

Echoes of Eco



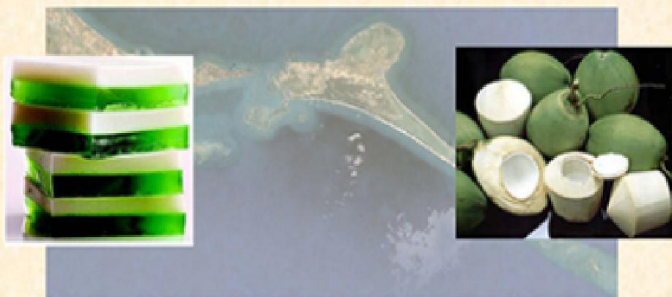
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Vivekananda Kendra- nardep Newsletter

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Local Food Traditions of Rameshwaram

Local Food Traditions Sea Weed Tender Coconut Halwa



In world market, there are 13 algae authorized as vegetable and condiments, although 152 seaweed species have been utilized for food preparations. In many sea-coast based communities delicacies based on sea-weeds form a part of the traditional food basket.

Rameshwaram is no exception.
Sea-weed Halwa is a traditional delicacy.

Recipe for Sea Weed Halwa : From Rameshwaram

In two glasses of water add sea weed and sugar. Boil it till the sea weed dissolves in water. Then add green color edible essence. Now get this mixture into a square shaped utensil. Then add tender coconut and also cashew nuts. Add also the inner flesh of the tender coconut. As the mixture starts to get cold it will become rigid. Then keep it in the freezer. After some time you can take it out and cut it to the shape you want and enjoy.



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Hymn for the House



This House is constructed with two sides, with four, with six, eight, or ten. In this house where Goddess dwells as the head, Agni exists like an unborn babe in the womb. Facing you,

O House, who are facing me, I approach you peacefully: sacred Fire and Water are within, the main doors to Cosmic Order. I bring here these waters free from disease, destroyers of disease. In this House, together with Fire immortal, I take up my abode!

-Atharva Veda IX.3.21-23





The vocation, whether it be that of the farmer or the architect, is a function; the exercise of this function as regards the man himself is the most indispensable means of spiritual development, and as regards his relation to society the measure of his worth.

- Ananda Coomaraswamy



Festival for the Goddess of Fertility and Food-Security



One of the important festival that connects the Goddess worship, Grain diversity-Food security is the Mulaipari festival.

In the Tamil month of Aadi (mid July to mid August) mainly women carry germinated seedling in procession to offer to the Goddess.

This tradition is important in 'Expanding the Food Basket'.

unicef 
unite for children


Green Rameshwaram


VK-nardep



Conservation, environment, poverty, community, education, family, health, economy- these combine to make one quest: liberty and justice for all. Whether one's special emphasis is global warming or child welfare, the cause is the same cause. And justice comes from the same place being human comes from: compassion.- Carl Sagan



Green Rameshwaram: Combining various strategies



Cleaning at the Agni Teertham by youths [above]
Street play at Rameshwaram [below]



Rally for Green Rameshwaram through the main streets of Rameshwaram



Students, Youngsters, women residents - thus various population groups are taking up the message of Green Rameshwaram and are cleaning the 'Agni Teertham' which is the pinnacle of pilgrim experience here. It is also one of the most polluted places due to constant human activity. Hence it is a very challenging task and the youths after getting initial briefing and training at VK-nardep do a commendable job of cleaning. Street plays taking the green Rameshwaram message to the public and tourists were also conducted in important places.

For more details on Green Rameshwaram project contact: Secretary, Vivekananda Kendra-nardep, Vivekananda puram, Kanyakumari - 629702: Phone: 9442646296. Email: vknardep@gmail.com





Is it merely because the rose is round and pink that it gives me more satisfaction than the gold which could buy me the necessities of life, or any number of slaves. ... Somehow we feel that through a rose the language of love reached our hearts.
-Rabindranath Tagore



Happenings this month: **SUSTAINABLE AGRICULTURE**



Happenings this month: **Networking**



Happenings this month: **Water Management**

Two Workshops on "Entrepreneurship Development programme in N.P.K. rich Bio-manure" were conducted

- On 2nd and 3rd with 45 participants
- On 30th and 31st with 23 participants

They were conducted at TRC, Kalluvilai organized by NRDC, New Delhi. Dr.Pillai and his team were the resource persons.

