

Echoes of Eco



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Vivekananda Kendra- **nardep** Newsletter

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Four Reasons for Hope: Jane Goodall

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Firstly, we have at last begun to understand and face up to the problems that threaten us and the survival of life on Earth as we know it. Surely, then, we can use our problem-solving abilities, our brains, and, joining hands around the world, find ways to live that are in harmony with nature. Indeed, many companies have begun "greening" their operations, and millions of people worldwide are beginning to realize that each one of us has a responsibility to the environment and our descendants, and that the way each one of us lives our life does matter, does make a difference.

My second reason for hope lies in the tremendous energy, enthusiasm and commitment of a growing number of young people around the world. As they find out about the environmental and social problems that are now part of their heritage, they want to fight to right the wrongs. Of course they do - they have a vested interest in this, for it will be their world tomorrow. They will be moving into leadership positions, into the work force, becoming parents themselves. Young people, when informed and empowered, when they realize that what they do truly makes a difference, can indeed change the world.

My third reason for hope lies in the indomitable nature of the human spirit. There are so many people who have dreamed seemingly unattainable dreams and, because they never gave up, achieved their goals against all the odds, or blazed a path along which others could follow. As I travel around the world I meet so many incredible and amazing human beings. They inspire me. They inspire those around them.

My fourth reason for hope is the incredible resilience of nature. I have visited Nagasaki, site of the second atomic bomb that ended World War II. Scientists had predicted that nothing could grow there for at least 30 years. But, amazingly, greenery grew very quickly. One sapling actually managed to survive the bombing, and today it is a large tree, with great cracks and fissures, all black inside; but that tree still produces leaves. I carry one of those leaves with me as a powerful symbol of hope. I have seen such renewals time and again, including animal species brought back from the brink of extinction.

Prof Jane Goodall is a primatologist who changed the way we think about Chimps and has worked with empathy for stopping the human abuse of Chimps.

Live a Full Life



We can preserve and prolong mental and physical health and keep our sense in control by making intelligent choices, doing things in moderation and making wise use of medicine. One who follows the code of conduct for the healthy, lives a life of hundred years without any abnormality. Such a person is praised by all noble ones and earns the friendship of all living beings and at the end gets into the realm of the virtuous.

-Charaka Samhita



Service to humanity is the highest form of worship – Swami Vivekananda

When there is a conflict between the heart and the brain, let the heart be followed It is the heart which can take you to the highest plane. It goes beyond the limits of the intellect and attains to what is called inspiration. – Swami Vivekananda



This Month ...



This Month ...



This month...



Workshop on "Organic farming" was held at the Dept. of Forest, Govt. of Tamilnadu Aralvaimozhi, Kanya kumari Dist. The event was held on 19th and Shri.S.Rajamony was the resource person with 75 attendees.

Another workshop on "Vermi Compost Technology" was conducted for students of Ayappa College for women, Sukankadai, Kanyakumari Dist, by Shri.S.Rajamony at the college venue on 22nd and 25 students attended the workshop.

Workshop on "Kitchen Garden" was conducted by Sis.V.Saraswathi at Dharmathupatti village of Dindigul Dist. It was organized by M.S.Swaminathan Foundation, Chennai, on 6th of this month. 50 farmers attended the workshop.

Another two-day workshop on kitchen garden was conducted at Technology Resource Center of VK-nardep at Kanyakumari. It was conducted on 19th and 20th and Sis.V.Saraswathi and Sri.Rajamoni were the resource persons. . This workshop was also organized by M.S.Swaminathan Foundation, Chennai and 60 farmers attended and benefitted from the training. The participants were mostly women farmers.



Hands on Training in Kitchen Garden making the seedlings sprout



Networking Activities

Children camp was organized at Technology Resource Center where children learnt eco-values and group activities. Sister Sarswathi and Sri. Vijayaraghavan were the resource persons. The camp was conducted on 26th and 27th. 31 children attended.



Children learning environmental songs and sharing their camp experiences.



Green Health Home at Vivekanandapuram functioned for 8 days and treated 175 patients.

