Kasturirangan, Space Scientist, Former Chairman, ISRO and R.R. Navalgund, Distinguished Professor. ISRO***

**[krangank@gmail.com](mailto:krangank@gmail.com)**

Earth is continuously in process of change. Humankind depends on resources drawn from the earth's environment. Environment in a broad sense includes all components, encompassing physical, chemical and biological elements, of the earth system. These components include the atmosphere, the biosphere, the





With Dr Kastruirangan at Delhi home

cryosphere and the hydrosphere. Of course there is also the interior of the earth, called the lithosphere and soils. While the atmosphere refers to the envelope of gases that blanket the earth, the biosphere comprises the plant and animal kingdom. The cryosphere refers to snow, glaciers, and the sea ice. The hydrosphere refers to water in all its forms, oceans, rivers and lakes.

The solar radiation reaching the earth is the driving force for interactions amongst these and there is certain radiation balance. When this gets disturbed, either due to anthropogenic or other natural interventions, beyond a certain point, the state of the planet earth becomes unsafe. The increased capacity of human beings to exploit the natural resources in modern times is tending to threaten the environment. The ecological footprint (area required to produce food, material and energy) is gradually exceeding biological capacity since the Industrial Revolution thus endangering the health of the planet earth.

Part of the solar radiation incident on the earth surface gets absorbed. The earth also loses energy to space by emitting infrared radiation. Over a long period of time the earth reaches thermal equilibrium, the ambient temperatures not

necessarily uniform over the entire earth surface. However, industrialization since the nineteenth century has led to increase in atmospheric concentrations of heat-trapping greenhouse gases (GHG), such as carbon dioxide ( $\text{CO}_2$ ), methane ( $\text{CH}_4$ ), nitrous oxide ( $\text{N}_2\text{O}$ ), and fluorinated gases, thus disturbing the radiation balance.

Burning of fossil fuels, deforestation, rapid industrialisation and land use changes are the four major anthropogenic activities, which have led to a rapid increase of atmospheric  $\text{CO}_2$  levels from 280 parts per million (ppm) during 1850 to more than 416 ppm in February 2020. The Intergovernmental Panel on Climate Change (IPCC) has provided unequivocal evidence for the observed warming of the Earth's surface by about 1 degree C during the last 150 years. Agricultural crops, grasslands and forests absorb sun's radiation, and use carbon dioxide of the atmosphere as well as nutrients and water from the soils for their growth. However, if there is a large reduction in the forest lands due to deforestation, the ability to absorb atmospheric  $\text{CO}_2$  gets hampered.

According to, "The State of the World's Forests, 2020", brought out by the Food and Agriculture Organization of the United Nations, 31% of the global land area is under forests. Since 1990, forest land worth 420 million hectare has been lost; along with this 21 % of plant biodiversity is threatened with extinction. Loss of forest biodiversity has resulted in considerable loss of livelihood to the forest dependents. Thus, in order to mitigate the impact of climate change, it is important to conserve forest environment. India is no exception, having lost considerable closed forest area in the last few decades. Presently, against the national policy of 30% of land mass to be forested, only about 9% are in the closed forested category.



With Dr GBK Rao, Pragati Greens  
Hyderabad

Increase in irrigation of agricultural area is leading to greater evapotranspiration, leading to increase in water vapour in the atmosphere. Methane emanating from the paddy fields adds to the overall concentration of greenhouse gases. While the resulting increase in carbon dioxide availability and temperature may favour productivity rise in some crops, overall the agricultural ecosystem is getting disturbed. Increasing use of fertilisers and pesticides has resulted in degrading the quality of ground water as well as soils. Spatial and temporal spread of precipitation is getting uncertain and occurrences of droughts in terms of frequency and spatial extent have increased in Central India. While excess carbon dioxide may get absorbed by the sea, beyond a point, this leads to acidification and harms the life in ocean.

Sea surface temperature of the Indian Ocean has increased by 1 degree C during the period 1951-2015 and world-wide it has

risen by 0.7 degree C. Increase in temperature has led to melting of polar sea ice resulting in the sea level rise. Increase in temperature also leads to thermal expansion of the sea water, further contributing to increasing the sea level.

Sea level rise world over is 1.08-1.75 mm per year (1874-2004). During the recent period 1993-2017, it has been 3.3 mm per year. Consequence of this is the inundation of coastal regions of the world which are inhabited by about 40 per cent of the total human population. Anomalous increase in sea surface temperatures affects the coral reefs which house large diversity of marine biota and leads to their bleaching. Salt-tolerant mangroves along the coast play an important role in providing breeding grounds to fisheries, help in arresting sea erosion, and provide nutrients to marine biota. Any decrease in the area occupied by the mangroves because of industrial developmental efforts or due to the sea level rise may disturb the balance.

According to climate prediction models, higher sea surface temperatures, changes in the sea salinity, changes in the albedo of the land surface and the presence of greater concentration of greenhouse gases in the atmosphere together are changing the wind patterns, ocean and atmospheric circulations and lead to extreme weather events at different places. There are already evidences to this effect in different parts of the world. Increasing frequencies of cyclonic events with higher intensity, storm surges, heavy rainfalls confined to localised regions, thunderstorms/hailstorms, are some of the consequences. Increase in global temperatures has also led to greater melting of the glaciers and snow. A large number of glaciers in the Himalayan region have shown alarming retreat and there is overall decrease in snow fall/cover. Expected further increase in global temperatures according to the climate models is likely to lead to greater retreat of the Himalayan glaciers and much lower snowfall. This will endanger the perennial





World Environment Day at Pragati Resorts

nature of the rivers in the Indo-Gangetic plains affecting agriculture and livelihoods. Desertification/ land degradation is another casualty of the uncertainty and low precipitation. India is experiencing this problem in its western and parts of central India already.

