

Echoes of Eco



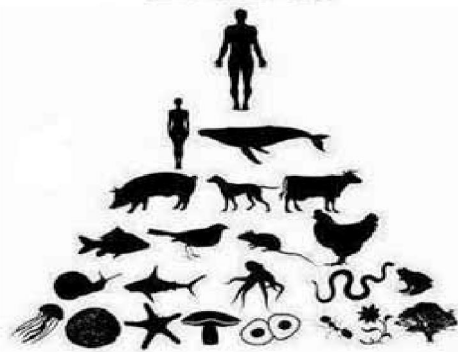
September, 2013

Vivekananda Kendra- **nardep** Newsletter

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Ego versus Eco

EGO



ECO



Karma-Yoga teaches, "Do not give up the world; live in the world, imbibe its influences as much as you can; but if it be for your own enjoyment's sake, work not at all." Enjoyment should not be the goal. First kill yourself and then take the whole world as yourself; as the old Christians used to say, "The old man must die." This old man is the selfish idea that the whole world is made for our enjoyment. Foolish parents teach their children to pray, "O Lord, Thou hast created this sun for me and this moon for me," as if the Lord has had nothing else to do than to create everything for these babies. Do not teach your children such nonsense. Then again, there are people who are foolish in another way: they teach us that all these animals were created for us to kill and eat, and that this universe is for the enjoyment of men. That is all foolishness. A tiger may say, "Man was created for me" and pray, "O Lord, how wicked are these men who do not come and place themselves before me to be eaten; they are breaking Your law."

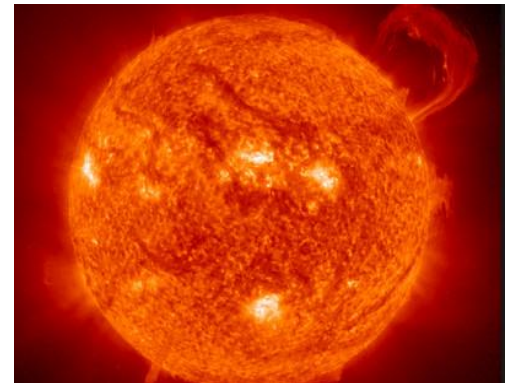
If the world is created for us, we are also created for the world. That this world is created for our enjoyment is the most wicked idea that holds us down. This world is not for our sake. Millions pass out of it every year; the world does not feel it; millions of others are supplied in their place. Just as much as the world is for us, so we also are for the world....The greatest weakness often insinuates itself as the greatest good and strength. It is a weakness to think that any one is dependent on me, and that I can do good to another. This belief is the mother of all our attachment and through this attachment comes all our pain. We must inform our minds that no one in this universe depends upon us; not one beggar depends on our charity; not one soul on our kindness; not one living thing on our help. All are helped on by nature, and will be so helped even though millions of us were not here. The course of nature will not stop for such as you and me; it is, as already pointed out, only a blessed privilege to you and to me that we are allowed, in the way of helping others, to educate ourselves.

[An excerpt from Swami Vivekananda's *Karma Yoga*]

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and Planet, Gaia and Humanity

Hymn to the Sun



***May the Sun guard us in the
highest heaven! May the breezes
protect us in the airy spaces! May
Fire be our guardian in earthly
places!
May the Inspirer, whose glowing
flame deserves a hundred
sacrificial offerings, be pleased
with us! From lightning flashes
keep us safe.***

-Rig Veda X 158 1-2





The nobility of thought, the purity of emotions, the softness of sentiments, the glorious attributes of love, tolerance, mercy and kindness - these expressed by a man in his life constitute the 'HEART' of his personality.

-Swami Chinmayananda



Rameshwaram: Reviving the Sacred Water Teerthams

As part of the 150th birth anniversary celebrations of Swami Vivekananda, VK-nardep has taken up the renovation of the 16 sacred *water teerthams* of Rameshwaram. This is the continuation of the report series of the progress of the project.



A glimpse of the pre-cleaning and pre-revival photo of the Teertham contrasted with what it has become now: This shows the amount of dedicated work that has gone into the cleaning of the pond.



