

Echoes of Eco



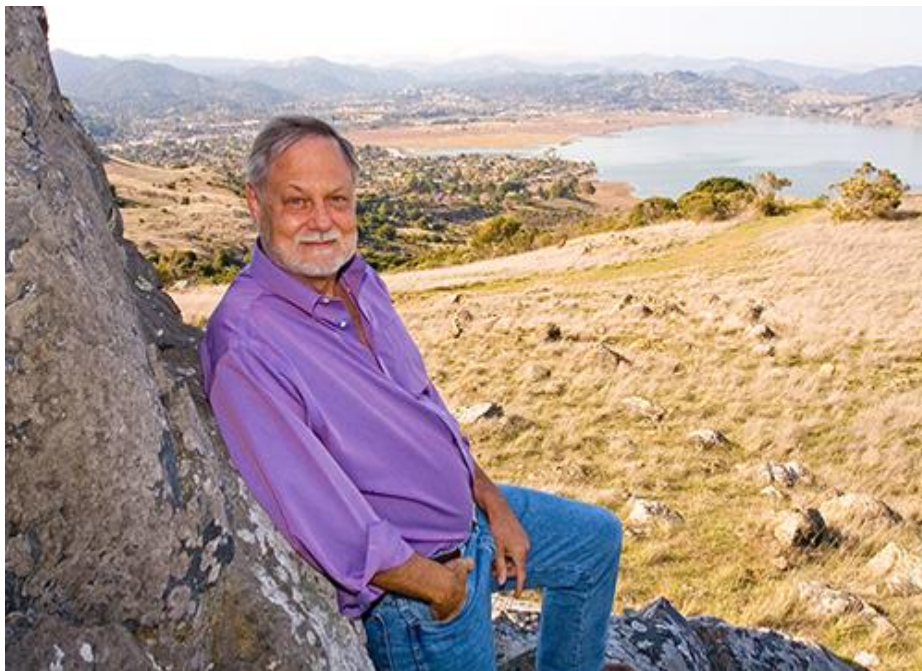
February, 2021

Vivekananda Kendra- nardep Newsletter

Vol:12 No:12

Voluntary Simplicity book by Duane Elgin

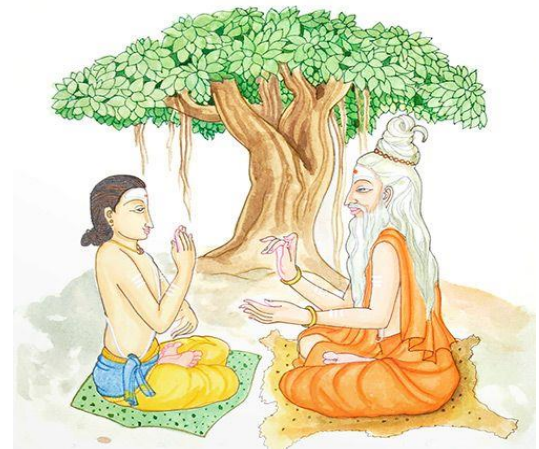
Duane Elgin is an internationally recognized speaker, author, and social visionary who looks beneath the surface turbulence of our times to explore the deeper trends that are transforming our world. In 2006, Duane received the International Goi Peace Award in Japan in recognition of his contribution to a global "vision, consciousness, and lifestyle" that fosters a "more sustainable and spiritual culture."



His books includes: *The Living Universe*, *Promise Ahead*, *Voluntary Simplicity: Toward a Way of Life that is Outwardly Simple, Inwardly Rich*, and *Awakening Earth: Exploring the Evolution of Human Culture and Consciousness*. In addition, Duane has contributed chapters to twenty-two books, and has published more than a hundred major articles and blog posts.

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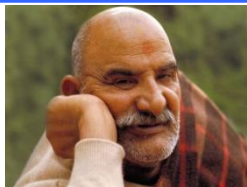


Om ! O' Supreme Soul !

May God Protect both of us (the teacher and the student). May God be pleased with both of us. May we work together with vigour. May our studies and learning's be full of splendour and intelligence. May there be no dislike between us.

Om Peace, Peace, Peace.

