

Echoes of Eco



May, 2021

Vivekananda Kendra- nardep Newsletter

Vol:13 No:03

Forest Man of India - nay world



Jadav "Molai" Payeng (born 1963) is an environmental activist and forestry worker from Majuli, popularly known as the Forest Man of India. Over the course of several decades, he has planted and tended trees on a sandbar of the river Brahmaputra turning it into a forest reserve. The forest called Molai forest after

him, is located near Kokilamukh of Jorhat, Assam, India and encompasses an area of about 1,360 acres / 550 hectares. In 2015, he was honoured with Padma Shri, the fourth highest civilian award in India. He was born in the indigenous Mising tribe of Assam.

In 1979, Payeng, then 16, encountered a large number of snakes that had died due to excessive heat after floods washed them onto the tree-less sandbar. That is when he planted around 20 bamboo seedlings on the sandbar. He started working on the forest in 1979 when the social forestry division of Golaghat district launched a scheme of tree plantation on 200 hectares at Aruna Chapori situated at a distance of 5 km from Kokilamukh in Jorhat district. Molai was one of the labourers

who worked in that project which was completed after five years. He chose to stay back after the completion of the project even after other workers left. He not only looked after the plants, but continued to plant more trees on his own, in an effort to transform the area into a forest.



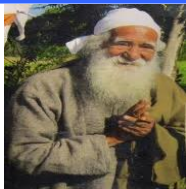
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*Om! O' Supreme Soul, establish
Yourself in my speech and the mind.
Please come and lead mind.
O' Supreme Soul, be appear before
me. Make me realise the supreme
knowledge. Do not let go my learning.
Let me apply my learning into practice
and work hard throughout the day
and night with perseverance.
Om Peace, Peace, Peace.*

- Aitareya Upanishad



"Mainly unscrupulous development, like unplanned roads and facilities for tourists, that has led to widespread deforestation"

- Sunderlal Bahuguna



The forest, which came to be known as Molai forest, now houses Bengal tigers, Indian rhinoceros, and over 100 deer and rabbits. Molai forest is also home to monkeys and several varieties of birds, including a large number of vultures. There are several thousand trees of different varieties. However, Bamboo covers an area of over 300 hectares. A herd of around 100 elephants regularly visits the forest every year and generally stays for around six months.

Jadav Payeng belongs to the Mising tribe in Assam, India. He lives in a small hut in the forest. Binita, his wife, and his 3 children (two sons and a daughter) accompany him. He has cattle and buffalo on his farm and sells the milk for his livelihood, which is his only source of income.

Payeng has been the subject of a number of documentaries in the recent years including a fictional film and a children's book Jadav and the Tree-Place.





"It is a manmade disaster. When you try forcefully to change nature and its landscape, it gets back and punishes you".

- Sunderlal Bahuguna



**Happenings this month:
Sustainable Agriculture &
Renewable Energy Sources**

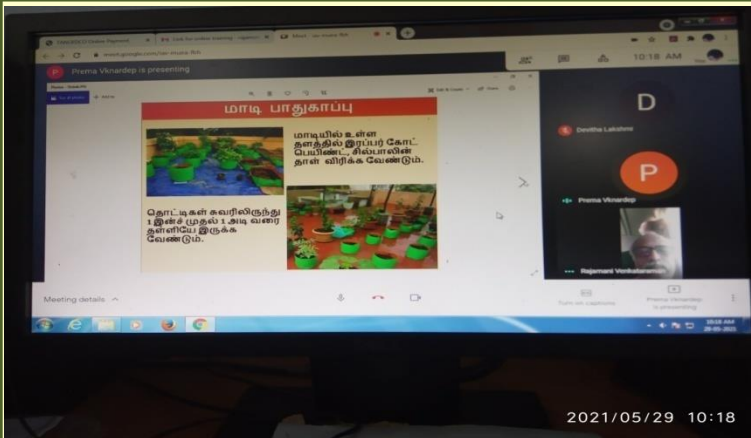


Happenings this month



**Happenings this month:
Sustainable Agriculture &
Renewable Energy Sources**

Virtual training programme on "Terrace garden" was held on 29th May. 03 participants attended this programme. Smt.S.Premalatha was the resource person.



Power point presentation during training

Virtual training programme on "Bio-methanation technology" was held on 29th May. 03 participants attended this programme. Shri.V.Ramakrishnan was the resource person.



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

Green health home worked for one day. 16 patients treated.

Monitoring meeting of STRIDE Project was conducted by Central University of Tamil Nadu, Thiruvavur on 13th May. Shri.V.Ramakrishnan attended this programme.

