

# Echoes of Eco



June, 2019

Vivekananda Kendra- nardep Newsletter

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## Green warrior – Sarala Devi

### A LIFE IN TWO WORLDS

Autobiography of  
Mahatma Gandhi's English Disciple



SARALA BEHN

Sarala Behn (5 April 1901 – 8 July 1982) was an English Gandhian social activist whose work in the Kumaon region of Uttarakhand, India helped create awareness about the environmental destruction in the Himalayan forests of the state. She played a key role in the evolution of the Chipko Movement and influenced a number of Gandhian environmentalists in India including Chandi Prasad Bhatt, Bimala Behn and Sunderlal Bahuguna along with Mirabehn.

Sarla Behn, was born Catherine Mary Heilman in London in 1901 to a German father and an English mother. Due to this background, she suffered ostracism in her young age. She left England for India in January 1932, never to return again.

She worked with Mahatma Gandhi at his ashram at Sevagram in Wardha for 8 years before settling at Kausani in the Almora district of Uttarakhand. She served two terms in prison during the Quit India Movement. Although Sarla Behn is best remembered for her role as an environmental activist who helped shape and spearhead the Chipko movement, she was also associated with the Gandhian movements led by Acharya Vinoba Bhave and Jai Prakash Narayan.

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*May you, our motherland, on whom  
grow wheat, rice and barley, on  
whom are born five races of  
mankind, be nourished by the  
cloud, and loved by the rain.*

Srimad Bhagavatam



*"Look up at the stars and not down at your feet. Try to make sense of what you see, and wonder about what makes the universe exist. Be curious"*

- Stephen Hawking



In the wake of the Stockholm Conference of 1972, Sarla Behn initiated the Chipko Movement. The term 'Chipko' (which means to hug) Sarla Behn helped organise activists and consolidate the Chipko movement in its resistance to lumbering and excessive tapping of resin from the pine trees.

Sarla Behn was a prolific author, writing 22 books in Hindi and English on issues of conservation, women's empowerment and environment including *Reviving Our Dying Planet* and *A Blueprint for Survival of the Hills*. In 1975 Sarala Behn moved to a cottage at Dharamghar in Pithoragarh district where she lived until her death in July, 1982.







*"However difficult life may seem, there is always something you can do and succeed at"*

- Stephen Hawking



Happenings this month:  
Sustainable Agriculture



Happenings this month:



Happenings this month:  
Sustainable Agriculture

Training programme on "Apiculture" was held at Technology Resource Center on 8<sup>th</sup> June. 09 participants attended the training. Smt.S.Premalatha and Shri.S.Rajamony were the resource persons.



*Practical demonstration on Apiculture*

Training programme on "Azolla cultivation" was held at Technology Resource Center on 29<sup>th</sup> June. 04 participants attended the training. Shri.S.Rajamony was the resource person.



*Camp participants standing near the Azolla bed*



**Home garden  
- Multiple usages**

Ms.Muthulakshmi  
Ramakrishnapuram  
Rameswaram  
Mob:9943491749



I am Ms.Muthulakshmi 39 years of age, resident of Ramakrishnapuram. I have planted more than 12 vegetable plants in my backyard after undergoing training of Vivekananda Kendra - Nardep at Green Rameswaram building in the month of December 2018.

During training, we received grow bags and also learned that the cement and rice bags also can be used as grow bags. Now I have tomato, brinjal, chilli, cluster bean, soya, couple of spinaches, betel nut etc. in my garden. I also grow a few medicinal plants like Omavalli which is good for digestion, Avarai which is useful for diabetic patients and Karisalai which I use in preparation of hair oil.

The vegetables are sufficient for my small family. However, I am planning to grow more and market it at my husband's petty shop.

I enjoy growing vegetables as it has multiple benefits - nutritional security of my family, green health and reduces my stress when I work with the plants.





*"Success in creating AI would be the biggest event in human history. Unfortunately, it might also be the last, unless we learn how to avoid the risks"*

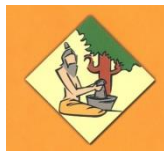
- Stephen Hawking



**Happenings this month:**  
**Cost effective  
construction technologies**



**Happenings this month**



**Happenings this month:**  
**Holistic Health**

Training programme on "Traditional Flooring Technology" was held at Sannathi Street, Rameswaram on 29<sup>th</sup> May to 3<sup>rd</sup> June. 16 masons attended the training. Shri.V.Ramakrishnan was the resource person.