- Katha Upanishad



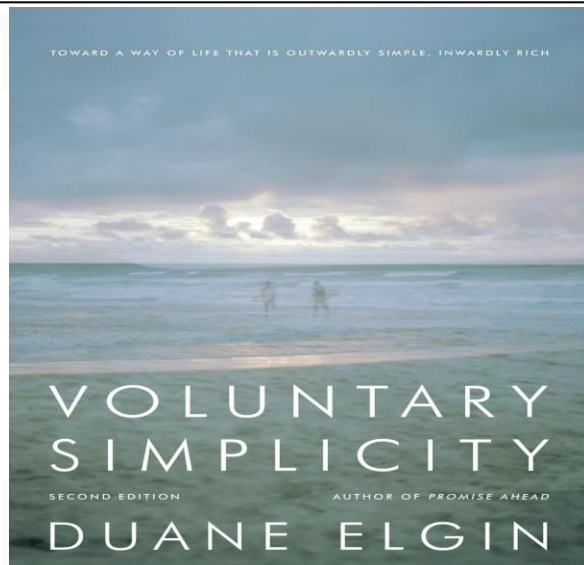
"Attachment is the strongest block to realization"

- Neem Karoli Baba



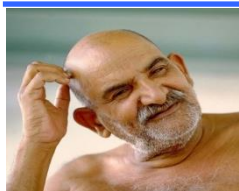
The book "Voluntary Simplicity" published in 1981 was quickly recognized as a powerful and visionary work in the emerging dialogue over sustainable living. With many of the planet's environmental stresses more urgent than ever-Duane Elgin has once again revised and updated this revolutionary book.

Voluntary Simplicity is not a book about living in poverty; it is a book about living with balance. Elgin illuminates the changes that an increasing number of Americans are making in their everyday lives-adjustments in day-to-day living that are an active, positive response to the complex dilemmas of our time. By embracing the tenets of voluntary simplicity-frugal consumption, ecological awareness, and personal growth-people can change their lives and, in the process, save our planet.



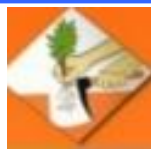
Foreword to this book is written by Shri.Ram Dass, an American Jew, who was a close disciple of Neem Karoli Baba. Incidentally, in this month, we have given his quotable quotes.





"Love is the strongest medicine"

- Neem Karoli Baba



**Happenings this month:
Sustainable Agriculture**

Happenings this month:



**Happenings this month:
Renewable Energy Sources**

Experience sharing and Green technologies for Terrace garden (V.K.Organic Products WhatsApp group) was held on 27th February at Gramodaya Park, Vivekanandapuram. 47 members attended the programme.



Plant propagation technologies demonstrated by Smt. Bramasakthi, Worker from Govt. fruit farm, Kanyakumari



We have a very vibrant V.K.Organic Products WhatsApp group. Participants shared their experiences and joy in having a terrace garden

Green health home worked for 4 days. 140 patients treated.

Commissioned of 1 cum portable type Bio-methanation Plant at Perunkudi Town Panchayat, Erode Dist.

Constructed 1 cum Bio-toilet (attached to biogas plant) at Vivekananda Kendra - NARDEP office, Vivekanandapuram.



Toilet with Biogas - works as a Bio-toilet

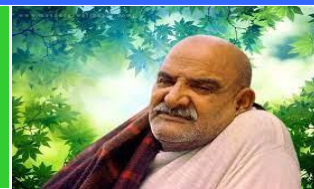
Dept. Agriculture, District advisory committee meeting was held at Collectorate, Nagercoil on 10th February. Shri.S.Rajamony attended the meeting.



Discussion among the committee members in front of Dist. Collector, Shri.Aravind



"All action is prayer. All trees are desire fulfilling. All water is the Ganga. All land is Varanasi. Love everything"
- Neem Karoli Baba



Happenings this month:
Networking

Happenings this month



Happenings this month:
Networking

ATMA farmers visited our J.C.Bose Nursery during part of exposure visits. 50 participants from each block of Kanyakumari district attended. The programme was sponsored by Dept. of Agriculture, Kanyakumari Dist.

Sl.No.	Date	Place
1.	2 nd	ATMA, Block Agriculture Extension Center, Thackalay
2.	5 th	ATMA, Block Agriculture Extension Center, Kurunthancode
3.	8 th	ATMA, Block Agriculture Extension Center, Munchirai,
4.	9 th	ATMA, Block Agriculture Extension Center, Tiruvattar
5.	10 th	ATMA, Block Agriculture Extension Center, Rajakamangalam
6.	11 th	ATMA, Block Agriculture Extension Center, Melpuram,



Shri. Rajamony explaining Sustainable agricultural technologies

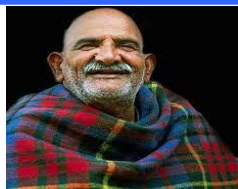
50 farmers from Green Agri Club, Marthandam, Kanyakumari Dist. visited our J.C.Bose Nursery as a part of exposure visit on 16th February. Farmers learned 'Green Agricultural technologies'



ATMA farmers at our Organic shop - Harit Surabhi



Farmers visited terrace garden at J.C.Bose Nursery



"Keep God in your heart like you keep money in the bank."