Saving the environment requires conservation of forests, their biodiversity, afforestation, sustainable agriculture with judicious inputs, conserving soils, keeping water bodies/rivers free from pollution, controlling living activities which lead to air pollution and preserving the coastal zone along with mangroves and coral reefs. Further, mitigating the impact of uncertain precipitation across space and time, conserving wetlands, adopting resilient measures to face natural disasters, decongesting urban conglomerates, use of more clean energy and ensuring less dependence on fossil fuels are other measures. According to projections `Business as Usual` at the current level of GHGs would lead to an increase of 5 degrees C by the end of twenty first century and lead to disastrous consequences. So it is necessary to take all measures to reverse

the trends, save the environment which in turn can save the planet from further dangers and arrest it from going over the tipping point.

**To Save Planet Earth - Environment Has to be Saved**

**Dr.G.B.K.Rao CMD PRAGATI GREEN MEADOWS**


[www.pragatiresorts.com](http://www.pragatiresorts.com)

[www.pragatigreenliving.com](http://www.pragatigreenliving.com)

Bhagvatgita says – “All living bodies subsist on food grains, which are produced from rain. Rains are produced by performance of yajna [sacrifice], and yajna is born of prescribed duties. Harmonious functioning of nature can be realized from Yagna. This is the reason for performing Yagna. Today we stand of a great catastrophic mix planet”.

The situation seems irreparable and the future looks very bleak. Consumption of Medicinal Herbs has helped thousands of individuals and families find peace and happiness and transform their lives. The Vedic Sutras also indicates that Herbs has tremendous healing benefits and multifaceted applications. In the age of scientific enquiry today we have the technological advantage that is helping us understand the benefits of Medicinal Plants.

Pragati Sudhaama is being practicing of cultivation of Medicinal Herbs adopting integrated organic and natural methods, and giving value addition by state of the art facilities of R&D and production units for various ailments since 1994. Planting of various sacred, rare and endangered species and cultivation of medicinal plants (samidhis vanamulikas for Yagna) and millets resulted in remarkable influence in the reduction of carbon monoxide, carbon dioxide, other pollutants like oxides of Nitrogen, Ammonia and enhanced levels of Oxygen in and surrounding villages of Pragati Sudhaama.



**“If the bee disappeared off  
the face of the earth, man  
would only have four years  
left to live.”**

**— Maurice Maeterlinck**

Pragati Sudhaama is conducting a series of tests for noise, air in oxygen levels (depleted O<sub>2</sub> to rich O<sub>2</sub>). Soil, water for various macro and micro elements, heavy metals and microbial count etc will be monitored at every quarter. It was observed that cultivation of medicinal plants, and millets, planting of sacred, rare and endangered plant species and forest collections has resulted in eliminating viruses and bad bacteria. Specially the pathogenic types are not allowed to grow in the atmosphere, and making the surrounding area a heavenly place.

**Sugandhim Pushtivardhanam:**

The aroma from the medicinal, herbal, aromatic and mosquito repellent plants in Pragati Sudhaama removes all the ailments of the people who come here.

Pragati Sudhaama not only following but implementing in principle the Indian Vedic system. In Atharvana Veda the importance of plant has been described as:

**“Dasakupa samavapi, dasavapi  
samohradaha**

**Dasahradasamah putro, dasa putra  
samodrumah”**

Means the benefits of digging of ten wells is equivalent to one pond, ten ponds is equivalent to one Lake, ten lakes is equivalent to one son (suputra), ten suputras are equivalent to planting of one tree.

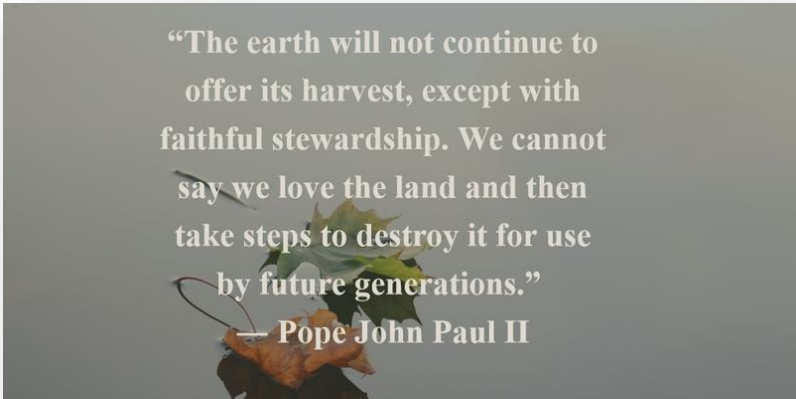
Pragati Sudhaama adopted a natural mode for purifying environment, Pancha Bhootas by performing “Vajapeya Maha Soma Yaga” for 12 days in December, 2020. The scientific study conducted during and after Yaga revealed many astonishing facts.

Thus, Pragati took initiative on its part to purify environment by starting Yagas at its Sudhaama (resorts). Cleaning up the air to rich oxygen and water through ancient practices like the Yaga, we can reduce or at least prevent some of the greatest health risks posed to us by environmental pollution.

Yagna Agni purifies Vayumandalam. Water becomes Amruth because the natural water from mountain passes through the Herbal Roots (Vanamulikalu) i.e Root Zone effect.

All the living beings in this World derived energy from food, while the food gets its energy from the Nature in a state of Harmony. The harmonious functioning of nature can be realised by Yagna. This is the reason for performing Yagna. Because of the Herbal cultivation (Vanamulikalu), using as food and consuming in different ways like Herbal Medicine i.e Kashayams, like Samidhies in Yagna, then Swakalyanam and Vishwakalyanam takes place.

Pragati Sudhama continue to follow the professional ideology of “Save Mother Nature, and in turn SHE saves us”.