Though Mangala Teertham (top) and Rina Vimochana Teertham (below) look similar, they can be differentiated by the steps on all the sides of Mangala Teertham. Below the rectangular inner structure can be seen now.



The renovation of *Mangala Teertham* and *Rina Vimochana Teertham* needs a special mention in this project. They are situated at the two sides of the road that leads into the holy island. Hence the renovated water bodies sparkling at both sides serve as an invitation to the larger concept of a green pilgrimage. The amount of pollutants removed from both these sacred structures was massive and showed the amount of insensitivity and cultural illiteracy even the so-called educated populations suffer from.



Here we see an example of how the local participation is transforming the landscape in a green way. A local tea vendor has been nurturing this sapling of papal (Arasu) which will soon grow into a shade giving tree. The concept of transforming an average pilgrim to the holy island into a green pilgrim envisions inculcating such a commitment in the heart of every visitor. That is the reason why VK-nardep plans the installation of the green pilgrim oath at every renovated Teertham.

The Green Pilgrimage Oath that has been displayed at Hanuman Teertham in three languages (Tamil, Hindi and English). Here we provide the oath:

- This Teertham is the heritage of all Indians. So...
- I will beautify this Teertham with beautiful and useful vegetation.
- I will not allow any water pollution in this Teertham.
- I will assure this Teertham shall harvest rain water optimally.
- I will not bring air-polluting vehicles near the Teertham.



The green pilgrimage oath displayed at Hanuman Teertham. This multi-lingual display will be put at all the Teerthams.

To know more about Rameshwaram Teertham Project: Contact Secretary, VK-nardep at vk nardep@gmail.com



Most diseases are results of wrong habits and faulty modes of living. Mother Nature, who has fashioned this wonderful human mechanism, attempts to correct promptly the errors committed by you. All her well-intentioned visits are always announced in the shape of various symptoms of sickness.

—Swami Sivananda



Happenings in this month: **SHELTER**

Workshop on “Carbon Foot -Print of a Building” was organized with the DST, Core Support at the Rural Building Center of Anjaneyapuram, Kalluvilai. The workshop was conducted between 16th to 18th of this month with 40 students and professionals attending and getting benefitted. Main resource person was Er,V.Ramakrishnan.



Workshop participants explore the green construction technology.

Green construction technologies reduce the carbon-foot print of the building at various stages. The end result – the cost-effective building also reduces the carbon-foot print by decreasing the emission of Green House effects.



Hands-on-experience in using green construction technologies is part of the workshop: Compressed mud block.



Happenings this month: **WATER MANAGEMENT** and conservation technologies

Tested water from 14 wells in Kanyakumari Dist. as a part of the programme of Central Ground Water Board, Chennai.



VK-nardep activities done with DST core support

What is Carbon Foot-Print?

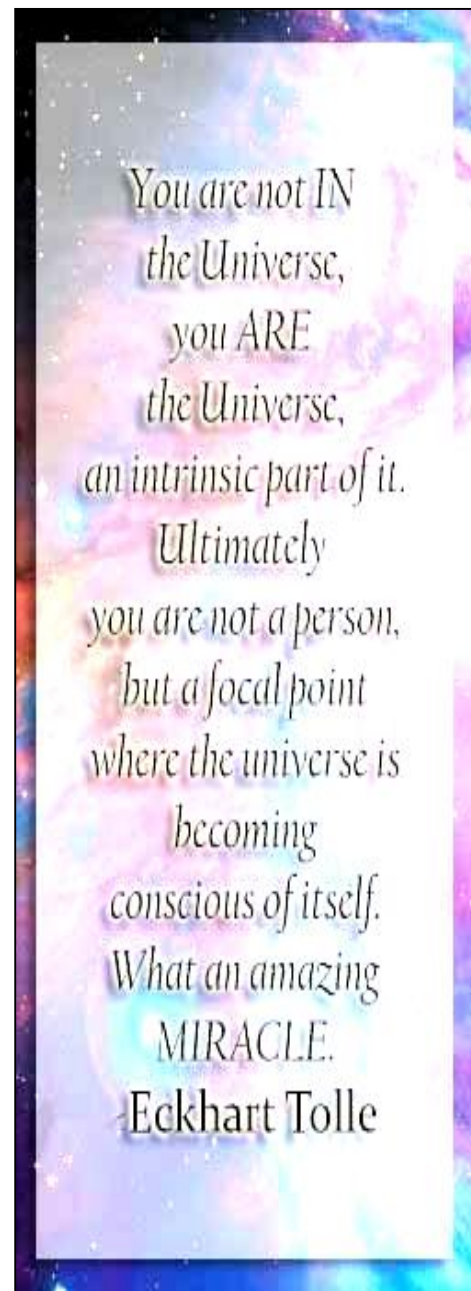
A measure of the total amount of carbon dioxide (CO₂) and methane (CH₄) emissions of a defined population, system or activity, considering all relevant sources, sinks and activity of interest storage within the spatial and temporal boundary population, system or activity of interest.



