

Echoes of Eco



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Vivekananda Kendra- nardap Newsletter

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Green Rameshwaram: Solar Smiles



Solar power lights up the lives and smiles of children at the hamlet in Danushkodi. This is done as part of the 'Green Rameshwaram' project.



The project involves the commissioning of 2 numbers of 2 kWH Solar PV System in Dhanushkodi. The total capacity of the project activity: 4 kWH. The latitude and longitude of the site is 8° 38'15.49" N 77° 41' 32.15" E. As per NASA surface meteorology data, the insolation of the project site is given below:

Monthly Averaged Insolation Incident On A Horizontal Surface (kWh/m ² /day)													
Lat 8.38 Lon 77.41	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Annual Average
22-year Average	4.84	5.58	6.14	5.52	5.31	4.46	4.53	4.87	5.13	4.42	3.97	4.23	4.91

The tilt angle based on site location for project activity: 130 facing south direction to maximize the yield return. And also, the site location has the maximum wind speed of 180 - 200 km/hr. Keeping the above parameters in mind the agency designed the solar PV system. The details are as follows: There are 16 Numbers of Solar PV modules in the project activity. The size rating of the individual solar PV module is 235 Wp and the technology selected is Poly crystalline. The module mounting structures are elevated to 8 feet height and placed in shadow free area to obtain the maximum yield from solar. The module mounting structure is designed to meet the maximum wind speed of 180 - 200 km/hr and made of powder coated iron. The system is having 2 numbers of 2 kW power conditioning unit with MPPT charge controller and 4 numbers of 24 V - 500 AH battery bank to support the load of 12 hours during non solar hours with one day autonomy.

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Homage to Crop



Spring up, become fair, be distended,
O Crop, with your own increase! Burst
all vessels designed to contain you!
May lightning not smite you in that
place where we make our appeal to
you. In response, divine crop, to our
invocation, rise up there tall as the
sky, inexhaustible as the boundless
sea! May those who tend you prove
inexhaustible, inexhaustible their
barns, inexhaustible those who offer
you in sacrifice and those who consume
you!

-Atharva Veda





Man seeks to change the foods available in nature to suit his tastes, thereby putting an end to the very essence of life contained in them. The life ahead can only be glorious if you learn to live in total harmony with all Existence which is Divine itself.

Sai Baba



[Above]

[1] Solar Powered Street Light

[2] Solar powered LED lighting up the huts

[3] Solar panel installed at Mandapam Panchayat School being taken care of by locals.

To know more about 'Green Rameshwaram Pilgrimage' Project contact:
Secretary, Vivekananda Kendra - Nardep,
Vivekanandapuram, Kanyakumari-629702;
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There are 100 numbers of 4 W LED lamp and is provided to the villager. The project includes installation of 6 numbers of 25 W LED solar street light systems in the common area of the village. The specification of the street light is 6 meter height and made of pre galvanized iron material with aluminum coated. The control of the street light is done by single switch.

And also, one number of 32" LED TV is been installed in Govt school for smart class purposes which consumes 80 W power.

1	Number of individual household beneficiaries:	80
2	Number of installations in school:	8
3	Number of installations in community commons:	12
	Total number of installations	100
4	Street Lights installed	6
5	LED Solar TV	1
	Spares supplied:	
A	Switch boxes	5
B	MCB	5
C	LED	5



Proud villages posing under the shadow of the solar panel: 4 kilo watts capacity: Total: 16 modules

Supported by BrahMos Aerospace as part of Green Rameshwaram-a project catalyzed by VK-nardep.





It is at this stage — and when a man sees God in everything, and everything in God — that he attains perfect Bhakti. It is then that he sees God incarnated in everything from the microbe to Brahmâ, and it is then that he sees God manifesting Himself in everything, it is then that he feels that there is nothing without God - Swami Vivekananda



- **Rameshwaram: Reviving**
- **the Sacred Water *Teerthams***

As the resurfaced Dharmar Teertham comes to life, eternal water springs from under: A flood of media reports follow... To know more about 'Renovation of Rameshwaram Teerthams' Project contact: Secretary, Vivekananda Kendra - Nardep, Vivekanandapuram, Kanyakumari-629702; Phone:04652-246296, 9442646296 Email: vknardep@gmail.com

DHARMAR TEERTHAM



After it started the renovation under Vivekananda Kendra-Natural Resources Development Project to mark the 150th birth anniversary of Swami Vivekananda, the Kendra stumbled upon the 'Theerthams' of the Pandavas and their wife Draupadi, but could not locate them. Making strenuous efforts with the help of a map given by the temple authorities and information from the aged people, Kendra workers located the 'Theerthams' of Bhima, Arjuna, Nakula, Sahadeva and Draupadi, but 'Dharmar Theertham' remained invisible. They moved to the site of a huge sand dune, believing the words of the elders, and started excavation. Soon, they hit the retaining walls. "We worked for a one full month and removed 6,000 tractor loads of sand to unveil the waterbody with the structure intact," Project Coordinator V. Ramakrishnan told.

