

# Echoes of Eco



April, 2021

Vivekananda Kendra- nardep Newsletter

Vol:13 No:02

## Saudi Arabia's first woman yoga master

Nouf Marwaai is Saudi Arabia's first woman yoga master. In a country where women have long been denied the right to exercise publicly, the students - some of whom regularly attend yoga retreats in India - said the



exercise had transformed their lives. Marwaai was awarded India's fourth-highest civilian honour Padma Shri, on 15 August 2018. Nouf's story goes beyond yoga. She has had a long struggle with health conditions and has defeated lupus as well as cancer, through the help of yoga. Nouf sees yoga as a liberating factor that rids one of the mental disturbances and other psychological stress factors.

Nouf praised the reforms initiated by Saudi King Salman and the way Crown Prince Mohammad bin Salman is running the country. According to Nouf, lives of women in Saudi Arabia have changed and they are being empowered in every field. She also praises Princess Reema bint Bandar Al Saud, President of the Community Sports Federation. It was because of her, it was possible to get yoga approved as a sport.

Receiving the Padma Shri was "a great honor" and a "big responsibility" for Nouf. She had told Indian media, "I am very thankful for the trust Indian government has shown by giving me this award as an appreciation of my work in the field of yoga." According to Nouf, people in Saudi Arabia are curious about yoga and ask questions about it. She also highlights the misconceptions related to yoga and Islam.

\* \* \* \* \*

### In this issue:

- Saudi Arabia's first woman yoga master
- The Happenings
- Visions of Wisdom:
  - Living body - the best pharmacy
  - The metamorphosis of plants
  - Stop running in search of Soul



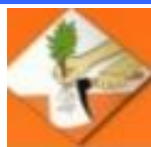
*Om! May the sun be propitious to us.  
May the air be propitious to us. May  
moon be propitious to us. May the  
God of knowledge, power and wealth  
be propitious to us. May God Vishnu  
of wide strides be propitious to us.  
Om Peace, Peace, Peace.*

*- Taittiriya Upanishad*



**"They cannot make history who forget history"**

- Dr.B.R.Ambedkar



**Happenings this month:  
Sustainable Agriculture**

**Happenings this month:**



**Happenings this month:  
Renewable Energy Sources**

"Production NPK rich Bio-manure" preparation was held on 13<sup>th</sup> and 14<sup>th</sup> April at Andarkulam and Athalavilai. Under the guidance of VK-Nardep, 20 stakeholders started this technology. The programme was sponsored by Rohini College, Kanyakumari.



*Children along with Smt.Jeya, Andarkulam enthusiastically seeing the NPK rich Bio-manure*



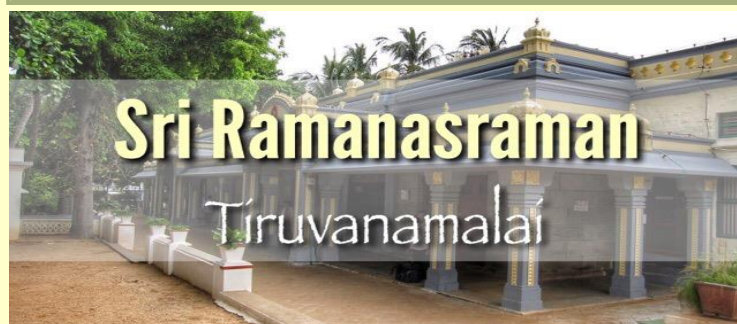
*Shri.Maharaja Pillai, Devakulam proudly standing near the manure tank*

Green health home worked for 4 days. 108 patients treated.

Virtual training programme on "Bio-methanation technology" was held on 30<sup>th</sup> April. 04 participants attended this programme. Shri.V.Ramakrishnan was the resource person.



*Shri.Ramakrishnan explaining Bio-methanation technology through power point presentation*



25 cum KVIC type Biogas plant at Ramana Ashram, Tiruvannamalai has been repaired by our supervisor Shri.V.Muneeswaran. The pipeline was defective and for getting more pressure at the stove, additional blower has been installed.





"Life should be great rather than long"

- Dr.B.R.Ambedkar



Happenings this month:  
Renewable Energy  
Sources

Happenings this month



Happenings this month:  
Renewable Energy  
Sources

Repairing of 30 cum biogas plant at Atomic Energy plant, Kalpalkam by our supervisor Shri.Muneeswaran.

