

Echoes of Eco

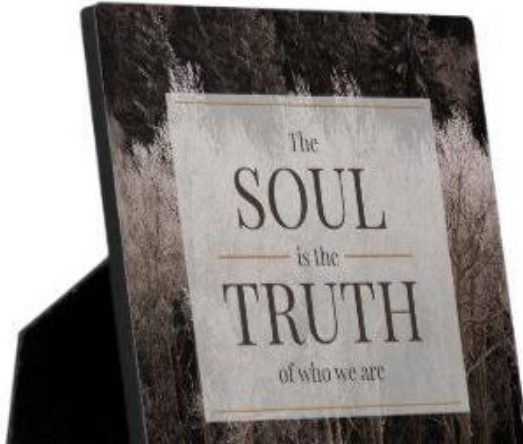


June, 2021

Vivekananda Kendra- nardep Newsletter

Vol:13 No:04

The Truth Shop by Anthony de Mello



I could hardly believe my eyes when I saw the name of the shop "The Truth Shop".

The sales girl was very polite. What type of truth did you wish to purchase - partial or whole?

The whole truth of course - no deceptions for me, no defenses, no rationalizations. I wanted my truth plain and unadulterated.

She waved me on to another side of the store. The sales man pointed the price tag "The price is very high sir," he said.

What is it? I asked determined to get the whole truth, no matter what is its cost.

Your security sir!

I came away with heavy heart. I still need the safety of my unquestioned beliefs.



In this issue:

- The Truth Shop
- The Happenings
- Visions of Wisdom:
 - Soil - the Soul of Life
 - Pulling your own strings
 - What is Satsanga

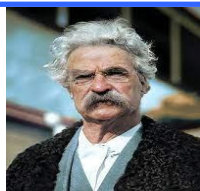


*On the absolute reality and its
planes,*

*On that finest spiritual light,
We meditate, as remover of
obstacles*

That it may inspire and enlighten us.

- Gayatri Mantra



"The secret of getting ahead is getting started"

- Mark Twain



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

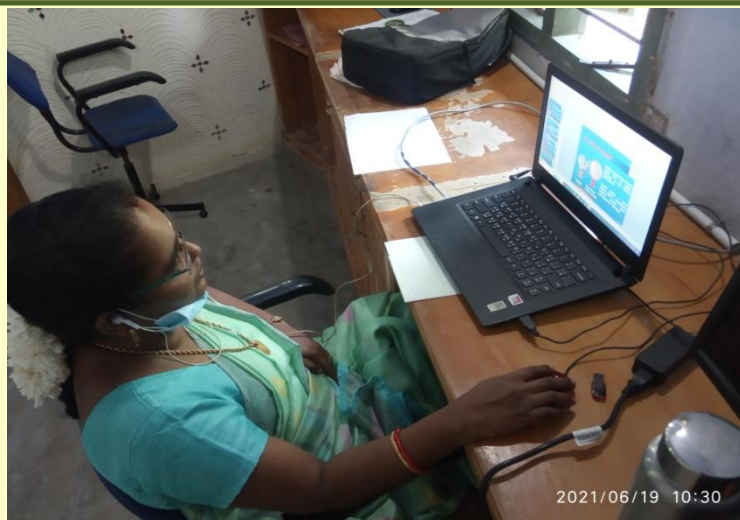


Happenings this month



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

Virtual training programme on "Azolla Technology" was held on 19th June. 08 participants attended this programme. Smt.S.Premalatha was the resource person.



Power point presentation during training

Dept. of Agriculture, Kanyakumari conducted a District advisory committee meeting on 17th June at Collectorate, Nagercoil. Shri.S.Rajamony attended the meeting.



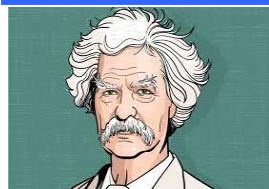
Green health home worked for one day. 40 patients treated.

Virtual training programme on "Bio-methanation technology" was held on 19th June. 26 participants from all over India attended this programme. Shri.V.Ramakrishnan was the resource person.



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

2 nos. of 1 cum portable Shakti Surabhi Bio-methanation plant commissioned at Thoothukkudi district.



"Age is an issue of mind over matter. If you don't mind, it doesn't matter"

