

Echoes of Eco



December, 2020

Vivekananda Kendra- nardep Newsletter

Vol:12 No:10

The Great Realisation



"Tell me the one about the virus again, then I'll go to bed".

"But, my boy, you're growing weary, sleepy thoughts about your head".

"That one's my favourite. Please, I promise, just once more".

"Okay, snuggle down, my boy, but I know you all too well.

This story starts before then in a world I once would dwell".

"It was a world of waste and wonder, of poverty and plenty,
Back before we understood why hindsight's 2020.

You see, the people came up with companies to trade across all lands
But they swelled and got much bigger than we ever could have planned
We always had our wants, but now, it got so quick

You could have anything you dreamed of, in a day and with a click
We noticed families had stopped talking, that's not to say they never spoke.

But the meaning must have melted and the work life balance broke
And the children's eyes grew squarer and every toddler had a phone
They filtered out the imperfections, but amidst the noise, they felt alone.

And every day the skies grew thicker, 'till you couldn't see the stars,
So, we flew in planes to find them, while down below we filled our cars.
We drove around all day in circles, we'd forgotten how to run
We swapped the grass for tarmac, shrunk the parks 'till there were none

We filled the sea with plastic because our waste was never capped
Until, each day when you went fishing, you'd pull them out already wrapped

And while we drank and smoked and gambled, our leaders taught us why
It's best to not upset the lobbies. more convenient to die

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Prayer immediately after waking up

*On the tips of my fingers lives
Lakshmi, the Goddess of Fortune.
In the centre of my palm resides
Saraswati, the Goddess of Learning
and at the base of my palm, resides
Lord Govinda. Therefore, thinking in
this way, first thing in the morning
I look at my palms.*

- Upanishad

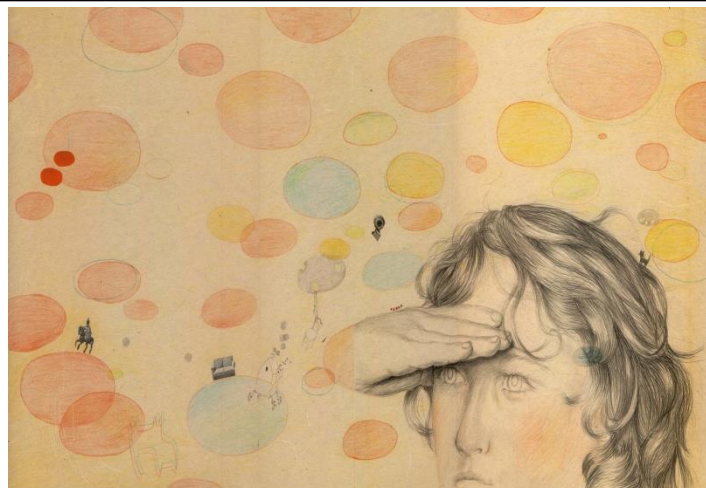


"Through shallow intellect, the mind becomes shallow, and one eats the fly, along with the sweets"

- Gurunanak

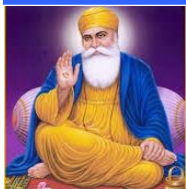


But then in 2020, a new virus came our way,
The governments reacted and told us all to hide away
But while we were all hidden, amidst the fear and all the while,
The people dusted off their instincts, they remembered how to smile
They started clapping to say thank you and calling up their mums



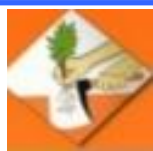
And while the car keys gathered dust, they would look forward to their runs
And with the skies less full of voyagers, the earth began to breathe
And the beaches bore new wildlife that scuttled off into the seas
Some people started dancing, some were singing, some were baking
We'd grown so used to bad news, but some good news was in the making
And so when we found the cure and were allowed to go outside
We all preferred the world we found to the one we'd left behind
Old habits became extinct and they made way for the new
And every simple act of kindness was now given its due"
"But why did it take us so long to bring the people back together?"
"Well, sometimes you've got to get sick, my boy, before you start feeling better
Now, lie down and dream of tomorrow and all the things that we can do
And who knows, if you dream hard enough, maybe some of them will come true
We now call it The Great Realization and yes, since then, there have been many
But that's the story of how it started and why hindsight's 2020"





"Burn worldly love, rub the ashes and make ink of it, make the heart the pen, the intellect the writer, write that which has no end or limit"

- Gurunanak



**Happenings this month:
Sustainable Agriculture**



Core Support
from
DST

**Happenings this
month:**



Core Support
from
DST



**Happenings this month:
Renewable Energy
Sources**

Training programme on "Vermi composting" was held on 12th December at Manalikadu, Pechiparai. 20 participants attended the training. Shri.V.Ramakrishnan and Shri.S.Rajamony were the resource persons. The programme was sponsored by Sevalaya, Suchidrum.