The 'Dharmar Theertham,' located near 'Ramar Padham' (the footprint of Lord Rama) which is the highest altitude of the island, has already attracted pilgrims. Sweet water kept replenishing in a small pit in the middle of the 80x35-foot structure.



ராமேசுவரத்தில் 60 ஆண்டுகளுக்கு பின் புனித தீர்த்தம் கண்டுபிடிப்பு





A person will worship something, have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts, but it will be out. That which dominates our imaginations and our thoughts will determine our lives, and our character. Therefore, it behooves us to be careful what we worship, for what we are worshipping we are becoming. - Emerson



Happenings this month: **SUSTAINABLE AGRICULTURE**

Workshop on "Azolla cultivation" was organized by National Dairy Research Institute, Karnal, Haryana at the K.V.K, NDRI, Karnal on 31st of July and 1st of August. 85 livestock farmers attended the workshop and the resource person was Dr.P.Kamalasanan Pillai.

Workshop on "Azolla as a Bio-feed" was organized by Chinmaya Organisation for Rural Development (CORD), Himachal Pradesh at Dharmasala, Himachal Pradesh on 2nd of this month. 25 farmers attended the programme and the resource person was Dr.P.Kamalasanan Pillai

Training programme on "Wonder Fern - Azolla" was conducted with DST, Core Support at TRC, Kalluvilai on 23rd of this month and the resource person was Smt.Premalatha

Dr.Pillai being felicitated at the Karnal Azolla workshop.



Happenings this month: **COST-EFFECTIVE HOUSING**

VK-nardep activities done with
DST core support



Workshops on Vernacular Architecture

Training programme on "Vernacular Architecture" was conducted with DST, Core Support at the Rural Building Center, Kalluvilai on 9th and 10th of this month. 43 students attended. The resource person was Er. V.Ramakrishnan



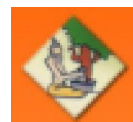
Er.Ramakrishnan explaining vernacular cost-effective architecture to students.

Workshop on "Cost effective construction technologies" for the students of Excel College of Architecture & Planning, Namakkal was held at Rural Building Center, Kalluvilai on 27th and 28th of this month. 41 students attended the programme. The Resource Person was Er.V.Ramakrishnan



Happenings this month: **Water Management**

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



Happenings this month: **Green Health Camp @ workshop**

Workshop on "Traditional Siddha Varma Bone Setting Practices" was held at TRC, Kalluvilai on 5th and 6th of this month with DST, Core Support. 41 traditional physicians and medical students attended the event. Dr.V.Ganapathi and his team were the resource persons.



Ethno-medicine demonstration

"Workshop on Ethno Medical Practices" (Nadi Chiksha)" was held with DST, Core Support at Vivekanandapuram on 12th of this month with 55 persons attending it. Dr.V.Ganapathi and his team were the resource persons.

Announcement:

Our next training programme on Azolla cultivation and Bio-methanation will be on Saturday. 27th September. 2014. Please contact by sending e.mail.

Green Health Home of VK-nardep functioned for 7 days and treated 200 patients.



We wish to pursue the truth no matter where it leads; but to find the truth we need imagination and skepticism both. We will not be afraid to speculate, but we will be careful to distinguish speculation from fact. The Cosmos is full beyond measure of elegant truths, of exquisite interrelationships, of the awesome machinery of nature.

-Carl Sagan



Renewable Energy this month:



Networking Activities this month:



Happenings this month: Networking

Awareness Programme on Bio-methanation plant was held at TRC Kallivillai on 23rd of this month. Er.Ramakrishnan was the resource person. 7 persons attended.



Learning the Bio-Methanation plant technology and also exposure to various alternative technologies.