Conditions of a Solitary Bird



The conditions of a solitary bird are five:

The first, that it flies to the highest point;
The second, that it does not suffer for company, not even of its own kind;
The third, that it aims its beak to the skies;
The fourth, that it does not have a definite color;
The fifth that it sings very softly.

-San Juan de la Cruz



So long as there is desire, no real happiness can come. It is only the contemplative, witness-like study of objects that brings us real enjoyment and happiness. ... To him who desires nothing, and does not mix himself with them, the manifold changes of nature are one panorama of beauty and sublimity.

-Swami Vivekananda



Dr. Ganapathi delivering his lecture on “Siddha High Potency Compost and Visha Vaidya Practices” to research students and traditional Vaidyas.



Vaidyas looking at different formulations exhibited at the workshop by other Vaidyas.

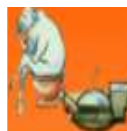


Happenings: This month

VK-nardep research team under Dr.V.Ganapathi has been working on the idea of “Siddha High Potency Compost and Visha Vaidya Practices” on 13th of this month. Dr. Ganapathi conducted a workshop on these aspects and shared his experiences with traditional physicians and researchers. The event was supported by DST, New Delhi. The programme was held at Technology Resource Centre, Anjaneyapuram. There were 92 participants.



Participants looking at the Shakti Surabhi Bio-Methanation plant at TRC, Kalluvillai.



Happenings: This month

Workshop on “Kitchen Waste (Shakti Surabhi) Biogas Plant” was organised by Kanyakumari Special Panchayat Union, Kanyakumari Dist.at the Collectorate, Nagercoil on 2nd of this month and 100 Executive Officers attended the workshop in which the resource person was Shri.V.Ramakrishnan

Another workshop on “Kitchen Waste (Bio-Methanation plant was organized by Munchirai Panchayat Union, Thoothur, Kanyakumari Dist., at the Thoothur Panchayat Office, Kanyakumari Dist. on the 12th of this month. 125 persons attended this and the resource person was Shri.V.Ramakrishnan.

Workshop on “Kitchen Waste (Shakti Surabhi) Biogas Plant was also held at Technology resource center with the DST, Core Support, on 23rd and 4 persons attended it.

Happenings: This month

A study tour was organized by Tamilnadu Forestry Training College, Vaigai Dam, Tamilnadu to Vivekanandapuram on 24th and 27th of December in two batches. 110 officials underwent training as a part of study tour.



Green Notes: Forestry official taking notes seriously at Gramodaya Park.

If you really want to judge the character of a man, look not at his great performances. Every fool may become a hero at one time or another. Watch a man do his most common actions; these are indeed the things which will tell you the real character of a great man. – Swami Vivekananda



This month... Azolla Workshops at Andhra Pradesh

Media Highlights of Azolla in Andhra Pradesh

Propagation of Azolla technology in Andhra Pradesh was carried out in an intensive way by Dr. Kamalasannan Pillai. The programmes were coordinated by NABARD, A.P. Dr. Kamalasannan Pillai gave training and established decentralised mother nurseries in three Districts of Andhra Pradesh namely Kurnool, West Godavari and Nizamabad. He also trained SRI farmers on Azolla cultivation in the paddy field. Farmers received Azolla kit which includes Silauline sheet, Azofert and Azolla seed.



Training session is on – in tune with Nature



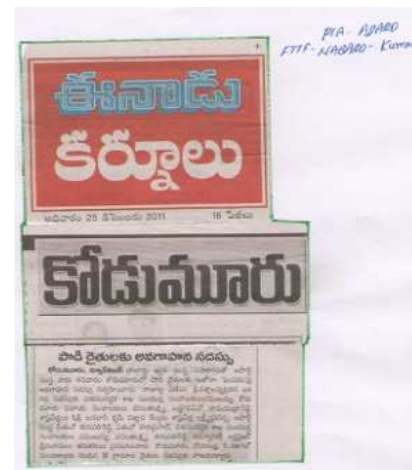
Farmers inspecting Azolla grown in the Mother Nursery



Dr. Pillai handing over Azolla kit to the farmers

Murugan Kuntram rain water harvesting work commenced by VK-nardep was completed and the tank was handed over to the community on 16.12.2011 (A detailed report follows in the next newsletter.)