**“The earth will not continue to  
offer its harvest, except with  
faithful stewardship. We cannot  
say we love the land and then  
take steps to destroy it for use  
by future generations.”**

**— Pope John Paul II**





Ricky Kej, UNESCO Global Ambassador

**Creating Environmental Consciousness is purpose of my life**

***Ricky Kej, Grammy® Award Winner  
UNESCO MGIEP "Global Ambassador for  
Kindness",  
Earth Day Network "Ambassador"  
[www.RickyKej.com](http://www.RickyKej.com)***

My name is Ricky Kej and I am a musician and an environmentalist. Music and my love for nature have always been the two pillars that defined my life. After I won the Grammy® Award in 2015, I decided to dedicate my life and my craft for the sole purpose of creating environmental consciousness. I use my music and my music videos to create awareness about various issues pertaining to our environment and to inspire action. My songs touch upon a variety of topics such as water conservation, sustainable agriculture, human-wildlife conflict, air pollutions, desertification etc. There is no dearth of inspiration when our muse is Mother Nature.

As a performing artist, I use my creativity to evoke emotions through my songs and in everything that I do. I use my platform to ensure that millions of people view our world in a different light. Music is a language of raw emotions and now more

than ever, we have to connect with people emotionally to address complex topics such as Climate Change, Biodiversity Loss, Pollution, Species Extinction, Land Degradation etc. Hard facts and data only appeal to a limited section of the general population. As a musician and a performing artist, I work closely with several wings of the United Nations such as UNCCD, UNICEF, UNESCO - MGIEP, WHO and other global organisations to breakdown these complex topics to deliver solutions through the universal language of music.

A lot of us adults are already aware of the various environmental challenges that surround us but what holds us back from taking concrete action within our own lives is the thought that someone else will take the lead and make a difference.

One of the main reasons why we as a species have gone from living in caves to walking on the moon is due to effective mass communication and mass cooperation.

When it comes to sheer numbers, there are no other species on this planet that can jointly work together to effectively achieve a task as we do. More than anything, the COVID-19 pandemic has clearly shown us that mass behavioural change is possible in an extremely short span of time and that we have the willpower to do so when



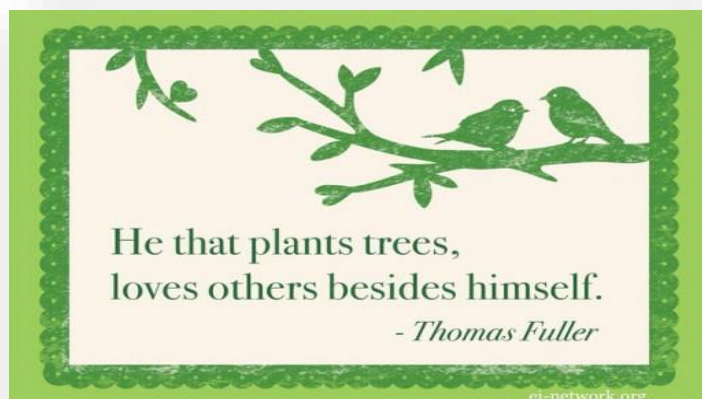
Ricky Kej with HH Dalai Lama



With Sunyogi at Atma Malik, Shirdi

Governments, Civil society, artists etc communicate effectively to deliver a unified message without any confusion. We have to work in a similar fashion to mitigate the effects of climate change.

We have to remember that our very survival on this planet is at stake and that it is our obligation to leave our future generations with the basic human rights of clean air, clean water, and a clean environment overall. We cannot achieve this by leaving our future generations out of the equation while we make our plans. We have to ensure that our children have the right information and guidance when it comes to being environmentally conscious. To do this, we must reach out to them from a very early age. This is our only home and it is time for us humans to act as responsible custodians of our planet. Every natural being is an intricate link in the



fabric of nature and every action that we take and every decision that we make has to be towards restoring and replenishing this delicate balance that holds the web of life together. I hope that we can all work towards a safer and more inclusive future not just for us but for all species.

## Sunyoga and Self Realisation to Protect Mother Earth

*Sunyogi Umashankar*

• [sunyoga.info/about-sunyogi/](http://sunyoga.info/about-sunyogi/)  
[www.amazon.com/Essence-Sunyoga-dp/8833466965/](http://www.amazon.com/Essence-Sunyoga-dp/8833466965/)

Can Self-realization be the key to solve our problems and protect the environment and Mother Earth?

The blue sky above is clear, pure, peaceful, serene, tolerant, and vast, but clouds, thunder, rain, hail, storms, and heat waves create turbulence. Once the disturbance goes away, the sky is once again peaceful. In the clear sky, even a small imperfection is easily detected. Society is like the sky and becomes disturbed by the negative activities of its members. Our good and bad deeds disturb the sky we call society. Once we calm down, our society will follow suit.

The root cause of our problems lies in thought. Desires and expectations open many windows of thought and this creates a barrier to the rest of the brain. As a computer that has too many programs open and eventually crashes, the same is true for people of modern society, who become overloaded with incomplete thoughts until they crash down. This overload of thoughts creates an imbalance in our system and causes all our problems and diseases. We need to find a solution to



With Swami Sunyogi at Shirdi



neutralize these thoughts so they don't block us..

The cause of our problems can be summarized with the 5Cs

- Comparison (Earth element)
- Confusion (Water element)
- Criticism (Air element)
- Craziiness (Fire element)
- Chaos (Space element)

With our judging mind we start to compare us with others or compare with the past and future. This creates confusion of what is real and truth. Our ego blows up, it starts to claim control of the truth and we start to criticize everything that is not in line with our created ego illusion. As we continue on the same negative path, a larger gap between our ego-self and true-self is emerging and we become crazy due to the large friction of a fractionated self. As this goes on we will end up in chaos.

