

# Echoes of Eco



January, 2020

Vivekananda Kendra- nardep Newsletter

Vol:11 No:11

## Green warrior - Tulasi Gowda



Tulasi Gowda is known as the 'Encyclopedia of forest' for her vast knowledge of plants and herbs received this year's prestigious Padma Shri award.

For decades, the 72-year-old from the Halakki tribe has worked to raise awareness about forest conservation. Ms Gowda, who belongs to the Honalli village in Karnataka, has single-handedly planted thousands of trees in the state.

Tulasi Gowda has not received any formal education, but she has nurtured more than 40,000 trees so far. Even at the age of 72 years, she is determined to plant saplings and nurture them like her children. Tulasi has been doing this for the past six decades without any expectation. According to local residents, she was actively involved in the afforestation programme conducted by the forest department. Recognising her service, the department regularised her service.

After serving for 14 years, she retired from service. The pension is her only source of livelihood.

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### **Balarama - The Cowherd**

*All glories to you, O Lord of the universe, who took the form of Balarama, carrying a plough. The garments on your brilliant white body are the colour of the Yamuna river, whose dark waters reflect the fresh rain clouds, and who was afraid of the striking of your plough.*



*"It's not that we fear the place of darkness, but that we don't think we are worth the effort to find the place of light"*

- Hugh Prather



According to Bangalore Mirror, environmentalist Dr Yellappa Reddy has acknowledged Ms Gowda's contribution to environment conservation, calling her concern "extraordinary".

"She knows how to treat rare ethnic tree varieties... Single-handedly she tackled poachers. Stopped forest fires. Her contribution to the conservation of Western Ghat forest is immeasurable," he said.







*"It's this simple: If I never try anything, I never learn anything.  
If I never take a risk, I stay where I am"*

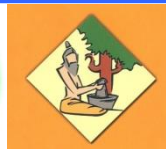
- Hugh Prather



**Happenings this month:  
Sustainable Agriculture**



**Happenings this  
month:**



**Happenings this month:  
Holistic Health**

Training programme on "Composting technologies" was held at J.C.Bose Nursery, Vivekanandapuram on 4<sup>th</sup> January. 01 participant attended the training. Shri.S.Rajamony was the resource person.



*Shri.Rajamony explaining Vermi technology*

Training programme on "Azolla cultivation" was held at J.C.Bose Nursery, Vivekanandapuram on 25<sup>h</sup> January. 03 participants attended the training. Shri.S.Rajamony was the resource person.



*Participants eagerly seeing the Azolla plant*

Green health home worked for 4 days and 197 patients were treated and massage treatment given for 78 patients.

National Seminar on "Traditional Siddha Varma therapy for Joint pain and Joint dislocation" was held at Vivekanandapuram on 10<sup>th</sup> and 11<sup>th</sup> January. 137 members attended the seminar. Dr.V.Ganapathy and team acted as resource persons.



*Dr.Subramaniam, Deam, SVYASA, Bangalore addressing the participants*



*Dr.V.Ganapathy interacting with the participants*





*"We feel understood by people who like us; misunderstood by people who don't -- and those feelings are probably realistic"*