Workshop on Azolla was conducted at TRC, Kalluvilai on 24th with DST - Core Support, New Delhi. The resource person was Smt.S.Premalatha



Bio-manure workshops: Azolla training (above) and hands-on bio-manure preparation (below)

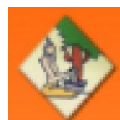


In an exposure visit organized by Institute of Horticulture-TNAU, Petchiparai, Kanyakumari Dist. 40 farmers visited Gramodaya Park, Vivekanandapuram on 9th January and learned about Sustainable Agricultural technologies.

In another exposure visit on 13th of January 27 Students of Annai Velankanni College, Tholayavattam, Kanyakumari Dist learned Shakti Surabhi Bio-methanation and Azolla technology.



Green Health Camps for Green Rameshwaram



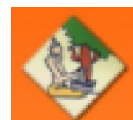
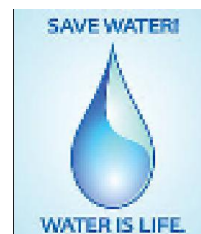
3 Green Health Camps were conducted at Rameshwaram:

- at Therkuvadi on 27th in which 150 patients attended;
- at Thattankudiyiruppu and Nedunkuzham on 28th in which 183 and 76 patients attended respectively.

Green Health Camp proceeding at Rameshwaram village



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



Happenings this month: on **Siddha-Ethnic Medicine**

Dr.V.Ganapathi gave a Guest Lecture at Sri Sarada College for Education, Ariyakulam Tirunelveli on 23rd January. 100 students attended. Dr.V.Gapathy gave a lecture on "Unave Marunthu" (Food as medicine).

Dr.Ganapathi conducting Green Health Camp at Rameshwaram



To know more about 'Green Rameshwaram Pilgrimage' Project contact:
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Green Health Home of VK-nardep functioned for 6 days and treated 156 patients.



Architects have to become designers of eco-systems. Not just designers of beautiful facades or beautiful sculptures, but systems of economy and ecology, where we channel the flow not only of people, but also the flow of resources through our cities and buildings.

-Bjarke Ingles
(Green Architect)



Renewable Energy this month:



Renewable Energy this month:



Green Rameshwaram Media: Report



Bio-methanation plant technology being explained to housewives at TRC, Kalluvillai

Training programme on "Bio-methanation plant for Agricultural Waste" was held at Technology Resource Centre at Kalluvillai on:

- 9th January: 59 participants attended;
- 13th January: 45 participants attended;
- 24th January: 03 persons attended.

The programmes were conducted with DST core support. Er.V.Ramakrishnan and his team were the resource persons.



As part of renewable energy initiative in Green Rameshwaram eight kitchen-waste based bio-methanation plants of 1-cum capacity have been installed in the Rameshwaram island.



Report in Tamil vernacular newspapers on how Green Rameshwaram campaign is attracting even other state pilgrims and make them clean the Rameshwaram pilgrim places like Agni Teertham and the streets surrounding the temple. Popular Tamil newspaper Dinamalar also carries every Sunday an article on 'Green Rameshwaram'



ECO-Awareness Programme:

Under the auspices of UNICEF Eco-aware programmes were conducted this month in the following places:



No	Venue	Date	Number of people attended
1.	Vivekananda Kendra, Rameshwaram	4 th	20
2.	Agni Teertham cleaning activity	27 th	200
3.	Perunthalaivar Kamarajar middle school, Pamban & Public Union Middle School, Mandapam	29 th	300
5.	P.U.M school, Meyyampuli & P.U.M School, Erkadu	30 th	300
6.	Three Green Health Camps at : • Therkuvadi • Thattankudiyiruppu • Nedunkuzham	27 th and 28 th	409