- Mark Twain



**Happenings this month:
Networking**



**Happenings this month:
Networking**

Training of Trainers on Community Yoga Protocol for Elders

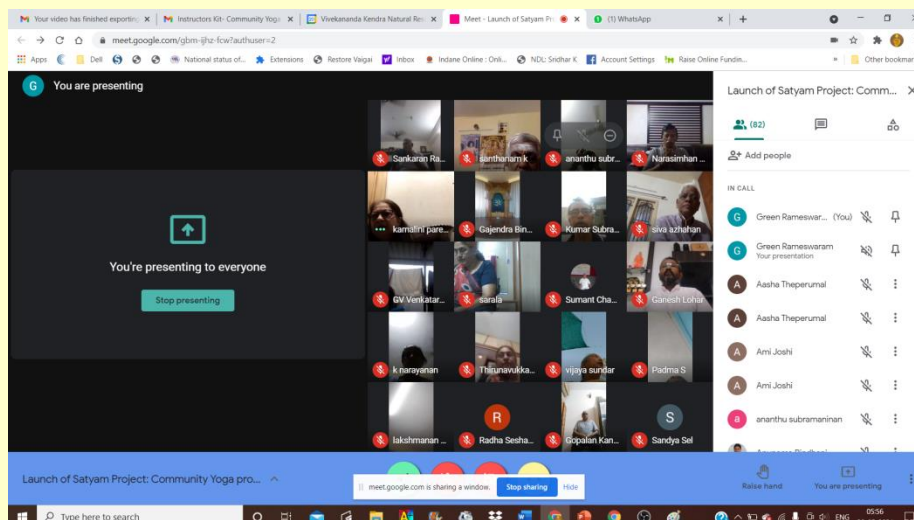
Background: Training of Trainers program in regional language catering to the instructors competencies was organised at Tamil Nadu, Karnataka, Maharashtra, Gujarat, Odisha and Northeast. Trainers were enrolled through coordinators facilitation and also based on the call of the Vivekananda kendra to institutions of likeminded orientation. The Program was structured for three days with concept seeding about the program and categorisation, protocol demonstration and practice and resource lectures on Immunity, Mobility and Innate Immunity.

Schedule of Programs :

| S.No | State / Location | Dates | Number of Trainers |
|------|----------------------------|----------------------|--------------------|
| 1 | Tamil Nadu | May 8 -10 , 2021 | 27 |
| 2 | Karnataka | May 25 -27, 2021 | 23 |
| 3 | Maharashtra and North East | May 31 -June 2, 2021 | 89 |
| | TOTAL | | 139 |

The following resource lectures were given on:

- Session on Self Analysis by Sri N Krishnamurthi, Senior Life worker, Vivekananda Kendra highlighted the need for self-reflection for moving forward and aging gracefully.
- Session on Integrated approach of Yoga by Sumant Chandwadkar, North East Coordinator, VYASA Bangalore stressed on integrated yoga practices for Physical, Pranic and Mental bodies of human existence
- Session on Life style Change : Importance of Yogic Exercises by Dr Selvalakshmi, Asst Professor, Department of Yoga, and Head In charge, Tamil Nadu Physical Education and Sports University highlighted the need for life style change and in particular the concepts on mobility : issues, effects, cause and the relevance of yoga for addressing the same.





"The human race has one really effective weapon, and that is laughter"

- Mark Twain



**Happenings this month:
Networking**



**Happenings this month:
Networking**

iv. Session on Behavioural Activation and Relevance for Elderly by Sister Kantadorshi Parashar Psychologist shared the challenges of elderly and the need for behavioural activation with choices for practices..

v. Session on Stress Management was taken by Sri Hanumantha Rao, Vice President, Vivekananda Kendra known for his knowledge and practice on Yoga protocol. The highlights of his talk are :

- Stress is a part of life and it is inseparable
- Our experiences show that the body and mind can be related or separated examples are many where body presence is there but mind is not there vice versa
- Stress management is not managing the stress. Increase the stress for achieving the higher goal and efficiency. Reducing the stress, even in heightened condition is to maintain homeostasis condition (maintain the balance level keeping the performance level high) which means homeostasis is the state of steady internal, physical, and chemical conditions maintained by living systems. This is the condition of optimal functioning for the organism and includes many variables, such as body temperature and fluid balance, being kept within certain pre-set limits (homeostatic range).
- Yoga plays a major role in reducing / managing the stress levels in an individual
- Innate immunity has two dimensions. One is general and philosophical dimension (that which is natural in us). It is not newly acquired immunity and another one is induced into system through vaccination which is called acquired immunity
- Innate Immunity in medical terms is the defence system with which you were born. It protects you against all antigens. Innate immunity involves barriers that keep harmful materials from entering your body. These barriers form the first line of defence in the immune response.
- Innate Immunity - The defence system is affected by stress, anxiety and tension. Researches are done stress on adaptive / innate immunity to prove the influence. Yoga states the following reasons for stress namely raga (like), dvesha (dislike) and agnivesha (fear of death / loss of life). (the other two are ignorance and ego) - Avidya asmita raga dvesha abhinivesha pancha klesha
- Panic situation is creating stress. The cause of stress is not the virus but the fear of the attack of virus. These built-up situations are accelerated by social media to have obsessive thoughts leading to stressful conditions.
- We are avoiding our family for fear of death. The fear of what will happen to me. (Self-imposed attack ideas).
- Innate immune system of the philosophical dimension or medical dimension i.e. psychological stress affects the immune system.
- Harmonious physical activity / breathing reduces stress. Yoga protocol paves way for it. It strengthens / enhances the immune system,

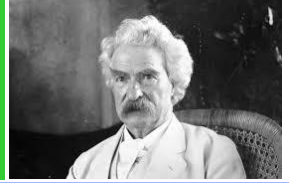


Sri.Hanumantha Rao



"Don't let schooling interfere with your education"