We are taking energy from Mother Earth (mining, oil etc.). There is a limit to how much Mother Earth can give without receiving anything in return. We need to learn to protect ourselves and protect those who are helping us. Today we tend to live against nature. That is our ignorance. We are short-sighted and don't see where we are cutting ourselves. That is what is causing our problems. We seek short-lived pleasures that in long-term cause us harm. Like this we are polluting ourselves and the environment.

In Sunyoga, the Sun is used as a tool for us to make the connection to Cosmic Consciousness or Cosmic Energy. The type of energy we can extract directly from the Sun is of a very high quality. Any disease can be healed. Even the thoughts that are causing our stress in life will be balanced and we come at peace and experience bliss. Outer peace follows inner peace and is the solution to how we can save our planet and environment and Mother Earth that are giving us support.



With Ganesh Mathur, Diplomat, World Bank

**Global Warming in Danger Zone – Act now**

***Ganesh Mathur G4 – Diplomat, The World Bank Group***

**[gmathur@worldbank.org](mailto:gmathur@worldbank.org)**

As I mentioned to you earlier, please find below my short analysis on the Climate Change and Global Warming for your kind perusal. I wanted to keep very short keeping in-mind your newsletter objective. Your interest in covering the Climate and Environment is very timely. The world is entering into a Danger Zone now. If we don't act collectively now – then future generations will suffer extensively and the nature will dominate the world.

Climate change, as a phenomenon and unfortunate reality, has taken a large toll on the world's environment, populations (human and animal), and specific ecosystems. At a massive rate, many glaciers and large icebergs have begun to melt at an alarming rate, causing animal species (polar bears and arctic animals) to die exceedingly quickly. Sea levels and the gravitational pull affecting high and low tides has become extremely volatile, causing temperatures to rise highly in oceanic levels. Such changes could cause an anoxic (low oxygen) environment in

oceans, and in terms of arctic environments, it as well is experiencing temperature raises. Drastic melting and high heat environments cause millions of species accustomed to cold climates (ectomorphs) to die, which in turn has a ripple effect on their primary predators and decomposers. This systematic decline in animal ecosystems ultimately affects the overarching food chain consisting of primary, secondary, and tertiary consumers, along with decomposers, to be consistently depleted of their food resource.

Human activities have also caused the Greenhouse effect to continue at a consistently high rate, as the next century could have a standard temperature increase of up to 10 degrees Fahrenheit. Because of human activity, temperature rises will not occur at a smooth rate, but will rather fluctuate; this can cause a sharp decline in billions across the globe to undergo a decline in physical health, due to immune systems having to adjust towards varying temperatures and pathogens spreading through various temperatures. Precipitation patterns will also be affected by climate change, as rain, snow, sleet, and hail will have volatile projection patterns. The chances for droughts and floods (Chennai, India for example) will become very unpredictable

In terms of the United States, a large amount of wintry precipitation will be expected in many southern regions, which is disastrous for the southern American economy. Once such example was the February winter storm seen in Texas, which caused a massive power outage, unemployment, and food shortage across the state. Texas is a clear example showing how an unexpected change in temperatures has a strong effect on precipitation levels,

stretching towards destroying an economic growth within stocks, investments, and employment statuses. On the contrary, southern regions can also be exposed to extreme heat temperatures, therefore depleting natural plants and their correlated resources to be deprived of precipitation; crops will drastically die out, causing a shortage of food supplies in our farming industries. With higher temperatures spreading towards our oceans, these massive bodies of water will have a saturated level of carbon dioxide, causing water to become extremely acidic. Water is naturally maintained at a neutral pH or hydrogen ion concentration, but having the water become extremely protonated (in a chemistry sense) causes its physical makeup to affect aquatic and marine life in a negative way (can in turn impact fishing industries). Pollution will also cause unfriendly air qualities containing large amounts of smog, which can irritate human lungs, causing decline in physical health and giving rise to possible new viruses.

In all, human capital and human resources are put at the most risk, as us individuals are supposed to be able to create solutions to solve such rising tragedies. However, with declines in physical health, economic infrastructure, and agricultural resources, climate change is too much of a strong force on mental and physical environments, throughout the world.



We need to promote development that does not destroy our environment.

— Wangari Maathai —





With K Ramasamy, RK Nature Cure Home

## A NOTE ON Save Environment to save Planet Earth

***K Ramasamy***  
***Chairman Roots Group Industries – RK***  
***Nature Cure Home***  
[www.roots.co.in](http://www.roots.co.in)

“Go vegetarian to save wildlife and the plants - We must change our diet. The planet can’t support billions of meat-eaters” - Naturalist Sir David Attenborough

Animal production has a large impact on water pollution and usage. According to the Water Education Foundation, it takes 20,500 Liters of water to produce 1 Kg of beef in California, whereas it takes only 208 Liters of water to produce 1 Kg of wheat.

The 2019 The Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES) Global Assessment Report on Biodiversity and Ecosystem Services found that Around 25% of earth's ice-free land is used for cattle rearing. Other studies have also warned that meat consumption is accelerating mass extinctions globally. A 2017 study by the World Wildlife Fund attributed 60% of biodiversity loss to the land needed to rear tens of billions of farm animals.

Raising a large amount of livestock creates a massive amount of manure and urine, which can pollute natural resources by changing the pH of water, contaminates the air, and emits a major amount of gas that directly affects global warming. As most livestock are raised in small, confined spaces to cut down on cost, this increases the problem of concentrated waste.

Livestock in the United States produces 1227 Million Tons of manure each year, which is ten times more than what is produced by the entire U.S. population. There are issues with how animal waste is disposed, as some is used as fertilizer while some farmers create manure lagoons which store millions of gallons of animal waste which is extremely unsafe and detrimental to the environment.

A study in Climate Change concluded "if average diets among UK adults conformed to WHO recommendations, their associated GHG emissions would be reduced by 17%. Further GHG emission reductions of around 40% could be achieved by making realistic modifications to diets so that they contain fewer animal products and processed snacks and more fruit, vegetables and cereals."