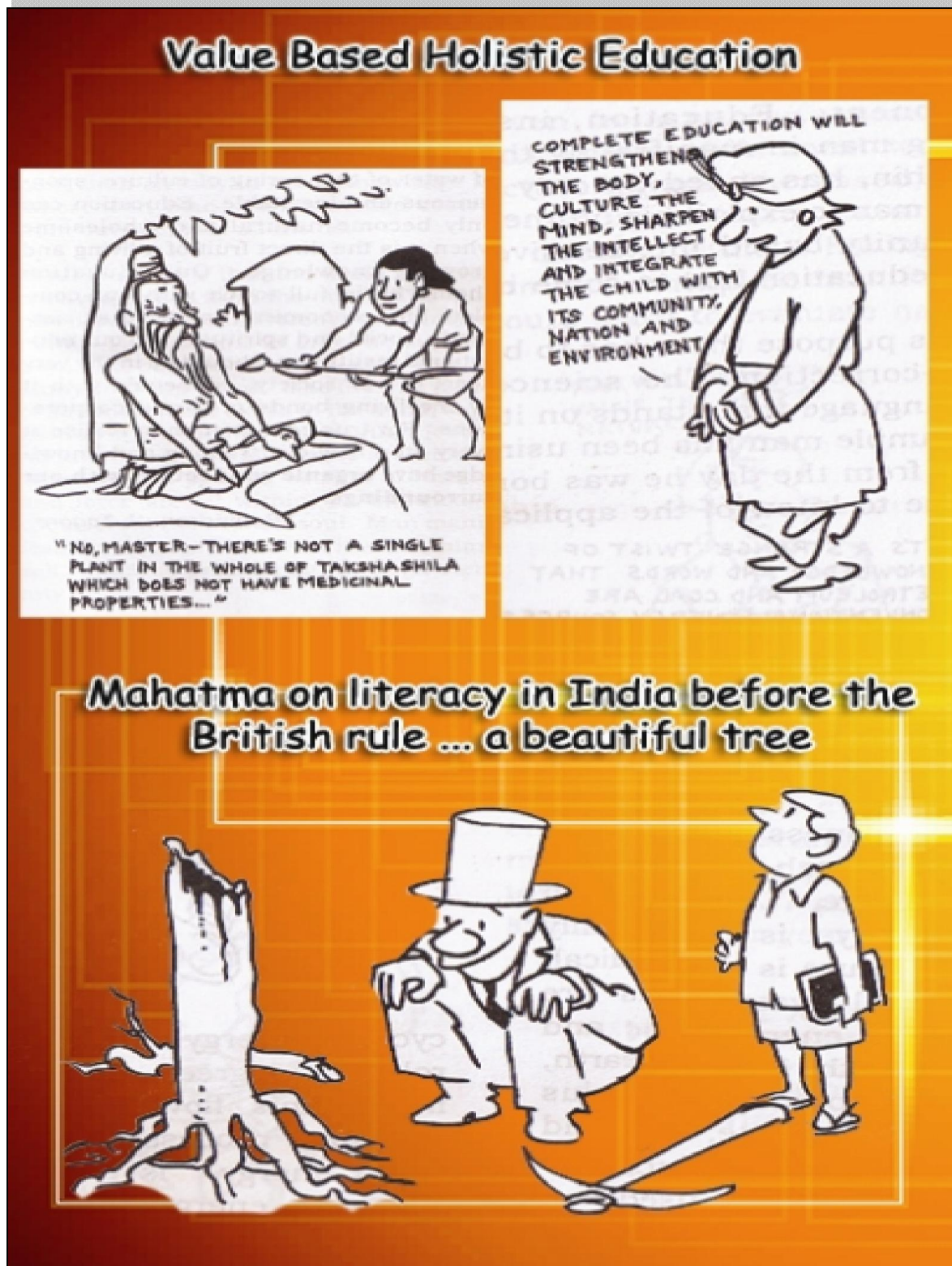
It is forgotten that He, who surrounded us with this ever-evolving mystery of creation, the ineffable wonder that lies hidden in the microcosm of the dust particle, enclosing within the intricacies of its atomic form all the mystery of the cosmos, has also implanted in us the desire to question and understand. - Acharya Jagadish Chandra Bose



