Go Placidly
From the book “Desiderata” by Max Ehrmann

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

In this issue:
- Go Placidly by Max Ehrmann
- The Happenings
- Visions of Wisdom:
  - Doctor-thinks-you-have-a-disease
  - Sustainability is an organic and evolving construct
  - Symbiotic All Rightness

Mother Durga

Come, Revealer of the hero-path. We shall no longer cast thee away. May our entire life become a ceaseless worship of the Mother, all our acts a continuous service to the Mother, full of love, full of energy. This is our prayer, O Mother, descend upon earth, make thyself manifest in this land of India.
Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.
In the month of October, following awareness programmes were conducted on "Kitchen waste based Bio-methanation plant". Shri.V.Ramakrishnan and Shri.C.Vijayaragavan were the resource persons. The programme was sponsored by BrahMos Aerospace, New Delhi.

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<th>Sl.No.</th>
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<td>15</td>
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Echoes of Eco - Newsletter, Vivekananda Kendra - nardep, October 2022, Vol.14 No: 08
Happenings this month:
New and Renewable Energy

Training programme on “Bio-methanation technology”
Training programme on “Bio-methanation technology” was held on 22nd October. 05 participants attended this programme. Shri.V.Ramakrishnan was the resource person.

Commissioning of Bio-methanation plants
10 nos. of 1 cum Shakti Surabhi portable Bio-methanation plants were commissioned at Thattankudiruppu, Ramanathapuram District in the month of October. The programme was sponsored by BrahMos Aerospace, New Delhi.

Green Health
Green health home worked for 3 days. 105 patients treated. In addition, 69 people underwent Varma massage.

Echoes of Eco - Newsletter, Vivekananda Kendra - nardep, October 2022, Vol.14 No: 08
Happenings this month:
Networking

Exposure Visit
100 farmers from Watershed Development Agency, Virudhunagar visited Gramodaya Park and J.C.Bose Nursery on 11th October as a part of an exposure visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agricultural practices etc.

Field Visit
10 Professors from Central University, Thiruvarur visited Vivekanandapuram campus on 15th October as a part of a field visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agricultural practices etc. Shri.G.Vasudeo and Shri.V.Ramakrishnan acted as resource persons.

Shri.V.Ramakrishnan explaining “Vermi Wash” technology

Attentive audience listening to Rainwater harvesting

Interaction with the participants on “Environmental Ethics”

Shri.V.Ramakrishnan explaining “Role of Biogas technology in reducing Global warming”
Exposure Visit

40 participants from Ekal Abhiyan visited Gramodaya Park, J.C. Bose Nursery and Technology Resource Center on 16th October as a part of an exposure visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agricultural practices etc.

Study Tour

50 students from Udaya College of Arts and Science, Vellamodi, Kanyakumari District visited Gramodaya Park and J.C. Bose Nursery on 27th October as a part of a study tour. Students learned Sustainable Development technologies.

“Don't try to make them happy, you'll only get in trouble. Don’t try to teach a pig to sing; it wastes your time and it irritates the pig”
- Anthony de Mello
Many times the apparently healthy people in society are labeled as having elevated blood sugar, abnormal fat profile, and or having border-line high blood pressure etc. Many short-term interventional drugs for these “doctor-thinks-you-have” diseases have shown benefit. However, long term studies in all the above three categories of apparently healthy individuals, have unequivocally shown no significant difference in their long-term outcome. There are instances where interventions have even harmed patients.

Sustainability is an organic and evolving construct of our minds and not an inorganic and static entity that can be physically probed. Indeed, the very action of trying to implement what one thinks is sustainability may change one’s vision of what it is. The best we can achieve is to acknowledge the centrality of people and to put participation at the very heart of implementation. Indicators can play a very useful role here, but only in terms of empowerment and not as precise measures.

We must learn the language of total response to the symbiotic all rightness of the universes, must cooperate with the cosmos. Not exploitation but harmony shall be our watchword. If the exploitation of man is evil, the exploitation of nature can be no better. It is the dualism that we must get rid of unless the dualism were to destroy us.

In the integral view of life, transcendence does not reject the world. Rather it fulfils and refines it in a constant miracle.