A study in The Lancet estimated that the "30% reduction in livestock production" by 2030 required to meet the UK Committee on Climate Change's agricultural would also result in a roughly 15% decrease in ischemic heart disease.

Environmental vegetarians call for a reduction of first world consumption of meat, especially in the US. In addition, "the ecological footprint of an average person in a high-income country is about six times bigger than that of someone in a low-income country, and many more times bigger than in the least-developed countries".

A 2018 report published in Proceedings of the National Academy of Sciences (PNAS) asserted that farmers in the United States



With Ramasamy, at Anthiyur Farm, Coimbatore

could sustain more than twice as many people than they do currently if they abandoned rearing farm animals for human consumption and instead focused on growing plants.

Globalization and modernization has resulted in Western consumer cultures spreading to countries like China and India, including meat-intensive diets which are supplanting traditional plant-based diets. More than 200 billion animals are consumed by a global population of over 7 billion annually, which philosopher and animal rights activist Steven Best argues is "completely unsustainable". A 2018 study published in Science states that meat consumption is set to increase by some 76% by 2050 as the result of human population growth and rising affluence, which will increase greenhouse gas emissions and further reduce biodiversity.

A 2018 report in Nature found that a significant reduction in meat consumption is necessary to mitigate climate change, especially as the population rises to a projected 10 billion in the coming decades. According to a 2019 report in The Lancet, global meat consumption needs to be reduced by 50 percent to mitigate for climate change.

In November 2017, 15,364 world scientists signed a Warning to Humanity calling for, among other things, drastically diminishing our per capita consumption of meat.

A 2010 report from the United Nations Environment Programme's (UNEP) International Panel of Sustainable Resource Management stated:

Impacts from agriculture are expected to increase substantially due to population growth and increasing consumption of animal products. Unlike fossil fuels, it is difficult to look for alternatives: people have to eat. A substantial reduction of impacts would only be possible with a substantial worldwide diet change, away from animal products.

In November 2019, a warning on the "climate emergency" from over 11,000 scientists from over 100 countries said that "eating mostly plant-based foods while reducing the global consumption of animal products, especially ruminant livestock, can improve human health and significantly lower Green House Gas (GHG) emissions including methane." The warning also says, this will "free up croplands for growing much-needed human plant food instead of livestock feed, while releasing some grazing land to support natural climate solutions."

### Impact of Environment Radiation on Health

**Ajay Poddar**

**Founder Synergy Environics Limited**  
[www.environics.co.in](http://www.environics.co.in)

The environment has a direct impact on our health.

We give utmost importance to the quality of the Water that we drink, although we have only 3-4 litres per day. On the other hand, we inhale about 13000 litres of Air every day.

Considering this fact, the pollution level used to be a matter of great concern every year but we hardly talk about the same anymore.

Crop burning is talked about as one of the reasons for high pollution, however, we will see that AQI for Delhi and surrounding





With Ajay Poddar, at Habitat Centre, Delhi

areas within 30 to 40 km. radius is much higher. This is largely due to vehicular and construction pollution. More than 4 lacs deaths occur due to air pollution every year in India (3 times more than the death, which have occurred due to Covid in the last 12 months)

One of the biggest contributors to environmental pollution, which will lead to severe health problems in this decade will be Electro Smog. Electro smog is caused by crisscrossing high tension lines, wires and cables, Wi-Fi radiations (2G, 3G, 4G, and now 5G) transmitted and received all the time. Individuals are subjected to the same every moment through public installations and their personal devices. This is more dangerous because, unlike Air Smog, we can neither see nor smell the same.

WHO had classified mobile phones as possibly carcinogenic in 2011. The Electromagnetic radiation has increased 100 times in the last 15 years and is likely to increase another 100 times possibly in next 7 years.

Manmade radiations are Systemic in nature whereas our Human body and Earth naturally emits Random wave forms. Thus, being contrary in nature, our communication is constantly impacted and interrupted by these Radiations, which leads to the severe dis-orders in children, who are more vulnerable, and stress related diseases in adults (sleep disorders, cancer, blood pressure, Heart and Skin diseases etc)

In addition, the heat effects of the microwave radiations are extremely harmful e.g. 5G radiations were used by riot police to control unruly mobs, who would have to withdraw because they felt as their body were on fire.

While technology is important it is necessary that we use the same safely. We should follow strictly the norms of usage prescribed by Cell Phone users e.g. Recommended talk time per hour- 6 minutes, use speakerphone or hands free, keep device 10 mm away from body (not in pocket), towers to be 100 metres away from residences, etc... If this is not possible, use protection devices.

**The Threat is real and imminent – What are the choices left?**

**Arjun (20) Melbourne University**

**[arjun.rao.2001@gmail.com](mailto:arjun.rao.2001@gmail.com)**

The diversity of life on Earth is unimaginable. Scientists have catalogued 1.2 million species in the last 250 years however there are an estimated 7.5 million remaining species that are yet to be documented (Camilo, Derek, Sina, Alastair, & Boris, 2011). Each one of these species is involved in complex ecosystems within which they interact with the environment and other species to form a community of life. This stability of this community relies on a balance between the ecosystem's various components.



With Grandson Arjun R at Melbourne

As an example, let us consider a simplified ecosystem involving flowers, bees, insects and birds:

In normal circumstances, the bees pollinate plants, allowing their survival. The plants act as habitat and food for insects. The insects are food for the birds.

Now consider what would happen if the bees went extinct. The plants are no longer pollinated and hence plant numbers decline. The insects no longer have the plants as habitat and food, resulting in decreased insect numbers. And the birds no longer have insects to feed on causing reduced bird populations. Essentially, the ecosystem collapses causing many species to become endangered or extinct.

Whilst the above example is an oversimplification of reality, it demonstrates the interdependency of species within an ecosystem. If one component is compromised, it can result in a major loss of biodiversity.