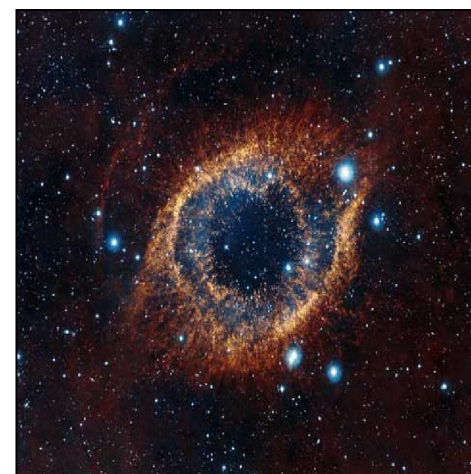
Happenings this month: **NET-WORKING & Media**

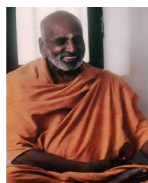


Puthiya Thalaimurai TV a leading channel telecasted on 16th of this month a programme on Shakti Surbahi Bio-methnation plant.



You are not IN
the Universe,
you ARE
the Universe,
an intrinsic part of it.
Ultimately
you are not a person,
but a focal point
where the universe is
becoming
conscious of itself.
What an amazing
MIRACLE.
Eckhart Tolle





The same Reality presents Itself as Nature when contacted through the senses, mind and intellect. Therefore, the sense-bound pleasure seekers are also adoring the same Reality in accordance with their understanding and attainments. All beings are verily resting in God and enjoying Him only, while their readings and interpretations of Him vary infinitely.

-Swami Chitbavananda



Happenings this month: **SUSTAINABLE AGRICULTURE**

Workshops on Azolla this month



Jharkhand farmers exploring the backyard cultivation beds of Azolla technology.

- Organised by the Department of Animal Husbandry, Govt. of Jharkhand. Training given for two batches at the TRC, Kalluvilai between 5th to 7th and 19th to 21st of this month. Totally 64 farmers from Jharkhand attended the programme. The resource persons were, Dr.PKamalasan Pillai, Sis.V.Saraswathi and Shri.Rajamony.
- Organised by *Puthuvazhlu Thittam*, Manur, Tirunelveli and conducted at TRC, Kalluvilaion. The workshop explored the Azolla as cost-effective cheap fodder on 11th of this month with 24 persons attending it and Smt.S.Premalatha was the resource person.
- Workshop on Azolla was organized at TRC Kalluvillai on 21st of this month with 6 persons attending and benefitting. The resource person was Dr.Kamalasannan Pillai and team.

Happenings this month: **SUSTAINABLE AGRICULTURE**

A Workshop on Bio-manure



Participants exploring the Bio-manure technologies.

Workshop on "Bio-manure Preparation" was conducted at the TRC of VK-nardep at Kalluvilai on 14th of this month and 53 persons of farming community attended the workshop. The resource persons were Dr.P.Kamalasan Pillai, Smt.S.Premalatha, and Shri.Rajamony.



Bio-manure- technology

A Training Programme on "Vermi Technology" was conducted for 39 students of Women's Christian College, Nagercoil at TRC, Kalluvilai on 12th of this month. The resource persons were Dr.P.Kamalasan Pillai, Sister.V. Saraswathi and Shri.Rajamony

Happenings this month: **SUSTAINABLE AGRICULTURE**



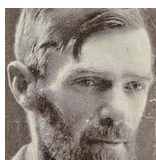
Jharkhand farmers studying Azolla technology: step by step.