Tamil magazine Pasumai Vikatan gave an exhaustive coverage of 13 pages - "Azolla Oor Akshaya Pathiram" which covers Azolla, NPK rich manure, Biogas, Vermi wash etc.



10.6.2021 இதழில்



'அசோலா' ஓர் அட்சயப் பாத்திரம்!
14 ஆண்டுகள்...
3 லட்சம் விவசாயிகள்!





"Today Himalaya is calling you. Wake up my son, do not allow my auction. ..."

- Sunderlal Bahuguna



Happenings this month:
Networking



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Networking

Department of Science and Technology (Kiran Division), Govt. of India, New Delhi has sanctioned a project "Community Yoga protocol for Elders to improve the Innate Immunity" to Vivekananda Kendra - Nardep. The project is important in the context of the second wave of pandemic and the vulnerability of the elderly persons above 60 years. Practice of yoga helps in improving the innate immunity; however, this project is to prove this scientifically. The programme was launched formally on 20th May 2021 by virtual mode. Following are the highlights:

- Training of trainers for developing a community yoga protocol for elders May 8 to May 10, 2021 (I batch)
- Crash Training Programme for trainers arranged on May 23 & 25, 2021 (II batch)
- 3rd Crash Training Programme for trainers arranged on 1st and 2nd June 2021
- Total about 150 trainers were trained for conducting virtual classes in different parts of India
- Apart from practical classes, a few experts interacted with the trainees on subjects such as (i) diet for the elderly (ii) stress management (iii) need of discipline in life (iv) Happiness analysis etc.
- Total elderly persons - trainees enrolled - 1040 in three different categories
- Trainees are from different states such as (i) Tamil Nadu (ii) Karnataka (iii) Andhra (iv) Maharashtra (v) Bihar (vi) Assam (vii) Odhisha (viii) Tripura etc.



Vivekananda Kendra - NARDEP

Improve Innate Immunity Among Elders through yoga (Free Yoga Classes)



Duration: 2 Months
Starts from: May 20, 2021
Language: Regional
Age: 60 years and above

Regn: SCAN QR Code or click the link
Last Date for Regn: May 19, 2021

Secretariat no:
9080802812
8270002301



https://docs.google.com/forms/d/e/1FAIpQLSe3HTvduAtg6lQrsaVxtb0_EwWhS5Kpf3C3uuu4KqUouSEISQ/viewform





"Conversion of a perverted society into a cultural society needs the joint efforts of humanitarian scientists, social activists and compassionate men of letters"