Following procedure followed:

- Checking of gasholder with help of air compressor - leakage found in the gas holder
- Checking of digester - lot of scum formation on the top, even people could stand on the top
- Lot of gunny bags were found in the digester
- Cleaned the scum and liquid slurry and dumped 1 km away from the site
- Gas balloon checked and found ok
- Hydrolysis tank cleaned and repaired some damaged portion
- Gas holder leakage arrested by applying two coats of paint
- Pipe line checked, damaged portion replaced with new fitting.
- Charging the digester with fresh cow dung slurry.
- Positioned the gasholder with the help of crane.
- checked all the lines and fittings
- Basic training given for maintenance of biogas plant to the local workers.
- Used life jacket during repair and maintenance



Digester full of scum including gunny bags



Lifting of gasholder with the help of crane for maintenance



Checking of gasholder and pipeline with traditional method of using soap water





"I measure the progress of a community by the degree of progress which women have achieved"

- Dr.B.R.Ambedkar



Happenings this month:  
Networking

Happenings this month



Happenings this month:  
Networking

Training programme on "Sustainable technologies for Village Volunteers" was held at Technology Resource Center, Kalluvillai from 19<sup>th</sup> to 25<sup>th</sup> April. 16 volunteers mainly from Uttar Pradesh (12) and Tamil Nadu (4) attended the programme. The entire programme was conducted by Shri.V.Ramakrishnan, Director, VK-Nardep. The training consists of the following:

- Morning prayer and yoga class
- Enacting inspirational story
- Interactive sessions, practical and field visits
- Evening bhajan session
- Night - light assembly - interesting indore games to release the tension, improve awareness and team building
- Reporting and reflections on the day's activities by the participants

All the participants enjoyed the training which was most memorable for them in their life. All of them promised to adapt at least 2- 3 technologies after returning to their places.



Participants learning Bio-methanation technology



Dr.V.Ganapathy explaining the concept of Green Health



Proudly posing for the photograph with Shri.Ramakrishnan, Director, VK-Nardep

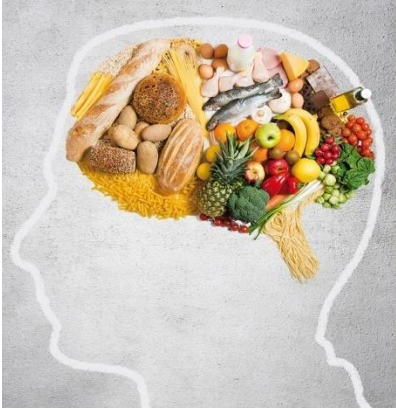


"Cultivation of mind should be the ultimate aim of human existence"

- Dr. B.R. Ambedkar



## Visions of Wisdom



### Living Body – the best Pharmacy

The frustrating reality, as far as medical researchers are concerned is that we already know that the living body is the best pharmacy ever divine. It produces diuretics, painkiller, tranquilizers, sleeping pills, antibiotics and indeed everything manufactured by the drug companies, but it makes them much much better. The dosage is always right and given on time, side effects are minimal or non-existent and the directions for using the drug are included in the drug itself, as a part of its built in intelligence.



### The metamorphosis of plants

Germany's greatest poet - Goethe - a great philosopher of nature, lover of plant, a botanist wrote an essay "The metamorphosis of plants". He postulated a force opposite to Newton's gravity - levity. Coined the word botanical morphology. Newton explained why the apple fell but never explained the more difficult question - 'How the apple got up there?'

In the life of the plants, his principle shows itself most conspicuously, where the leaf is heightened into flower. While progressing from leaf to flower the plant undergoes decisive ebb in its vitality. Compared with the leaf, the flower is a dying organ. This dying however, is of a kind we may aptly call a 'dying into being'.



### Stop Running in search of Soul

All ten directions lead outside. All that comprises them is this world. Life is moving and the soul is stationary. The soul is the eleventh direction. Leave all searches and see what resides within. This will be possible by giving up search. Not by running but by stopping.

Everybody is running a race and the end of this race is nothing but a fall. So stop - once the fever of running is over all the ten directions vanish, only one direction in fact, which is not direction - remains. It leads to that, which is foundational, the source, the origin.



**Deepak Chopra**  
Indian-American  
author of a famous  
book 'Unconditional  
Life'



**Johann Goethe**  
Extracts from the  
book - 'The secret  
life of plants'



**Acharya Rajanish**  
"Random Thoughts"