When over 75% of life on Earth is lost within a relatively short time frame, it is considered a mass extinction event. There have been five mass extinctions in Earth's history, the causes of which have included huge volcanic eruptions, volatile tectonic activity and meteorite impacts. There is

significant evidence indicating that we are in the midst of the sixth extinction event. Current extinction rates are about 1000x the normal rate of extinction (Pimm et al., 2014), with the direct and indirect impacts of human population growth the most likely cause.

Whilst the 6th mass extinction began with early humans killing off large mammals as they migrated to different areas of the world from Africa, the two biggest threats to biodiversity are currently climate change and habitat loss.

Habitat loss is the main danger to 85% of all threatened and endangered species (WWF) and predominantly occurs to create agricultural land. A notable example is the Amazon forest, home to at least 10% of Earth's known biodiversity (WWF). Around 17% of the Amazon's total land area has been deforested over the past 50 years. 80% of the cleared land is for agricultural processes. Other causes of habitat loss include urban development and mining.

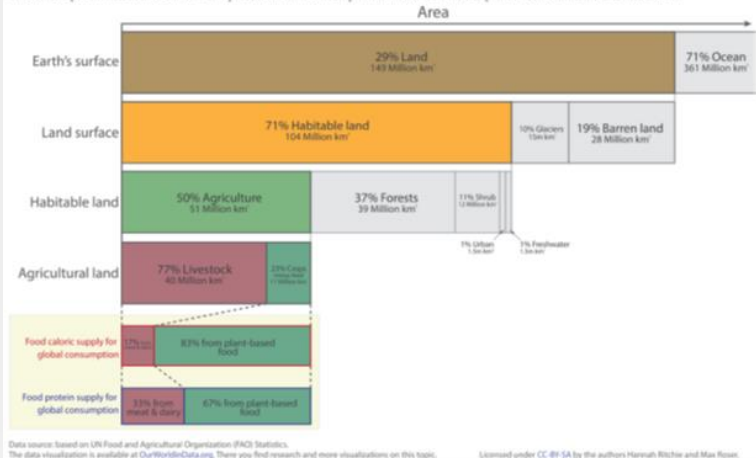
Climate change can be defined as the long-term change in average weather patterns. The form of climate change we are currently experiencing is referred to as global warming, which is the increase in average global temperatures due to the greenhouse effect.

The Earth's atmosphere allows the trapping of heat from the sun, resulting in a relatively stable and warm surface temperature. Essentially, atmospheric molecules such as carbon dioxide (CO<sub>2</sub>) absorb radiation from the sun, resulting in a warmer atmosphere. Ever since the industrial revolution in the 1700s, we have fuelled machinery with energy from burning fossil fuels, which releases CO<sub>2</sub> into the atmosphere. The increased concentration of atmospheric CO<sub>2</sub> results in increased trapping of solar heat and hence an increase in Earth's surface temperature.



## Global surface area allocation for food production

The breakdown of Earth surface area by functional and allocated uses, down to agricultural land allocation for livestock and food crop production, measured in millions of square kilometres. Area for livestock farming includes grazing land for animals, and arable land used for animal feed production. The relative production of food calories and protein for final consumption from livestock versus plant-based commodities is also shown.



By analysing atmospheric samples from ice cores, scientists have found that current atmospheric CO<sub>2</sub> levels are higher than they have been at any point in the last 800,000 years (NASA). Uncoincidentally, we have seen rises in global temperatures, recorded the highest average annual temperatures and witness significant rise in sea levels due to glacial melting.

It is clear that action needs to be taken. The question is, what actions should we take?

Unfortunately, the answer may not be as simple as we think. Targets such as 100% renewables seem appealing on the surface but might not be the solution to our problems.

Building solar farms large enough to supply a city's energy requires extensive land clearance, which results in widespread habitat loss and hurts biodiversity. Wind turbines are one of the most significant threats to endangered bird species such as the great eagle and the kite (SBS). As much as we can innovate technology, humans don't have the means to make the sun shine more regularly or the wind blow more consistently – these factors are and will always be outside our control. If we also consider the environmental cost of disposing the toxic elements in solar panels once their lifespan is complete, as well as the increased cost of

incorporating such unreliable energy sources into our power grids, it is clear that renewables are not a perfect solution.

This isn't to say that they are not an improvement on fossil fuels, rather that we must investigate the factors at play before deciding what the best course of action is instead of going with what happens to be popular. For example, nuclear power seems to have a negative perception amongst the public despite being a promising alternative to fossil fuels.

Nuclear energy is highly energy efficient, with 1kg of uranium providing the same amount of power as 1000kg of coal. It is a clean energy source in that there are no greenhouse emissions during the production of electricity. It is cheaper and more reliable than solar and wind because we can control the energy supply. Despite prominent events such as Chernobyl and Fukushima, many studies consider it safer than other reliable energy options (Markandya & Wilkinson, 2007). Air pollution kills an estimated 7 million people per year (WHO), whilst nuclear energy emits no pollution and casualties from meltdowns are minimal. Modern methods of waste storage are highly regulated and radioactive waste is carefully managed so that there is minimal risk. Furthermore, the energy density of nuclear waste means that the storage space required for waste is very minimal as there is such high energy output from small volumes of uranium.

But like all options, nuclear energy has flaws. There is significant environmental degradation through the process of mining uranium. When an accident does occur, however rare that may be, the consequences are ecologically disastrous and can render a region hazardous for several years into the future. There is only a limited supply of uranium which we would eventually run out of. The costs of constructing a nuclear plant are immense.

Lastly, one cannot forget the role of animal agriculture within any discussion regarding the environmental state of the planet. As mentioned earlier, the majority of habitat loss occurs as result of land clearing for arable land. The UN has found that animal agriculture is responsible for more carbon emissions than the entire transport sector combined (FAO).