- Hugh Prather



**Happenings this month:  
Renewable Energy  
Sources**



**Happenings this month**

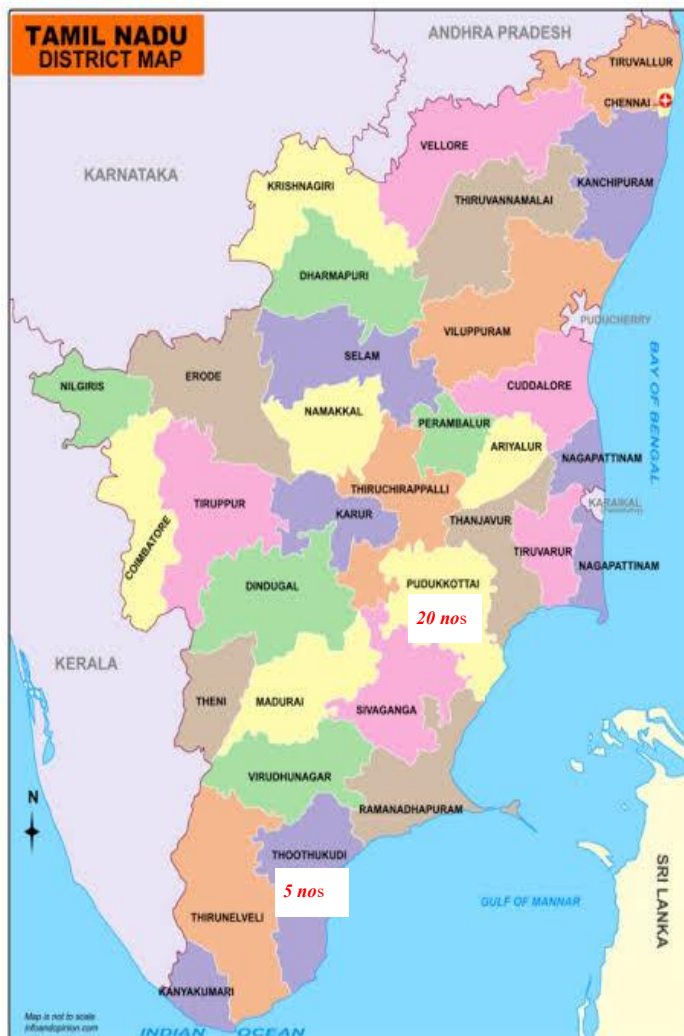


**Happenings this month:  
Networking**

**Construction of Bio-methanation plants - IFAD, Chennai**

- *Portable type 1 cum - 20 (Pudukottai)*
- *Portable type 1 cum - 5 (Thoothukudi)*

Yoga Sastra Sangamam was held at Gramodaya Park, Vivekanandapuram on 9<sup>th</sup> to 11<sup>th</sup> January. 200 members attended the training. Dr.V.Ganapathy presented a paper on "Clinical Research Study on Varma Asanas" during the seminar.



Dr.V.Ganapathy presented his paper in the Yoga Sangamam



Demonstration by Vaidayar Tenkarai Maharaja Pillai -  
Miracle of herbs





*"Now that I know that I am no wiser than anyone else, does this wisdom make me wiser?"*

- Hugh Prather



**Happenings this month:  
Networking**



**Happenings this month**



**Happenings this month:  
Networking**



*Shri. Ramachandran Pillai from Kottaram who was earlier working on the Rock Memorial presented a beautiful painting of Ma. Eknathji to Sis. Rekha Dave, Joint General Secretary, Vivekananda Kendra*

**Amutha Surabhi SHG Federation annual day celebration held on 28<sup>th</sup> January. 326 members attended. Sis. Reka, Joint General Secretary, Vivekananda Kendra, Shri. Ramkumar, Principal, Vivekananda Polytechnic, Agasteeswaram, Smt. Thanammal, Treasurer, Amutha Surabhi Trust, Maria Pia, Italy acted as resource persons. Prizes were given to the winners.**



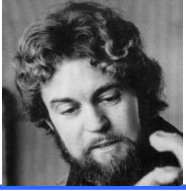
*Hall was packed with SHG members and some of them with their kids*

**"DST Core Grant Review Meeting" was held at IIT, Mumbai on 21<sup>st</sup> and 22<sup>nd</sup> January. Shri. G. Vasudeo and Shri. V. Ramakrishnan attended the meeting.**

**"Seed and organic certification" training was held at Vivekanandapuram on 31<sup>st</sup> January. 40 farmers attended the training. Shri. S. Rajamony was the resource person. The programme was sponsored by Dept. of Agriculture, Govt. of Tamilnadu.**



