Echoes of Eco

Eight Way Path to Deep Ecology

The flourishing of human and non-human life on Earth has intrinsic value. The value of non-human life forms is independent of the usefulness these may have for narrow human purposes.

Richness and diversity of life forms are values in themselves and contribute to the flourishing of human and non-human life on Earth.

Humans have no right to reduce this richness and diversity except to satisfy vital needs.

Present human interference with the non-human world is excessive, and the situation is rapidly worsening.

The flourishing of human life and cultures is compatible with a substantial decrease of the human population. The flourishing of non-human life requires such a decrease.

Significant change, of life conditions for the better requires change in policies. These affect basic economic, technological, and ideological structures.

The ideological change is mainly that of appreciating life quality (dwelling in situations of intrinsic value) rather than adhering to a high standard of living. There will be a profound awareness of the difference between big and great.

Those who subscribe to the forgoing points have an obligation directly or indirectly to participate in the attempt to implement the necessary changes.

From the perspective of a philosophical system, what is most important about this platform is the emphasis on nonhuman intrinsic or inherent value. Nonhuman life must flourish even if this reduces human affluence or human population. In addition, the ideas of richness and diversity play a significant role here, not only as a value-principle for the evaluation of the natural environment as a whole, but also as a guiding principle in the evaluation and reexamination of the ends of human life. Because I identify with the rest of the natural world, I care for the rest of creation. I expand myself outward to include an interest in the value and flourishing of the entire natural environment. I come to understand that I can only fully realize myself through the flourishing—the Self-realization—of the entire natural universe. These philosophical ideals lead to practical principles of action: a policy of noninterference in nature (or at least a policy of minimal intervention) and a desire to restructure human society to be more in harmony with natural processes.

[An Excerpt from Jewish Eco-philosopher Eric Katz’s article on Deep Ecology: Faith, God and Nature]
This Month …

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Green Health Home at Vivekananda Puram functioned for 6 days and treated 127 patients.

Networking Activities

Herbal plants cultivation camp was held for students of Govt. Polytechnic institute, Konam, Nagercoil. It was held at Technology Resource Center at Kalluvillai on 11th and 46 students attended the camp.

Sis. V. Saraswathi was the resource person and gave the students a practical exposure to the herbal plants and their use in daily life.

Workshop on Azolla cultivation was conducted at the Technology Resource Center (TRC) of Vivekananda Kendra – NARDEP, on 18th. Dr. Kamalasannan Pillai was the resource person. Azolla programmes have been successful not only in South India but now the backyard Azolla cultivation technology has been taken up by progressive farmers in North Indian states like Jharkhand as well. Azolla book is now available in Hindi.

Water was tested from 14 wells in Kanyakumari Dist – programme of Central Ground Water Board, Chennai.

Networking Activities

Bio–Methanation technology was introduced to the Women’s Collective in Chennai at their campus on 23rd and 45 women attended.

On 27th of this month 200 students and staff of PSG arts college, Coimbatore, were given a presentation of bio-methanation technology at their campus.

Er. Ramakrishnan was the resource person for both the events.

Our Website gets a new look…

For regular updates on our Siddha programmes you can also visit Dr. Ganapati’s facebook at: http://www.facebook.com/ganapathyvelu.

Participants of bio-methanation plant training programme also look at an installed biogas plant.

Dear Friends of VK-nardep, As you should have noticed already, we have revamped our website and we will be happy to receive your feedback on the changes we have made. Send your suggestions to vknardep@gmail.com.
Equilibrium is the great foundation of the world, and harmony its universal path. When equilibrium and harmony are realized to the highest degree, heaven and earth will attain their proper order and all things will flourish. The Middle Path Sutra

Happenings: This month

Azolla cultivation follow-up programme was broadcast on All India Radio, Tirunelveli on 17th of this month. Six beneficiaries from Andarkulam participated in the programme.

Participants from Goa undergoing Bio-Methanation plant training programme listening to a hands-on exposure to bio-methanation plant assembling.

A workshop was held on “Traditional Siddha Bone Fracture Treatment” at Technology Resource Center with DST, Core Support. The workshop was conducted for 2 days – Aug 6th and 7th. 28 persons attended the workshop. The participants were mostly research students, traditional physicians and also interested public with awareness of this treatment. The resource persons were Dr. V. Ganapathy and his team.