Vivekananda Kendra-nardep tested water from 14 wells in Kanyakumari Dist under the programme of Central Ground Water Board, Chennai.



THE HINDU

A new lifeline for cattle in drought-prone areas
Yield of Azolla is four times higher than hybrid fodder varieties

G. Nagendra

TUMM: Azolla, tiny floating fern, resembling algae, has got a major debate among scientists, officials, and protagonists of dairy development over its efficacy as a lifeline for the livestock, especially in the drought-prone areas. The interface with farmers, veterinarians, and scientists from the Vivekananda Kendra of the National Research Development Project at Kanyakumari, Acharya NG Bangs Agricultural Research Station at Maruthi and the Tiruvigraha Kendra held at Uthi on Wednesday under the aegis of the National Bank for Agriculture and Rural Development threw some light on the 'unknown dimensions' of the fern. It brought a senior scientist in biotechnology Kamalasannan Pillai from Vivekananda Kendra, a Kanyakumari-based Non-Governmental Organisation, consigning for Azolla to the



Scientist Kamalasannan Pillai interacting with farmers over the prospects of Azolla as cattle feed at Uthi in West Godavari district.

— PHOTO: A.V.G. PRASAD

of 10-cm around, cover it with a silopline sheet and fill it up with soil, cow dung and water in pre-soaked doses before placing the Azolla seedlings in it. It takes not more than 10-15 days and it will be ready for harvest within a week, he says. The production in Azolla is more by four times when compared to hybrid fodder varieties. Besides, the field trials reveal that it helps increase milk yield by 15 to 20 per cent and reduction in feed

Azolla is quite cheap and highly rich in vitamins and nutritional value.

Field trials reveal that it boosts milk yield by 15 to 20 per cent.

The 'Sri' Development Agency has launched an azolla promotion programme in Kurnool and the Vivekananda Kendra at Kanyakumari is poised to transfer the research benefits over the fern from lab to land. Mr. Pillai said the Kendra has allowed four Azolla mother nurseries to come up in the State, each at Nizamabad, West Godavari, and Nellore, on a pilot basis as part of the promotion programme for which it proposed to supply seedlings. T. Venkateshwarlu, District Development Manager of the NABARD spoke.

Inspiration is much higher than reason, but it must not contradict it. Reason is the rough tool to do the hard work; inspiration is the bright light which shows us all truth. The will to do a thing is not necessarily inspiration.

-Swami Vivekananda



From Our Publications

Traditional venom/poison treatment methods (Tamil)



This is a very important book in the history of indigenous medicines. Indigenous systems of medicines are virtual treasure troves which are slowly getting extinct because of our neglect and ignorance. Of the different indigenous systems of medicines in India Siddha and Ayurveda are two important and major systems. They have very efficient and cost-effective solutions for many ailments.

One such is the venom bites and poison intakes. Venom is an organic substance from another living organism – usually protein- which when injected into human body through bite or sting, can cause various ill effects, from pain to death. Poisons are usually inorganic in nature and injurious to health on



In-take. In a tropical country like India which is dependent on agriculture, venomous bites particularly from snakes are common phenomena. Further there are other creatures – from centipedes to scorpions and not to speak of monkeys and rabid dogs. In such a situation the treatment for venom should be easily accessible and cost effective and also decentralized.

Dr.V.Ganapathi and his team from VK-**NARDEP** exactly discovered that there is a network of traditional healers, physicians and varied forms of venom treatment in rural communities of medicine men. The team investigated and collected a rich amount of material based on the observation of individual practices, palm-leaves based manuscripts, embedded knowledge in traditional communities etc. They also discovered varied forms of treatment that showed great regional and contextual variety. With the support from AYUSH, New Delhi VK-**NARDEP** collected this wealth of information. They also discovered that these informal, decentralized and cost-effective medical networks built by ages, are fast getting destroyed because of various factors. The book provides various techniques and cost-effective treatments that can be carried out in case of a venomous bite or poison intake.