*Programme coordinator explaining the purpose of the training*



"Almost any difficulty will move in the face of honesty. When I am honest I never feel stupid. And when I am honest I am automatically humble"

- Hugh Prather



Happenings this month:  
Holistic health



Happenings this month



Happenings this month:  
Holistic health



Mr. Lakshmanan  
Age-42/M  
Address-18/67 A/3,  
Thengapudhur, Kanyakumari-629 702  
Ph.No-9626977831

#### Patient History:

- ❖ severe back pain
- ❖ pain during movement
- ❖ weakness of the joints
- ❖ loss of appetite
- ❖ weakness in the limbs
- ❖ no history of diabetes or hypertension
- ❖ general body weakness



The patient has not taken any allopathy medicine as such. The MRI study of lumbar spine with whole body screening was observed with impressions -

- grade I anterolithesis of L5 over S1 vertebra with bilateral pars fracture
- modiac type II end plate change at L3 and L 4 vertebra anteriorly.
- desiccation of L5-S1 disc is seen.
- mild right para-central disc bulge at L4-L5 level encroaching lateral recess and causing compression over right L4 trans versing nerve roots.
- Minimal posterior disc bulge at L3-L4 and L5-S1 level causing indentation over ventral thecal sac.

#### Diagnosis:

The patient was affected from disc bulge and lithiasis around the area of L4-S. Natellu varmam is affected,

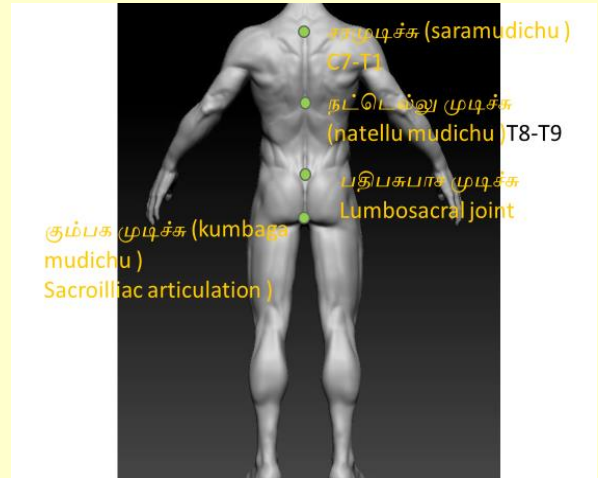
#### Treatment:

Both internal and external medicines were given. Internally medicine was given to remove general body Natural calcium also prescribed.

#### External treatment:

Externally poorna natellu thadaval (complete vertebral massage) was given stimulating:

#### 1. Mudichu varmam



#### 2. Natellu varmam







*"Just when I think I have learned the way to live, life changes"*

- Hugh Prather



Happenings this  
month:  
Holistic health

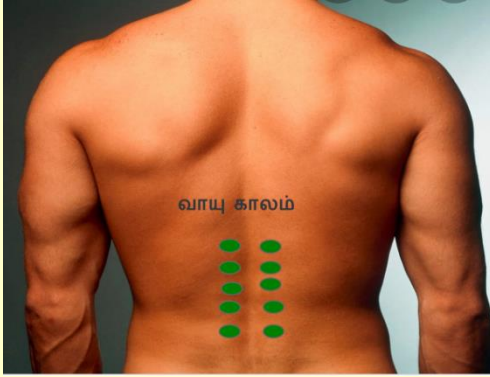


Happenings this month

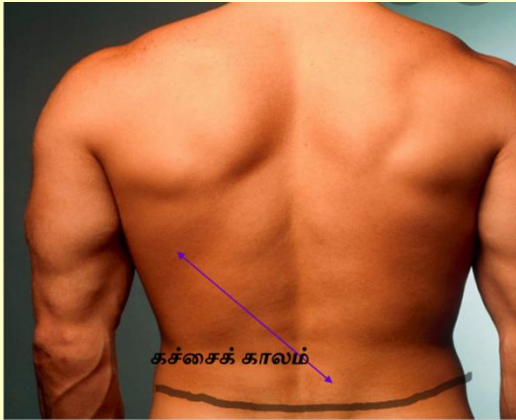


Happenings this  
month:  
Holistic health

### 3.Vayu kalam



### 4.Katchai varmam



### 5.Kizhipirai varmam



Focusing on relaxing the muscles around the lumbosacral area.