Participants of Azolla workshop also learnt other sustainable agricultural technologies apart from Azolla cultivation. Here they are exploring seed germination in a green-house.



Vermi-compost workshop for students of Women Christian College, Nagercoil.



We ought to dance with rapture that we should be alive and in the flesh, and part of the living, incarnate cosmos. I am part of the sun as my eye is part of me. That I am part of the earth my feet know perfectly, and my blood is part of the sea.

-D.H.Lawrence



Happenings this month: HOLISTIC & INDIGENOUS MEDICINE



Happenings this month: BIO-METHANATION PLANT & RENEWABLE ENERGY



Happenings this month: BIO-METHANATION PLANT & RENEWABLE ENERGY

Extension programme on 'ethnic medical practices' was organized by VK-nardep at TRC Kalluvillai on 3rd of this month. Dr.V.Ganapathy was the resource person. 86 persons attended the workshop.



Dr.Ganapathi giving a presentation (above) and a practical demo (below)



- Workshop "With specific emphasis on Nadi therapy" was conducted at Vivekanandapuram on 10th of this month. 52 persons attended this workshop. Resource Person: Dr.V.Ganapathy.
- A national level workshop on "Role of Yadnya in Environmental issues" was conducted at Sri Sarada College, Tirunelveli on 21st of this month. 300 participants attended the seminar. Dr.V.Ganapathy gave key note address at the inaugural function.
- On 24th of this month Varma workshop was held at Madurai. 70 persons attended the workshop. Thiru.Vai.Pitchumani, who is famous as a varma and Kung fu Aasan as well as cinema consultant also present during the workshop.

Training programme on "Bio-methanation plant" was held at TRC, Kalluvilai on 21st of this month under DST core support programme with Shri.V.Ramakrishnan as resource person. 7 persons benefitted from training.



Bio-Methanation plant training at TRC- Kalluvilai.



Happenings this month: HOLISTIC & INDIGENOUS MEDICINE

Green Health Home of VK-nardep functioned for 8 days and treated 178 patients.



Correcting ankle joint is very unique in siddha varma tradition.



Dr.V.Ganapathy with Vai.Pichumani



Bio-Methanation Plants Installation this month:

- 1 cum [2 Nos]

Paper Presentations in this month

- Shri.G.Vasudeo read a paper on "Indic Road Map to Indian Village Development" at Amrithanandamai University, Kollam on 25th Sept. 600 delegates attended the panel discussion.
- Dr.P.Kamalasanan Pillai presented a paper on "Holistic model for Grey water treatment" during a conference organised by Tech for Seva, Pune on 28th Sept. 800 delegates were present.



- Dr.P.Kamalasanan Pillai presented a paper on "Green ways of Green waste Management" during a conference organised by Tech for Seva, Pune on 29th Sept. 1000 participants attended.



Everyone in the world should be able to sleep without fear, at least for one night. Everyone should be able to eat to his fill, at least for one day. There should be at least one day when hospitals see no one admitted due to violence. By doing selfless service for at least one day, everyone should help the poor and needy. It is Amma's prayer that at least this small dream be realized.

—Mata Amritanandamayi



From our Publications



In this excerpt from 'Akshaya Vikas' we see some of the proposed policy measures for water conservation by different levels of administrative bodies for different habitations like the rural and urban areas. An eco-toon shows how the traditional water management structures and temples have been aligned. Watershed management has provided benefits: this shows how proactive efforts can offer disadvantaged farmers positive solutions to overcome adverse conditions.

PROPOSED POLICY MEASURES

- Provide at least one roof-top-rain-water harvesting structure for every 200 square meter plot in urban areas.
- Revive / rehabilitate all village ponds.
- Subject to technical feasibility, provide at least one check dam / KT weir/sub - surface dyke in each streamlet with a catchment of 1 to 3 Sq. Km.
- Provide all drinking water wells with a recharge structure.
- Ban construction of irrigation wells / tubewells within a distance of 200m or less (depending on scientific criteria) of the drinking water supply well.

Temples have been designed delicately to provide both rain water harvesting and ground water recharging...