From our Publications



Our publication '*Samagra Vikas*' (Development with a Human Face) has also carried out a section on education. How India's classical education system was and how it was systematically destroyed by colonial regime and the kind of education we need today. The following eco-toons speak of the need for a holistic education with roots in our own culture.





The root of our environmental crisis is an inner spiritual aridity. Any truly holistic environmental policy must include this in its approach. We need not only to conduct research in the physical and biological sciences, we also need to explore the psychological and more sacred sciences.

- Peter Russell (physicist)



Good Food



Right Food



Eco Food

The true story is that over the several decades I've been working in the food movement, it has become more and more clear to me that all those who are striving to build healthier food and farming systems for the future are united by a common philosophy and some very simple principles. If you are a producer it doesn't matter whether you are a smallholder in Zimbabwe, a Welsh hill farmer like myself, or a large-scale grain producer in the Midwest; we all need to increase biological soil fertility, manage the precious natural capital of the earth including water, minerals and energy, obey the 'law of return' (which means the recycling of nutrients), mimic the biodiversity of natural ecosystems, and produce as much healthy food as is consistent with these principles on the parcel of earth over which we have temporary stewardship, however large or small. ... we need new systems to produce sufficient healthy food to nourish everyone from local sources at affordable prices. there was a ... separation between the Conservation and Food movements, when in fact the twin challenges of producing healthy food and protecting the natural environment should be seen as umbilically related.

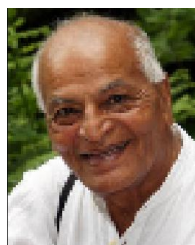
Food is a microcosm of the macrocosm. Eating the right food is part of the solution to the problems of climate change and global hunger. ... Feasting and fasting are not opposite; they are complementary. When we practise the freedom of feasting within a framework of fasting, we are more likely to enjoy feasting without over-indulgence. Fasting is a great skill. In Herman Hesse's novel, the beautiful courtesan Kamala asks Siddhartha what are his qualifications to win her love. Siddhartha replies, "I can think, I can wait, I can fast." Sadly, in the modern world most of us know not how to wait, how to fast or, for that matter, how to feast. ... Access to food should be a fundamental human right: food is Nature's gift to all. Feeding people and all living creatures is intrinsic to life, to existence, but sadly food has become a commercial commodity and no longer available to everyone equally. ... The urgent challenge facing us all is to look at the first principal of food systems, which is to sustain life. The primary responsibility of governments and business leaders is to develop policies and practices that meet the food needs of all people around the world, while protecting the integrity and sustainability of the Earth itself.

We're finding out that the actual ecology of the animal is predicated on what it's fed. If you're feeding an animal an abstract kind of feed like grain when it's really a forage consumer, you're going to end up changing the ecosystem of that rumen. You're going to end up having a downward spiral of negative outcomes, where animals end up having all these metabolic disorders - immune implosion, reproductive failure, mastitis, calf deaths, mortality, and morbidity. ... We need to have an identification with the fact that soil systems and ecosystems at large are the breadbasket, and we're destroying them. Until there's some kind of campaign globally that says we have to stop the madness of destroying our ecosystem, which supports not just the many, many thousands of species that we're annihilating every year but also ourselves, I'm not very hopeful. But by the same token, we can turn it around. What I am hopeful about is that we still have time to fix it. ... There's no doubt about it. The future doctors have to have relationships with people who produce the foods, Because food is the medicine, as you know. It's the ultimate medicine, because it's so complex.



Patrick Holden

Bio-dynamic
agriculturist



-Satish Kumar

Gandhian Ecologist



Jerry Brunetti

Cancer survivor turned
Eco-Nutritionist