Construction of Shakthi-Surabhi Plants this Month:

Portable 2 cum : 1
Portable 3 cum : 1



Participants of Azolla Training at CORD, Dharmashala, Himachal Pradesh spreading Azolla in the paddy field

55 students of Veerammal Engineering College, Dindigul made a study tour to Gramodaya Park on 21st of this month. Students learned different types of Cost-effective Construction technologies

101 students of V.V. College of Engineering visited the Gramodaya Park, Vivekanandapuram on 12th of this month and learned green technologies. Again on 14th 70 students of the same college learned different Bio-methnation technology.

40 ATMA Farmers from Harayana visited Gramodaya Park, Vivekanandapuram on 26th and learned different technologies in farming.



[Top] VV college students learning bio-methanation plant [Below] Excel college students learning vernacular architecture.

Indovation-workshop

Indovation - Exhibition cum Workshop on "Innovative Technologies for Sanitation & Water Quality in Rural Areas" was conducted by Ministry of Drinking Water and Sanitation, New Delhi at the NDMC, Convention Centre, New Delhi on 26th and 27th with 200 delegates. Shri.G.Vasudeo attended the workshop.

Paper presentation:

Shri.G.Vasudeo presented a paper on "Dharmic Technology in the light of Integral Humanism" at the Workshop on "Research and Development Foundation for Integral Humanism" organized by Pradnya Pravah, Nagpur at Reshim Bag, Nagpur on 16th of this month. 150 delegates attended the event.

Dignitary's Visit to VK-nardep

Shri.Sudarshan, Project Engineer, Karnataka Govt. visited on 4th to know about Bio-methanation technology

Media coverage of VK-nardep Activity

Madurai edition of 'The Hindu', English daily, on 3rd August made a good coverage about our training on Azolla technology to ATMA farmers.



Some claim that evolution is 'just a theory,' as if it were merely an opinion. But evolution is a scientific fact. Evolution really happened. Accepting our kinship with all life on Earth is not only solid science... In my view it's also a soaring spiritual experience.

- Neil deGrasse Tyson



Green Rameshwaram came out with a mass outreach programme this month. Eco Awareness programmes and Green Health camps were held. Apart from this a meeting of the district collector with special interest groups was also held.



Media Reports

Dinamani dated 21st of August reported about the Revival and Renovation of **Dharmar Teertham**.

Daily Thanthi dated 22nd of August made a prominent coverage about **Dharmar Teertham**.

The Hindu dated 25th of August made a very good coverage under the heading "Dharmar Theertham" comes to the fore after 60 years"

On the same day the Tamil version of the same newspaper also reported about Revival and Renovation of **Dharmar Teertham**.

Eco Awareness Programmes organized by VK-nardep and sponsored by UNICEF, were conducted at Rameshwaram. It included an exhibition on Sanitation, Waste management, Hygiene etc.



Green Rameshwaram campaign for hygiene - night in the village for women and at the school for children.



On August 2nd District collector interacted with the special interest groups of Rameshwaram as part of Green Rameshwaram project.



On 18th August Green Health camp was conducted at Natarajapuram, Rameshwaram. 140 patients benefited.



On August 2nd Tribal handicrafts stall was inaugurated at Rameshwaram Vivekananda Kendra complex as part of Green Rameshwaram Project. The shop belongs to TRIFED, Govt. of India.





The doctor of the future will give no medicine, but will inter-act his patients in the care of the human frame, in diet, and in the cause and prevention of disease.

Thomas Alva Edison



From our Publications



Indigenous Medical systems are not only cost-effective and holistic. They take an integral view of body-mind as a whole. They reach out to the embodied intelligence which is throughout the body and the environment. The gestalt approach to health enshrined in ancient traditional wisdom is systematized with the preservation of regional and individual diversity in Ayurveda. In this section of eco-toons from Samagra Vikas we provide the basic concept of Ayurveda and how it actually co-created health and provides wholesome health. The role of mind-body continuum is underlined and the coordination of various dimensions of the well being is also brought out. We also provide a comparison between the concept of health in Ayurveda and WHO definition of health. Read on...

