

Echoes of Eco

July, 2023

Vivekananda Kendra- nardep Newsletter

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Armchair Explorers

"The explorer returned to his people, who were eager to know about the Amazon. But how could he ever put into words the feelings that flooded his heart when he saw exotic flowers and heard the night-sounds of the forests; when he sensed the danger of wild beasts or paddled his canoe over treacherous rapids?"



He said, "Go and find out for yourselves." To guide them he drew a map of the river. They pounced upon the map. They framed it in their town hall. They made copies of it for themselves. And all who had a copy considered themselves experts on the river, for did they not know its every turn and bend, how broad it was and how deep, where the rapids were and where the falls?"

It is said that Buddha obdurately refused to be drawn into talking about God.

He was probably familiar with the dangers of drawing maps for armchair explorers.

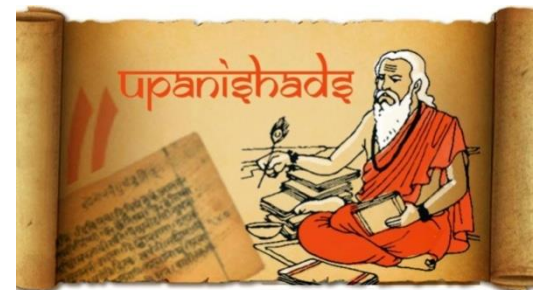


By
Anthony De Mello

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Greatness of Upanishads



"From whence words come back reflected, together with the mind"; "There the eye cannot go, nor can speech reach". There are various sentences which declare the utter helplessness of the senses, but they did not stop there; they fell back upon the internal nature of man, they went to get the answer from their own soul, they became introspective; they gave up external nature as a failure, as nothing could be done there, as no hope, no answer could be found; they discovered that dull, dead matter would not give them truth, and they fell back upon the shining soul of man, and there the answer was found"



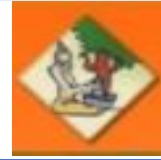
Sri Vivekananda



"Teachers, I believe, are the most responsible and important members of society because their professional efforts affect the fate of the earth"
- Helen Caldicott



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

Green health home worked for 11 days. 109 patients treated. In addition, 53 people underwent Varma massage



Practical demonstration of Upper limb Varmam massage-
Shri. Ramesh kumar

Training programme on "Varma Bone Setting"

2nd year, 2nd module on "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 7th and 8th July. 27 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons.



Medicine preparation is on



Lighting the Lamp by the dignitaries



Participant practising Kalari during the training under the guidance of Vai.Rajesh



"On one hand, I'm an optimistic pessimist. On the other, I'm a pessimistic optimist. But while there's life, there's still hope, and I wouldn't be doing what I'm doing if I didn't think there was still hope"

- Helen Caldicott



Happenings this month:
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Free Siddha Varmam Medical Camp

Free Siddha Varmam Medical Camp organized by Varmam Research & Resource Centre, Vivekadanda Kendra - NARDEP was held on 14th July. 122 Patients in and around Kanyakumari districts (Male - 52, Female - 70) were benefited.

The highlights are as follows:

- Camp started with lighting the lamp by Dr.Ramkumar, Principal, Vivekananda Polytechnic, Agasteeswaram and a prayer
- Dr.V.Ganapathy M.D(Siddha) explained about the objectives of Free Siddha Medical Camp and Siddha system of medicine
- Consultation given by Dr.V.Ganapathy, Dr.M.Muthushanthi M.D (Siddha), Shri.Chinna poo Asan, Shri.Thenkarai Maharaja Pillai, Dr.Vaishnavi B.S.M.S., and Dr.God Blessy, B.S.M.S
- Free Siddha Varmam Thadaval (Massage) given by Shri.Ramesh, Smt.Kalaiyarasi, Shri.Vimal and Shri. Darwin. 30 patients received free Siddha Varmam Thadaval (Massage)
- Shri.Vijayaragavan anchored the entire programme.
- Shri.Subbammal, Smt. Krishnaveni and Smt.Umadevi acted as Volunteers
- Shri.Lingam and Shri.Suresh worked as compounders for distributing medicines
- Sanjeevi, Kaviraj Pharma, AVN, Himalaya, SAV Pharmaceuticals helped the camp by providing free medicines