Half of the Earth's habitable land is used for agriculture and as the graphic shows, whilst the majority of agricultural land is used for livestock, it contributes to only 17% of caloric supply and 33% of protein supply for global consumption.

To put it plainly, animal agriculture is an inefficient way to produce the food we need. The largest body of food experts in the world, The Academy of Nutrition and Dietetics, declares that a well-planned vegan diet is healthy and nutritionally adequate (Melina, Craig, & Levin, 2016). Given this, alongside broader ethical concerns with animal agriculture, it seems beyond doubt that scaling back our livestock usage is an essential step going forward if we are to take climate change seriously. What seems clear is that current trends cannot continue if humanity is to effectively handle the turbulent future.

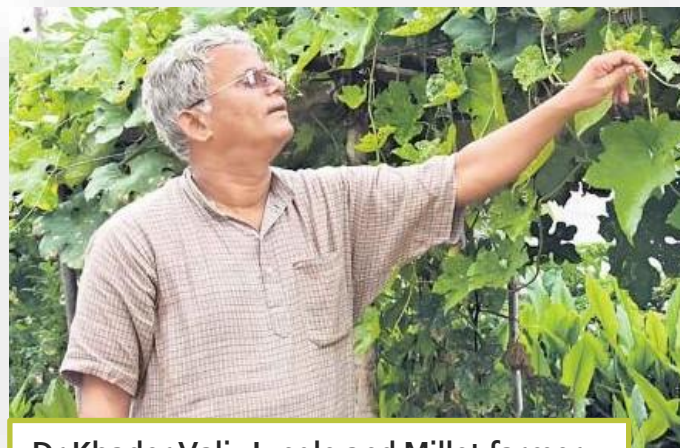
By scaling back livestock usage, we can not only preserve current ecosystems but also engage in reforestation (Kemppinen et al., 2020). Well planned tree plantation enhances biodiversity by opening new ecological niches for various species. Furthermore, having increased forestry allows for increased carbon sequestering, mitigating the progression of climate change.

Although there remains little doubt that human caused climate change is resulting in the severe loss of biodiversity, there is still no perfect solution to mitigating its effects.

Nonetheless, it is of utmost urgency that we reduce our greenhouse emissions and there are certainly actions that can be taken

to achieve this goal. Finding the best energy solution and reducing animal agriculture are unquestionably at the heart of curbing climate change and habitat loss, which is essential to preserving as much of Earth's diverse life as we can.

(Every fact is based on authority – the bibliography being too long is deleted)



Dr Khader Vali, Jungle and Millet farmer

**DR KHADER VALI : Food and Health scientist Promoter of Millets - Jungle farming**

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Our Planet is facing a disastrous future is imminent by the signs and signals of the present and immediate past events. The ecological imbalances that human race is creating in pursuing our economical model for its convenience and greed. In the name of progress and development ecology of the planet both in micro and macro levels has been disturbed so far. Technology and Science have aided this disaster to become faster and unmanageable. Sadly, we still have been seeking solutions through technological and scientific advances which are being designed in an economical model. Thus, we find the solutions transmitting into bigger problems [eg., energy - coal --> diesel --> atomic --> wind -> solar --> waver -->??]. Here the problem is apparently we seem to find the solution but we only end up nodding the problem to





a different place. The reason is the "solutions" are economical and consuming in nature.

We need to find solutions that are sound ecologically. That means the consuming aspect of human race has to be put aside and conservation has to be the focus of human race. So logically we have to make conserving culture to be the core thought process in finding the solutions. So we need to move from consuming culture to conserving culture. When this shift takes place, ecology is brought back to focus not economy. Thus, we move from an economical model to an ecological model. Wherein we grow millets and trees instead of build machines and missiles.

Last 100 years human race has moved to monoculture of food practices as it becomes convenient for the corporates to centralize food production by building dams and a choosing few crops that grow on irrigation of water (rice, wheat, sugarcane, milk and meat). Technological advance both genetic modifications and mechanisations galvanised by the chemical science advances have woven disaster after disaster on the wealth of the plants fauna and flora along with the heat of human race.

Infectious diseases which were manageable have turned into problems to burden all the so-called health care systems in the world. That means we are again seeking an economical model instead of ecological model as solution in going after a vaccine-based solution which is an utter

failure. Instead, we need to make every one immune strong.

The reasons are obvious mono culture food habits which have caused microbial imbalances, glucose imbalance and hormonal imbalance in human's body.

To become immune strong, we need to have diversified food culture through food that grows locally and indigenously which can correct the three imbalances that are results of industrial food culture. Also these local food practices solve the problem of irrigation and the ecological imbalance in large scale as the millets do not require water to grow (8000 litres rice/kg., 10000 litres wheat/kg., 28000 litres sugar/kg., 50000 litres meat/kg/.,). Millets required only 300 litres per kg.,. Same time we have demonstrated in large numbers, that this millet food practices can correct the three imbalances glucose, microbial and hormonal thus bringing back the sick human populations to health.

So it is important that we recognise that we have problems that are created by our choice of food (industrial food culture) both at micro level and macro level and hence we need to change that factor of food to find solutions for the planet. Global warming and many other problems are due to the food the human race is consuming and not anything else. So unless we bring changes in that we are not going to find solutions to any problem.

In short, I want to make this simple point that we need to move from industrial food culture which is consuming fauna and flora of the planet to millet based local food cultures which can enrich local fauna and flora and thus bringing back ecological balance. This is conserving culture. We conserve resources to the future generations. Thus, this method becomes sustainable and heat giving choice.

"You can bring joy and peace to the planet not by making (building) machines and missiles but by growing trees and millets".

**Dr. Khadar Vali**



With Nafeesa Vali, V-Herbs, Nagpur

## OUR BIT TO SAVE OUR ENVIRONMENT

**Nafeesa Vali, Co-Founder V-Herbs**

<https://vherbs.in/>

Many people are doomed with the notion of thinking that the only way to protect our environment is by taking a huge step. But the truth is that every single step, be it a tiny one or a colossal one, it all counts.

