

Echoes of Eco



December, 2019

Vivekananda Kendra- nardep Newsletter

Vol:11 No: 10

Put a Shark in your tank!

The Japanese have a great liking for fresh fish.

But the waters close to Japan have not held many fish for decades.

So, to feed the Japanese population, fishing boats got bigger and went farther than ever.

The farther the fisherman went, the longer he took to bring back the fish.

The longer he took them to bring back the fish, the stale they grew.

The fish were not fresh and the Japanese did not like the taste.

To solve this problem, fishing companies installed the freezers on their boats.

They would catch the fish and freeze them at sea.

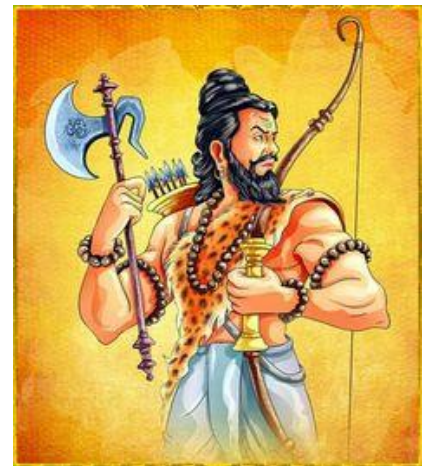
Freezers allowed the boats to go farther and stay longer.

However, the Japanese could taste the difference between fresh and frozen fish.



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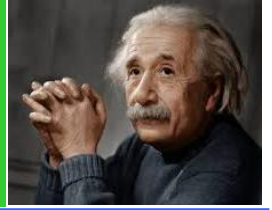
Parasurama - The Warrior

All glories to you, O Lord of the universe, who took the form of Parasurama. You bathed the earth with the blood of the warriors whom you killed and washed away the sins of the world, releasing people from the fire of material life.



"Few are those who see with their own eyes and feel with their own hearts"

- Albert Einstein



And they did not like the taste of frozen fish.

The frozen fish brought a lower price.

So, fishing companies installed fish tanks.

They would catch the fish and stuff them in the tanks, fin to fin.

After a little hashing around, fishes stopped moving.

They were tired and dull, but alive.

Unfortunately, the Japanese could still taste the difference.

Because the fish did not move for days, they lost their fresh - fish taste.

The Japanese preferred the lively taste of fresh fish, not sluggish fish.

The fishing industry faced an impending crisis!

But today, it has got over that crisis and has emerged as one of the most importance trades in the country!

How did Japanese fishing companies solve this problem?

How did they get fresh-tasting fish to Japan?

To keep the fish tasting fresh, the Japanese fishing companies still put the fish in the tanks.

But now they add a small shark to each tank.

The shark eats a few fish, but most of the fish arrive in a very lively state.

The fish are challenged and hence are constantly on the move.

And they survive and arrive in a healthy state!

They command a higher price and are most sought-after.

The challenge they face keep them fresh!

Humans are no different.

L.Ron Hubbard observed in the early 1950's "Man thrives, hardly enough only in the presence of a challenging environment".

George Bernard Shaw said "Satisfaction is death!"

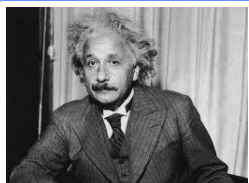
If you are steadily conquering challenges, you are happy.

Your challenges keep you energized.

They keep you alive

Put a shark in your tank and see how far you can really go!





"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world"

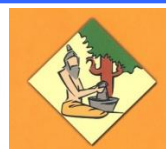
- Albert Einstein



Happenings this month:
Sustainable Agriculture



Happenings this
month:



Happenings this month:
Sustainable Agriculture

Training programme on "Organic farming" was held at J.C.Bose Nursery, Vivekanandapuram on 7th December. 02 participant attended the training. Shri.S.Rajamony was the resource person.

Training programme on "Bio-pesticides and Growth hormones" was held at J.C.Bose Nursery, Vivekanandapuram on 28th December. 04 participant attended the training. Shri.S.Rajamony was the resource person.



