

Echoes of Eco



March, 2020

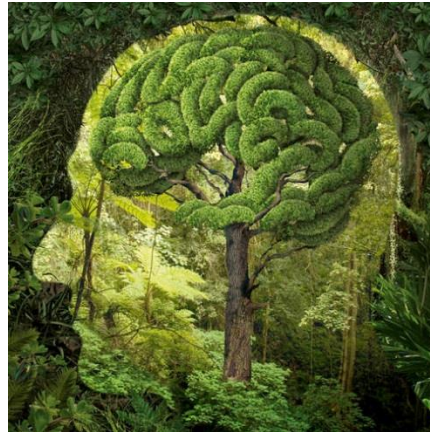
Vivekananda Kendra- nardep Newsletter

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And People Stayed Home

Kathleen O'Meara did not write this viral poem "And the people stayed home" in 1869 after the famine. That was written by Catherine (Kitty) O'Meara of Madison, Wisconsin in March 2020 after the pandemic of Covid 19.

"And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper
someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed
and in the absence of people who lived in ignorant ways,
dangerous, meaningless and heartless,
even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people
and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves"



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Kalki - The Slayer

All glories to you, O Lord of the universe, who will take the form of Kalki. Like a comet, you will appear riding a white horse and carrying a terrible sword. You will come to destroy all wicked people at the end of Kali Yuga.



**"Leading cause of death 1. Modern Medical treatment
2. Heart attack 3. Cancer"**

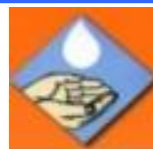
- Dr.B.M.Hegde



**Happenings this month:
Sustainable Agriculture**



**Happenings this
month:**



**Happenings this month:
Holistic Health**

Training programme on "Composting technologies" was held at TRC, Kalluvilai on 7th March. 17 participant attended the training. Smt.S.Premalatha and Shri.S.Rajamony were the resource persons.



Camp participant sharing his experience

Training programme on "Vermi compost technology" was held at J.C.Bose Nursery, Vivekanandapuram on 19th March. 40 participants attended the training. Shri.S.Rajamony was the resource person.



Shri.Rajamony explaining Vermicomposting technology

Green health home worked for 4 days and 183 patients were treated. 72 people made use of the Varma massage facilities.

Training programme on "Waste water management" was held at Kangappapuram on 7th March. 32 participants attended the training. Shri.C.Vijayaraghavan was the resource person.

Construction of Bio-methanation plants

25 cum - 1 (Fixed type)
6 cum - 1 (Portable)
1 cum - 17 (IFAD - Ramnad)



25 cum plant at Rameswaram



**"There is no pill for every ill, but definitely there is ill for every pill"
"Pill thrills but kills"**

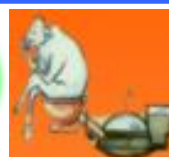
- Dr. B. M. Hegde



**Happenings this month:
Renewable Energy
Sources**



Happenings this month



**Happenings this month:
Networking**

Training programme on "Kitchen waste based Bio-methanation technology" was held at TRC, Kalluvilai on 11th March. 17 participants attended the training. Shri.V.Ramakrishnan was the resource person.



Camp coordinator explaining the purpose and aim of this programme

Training programme on "Cowdung and Bio-mass based Portable Bio-methanation technology" was held at Sukuparai, Agasteeswaram on 12th March. 25 participants attended the training. Shri.Periaswami was the resource person.



Shri.Periaswami explaining the use of Biogas burner in the kitchen

Training programme on "Kitchen waste based Bio-methanation technology" was held at TRC, Kalluvilai on 13th March. 30 participants attended the training. Shri.V.Ramakrishnan was the resource person.



Shri.V.Ramakrishnan explaining the technology with the help of model

Training programme on "Kitchen waste based Bio-methanation technology" was held at TRC, Kalluvilai on 14th March. 37 participants attended the training. Shri.Kadiresan was the resource person.



Participants posing in front of Biogas plant along with Shri Kadiresan



**"Bad teacher preaches, good teacher teaches,
great teacher reaches"**

- Dr.B.M.Hegde



**Happenings this month:
Networking**



Happenings this month



**Happenings this
month:
Networking**

Training programmes on "Ferro-cement technology" were held as follows:

Sl.No.	Place	Date	No. of members
1.	Therivilai	15 th March	14
2.	Puthalam	17 th March	23
3.	Kottaram	19 th March	20

Shri.V.Ramakrishnan, Director, VK-Nardep was the resource person.