Words of Wisdom: Jane Goodall

We can't leave people in abject poverty, so we need to raise the standard of living for 80% of the world's people, while bringing it down considerably for the 20% who are destroying our natural resources.



It explains the precautions. It details the method of preparing the formulations for treatment. This book is a valuable addition in conserving and disseminating the traditional knowledge of our communities in this vital aspect of the health care. The book is written in a lucid style and is a must for every household.

The book is a result of a laborious period of research. Traditional physicians and healers specializing in venom-poison treatment were brought together in conferences and painstakingly the data was collected. It is this effort that has gone into collecting this traditional knowledge makes this book important and unique.

Title: Parampariya Siddha Visha Maruthuva Sihichai Muraigal (Traditional venom/poison treatment methods) Tamil

Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside. Nearly all mankind is more or less unhappy because nearly all do not know the true Self. Wanting to reform the world without discovering one's true self is like trying to cover the world with leather to avoid the pain of walking on thorns. It is much simpler to wear shoes.- Ramana Maharishi



Be like a Flower

One must try to become like a flower: open, frank, equal, generous and kind. Do you know what it means? A flower is open to all that surrounds it: Nature, light, the rays of the sun, the wind, etc. It exerts a spontaneous influence on all that is around it. It radiates a joy and a beauty. It is frank: it hides nothing of its beauty, and lets it flow frankly out of itself. What is within, what is in its depths, it lets it come out so that everyone can see it. It is equal: it has no preference. Everyone can enjoy its beauty and its perfume, without rivalry. It is equal and the same for everybody. There is no difference, or anything whatsoever. Then generous: without reserve or restriction, how it gives the mysterious beauty and the very own perfume of Nature. It sacrifices itself entirely for our pleasure, even its life it sacrifices to express this beauty and the secret of the things gathered within itself. And then, kind: it has such a tenderness, it is so sweet, so close to us, so loving. Its presence fills us with joy. It is always cheerful and happy. Happy is he who can exchange his qualities with the real qualities of the flowers. Try to cultivate in yourself their refined qualities.



Mother
Spiritual Leader



Loving the Light

Have you ever watched a forest with all its countless trees and plants struggling to catch the light-twisting and trying in a hundred ways to be in the sun? That is precisely the feeling, of aspiration in the physical-the urge, the movement, the push towards the light. Plants have more of it in their physical being than man....

The movement of love is not limited to human beings and it is perhaps less distorted in worlds other than the human world. Look at the flowers and trees. When the sun sets and all becomes silent, sit down for a moment and put yourself into communion with Nature. You will feel, rising from the earth, from below the roots of the trees and mounting upward and coursing through their fibers, up to the highest outstretching branches, the aspiration of an intense love and longing-a longing for something that brings light and gives happiness for the light that is gone and they wish to have back again. There is a yearning so pure and intense that if you can feel the movement in the trees, your own being too, will go up in an ardent prayer for the peace and light and love that are unmanifested here.



- *Sri Aurobindo*
Maharishi



Real Education

So, the question is how to bring about the right kind of education so that the mind can withstand all temptations, all influences, the bestiality of this civilization and this culture. We have come to a point in history where we have to create a new culture, a totally different kind of existence, not based on consumerism and industrialization, but a culture based upon a real quality of religion. Now how does one bring about, through education, a mind that is entirely different, a mind that is not greedy, not envious? How does one create a mind that is not ambitious, that is extraordinarily active, efficient; that has a real perception of what is true in daily life which is after all religion....Educate' in the real sense of that word; not to transmit from the teachers to the students some information about mathematics or history or geography, but in the very instruction of these subjects to bring about a change in your mind. This means that you have to be extraordinarily critical. You have to learn never to accept anything which you yourself do not see clearly, never to repeat what another has said.



J. Krishnamurti
Spiritual Master