Practical demonstration - Panchagavya - Growth hormone

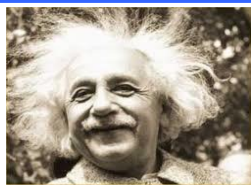
Green health home worked for 4 days and treated 252 patients. 128 people underwent Varma massage.

Training on "Varma Kalari" was held at Technology Resource Center on 16th to 19th December. 16 Vaidyas, Students attended the training. Shri.Rajesh Ram was the main resource person. He worked under the guidance of Dr.Ganapathy.



Participants involved in Kalari practice





"Try not to become a man of success, but rather try to become a man of value"

- Albert Einstein



**Happenings this month:
Renewable Energy**



Happenings this month



**Happenings this month:
Holistic Health**

Awareness Training programme on "Kitchen waste based Bio-methanation plant" was held at Pethaperumal Kudiruppu, Kanyakumari district on 28th December. 20 participant attended the training. Shri.V.Ramakrishnan was the resource person.



Attentive participants

Training programme on "Kitchen waste based Bio-methanation plant" was held at Technology Resource Center on 28rd December. 02 participant attended the training. Shri.V.Ramakrishnan was the resource person.

Student from Sigma College of Architecture, Moododu, Kanyakumari Dist. visited Gramodaya Park on 11th December as part of study tour. Shri.V.Ramakrishnan explained Green construction technologies.

Construction of Bio-methanation plants -

1 cum - Portable type

Pudukottai Dist. - 30 nos. (IFAD)

Tirunelveli Dist. - 05 nos.(IFAD)



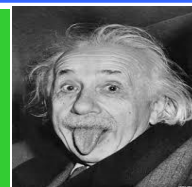
Beneficiaries proudly standing near the Bio-methanation plants along with our technician Shri.Raghupati





"Great spirits have always encountered violent opposition from mediocre minds"

- Albert Einstein



Happenings this month:
**Renewable Energy
Sources**



Happenings this month:



Happenings this
month:
Networking

"Annual Sports of Sri Amutha Surabhi SHG Federation were held at Gramodaya Park on 19th and 21st December. Total 150 SHG members attended. Ten different competitions were held for the participants. All the members enthusiastically participated in the games and showed their talents.



Rangoli competition is on ...



Filling water bottle competition is on ...

"Rural Technologies for Home makers" - SHG Network meetings were held at different Villages of Kanyakumari Dist. on 19th, 21st, 23rd, 25th, 27th and 31st December. Total 212 participants attended the meetings. Shri.V.Ramakrishnan and team worked as resource persons.



Get together of SHG members

Smt.Uma of Ekam Foundation, Chennai visited Kendra along with a couple of foreigners and other ten members on 16th December and had a discussion about various activities particularly in the field of Water management.





"There comes a time when the mind takes a higher plane of knowledge but can never prove how it got there"

- Albert Einstein



Happenings this month:
**Renewable Energy
Sources**



Happenings this month:



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Networking

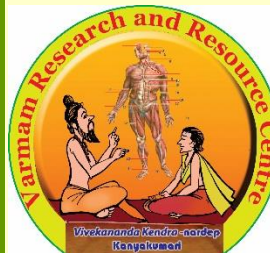
Waste Management and social entrepreneurship meet was held at SRM institute, Kathankulathur on 5th December. Shri.V.Ramakrishnan presented paper on "Bio-methanation technology". 400 delegates attended.



Shri.Ramakrishnan presenting paper on Bio-methanation technology



Shri.Harihara Sudan, Organic farmer from Tirunelveli district pouring cattle dung slurry in the portable 1 cum biogas plant. Prototype given for initial trials



Patient name: Shri. Arup Kumar Das,
Age 43, House no-29, Dhyan Nivas, 4th Cross Papaiah Layout, Kogilumain Road, Maruthi Nagar, Yelahanka, Bangalore-560064 (M) 96201 68840

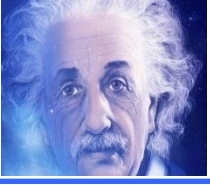
Patient history:

- severe neck and shoulder pain for more than 25 years.
- couldn't write or even hold pen for more than a minute
- involuntary muscle action.
- anxiety
- has undergone treatment for his pain, with anticholinergic drugs. Taken physiotherapy and infused Botox for the support with no amount of improvement

Diagnosis: The patient was diagnosed with severe KUMBHA VATHAM (cervical spondylitis radiculopathy) with mild demyelination on cervical nerves.