Practical demonstration on Vermi compost

Training programme on "Azolla technology" was held on 12th December at Koduthurai, Pechiparai. 35 participants attended the training. Shri.V.Ramakrishnan and Shri.S.Rajamony were the resource persons. The programme was sponsored by Sevalaya, Suchidrum.

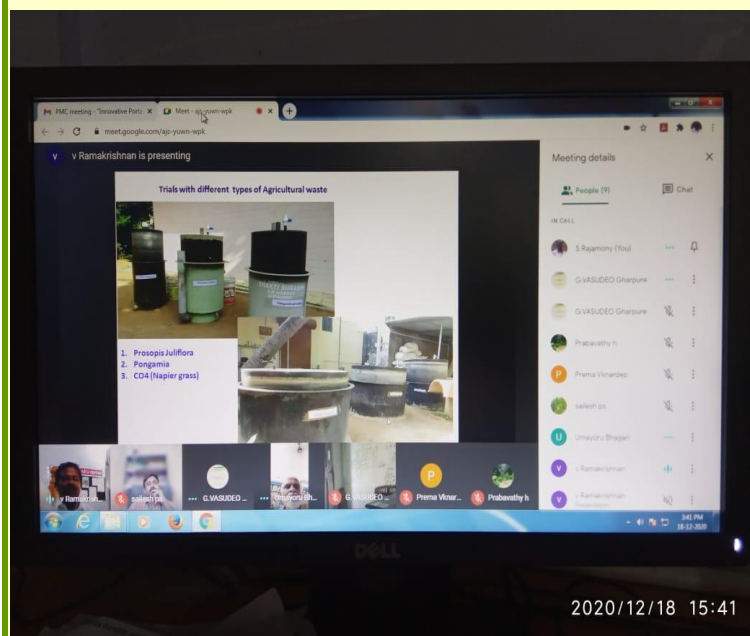


Green health home worked for 4 days and 139 patients were treated.

Online training programme on "Shakti Surabhi Bio-methanation technology" in Hindi was held through virtual platform on 15th December. 14 participants from Varanasi (U.P.) attended the training. Shri.G.Vasudeo was the resource person.



NABARD Project Monitoring Committee Meeting was held through Virtual platform on 18th December. Shri.V.Ramakrishnan presented the final project report for 'Farm waste based Bio-methanation technology'. Most of the Project Monitoring Committee members including Shri.Sailesh, DDM, NABARD, Kanyakumari attended.





"Dwell in peace in the home of your own being, and the Messenger of Death will not be able to touch you"

- Gurunanak



**Happenings this month:
Networking**



Happenings this month



**Happenings this month:
Networking**

Training programme on "Agricultural related technologies" was held for Thriruvananthapuram Agricultural college students through virtual platform on 14th and 15th December. Total 135 agricultural students attended the training. Shri.G.Vasudeo, Shri.V.Ramakrishnan and Smt.S.Premalatha were the resource persons.



DST Core Support, New Delhi organized a Virtual (online) webinar on 3rd December. Shri.V.Ramakrishnan and Shri.Vasudeoji attended the programme.



Shri.V.Ramakrishnan presenting 'Shakti Surabhi Bio-methanation technology' via power point presentation

Training programme on "Agricultural related technologies" was held for Agricultural college students Padannakad, Kerala through virtual platform on 26th December. 65 Agricultural students attended the training. Shri.V.Ramakrishnan and Smt.S.Premalatha were the resource persons.



Smt.S.Premalatha discussing about 'Agricultural technologies'



Dept. Agriculture, District advisory committee meeting was held at Collectorate, Nagercoil on 10th December. Shri.S.Rajamony attended the meeting.