Watershed development programmes have yielded significant economic and environmental benefits. They have resulted in better crop yields, improved fuel and fodder availability, regeneration of degraded lands, increase in the water-table and moisture availability, which, in turn, has helped in the better use of land based on their capabilities.



Watershed development programmes, thus, offer the disadvantaged dryland farmers of India a chance to benefit from improved technologies and programmes that are better suited to the economy and ecology of their regions.





The whole universe is one of perfect balance. I do not know, but some day we may wake up and find that the mere worm has something which balances our manhood.

—Swami Vivekananda



Outer and Inner

The individual parts of the living system are whole and intelligent since the chain of self-organization is recursive. Not surprisingly, each component has within it the wisdom of the whole, and they unfold together, reorganizing along the way. Living in an unyielding machine-system, the individual is forced to become like a machine, and he is alienated from nature. It is not merely objects that people crave, but also inner life and meaning. In the absence of this inner life, a fog settles over the mind. ... Modernity glorifies individualism, but it atomizes the self, creating emptiness and despondency. The zone of harmony that lies between freedom and responsibility is a very thin line. As the individual becomes isolated, he forges links with images and reflections. It becomes easier to live in an artificial world that is a simulation of reality. It is easy to indulge in make-believe and fantasy in the mimic world. It is difficult there to distinguish truth from falsehood, and to realize that there is no soul behind the mechanical motion. ... The challenge is to balance the exploration of the outer with a corresponding exploration of the inner, to balance ownership with compassion, to balance the body with the spirit.



— Subash Kak
Physicist

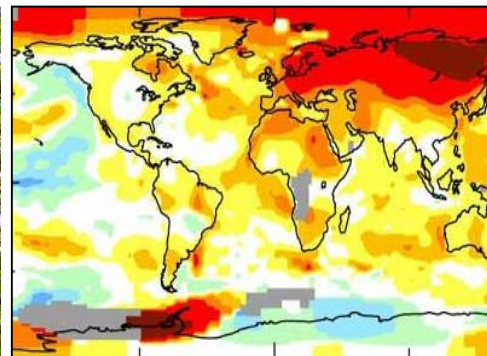


Awareness and Planet

It's mainly due to our own actions that negatively affect nature like the destroying forests, polluting rivers, cutting down trees. We have disturbed the balance of nature, disturbed the balance of the earth. Just like a building standing on pillars: if you demolish one pillar, that will create an imbalance in the whole structure. We are drilling oil wells; we are destroying mountains, polluting rivers, cutting down trees. So the only way is to have a compassionate approach. Look inwards, within you, and try to have a compassionate approach to nature. For example, suppose there's a huge banyan tree filled with ripe leaves on it, and an eagle flies and sits on one of its branches, and all of a sudden, the leaves wither away. Maybe those leaves were about to be shed anyway, and it was just their time. So this entire universe has a rhythm to it. There's a harmony. There's a rhythm in every action that you can have, knowingly or unknowingly. Something that happens in one corner of the earth can have an impact on the other corner. So we are not isolated like islands. We are all part of the universal chain. If we expect others to change first, nothing will happen. Instead of expecting others to change first, we have to change first and then others will change automatically.



Mata
Amritanandamayi
Woman-Saint



Gaia and Humanity

Wise physicians knew that letting nature take its course without intervention would often allow natural self-regulation to make the cure. They were not averse to claiming credit for their skill when this happened. I think the same may be true about planetary medicine: our ignorance of the Earth system is overwhelming and intensified by the tendency to favor model simulations over experiments, observation, and measurement. ... Global heating would not have happened but for the rapid expansion in numbers and wealth of humanity; if we fail to curb global heating, the planet could massively and cruelly cull us, in the same merciless way that we have eliminated so many species by changing their environment into one where survival is difficult. ... Are we sufficiently talented to take on what might become the onerous permanent task of keeping the Earth in homeostasis? ... The alternative is the acceptance of a massive natural cull of humanity and a return to an Earth that freely regulates itself. ... Perhaps the greatest value of the Gaia concept lies in its metaphor of a living Earth, which reminds us that we are part of it and that our contract with Gaia is not about human rights alone, but includes human obligations.



James Lovelock
Bio-physicist