The patient was affected from writer's cramp- a focal neurological disorder of hand and fore-arm. In this, disorder causes one's brain to send incorrect information to the muscles, causing excessive involuntary muscle contractions and the hand twist into odd postures associated with severe neck and shoulder pain.

Treatment: Internal medicines for nerve support and stress relievers were given.



"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid"

- Albert Einstein



Happenings this month:
Renewable Energy
Sources



Happenings this month:



Happenings this
month:
Networking

External Treatment:

Along with internal medicine, specific 6 Varma point massages were given from 2/12/2019-16/12/2019 with needed intervals between the treatment.

The massages given were Poorna natellu thadaval (full vertebral massage) with mudichu varmam thadaval (vertebral plexus massage) concentrating the cervical plexus area.

Six Varma points given below:

1. Kakattai kalam



2. Mudakku varmam



3. Asaivu varmam



4. Manibandha kalam



5. Sundodari varmam



6. Mozhivarmam

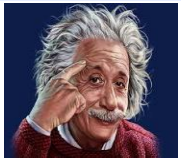


Dr. Ganapathy with patient Shri. Arup Kumar Das

Feedback:

The patient was feeling tremendous change in his body from the second day of treatment. He was able to write his exams (in Kanyakumari) which was for 2 hours held on 21/12/2019. The pain level has been decreased in the area of concern.

The patient was advised to follow internal medicines along with two sessions of varmam massage at three months' interval.



"Anyone who has never made a mistake has never tried anything new"
- Albert Einstein



Visions of Wisdom



Medicalization of Life

Illness is an imbalance which occurs when chi does not circulate properly. Chi - vital breath or energy. But then there is natural striving to return to equilibrium. Going in and out of balance is seen as natural process in a life's cycle.

Westerners have become so obsessed with rational knowledge, that we are very insecure in dealing with human values and human experience and so Illich provocatively calls it - Medicalization of life.

Manifold health hazards are not just incidental byproducts of technological progress but in integral features of an economic system obsessed with growth and expansion.



Carl Simonton
specialist in
oncology, most
notable for his
unproven cancer
treatment methods



New vision of Reality

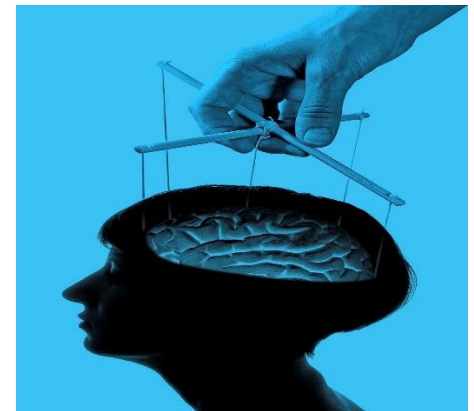
A profound connection between ecology and spirituality. Ecological awareness, at the deepest level, is the intuitive awareness of the oneness of all life, the interdependence of its multiple manifestations and its cycles of change and transformation and this is nothing but spiritual awareness.

As spirituality or the human spirit could be defined as the mode of consciousness in which we feel connected to the cosmos as a whole.

The new vision of reality in modern physics which is emerging is holistic, ecological and so also spiritual!



Stanislav Grof & R.D. Laing
Czech and Scottish psychiatrists



Manipulative Science

Schumacher always made distinction between 'Science for understanding' and 'Science for manipulation'. Former has often been called as wisdom whose purpose in enlightenment and liberation of the person. Unfortunately, during scientific revolution of 17th century science shifted from 'Wisdom to Power'. Since then science remained reserved for manipulative science and today we are in a mess. 'The great cosmos is nothing but a chaos of particles without purpose or meaning - This materialistic view felt everywhere. This manipulative science leading to manipulation of people as well!

E.F. Schumacher
German Economist
and famous for his
book "Small is
Beautiful"