Traditional bone-fracture treatment demonstration is conducted at the workshop: for more pictures of the workshop log on to Dr.Ganapati’s facebook account given in the previous page.

Happenings: This month

One day Workshop on “Kitchen Waste based Bio-Methanation Plant (Shakti Surabhi) was conducted at Technology Resource Center, Kalluvillai on 18th of this month. The programme was supported by DST Core support. 5 persons attended the programme and benefitted. Shri.V. Ramakrishnan was the resource person.

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Construction of Biogas Plants this month:

Five fixed type Bio-methanation plants have been constructed in Ramnad district. 10 portable model Bio-methanation plants have been installed at different places including Puducherry and Mangalore.

The Sutra of the Middle Path

Only those who are absolutely sincere can order and adjust the great relations of humanity, establish the great foundations of humanity and know the transforming and nourishing operations of heaven and earth.
Further the whole system is shrouded in secrecy – followed by varied schools of Vaidyas who follow jealously guarded secrets of their family lineages. So each Vaidya may have different set of Varma points – specializing in varied areas of healing. Bringing them all together and evolving a common Varma knowledge base then becomes a crucial first step in saving this endangered system of valuable indigenous medical system.

So Vivekananda Kendra – nardep has taken up the challenge of preserving this system of medicine and also reviving and disseminating it. It also aims to showcase the world its scientific nature through proper documentation and presentation. Towards this end many seminars and workshops of traditional Vaidyas and medical community have been conducted by VK-nardep.

Siddha and Ayurveda are two important Indian medical systems. Siddha system of medicine as it is known in South India contains in it many unique localized systems which have been little explored by modern science and little known in the outside world.

One such system is the Varma system of therapy which involves the dealing of Varma points which are nodal points spread throughout the body, which if accessed and dealt with properly can help in many healing processes for a spectrum of acute and chronic diseases.

Though highly cost-effective and greatly efficient this system is not only little known outside the small world of local Vaidyas, but it is also highly misunderstood as solely some sort of exotic martial art with supernatural connotations.

The chart showing all the major Varma points useful for healing in various disease situations is one important milestone in this journey for the conservation of indigenous medical system.

The multi-color chart meticulously records the important Varma points on the body.

Face, body – front and back views, thorax, abdomen, hands, legs, back side of the head – all the important points are covered and shown separately. This chart will help the practitioners of the Siddha system of Varma medical system. It will also help the Siddha and Ayurveda students and help raise in the general public the awareness about this medical system.

This also sets a pioneering template in the proper documentation of the system in a scientific way. This is a very crucial needed step in preserving this system of medicine.

For the first time such an exhaustive documentation which is reliable, clear and attractive has been made in this field. This has helped many Vaidyas to explain to their patients what Varma points they are using instead of making the patient feel bewildered. This increases the respectability and reliability of the system. This chart is only one of the important first milestones in the long journey of traditional medical knowledge conservation and revival.
It is important that the young people [who have suffered so much from the wars and atrocities of this century] and the generation responsible for the wars begin anew, and together create a path of mindfulness so that our children in the next century can avoid repeating the same mistakes.

The flower of acceptance to see and appreciate cultural diversity is one flower we can cultivate for the children of the twenty-first century. Another flower is the truth of suffering. There has been so much unnecessary suffering in our century. If we are willing to work together and learn together, we can all benefit from the mistakes of our time, and, seeing with the eyes of compassion and understanding, we can offer the next century a beautiful garden and a clear path.

Take the hand of your child and invite her to go out and sit with you on the grass. The two of you may want to contemplate the green grass, the little flowers that grow among the grasses, and the sky. Breathing and smiling together this is peace education. If we know how to appreciate these beautiful things, we will not have to search for anything else. Peace is available in every moment, in every breath, in every step.

If one would be alone, let him look at the stars. The rays that come from those heavenly worlds will separate him and what he touches. One might think the atmosphere was made transparent with this design, to give to humanity, in the heavenly bodies, the perpetual presence of the sublime. Seen in the streets of cities, how great they are! If the stars should appear as one life, beginning in the its decay and death. These make one things that make the plant a unity by of the tree is present in the seed, its

Swami Vivekananda

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