Dr.V.Ganapathy M.D(Siddha) explained about the objective of Siddha Medical Camp



During Consultation: Dr.M.Muthushanthi M.D(Siddha)



Siddha Varmam Massage is on



"It is clear to me that unless we connect directly with the earth, we will not have the faintest clue why we should save it"

- Helen Caldicott



Happenings this month:
New and Renewable
Energy Sources



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Energy Sources

Commissioning of "Bio-methanation Plant"

2 nos. of 6 cum and 1 no. of 1 cum Bio-methanation plants (Portable) commissioned at Govt. Schools, Kanyakumari district.



Mixing cow dung into slurry before pouring to the Bio-methanation plant at Govt. Middle school, Parakkai



Assistant Executive Engineer, Dindivanam inspected the working of Bio-methanation plant at Vempundi school at Pelakuppam Panchayat, Villupuram district



Pouring cow dung slurry to the plant for bacterial colony formation at Govt. Middle school, Alanvillai

Training programme on "Bio-methanation technology"

Training programme on "Bio-methanation technology" was held at Vivekanandapuram on 29th July. 01 participant attended this programme. Shri.V.Ramakrishnan was the resource person.



District Advisory Committee meeting

Meeting of "District Advisory Committee of Horticulture" was held at Collectorate, Nagercoil on 25th July. Smt.S.Premalatha attended the meeting.



"You're going to have to change the priorities of your life, if you love this planet "

- Helen Caldicott



Visions of Wisdom



Everything is Interconnected

Finally, if we acknowledge that everything is interconnected, then the consequences of any action may be illimitable. As the English astronomer Sir Arthur Eddington put it, "When the electron vibrates, the universe shakes". This insight, taken in conjunction with phenomena like Critical Mass and Chaos Theory, means that the influence of any group working consciously to effect change may be out of all proportion to the number of people involved. In other words, we don't have to wait for the majority to be converted; we can start working on our own or with a few friends towards making a difference.



Alan Herbert
Taken from the article
"Towards a Sustainable Future"

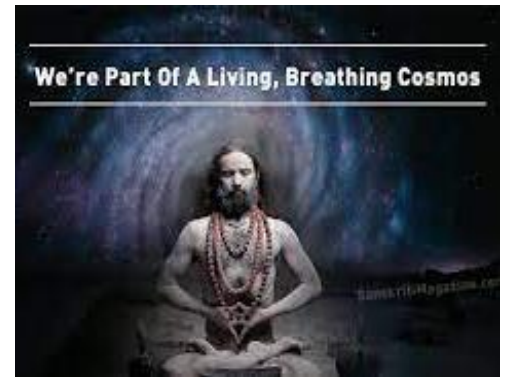
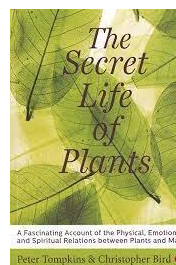


Universal Energy

Scientist De La Warr talks the language of yogi when he says "Universal energy could be evoked by proper attunement of one's thoughts".

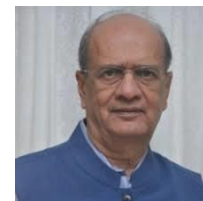
Unfortunately, we are imprisoned in the materialistic philosophy and bound by the five senses. The day we realise that there is an additional factor, call it by any name and an another direction not outward but within, that day we will be free and in the process, the society and this entire universe will be a paradise for every living being.

Extracts from the book



We are part of Cosmos

In Chandogyo upanishad, there is a beautiful suggestion to view the universe "Yo Vai Bhuma Tat Sukhay - Nalpe Sukhamasti" - i.e. there is happiness in vastness - greatness and not in smallness! As Carl Segan puts it in his classical book Cosmos, "Today, science has revealed to us a universe so ancient and so vast that human affairs at first sight appear to be of little consequence. Now Science has found that the universe has a reeling and ecstatic grandeur, it is accessible to human understanding and that we are, in a real and profound sense, a part of the cosmos



Dr. Muni Mehta
Honorary Chairman,
Science Ashram and
KADEC