Ferro-cement technology



2nd International conference on "Rural Technology Development and Delivery" (RTDD-2020) was held at IIT, Madras on 12th to 14th March. Shri.G.Vasudeo, Secretary, VK-Nardep gave a power point presentation on "Green Resilient Rameswaram" 13th March. About 100 participants attended the programme.

Workshop on "Sustainable Living" was held TRC, Kalluvilai on 5th and 6th March. 22 participants attended. Shri.N.Krishnamurthi and Shri.Dilip Kulkarni from Maharashtra guided the deliberations.



On 7th and 8th March, a few Core group members had a brain-storming session on "Inner Sustainability". The session will pave way for panels on "Inner Sustainability - Spirituality" as an important dimension of development. The panels will be exhibited at one of the cubical at Gramodaya Park.



""Good health = Capacity to love and work"

- Dr.B.M.Hegde



Visions of Wisdom – Beautiful message from Bill Gates

What is the Corona/ Covid-19 Virus Really Teaching us?

I'm a strong believer that there is a spiritual purpose behind everything that happens, whether that is what we perceive as being good or being bad.

As I meditate upon this, I want to share with you what I feel the Corona/ Covid-19 virus is really doing to us:

- 1) It is reminding us that we are all equal, regardless of our culture, religion, occupation, financial situation or how famous we are. This disease treats us all equally, perhaps we should to. If you don't believe me, just ask Tom Hanks.
- 2) It is reminding us that we are all connected and something that affects one person has an effect on another. It is reminding us that the false borders that we have put up have little value as this virus does not need a passport. It is reminding us, by oppressing us for a short time, of those in this world whose whole life is spent in oppression.
- 3) It is reminding us of how precious our health is and how we have moved to neglect it through eating nutrient poor manufactured food and drinking water that is contaminated with chemicals upon chemicals. If we don't look after our health, we will, of course, get sick.
- 4) It is reminding us of the shortness of life and of what is most important for us to do, which is to help each other, especially those who are old or sick. Our purpose is not to buy toilet roll.
- 5) It is reminding us of how materialistic our society has become and how, when in times of difficulty, we remember that it's the essentials that we need (food, water, medicine) as opposed to the luxuries that we sometimes unnecessarily give value to.
- 6) It is reminding us of how important our family and home life is and how much we have neglected this. It is forcing us back into our houses so we can rebuild them into our home and to strengthen our family unit.
- 7) It is reminding us that our true work is not our job, that is what we do, not what we were created to do. Our true work is to look after each other, to protect each other and to be of benefit to one another.
- 8) It is reminding us to keep our egos in check. It is reminding us that no matter how great we think we are or how great others think we are, a virus can bring our world to a standstill.





"Competition with others is mediocrity, competition with self is excellence"

- Dr.B.M.Hegde



Visions of Wisdom

9) It is reminding us that the power of freewill is in our hands. We can choose to cooperate and help each other, to share, to give, to help and to support each other or we can choose to be selfish, to hoard, to look after only our self. Indeed, it is difficulties that bring out our true colors.

10) It is reminding us that we can be patient, or we can panic. We can either understand that this type of situation has happened many times before in history and will pass, or we can panic and see it as the end of the world and, consequently, cause ourselves more harm than good.

11) It is reminding us that this can either be an end or a new beginning. This can be a time of reflection and understanding, where we learn from our mistakes, or it can be the start of a cycle which will continue until we finally learn the lesson we are meant to.



12) It is reminding us that this Earth is sick. It is reminding us that we need to look at the rate of deforestation just as urgently as we look at the speed at which toilet rolls are disappearing off of shelves. We are sick because our home is sick.

13) It is reminding us that after every difficulty, there is always ease. Life is cyclical, and this is just a phase in this great cycle. We do not need to panic; this too shall pass.

14) Whereas many see the Corona/ Covid-19 virus as a great disaster, I prefer to see it as a *great corrector*

It is sent to remind us of the important lessons that we seem to have forgotten and it is up to us if we will learn them or not.