- Sunderlal Bahuguna

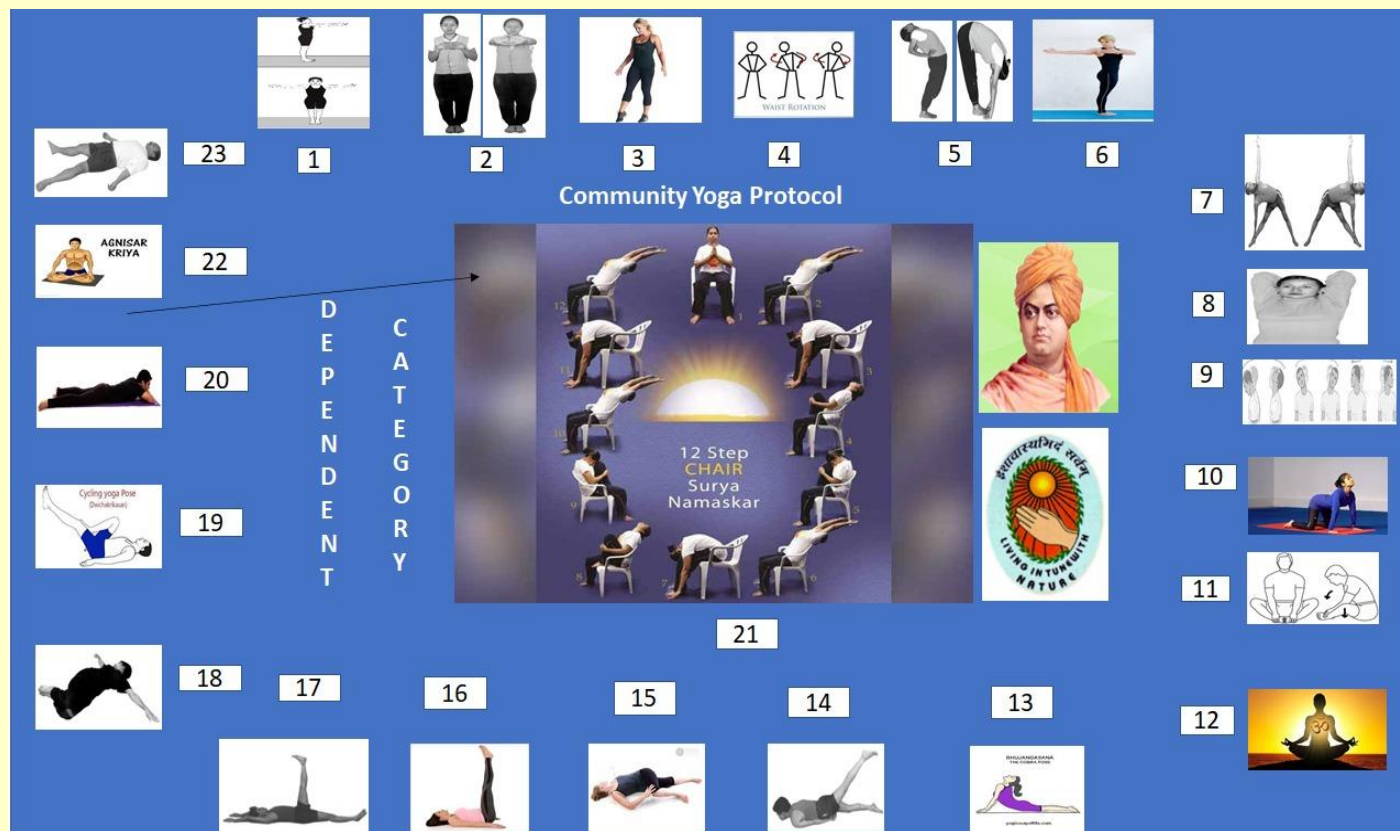


**Happenings this month:
Networking**



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Networking**

- Three different categories namely (i) independent (who are healthy although the age is above 60) (ii) dependent (people having some ailments such as diabetics, asthma, hypertension etc.) (iii) despondent (people requires somebody's help for carrying out day to day activities).
- Charts for all the three categories along with video documentation and power point presentation shared with all the coordinators and trainers.
- Diet chart and case sheets shared.
- Tests for tracking the progress of the elders will be carried out at the beginning, in the middle after one month and at the end of second month. The tests are related with flexibility, mobility, balance as well as to know the improvement in innate immunity.
- After the formal launch on 20th May, ten days up to 30th May are used for culturing, socializing, ice breaking and disciplining as well as empowering the trainees in using the virtual mode because of the pandemic.
- The actual project documentation will start from 1st June and will end after 60 days on 31st July.



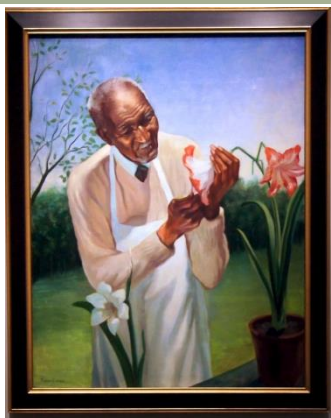


"Ecology is permanent economy"

- Sunderlal Bahuguna



Visions of Wisdom



The Harmonic Life of Plants

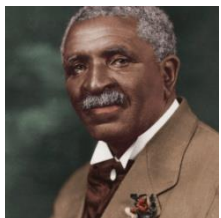
George Washington Carver used to talk - converse with the plants. Farmer's wives used to bring their sick plants to him for cure.

When people asked him his secret, he replied, "The secrets are in the plants to elicit them you have to love them enough".

When I touch that flower, I am touching infinity. Through the flower - I talk to the infinite, which is only a silent force.

As Tennyson writes - If you know the plants then you know the Man and God!

George Washington Carver
American agricultural scientist, who promoted alternative crops to cotton



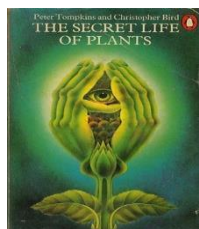
Study Ecology and not Pathology

Hunzas could walk 120 miles/day, swim in Frozen Lake. British doctor - J.T.Wrench brought out a book 'The wheel of Health' writes in his introduction why young medical students were always made to study sick people never the ultra healthy?

Moreover, our emphasis of teaching a disease is pathology - namely the appearance of that which is dead from disease. Unfortunately, emphasis is on pathology not ecology.

Specialists are intent on learning more and more about less and less.

Peter Tompkins & Christopher Bird
Authors of the famous book - 'The secret life of plants'



Philosophical Outlook

Those who have mistaken the body as their being are all dead. Their real life in fact, has not started so far. They are in sleep, dream and delusion.

This world is full of the dead. The living dead I mean and most of them here are those who die without ever having lived. They are spent up in their defense from death and during this busy schedule of self-defense; they never come to know of the one within.

The one that is beyond death - that is immortal.

Acharya Rajanish
Extracts from "Random Thoughts"