*Preparing the mixture before starting the Traditional floor work*



*Masons at work - Traditional Floor making*

Green health home worked for 4 days and treated 194 patients.

Workshop on "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center on 10<sup>th</sup> and 11<sup>th</sup> June. 29 Vaidyas, Students attended the training. Dr.V.Ganapathy and his team acted as resource persons.



*Dr.Ganapathy interacting with the participants*



*Practical demonstration is on .....*





*"I am just a child who has never grown up. I still keep asking these 'how' and 'why' questions. Occasionally, I find an answer"*  
- Stephen Hawking



**Happenings this month:  
Networking**



**Happenings this month:**



**Happenings this month:  
Renewable Energy**

Motivation course for "Thattankudiyiruppu Villagers" was held at Technology Resource Center, Kalluvilai on 1<sup>st</sup> and 2<sup>nd</sup> June. 38 participants attended the training. Shri.V.Ramakrishnan and his team acted as a resource persons.



*Participants doing Yogasana exercises*

10 students from The Dhan Academy, Madurai visited Gramodaya Park and J.C.Bose Nursery on 11<sup>th</sup> June as part of Study tour. Students learned Sustainable Development technologies.

Shri.V.Ramakrishnan presented a paper on "Sustainable technologies in Rural Development" during Brain Storming Workshop on "Developing Village Volunteers in Village Panchayats" on 11<sup>th</sup> and 12<sup>th</sup> June at Holiday Home Resorts, Kodaikanal. The programme was organised by Gandhigram Rural Institute, Gandhigram, Dindigul.



Brain storming Workshop on  
Developing Village Volunteers in Rural Areas  
Jointly organized by SIRD&PR-TN and GRI - 11 & 12, June 2019 at Kodaikanal



*Attentive participants*



*Shri.V.Mueswaran explaining Bio-methanation technology*

District Mission Committee Meeting, Dept. of Agriculture, Kanyakumari was held at Collectorate, Nagercoil on 4<sup>th</sup> June. Shri.S.Rajamony attended the meeting.





*"God is the name people give to the reason we are here"*  
- K Stephen Hawking



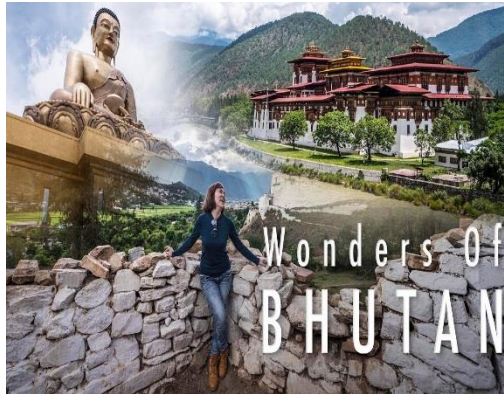
## Visions of Wisdom



### **Paradigm Shift Deindustrialization of Humanity**

I think we need a deindustrialization of our humanity. Where are we going to find the energy and the power to liberate the rich peoples of the North from a market system in which they use less and less of their own powers to do and make and create things and more and more of the resources of the earth to bring the things they see as their needs. To change that paradigm, it needs mass conversion on a scale that we have not even begun to address.

We have to change this exploitative pattern of development.



### **No GNP but GNH**

Ten years ago, a friend of mine showed me a slide show of Bhutan. I saw wonderful, huge forests, beautiful rivers, people enjoying these most massive, colossal feasts you are ever likely to see. My friend asked me to estimate what I thought of Bhutan's GNP. I said about 2000 dollars or so, and he replied, "No, Zero. Bhutan has no GNP". So that is why the country is so prosperous. All the functions are fulfilled better at the level of the family and the community. A mother can look after her baby better than any creche. She can feed her children much better herself. After all, mother's milk is healthier than anything Nestle can provide.



### **Respect Ecological Cycles**

In fact, K.M. Munshi had mentioned this in a wonderful discussion with the agriculture ministry in 1952. He said, "There are really two principles to follow. Repair the broken water cycle and the fertility cycle and everything will fall into place". And ecologically, no matter how advanced you are industrially, these two cycles will always get you, if you violate them. And that is what the crisis is now and will continue to deepen unless we seriously realise that ecological cycles are not limits and constraints out of which you break, but are limits which one must learn to respect if life is to be possible.

**Jeremy Seabrook**  
Works for the New  
Statesman in London  
and edits a journal –  
Greening the Planet



**Edward Goldsmith**  
Renowned Ecologist  
and Editor of the most  
respected publication –  
Ecologist



**Dr. Vandana Shiva**  
Renowned Ecologist