- Neem Karoli Baba



Happenings this month:
Networking

Happenings this month



Happenings this month:
Networking

35 farmers from Krishi Vigyan Kendra, Tirupatisaram, Kanyakumari Dist. visited our J.C. Bose Nursery as a part of exposure visit on 25th February. Farmers learned 'Green Agricultural technologies'.



Farmers learning Azolla technology during their visit

Training programme - Skill development for unorganized women labourers was held on 22nd February at Stella Maris Institute of Development Studies, Kanyakumari. 50 women attended the training. Shri.S.Rajamony was the resource person.



Farmers' Training programme on "Azolla & AM fungi" was held on 24th February at Tamil Nadu Agricultural University, Coimbatore. 60 farmers attended the training. Smt.S.Premalatha was the resource person.

Technology of Moringa soup (Drumstick) given to Sri Amutha Surabhi Women's Federation (SHG). The powder has multiple benefits including boosting of Immunity.

Moringa Soup Powder

முருங்கை தூப் பவுடர்



Good for curing Anemia, Diabetes, Heart Diseases, Arthritis, Liver problem, skin, digestive disorders and to control Cholesterol etc.,

சர்க்கரை நோய், இரத்த சோகை, இதய நோய்கள், இரத்த கொறை, ஆர்த்திரைட்டிஸ், கல்லீரல் நோய், தோல் மற்றும் ஜீரண கோளாறுகளை போக்க கூடியது



25% plant Protein, 24% Fibre, High source of Iron and Vitamins

Boil 10gms. powder with 250 ml of water add Garlic/onion and Tomato as per requirement



Sri Amutha Surabhi Women's Federation (SHG), Kanyakumari - 629 702
Phone : 04652-246296, 298294, Email: sriamutha@gmail.com

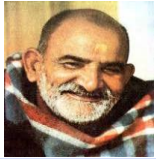
Technical support: Vivekananda Kendra -nardep, Kanyakumari



Dept. Horticulture, District advisory committee meeting was held at Collectorate, Nagercoil on 19th February. Shri.S.Rajamony attended the meeting.



Horticulture committee meeting is on



"It's better to see God in everything than to try to figure it out."

- Neem Karoli Baba



Visions of Wisdom

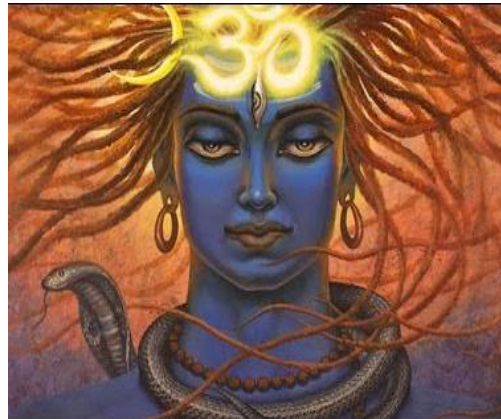


Discovery

Michel Angelo's genius as a sculpture lay in his ability to see a finished statue inside a rough block of marble.

His challenge was not to make a sculpture but to release the one that was already there imprisoned in the stone.

Essentially this is what you do when you bring yourself back into balance, instead of creating a 'new' you, thinner you, you are simply releasing a hidden you. The process is a personal discovery.



Vedic Chanting - Mantra Yoga

When wavelength shifts even minutely on our radio, we receive the broadcast of a different transmitting station. Fine-tuning has to be done to get the required station. So is the case with the intonation of vedic mantras. There should not be the slightest mistake in swaras, because of wrong intonation - results will be different like a different radio station.

Different methods of chanting or mend to ensure the tonal and verbal purity of the veda for all the time.



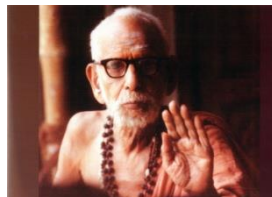
Invisible God

Why is God invisible? He is not. Your vision is blurred so you fail to see Him. The screen at the movie theatre becomes invisible when a film is projected on it so you ceaselessly look at the screen, you fail to see it. You are too caught up in the movie.

For centuries, India has seen God as 'dancing creation'. The extraordinary marvel is that men see the dance and fail to recognize the dancer. How can you search for what is right before your eyes? How can you attain what you already possess? What is called for here is not effort but recognition.



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



**Paramacharya -
Pujasri
Chandrasekara
Saraswathi**



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