- Mark Twain



**Happenings this month:
Networking**



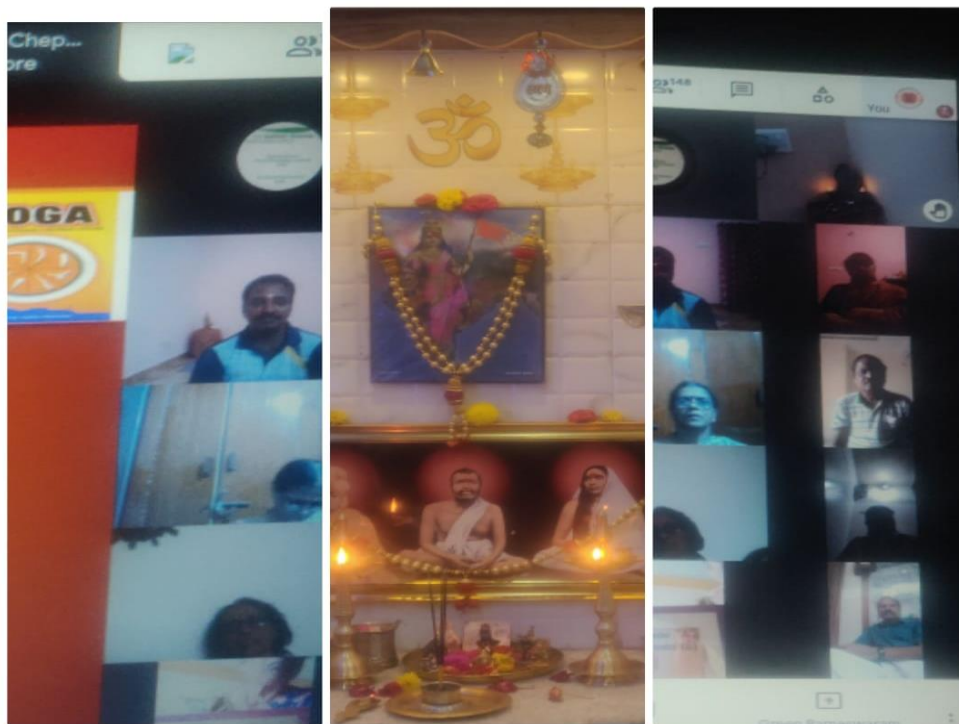
**Happenings this month:
Networking**

- Physical stress can be managed by mental, psychological and physical responses. Psychological stress also needs to be managed by physical and Psychological practices (Yoga protocol).

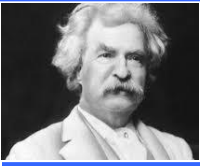
vi. Session on Importance of Diet for Elderly was taken by Dr Mahadevan (Ayurvedha) highlighted the diet components in building the immunity of the body which is crucial to bring out the innate divinity of the being which Swami Vivekananda called for. Model diet chart for the elderly with menus was shared.

vii. Session on Protocol practice was taken by Sri Sumanth, Vivekananda Yoga Anusandhana Samsthana (VYASA) and Sri Sukumar, Practitioner. The session highlighted the protocol meant for different categories with progressive sequence

viii. Session on Assessment of Mobility and Immunity was taken by the Core group members enabling the instructors to take note of the elder's medical history, mobility and immunity dimensions. The instructors were oriented to take baseline, mid line and the end line to know the impact of the protocol practice.



Training by using virtual platform



"Do the thing you fear most and the death of fear is certain"

- Mark Twain



Visions of Wisdom



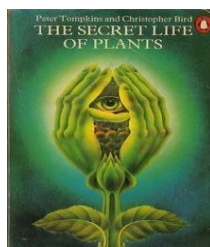
Soil – The Soul of Life

Like addictive drugs - fertilizer, nitrogen creates its own demand.

Cows are more intelligent than men. However, tall and green the grass may look when grown with an excess of artificial nitrogen the cow will refuse to it and goes to the surrounding grass which is shorter. Thus, cow is more expert than Bio-chemist at assessing their nutritional value.

Soil determines the vigour and health and not the chemist in laboratories. So first, heal the soil so as not to have to heal the animal or man.

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



Pulling your own strings

Aim - The me I am to become
The me I choose to be.

Life is a beautiful thing, as long as I hold the string.

Nobody can live your life.

Pull your own strings - move into your body and to the beat of life.

Cut your strings, walk in dark - hold out your hand to the unknown.

Open your arms to the embrace of air, make them wings that soar.



Dr. Wayne W. Dyer
Was an American spiritual author and a motivational speaker

What is Satsanga

Company of the self is nowhere to be found in the outer world. Be with yourself. But generally in life, we are in the company of all else but ourselves.

Eckhart was alone. He was sitting in a solitary corner below the tree. A friend passed by went to him and said 'I saw you alone and thought it proper to provide you with a company'. Eckhart replied - I was in my company. Your arrival has made me lonely.

If I am familiar with my inner chambers, I have attended self-conquest.



Acharya Rajanish
Extracts from "Random Thoughts"