Perfection is the habit not an attitude!!

According to David: IBM, the American computer giant, had decided to test Japanese manufacturing capabilities by placing a trial order for some computer component.

In the specifications IBM had spelt out that they would accept only three defective parts per 10,000. This had stressed the Japanese manufacturer... How? Why?

On the exact date of delivery, the parts arrived at the doorstep of IBM. The shipment was accompanied with a handwritten letter: “We Japanese people have had a very difficult time understanding IBM business practices, etc, etc, etc...”

However, with great difficulty, the three defective parts per 10,000 have been separately manufactured. They have been included in the consignment in a separate packaging, with bold instructions - DEFECTIVE PIECES, AS PER REQUIREMENT. NOT FOR USE. We hope this pleases you.”

Incidentally, Vivekananda Kendra’s founder Shri. Eknathji Ranada also used to emphasize on quality in all aspects of Kendra’s work and he himself used to set is an example and so we used to say - Eknathji thy name Perfection.

Perfection is the habit not an attitude!!

Consciousness

Those wise ones who see that the consciousness within them is the same consciousness within all beings, attain peace

- Katha Upanishad
Online Training programme on “Bio-methanation technology” was held through virtual platform on 28th November. One participant attended the training. Shri.V.Ramakrishnan was the resource person.

**Construction of Bio-methanation plants**

- Portable type 6 cum - 4 nos (Hand in Hand, Rameswaram)

**Commissioning of Bio-methanation plant - feeding the slurry and then installing the gas holder above the digester**

Green health home worked for 5 days and 154 patients were treated.

In our mission to locate and renovate all the 108 Teerthams of Rameswaram Sister Saraswathi visited Olaikuda Village in pursuit of locating Gaja Teertham. After interacting with the villagers and historians, we could locate the Teertham which is near Narena Teertham at Olaikuda.

*Sis.Saraswathi along with Shri.Kadiresan at site after clearing part of shrubs*

*Two sides of the Gaja Teertham are clearly visible along with a pond like structure*
**Sadhana Diwvas - (19th November - Ma.Eknathji’s birthday) was organized at the following places.**

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Place</th>
<th>Date</th>
<th>No. of participants</th>
<th>Resource person</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Varma Research and Resource Center, Vivekananda puram</td>
<td>19th</td>
<td>49</td>
<td>Sri.N.Krishnamurthi</td>
</tr>
<tr>
<td>2.</td>
<td>Agasteeswaram, Kanyakumari Dist.</td>
<td>21st</td>
<td>23</td>
<td>Sri.C.Vijayaraghavan</td>
</tr>
<tr>
<td>3.</td>
<td>Vadiveeswaram, Kanyakumari Dist.</td>
<td>21st</td>
<td>27</td>
<td>Sri.V.Ramakrishnan</td>
</tr>
<tr>
<td>4.</td>
<td>South Terivilai Kanyakumari Dist.</td>
<td>22nd</td>
<td>48</td>
<td>Sri.C.Vijayaraghavan</td>
</tr>
<tr>
<td>5.</td>
<td>Panchalingapuram Kanyakumari Dist.</td>
<td>23rd</td>
<td>31</td>
<td>Dr.Guruswami</td>
</tr>
<tr>
<td>6.</td>
<td>Perumalpuram Kanyakumari Dist.</td>
<td>28th</td>
<td>32</td>
<td>Shri.V.Ramakrishnan</td>
</tr>
</tbody>
</table>

**Happenings this month:**

- Networking

**Echoes of Eco - Newsletter, Vivekananda Kendra - nardep, November 2020, Vol.12 No: 09**
Dept. Agriculture, District advisory committee meeting was held at Collectorate, Nagercoil on 24th November. Shri. S. Rajamony attended the meeting.

Training programme on “Farming practices” was held at South Thamaraikulam, Kanyakumari Dist. on 26th November. 40 farmers attended the training. Shri. S. Rajamony was the resource person. The programme was sponsored by ATMA, Dept. Agriculture, Kanyakumari Dist. Two local papers namely Maalai express and Dinamani covered the programme.

04 B.Sc Agri final year students from Karunya University visited J.C. Bose nursery on 25th November and learned sustainable farming technologies.

DST conducted online webinars on 6th, 19th, 26th and 27th November. Shri. G. Vasudeo and Shri. V. Ramakrishnan attended.

"Money is like manure. It stinks when you pile it; it grows when you spread it”
- J.R.D. Tata
Discover Body’s Internal Painkillers

Discovery of the body’s internal painkillers or endorphins – These are supposed to be more powerful than morphine or other opiates.

Problem is how to ‘switch on’ the endorphins voluntarily. Unpredictable - sometimes wounded soldiers feels no pain while ordinary tooth ache is unbearable.

Many doctors and psychiatrists tell their patients in an authoritative way that brain’s inner pharmacy could beat any disorder.

Tapping ‘brain drugs’ by using imagination techniques. It gives wonderful results because there is no state of mind without a biochemical foundation.

Drop the Illusions

It is not you, that are harassing yourself, your programmed brain does it. I have been taught that if I don’t achieve success, I must feel bad. If I am not loved, I must sulk. If I made a mistake, I must feel sorry ……….

So the password ‘Drop the illusions’. Once you break free from the internal compulsion that had made you believe those things were necessary, you will be surprised to find how easily you can live without them.

These illusions are nothing but ‘attachments’ we have been dealing with so far.

Wrong notions about Indian Intelligence

The Indians were seen as creatures of passion, wild and primitive, lacking the control and inclination to labour which whites believed were necessary, if civilization had to advance. Described them as ‘animals’ vulgarly called Indians.

Thomas Jefferson, author of the ‘Declaration of Independence’ retained the views of the Indians that he could be civilized and assimilated. If not, removed, possibly exterminated.

In addition, according to Jefferson, black intelligence was inferior and Indian intelligence was underdeveloped? and so both lacked possibilities of self-control that civilized men must have.

Deepak Chopra
Indian-American author and advocate of alternative-medicine

Tony De Mello
Psychotherapist. A spiritual teacher, writer, and public speaker

Ziauddin Sardar, Ashish Nandy, Merryl Wyn Davies, Claude Alvarens