"If the people use the wealth bestowed on them by God for themselves alone or for treasuring it, it is like a corpse. But if they decide to share it with others, it becomes sacred food"

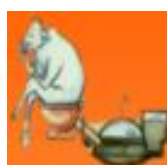
- Gurunanak



**Happenings this month:
Renewable Energy
Sources**



Happenings this month



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month:
Renewable Energy
Sources**

Shri.Sailesh, DDM, NABARD, Kanyakumari visited different places on 4th December where Biogas plants have been installed and commissioned.

Shri.Rajamony and Shri.Raghupathy accompanied him at different places where batch type farm waste based biogas plants have been installed. He had a very good interaction with the stakeholders.



Commissioning of 1 cum Shakti Surabhi Bio-methanation plant at Solid waste management yard, Mylady, Kanyakumari Dist. on 28th December. VK-Nardep joined hands with Rohini college under 'Unnat Bharat Abhiyan'. After successful commissioning, 3 more such plants will be installed by Rohini college.



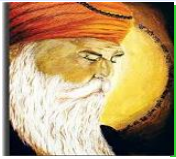
Shakti Surabhi Biogas plant reaches Banaras Hindu University - Uttar Pradesh.

Our associates Kashi Sewa Sadhan Samiti installed biogas plant in Banaras Hindu University as a pilot project before the university opts for more plants.



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काशी हिंदू विश्वविद्यालय में अजोला अमृत बॉयो गैस एवं गोबर गैस प्लांट का हुआ शुभारम्भ - *Dainik Bhaskar* ...

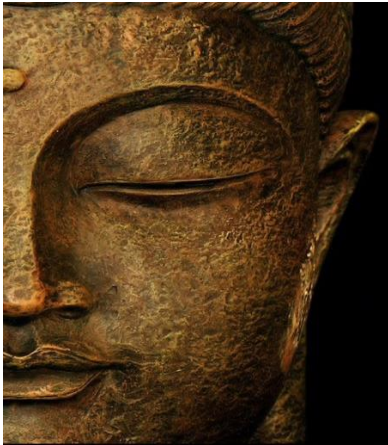


"He who has no faith in himself can never have faith in God"

- Gurunanak



Visions of Wisdom



Detachment

One day during cold weather, I was sitting by the kitchen fire keeping myself warm and burning poems. Mother noticed it and asked what I was doing. When I told her she said: 'But I have never seen your poems!' So after that, whenever I completed the poem, I would first recite it to her and then throw it into the fire. Later in Kashi I could sit composing my poems on the banks of Ganges, and after I was satisfied with them. I would immerse them in the water.

Vinobaji's novel method of practicing detachment in life.



Vinoba Bhave
Famous for the
Bhoodan Movement
and Spiritual
successor of
Mahatma Gandhi



Aham Bramhasmi

We lose the awareness that we are miniature cosmos (Ervin Shrodinger first proclaimed that we are whole).

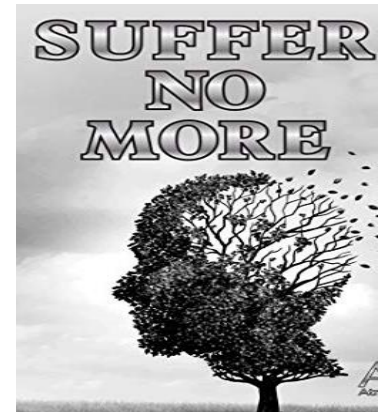
Indian sages declared

As the macrocosom, so is the microcosom, as the atom, so is the universe, as the human mind, so is the cosmic mind.

Yourself and mother earth are one and the same. When we touch a new level of consciousness, a new world is created.

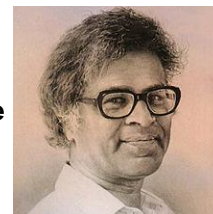


Deepak Chopra
Indian-American
author and advocate
of alternative-
medicine



Use Suffering to End Suffering

Suffering always brings a lesson with itself, and if we profit by those lessons as they come in our life, we are on our way to growth and maturity. The obstacles to our growth, we know them already, are our attachments, illusions and conditionings. Now, what suffering does is to uncover those hidden obstacles to us. When I find something disturbing, that means some attachment, illusion or conditioning of mine has been hit, that is my chance to become aware of it, unmask it and get rid of it. Thus, suffering is the royal way to health.



Tony De Mello
Psychotherapist. A
spiritual teacher,
writer, and public
speaker