The varmam massage was given from 23-12-2019 to 13-1-2020 which includes 5 sessions of varmam massage along with that patient was advised to apply a pack of turmeric, cinnamomum camphor carteria lacca (lac), black gram flour on his back for 20days to reduce muscle spasms.



Dr.V.Ganapathy giving Varma massage to the patient

The patient was relieved of some pain within 10 days of the treatment and so the pack was discontinued. However, the varmam massage treatment continued.

After 20 days treatment, pain during movement has reduced, and disc bulge has been subsided. Now he is going to his regular job which he was not able to do in months due to the vertebral issue.

The patient is advised to re visit the clinic for check-up after two months. During this time, he has been advised to continue the internal medicines.

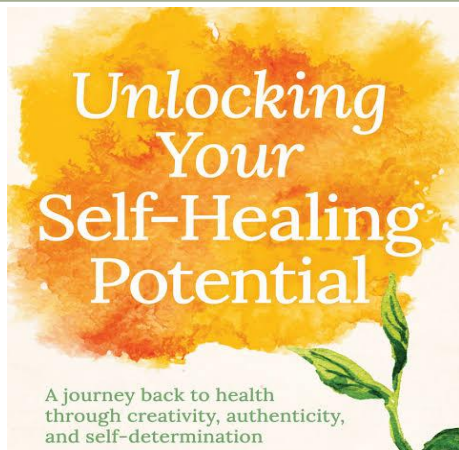
*Case study prepared by Dr.A.Jeyamathi*



*"Just when I think I have learned the way to live, life changes"*  
- Hugh Prather



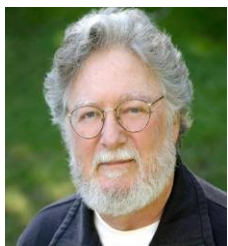
## Visions of Wisdom



### Self-Healing

Patients have to participate in healing process as they participated in getting sick (which they don't want to accept). It is important for them to analyze the unhealthy aspects of their lives. Once they take the responsibility, their participation in healing process becomes easy.

Simonton will tell patients metaphorically again and again that he is not going to take their disease away before they are ready to let go of it. Such statements are not addressed to conscious but unconscious which helps in quieting the anxieties.



**Carl Simonton**  
Notable for his unproven cancer treatment methods



### Macho-technologies

The masculine consciousness that dominates our culture has found its fulfillment in a certain macho-technology - a technology bent on manipulation and control rather than cooperation, self-assertive rather than integrative, suitable for central management rather than regional and local application by individuals and small groups and so most of the technologies have become profoundly anti-ecological, unhealthy and inhuman.

Time has come, when we should assign to tobacco companies a reasonable portion of medical caused by cigarette smoking and distillers social costs of alcoholism.



**Hazel Henderson**  
Futurist and an economic iconoclast. Author of several books including 'Green Economics'



### Wasted Life - A Separate Reality

The things people do are the shields against the forces that surround us. We do which makes us feel safe. What people do is rightfully very important but only as a shield. We never learn that the things we do as people are only shields and we let them dominate and topple our lives.

For an average man world is never a mystery and when he arrives at old age, he is convinced that he has nothing to live for. An old man has not exhausted the world. But in his stupid confusion he believes that the world has no more mysteries for him. What a wretched price to pay for our shields!



**Carlos Castaneda**  
An American author famous for his book 'The Teachings of Don Juan'