It's no rocket science, it consists of minute changes that one brings in their habits and way of living. One doesn't need to be a grown up or an accomplished person to bring a change. A 6 year old and a 60 year would probably do the same thing or work as a team to save our planet from deteriorating.

*You don't need to come up with award winning ideas to lead a sustainable living. You become a hero just by recycling and not littering around. Wouldn't you want to become one now that you know how easy it is?*

**How Are We Doing Our Bit –**

Now let us tell you how the little changes you make in your daily routine can have a huge and a positive impact on the planet.

Try saving up on energy, make sure you switch off all the electronics when they're not in use, what's the point of lighting up a room when there's no one in it!

We all know how scarce water is. So why don't we try to cut down our usage by 10% and try to reduce our usage after every month?

Making smart choices like avoiding unnecessary travel, cutting down on meat and dairy consumption, increasing organic food intake, and a lot more.

We believe you will come up with thousands of ideas if you jot them down, just like how we did!

And at last don't forget to plant more plants, we need them now more than ever. Plant as many trees you can and let them grow. We need them to help our planet survive because clearly we don't have a planet B.

**Don't Forget - We DON'T have a PLANET B**



DRK with Sky Sundararaj at DRK Vanam

## VANAM INDIA FOUNDATION

'Vanam' is a Tamil word meaning 'Forest'. 'Vanam India Foundation' an NGO, is the brain-child of some concerned citizens of Tirupur District of Tamilnadu.

As we all know 'Vanam' (Forest) is vanishing fast from the face of our country, India. It now is the greatest concern of the most right-thinking people of our country. When 'Vanam' (Forest) Shrinks 'Valam' (Resource) also shrinks. This brings about





With Vanam India at DRK Vanam, Coimbatore

a whole lot of chain reactions whereby our Mother Earth becomes barren; gradually it becomes incapable of sustaining the lives of all creatures including the human beings. This is being realized by one and all. Warning bells are already being heard a loud.

Then how to arrest this trend? How to save our planet from speeding towards death? Who would take bold steps to reverse this trend and save the planet from total extinction?

A small, but steady step is being taken towards redemption by this 'Vanam India Foundation'.

Palladam, dry area of Tirupur District of Tamilnadu has been chosen to establish this Vanam India Foundation. Like-minded philanthropists from Tirupur and Coimbatore Districts got together and established this foundation. The Motto is "Protect Nature for Future"; and the action plan is "Plant Trees, Save Earth".

The moving spirit behind this noble venture is Mr.K.Chinnasamy, President and Mr.Sky.V.Sundararaj, Secretary.

"Vanam India Foundation" has been formed with the aim of improving the green cover and thereby protect the environment from further erosion, first in Palladam Region and gradually extending to other Regions of Tamilnadu and when possible to the whole of our vast country.

The immediate goals of Vanam India Foundation are:

1. Creating awareness amongst the people about the environment.
2. Improving the green cover, first in Palladam area and extending it gradually to the other areas.
3. Saving rain water and improving the ground water level.
4. Recycling waste and making the region garbage free.
5. Encouraging Organic Farming.

#### Immediate Action Plan:

Transforming the drought-prone Palladam region into a lush-green land by planting and nurturing atleast One Lakh Saplings Annually.

In the last 5 years alone they have planted over 5 lakhs saplings of different forest varieties. They have also shown over 10 lakhs of palm and other seeds to raise nurseries to continue their plantation drive.

They have conducted more than 52 Monthly seminars to create awareness about preserving nature.

A monthly magazine 'Vanam' has been circulated among about 1,00,000 School students to create awareness about preserving nature for the future.

All their projects are scientifically monitored and documented properly.

A large number of progressive and positive corporates are lending a helping hand in this noble project.



Born in a small village Devarayapuram, Coimbatore District, Tamilnadu and raised in a green farm, I am passionate about greenery. Later in my profession and service wherever I was destined to discharge my duties, I made it a point to raise saplings in large numbers. In the last over 60 years of my active life, I can claim credit, without any exaggeration, for the growth of over one lakh trees in various parts of the country.

It was on 2nd October 2020, Vanam India offered to raise a mini forest in part of my ancestral inherited land near my village, as their tribute to me for the services to the farming community and the nation rendered by me over the decades.

Even when I am gone, those growing evergreen trees will serve the society and the planet more and more for several decades to come.

I could visit the farm only last week. Happy to see the mini vanam with nearly 3000 plants/trees of various types growing so beautifully, even within the short period of 6 months.

**D R Kaarthikeyan**



“

Society should not shape individual human consciousness. Human consciousness should shape society.

*Sadhguru*

### Famous Quotes from **Dr. Jane Goodall** - the legendary primatologist

- ❖ “Here we are, the most clever species ever to have lived. So how is it we can destroy the only planet we have?”
- ❖ “If we kill off the wild, then we are killing a part of our souls.”
- ❖ “The greatest danger to our future is apathy.”
- ❖ “What you do makes a difference, and you have to decide what kind of difference you want to make.”
- ❖ “To reconnect with nature is key if we want to save the planet.”

### Famous Quotes from **Wangari Maathai** - a Kenyan social, environmental, and political activist and the first African woman to win the Nobel Peace Prize.

- ❖ Until you dig a hole, you plant a tree, you water it and make it survive, you haven't done a thing. You are just talking.
- ❖ We owe it to ourselves and to the next generation to conserve the environment so that we can bequeath our children a sustainable world that benefits all.
- ❖ We are very fond of blaming the poor for destroying the environment. But often it is the powerful, including governments, that are responsible.

When we plant trees, we  
plant the seeds of peace  
and seeds of hope.

Wangari Maathai

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