

Echoes of Eco



January, 2021

Vivekananda Kendra- nardep Newsletter

Vol:12 No:11

First centenarian receives Padmashree Award

Pappammal alias Rangammal from Thekkampatti village in Tamil Nadu's Coimbatore district probably the oldest living person to get the Padmashree award this year. She has been conferred the award for the organic farming she does on the 2.5 acres she owns to cultivate millets, pulses, vegetables and corn on the banks of River Bhavani.



The 106-year-old organic farmer has expressed happiness on being conferred the award and called for honouring such farmers to encourage agriculture in the country.

Born in 1914, Pappammal lost her husband a few decades ago. The couple did not have a child of their own and hence she brought up her sister's three daughters. Currently, she lives with five members of her family.

Pappammal has not studied beyond Class II but has attended the Tamil Nadu Agricultural University (TNAU) classes for farmers. She was seen as a keen student, always having a question to be asked. The TNAU, too, took pride in her being its student and till today, all vice-chancellors term her as "pioneer farmer".

She told an interviewer that there were no formal schools when she grew up and hence whatever she learnt was through games such as *pallanguzhi* (the bean hole game).

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Om! O' Supreme Soul! May all my organs grow vigorous, my speech, breath, eyes, ears as also my mental strength and all my senses.

O' God, may I never neglect the prayers and my duties. May the God never discard me. May there be no abandoning. May our inseparable relation with one another remain maintained.

Om Peace, Peace, Peace.

- Upanishad



"Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside."

- Ramana Maharshi



Born at Devalapuram village, she was brought up at Thekkampatti by her paternal grandmother, who bequeathed a provision store for her after her death some five decades ago. Being industrious and entrepreneurial, Pappammal launched an eatery. The earnings from both these helped her buy 10 acres of land in the village.

She bought the agricultural lands, as she was interested in agriculture since she was young and spent a lot of time learning about various agricultural practices. The purchase of the lands was possible since she believed in savings, which ultimately helped her. Three-fourths of the land she bought were given away to the girls she brought up, leaving her with the rest 2.5 acres. One of the reasons was that she was unable to manage such a huge landholding.

A crusader of organic farming, Pappammal goes to work on her farm every morning without fail. She says young people need time and patience to invest in organic farming.

Pappammal, who is careful with her food, picking up local and fresh produce, is comfortable having porridge made from millets or mutton *biryani*. The 106-year-old farmer goes for regular health check-up and her parameters, including blood pressure and sugar, are normal. **She says the secret of her long life is hard work and being free from any mental stress.**

Thekkampatti village is elated over Padmashree being conferred on Pappammal as it has brought laurels to all of them. The village had earlier celebrated Pappammal's centenary with 3,000 people attending it. The village will now have another occasion to celebrate — that of Pappammal winning the Padmashree.

Extracts from the article written by M R Subramani of Swarajya

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"Your own Self-Realization is the greatest service you can render the world."

- Ramana Maharshi



**Happenings this month:
Sustainable Agriculture**

Happenings this month:



**Happenings this month:
Holistic Health**

Awareness programme on "Farming technologies" was held on 22nd January at Subam Mahal, Ambasamudram, Tirunelveli Dist. 60 farmers attended the training. Shri.S.Rajamony was the resource person. The programme was sponsored by Swasam Trust, Ambasamudram.



Shri.Rajamony interacting with the farmers

Green health home worked for 4 days. 104 patients treated.

Seminar on "Role of Traditional Siddha Varma Therapy for Fever" was held on 10th January at Yoga Hall, Vivekanandapuram. 147 Doctors, Vaidyas and students attended. Dr.R.Perumalsamy, Vice Chancellor, Noorul Islam University, Kumarancoil was the Chief Guest.



Shri.V.Ramakrishnan addressing the participants

Vivekananda Kendra conducted Yoga Sangamam - 2021 at Eknathji Auditorium, Vivekanandapuram. Dr.V.Ganapathy gave a paper presentation on "Nokku Varmam" (10th January) conducted Show on magic herbs on 9th January.



Vai.Thenkari Maharaja Pillai demonstrating the magic of herbs with the help of Vai.Rama-chandran Nair

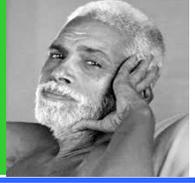


Paper presentation by Dr.Ganapathy during Yoga Sangamam



"Wanting to reform the world without discovering one's true self is like trying to cover the world with leather to avoid the pain of walking on stones and thorns. It is much simpler to wear shoes."

- Ramana Maharshi



Happenings this month:
Holistic Health

Happenings this month



Happenings this month:
Renewable Energy
Sources

Tamil book by Dr.V.Ganapahty - "Varma Maruthuva Kaiedu II" released on 10th January during the seminar.

வரம் மருத்துவக் கையேடு-2
காலில் உள்ள வரம்ங்கள்
(கிராமப்புற வரம் வைத்திய குறிப்புகள்)



விவேகானந்த கேந்திரம்

இயற்கை வள அபிவிருத்தித் திட்டம்
கண்ணியாகுமரி - 629 702.



Shri.V.Ramakrishnan gave a Radio talks on "Role of Cattle in Green Agriculture" and "Mud Block Technology" on 2nd and 10th January. In addition, he gave information on the following topics:

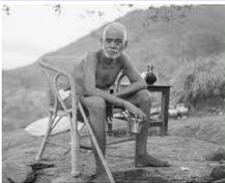
- 26th January - Gau Ark
- 27th January - Tree Plantation
- 28th January - Omam Ark and Natural farming technologies

Construction of "Biogas Plant" at Pollachi, Coimbatore District, Tamil Nadu
6 Cum - Deenabandhu model



Virtual training on "Bio-methanation technology" was held on 23rd January. One participant attended the training. Shri.V.Ramakrishnan was the resource person.