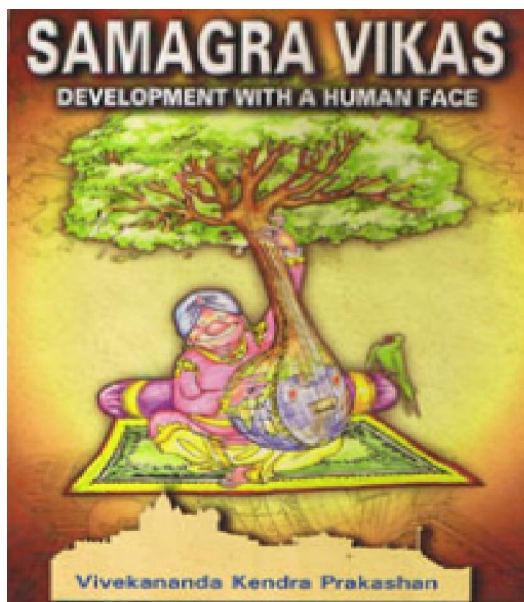


Samadosha
Samagnischa
Squadhatumala kriyaha
Prasanna atmenindriya manaha
Swasthya ityabhidheeyate

The doshas must be in equilibrium, the digestive fire must be in a balanced state and the tissues (dhatus) and malas (wastes) must work in a normal state. The sensory and motor organs and mind, must be also in a pleasant state. The Atman should shine brightly. Such a person is called a healthy person or Swastha

WHO-definition of Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.





When, however, the deepest and most grounded spiritual vision is married to a practical and pragmatic drive to transform all existing economic and social institutions, a holy force - the power of wisdom and love in action - is born. This force I define as Sacred Activism.
- Andrew Harvey



Nature and Mysticism

Anyone who has some knowledge of mysticism and of the lives of the mystics knows that what always attracts the mystic most is nature. Nature is his bread and wine; nature is his soul's nourishment; nature inspires him, uplifts him, and gives him the solitude for which his soul continually longs. Every soul born with a mystical tendency is constantly drawn towards nature, for in nature that soul finds its life's demand. As it is said..... "Art is dear to my heart, but nature is near to my soul." The mountains standing so silently, the patient trees of long tradition, the barren desert, the thick forest, not only have a calming effect upon the mystic, but they express something to him. The fluttering of the leaves comes to his ears as a whisper, the murmur of the wind falls on his ears as music, and the sound of little streams of water running in the forest, making their way through rocks and pebbles, is a symphony to the ears of the mystic. No music can be greater and higher and better than this. The crashing of the thunder, the sighing of the wind, the blowing of the morning breeze, all these convey to a mystic a certain meaning which is hidden behind them. For a mystic they make a picture of life, not a dead picture but a living picture which at every moment continually reveals a new secret, a new mystery to his heart.

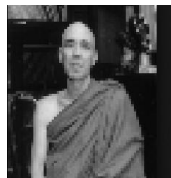


- Hazrat Inayat
Khan
Mystic



Nature and Dharma

A spiritual teaching rests on two complementary pillars, wisdom and compassion, both of which can help us diagnose and address the dangers of climate breakdown. Through wisdom, we investigate a danger: see it as a whole, identify its underlying causation, and determine what can be done to remedy it at the causal level. Through compassion, our hearts feel the danger vividly and personally, and thereby expand to embrace all those exposed to harm: all who, like ourselves, are subject to suffering, who seek peace, well-being, and happiness. Reflection on the broad consequences of runaway global warming enables us to see that this is not merely a problem of rules and regulations that can be solved by a simple technological fix. It is at base a deeply moral problem that challenges our humanity and ethical integrity. If we let our minds embrace all our fellow beings with loving kindness, "as a mother does her only child" (Metta Sutta), we will feel a compelling sense of urgency swell up from our depths, rooted in a clear recognition of the perils that hang over innumerable beings, human and non-human, whether in this country or in other lands. And if we let our hearts be stirred by compassion, we will see that we have no choice but to act, and to act in ways that will truly make a difference.



- Bhikkha Bodhi
Buddhist Monk



Nature and Children

Most kids today have limited direct experience with the outdoors. If they are outdoors, it is likely to be in organized sports and on playground equipment, often on asphalt play grounds. The defining experience of many of today's youth and children is indoors, at home or in school, or in a car....

Research indicates that one of the best antidotes to a stressful lifestyle is to spend time in natural settings outdoors. Children who spend time outdoors are likely to be: happier; healthier; smarter; more cooperative; better problem solvers and more creative.

... Children's cognitive flexibility and creativity are enhanced if they learn to problem-solve in natural settings rather than in highly controlled, human-dominated settings like concrete playgrounds and manicured playing fields with little ecological diversity. Together we can heal the separation between children and nature, by re-establishing a healthy, natural balance between technology and natural systems. We can build a movement that succeeds in reconnecting children and nature, inspiring a new generation to believe in a better future.



Cheryl Charles
Educationist