30 Farmers from ATMA, Dept. of Agriculture, Virudhunagar Dist. visited our J.C. Bose Nursery on 19th January. They learned sustainable agricultural technologies.



"Have faith in God and in yourself; that will cure all. Hope for the best, expect the best, toil for the best and everything will come right for you in the end."

- Ramana Maharshi



Happenings this month:
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Happenings this month



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Mystery solved

Uthamapalayam Town Panchayat, Theni District were contacting VK-Nardep office desperately with a request to send our supervisor to check up 100 cum plant operating on kitchen waste and manufactured and commissioned by other agency.

The plant remained idle for 2 - 3 months. Neither the original vendor was coming for the check up and repairs nor other vendors working in the field of Biogas could solve the problem. Finally, VK-Nardep sent their supervisor who was working in the field at Pollachi at that time.

The authorities were so desperate that they lifted our supervisor in a car from Pollachi and took him to Theni which is 270 kms away.

Our supervisor checked every aspect as per the inspection protocol starting from inlet, outlet, gas holder, pipeline etc. Surprisingly everything was ok. The balloon was full of gas but the burner was not burning.



Inspection is on as per protocol

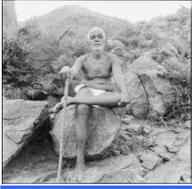


At last a blue flame appeared...

Our supervisor intuitively understood that there must be water in the pipeline. His guess was correct. He drained all the water and fitted one extra valve for draining the water in future. After removing the water, he was sure that the burner would start burning. However, to his disappointment, there was no flame coming.

Again, our supervisor started checking each and every part of the plant and then his attention went towards gas flow meter. He thought of taking a chance of removing the gas flow meter and giving direct connection of the pipeline to the burner.

This time he was triumphant as a big flame came out of the burner. Everybody started clapping for the success of mission as the mystery was solved and the culprits were water in the pipeline and gas flow meter, which were blocking the passage of gas going to burner.



"Realisation is not acquisition of anything new nor is it a new faculty. It is only removal of all camouflage."

- Ramana Maharshi



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27 years old and still going strong

Vivekananda Kendra - Nardep constructed 3 cum. Deenabhandu type biogas plant in the year 1993 at Sitamoni house, Perumalpuram, Tirunelveli. The owner was not getting gas since 8 - 10 days and so he contacted Vivekananda Kendra.

Our supervisor Shri.Muneeswaran visited the house and was pleasantly surprised to see the name of Vivekananda Kendra - Nardep inscribed near the plant along with the year of commissioning - 1993.

Shri.Muneeswaran, to his surprise found everything perfect except the scum formation at the inlet. He requested the owner to clean the entire plant, as they have not done it after commissioning the plant 27 years ago.



Cleaning of the 27 year old Biogas plant



Neat and clean surroundings near the plant. Pumping out of slurry is on ...

With the help of slurry pump, they removed all the slurry from the plant. Then our supervisor requested the labourers to enter inside the plant through inlet as there was lot of scum and mud accumulated inside. Labourers were afraid to enter and so Shri.Muneeswaran himself went inside first and started cleaning the dirt accumulated inside the plant. Afterwards, other workers joined him and removed lot of scum as well as sand and soil deposited in the plant. After cleaning with water, the house owner again started feeding the plant with fresh cow dung slurry.

Muneeswaran reported the matter to his colleagues in the office and everybody felt very happy to know that Kendra's plant constructed 27 years ago is still giving good service. Hats off to the colleagues who constructed such robust and quality plant!.

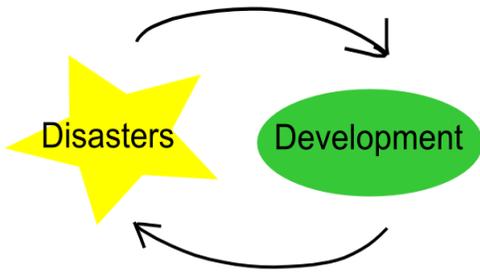


"You can only stop the flow of thoughts by refusing to have any interest in it."

- Ramana Maharshi



Visions of Wisdom



So Called Development!

Modern industry is based on modern science and science, so the fable goes, comprises the most 'efficient' manner of processing resources in a world of scarcity.

"The damage to persons, the corruption of politics and the degradation of nature, which until recently were only implicit in development can now be seen, touched and smelled. Himsa is directly proportional to development.

The situation in the west improved when they transferred their suffering to non-Europeans, first by colonialism and then by development.



Gustavo Esteva
Mexican activist, calls himself as "deprofessionalized intellectual"



Wasted Life

For an average person 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. He has exhausted only what people do. However, in his stupid confusion he believes that the world has no more mysteries for him. What a wretched price to pay for our shields!

For such a conditioning, there never really was a way to revert to an original point of departure!



Carlos Castaneda
An American author. Starting with the Teachings of Don Juan



Magical Thinking

The birds (flocks) flies at dusk, we have seen them wheel and turn together. How does each bird know to turn at the precise instant the others do? Scientists have established that there is no leader, but the impulse is shared by every bird at once. The magic lies in each one but also in between, over and around them!

Magical thinking thus is not a deviation from reason but as way of probing part of it into space that is more alive and meaningful.

The hallmark of Magical Thinking is the person's firm belief that he can control reality with his mind.



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