

Echoes of Eco



August, 2021

Vivekananda Kendra- nardep Newsletter

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A letter from Albert Einstein to his daughter: about "The Universal Force which is LOVE"



In the late 1980s, Lieserl, the daughter of the famous genius, donated 1,400 letters, written by Einstein, to the Hebrew University, with orders not to publish their contents until two decades after his death. This is one of them, for Lieserl Einstein. More can be found about Lieserl.

..."When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world.

I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe and has not yet been identified by us.

This universal force is LOVE.

When scientists looked for a unified theory of the universe, they forgot the most powerful unseen force.

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omkāraṃ bīṇḍusaṃyuktaṃ nityaṃ
dhyāyānti yoginaḥ .
kāmadāṃ mokṣadāṃ caiva omkāraṃ
namo namaḥ

Yogis meditate forever on Aumkara associated with the Bindhu, salutation to the Aumkara, the grantor of wishes and salvation. We call on Thee, Lord of the hosts, the poet of poets, the most famous of all; the Supreme king of spiritual knowledge, O Lord of spiritual wisdom Listen to us with thy graces and reside in the place(of sacrifice)
- Universal Prayer



"If civilization is to be bound up with material advancement, we must accept its inevitable consequence..."

- Chakravarthi Rajagopalachari



Love is Light, that enlightens those who give and receive it.
Love is gravity, because it makes some people feel attracted to others.

Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness. Love unfolds and reveals.

For love we live and die.
Love is God and God is Love.

This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.

To give visibility to love, I made a simple substitution in my most famous equation.

If instead of $E = mc^2$, we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits.

After the failure of humanity in the use and control of the other forces of the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy...

If we want our species to survive, if we are to find meaning in life, if we want to save the world and every sentient being that inhabits it, love is the one and only answer.

Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet.

However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released.

When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer!"

Your father Albert Einstein



"As long as there is suffering in the world, as long as there is the great curiosity to unravel truth, as long as men and women have some intense desire to be fulfilled, as long as there is wisdom in this world, the future of religion is assured"

- Chakravarthi Rajagopalachari



Happenings this month:
Sustainable Agriculture

Happenings this month



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Sustainable Agriculture

ATMA Training programmes

The following programmes related with organic farming conducted for ATMA, Dept. of Agriculture; Kanyakumari Dist. Shri.S.Rajamony was the resource person for the following programmes. 40 persons attended each programme.

Sl.No	Venue	Date	Subject
1.	Killiyur Block	6 th	Crop Residue Management
2.	Munchirai Block	11 th	Organic Farming
3.	Killiyur Block	13 th	Organic Farming
4.	Munchirai Block	13 th	Soil Management



Shri.S.Rajamony interacting with the participants - Killiyur



Shri.S.Rajamony interacting with the participants - Munchirai

40 ATMA farmers from Tiruvattar block of Kanyakumari district visited our J.C.Bose Nursery on 18th August as a part of exposure visit. The programme was sponsored by Dept. of Agriculture, Kanyakumari Dist.



Participants at our terrace garden



Shri.S.Rajamony explaining Vermicomposting technology



"But all of us believe that God, by whatever name we call Him, is in the world"

- Chakravarthi Rajagopalachari



Happenings this month:
Water Management

Happenings this month



Happenings this month:
Renewable Energy
Sources

Renovation of Srivilliputhur temple tank

Vivekananda Kendra - Nardep has taken up a project of rejuvenating the temple tanks at a few places. We decided to make a beginning with Andal Temple of Srivilliputhur, in Virudhunagar district, as it is the state emblem of Tamil Nadu.

As a follow up Shri.V.Ramakrishnan, Director, VK-Nardep visited the place again on 1st August and participated in the committee meeting where 30 members were present.



Local committee members interacting with Shri.Ramakrishnan

GOBARDHAN Programme

Executive Engineer, BDO and other officials visited Kendra office on 2nd August to discuss the project of constructing biogas plant at Thoivalai, Kanyakumari Dist. by using different types of organic wastes.



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Repairing Biogas plant

Shri.V.Muneeswaran visited Indian Institute of Technology, Main Road, Near NH-65, Sangareddy, Kandi, Hyderabad, Telangana from 4th to 7th August for repairing the biogas plant of 50 cum capacity.

The agency - Hand in Hand Inclusive Development and Services, Chennai could not commission the plant. Our supervisor checked all the parameters and found water in the pipeline due to variation in temperature and not draining the pipeline at regular intervals.

The agency as well as authorities from IIT were happy to see the working of the plant.



Shri.Muneeswaran on the job - 50 cum Biogas plant



"When wisdom is integrated with life and becomes action it becomes Bhakti. Knowledge when it becomes fully mature is Bhakti. To believe that Jnana and Bhakti, knowledge and devotion, are different from each other is ignorance"

- Chakravarthi Rajagopalachari



Happenings this month:
Networking



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Networking

Community Yoga Protocol for Elderly to promote Innate Immunity

Dr. Jitendra Singh, Minister of State for the Ministry of Science and Technology gave the valedictory address on 9th August during the virtual function on "Developing Community Yoga Protocol for Elderly to promote Innate Immunity". 150 people mainly the Vanaprasthas (60+) attended the programme from 10 different states.

Coordinators, trainers and a few trainees shared their experiences during the programme. Honorable minister appreciated the efforts and emphasized the need of developing innate immunity through yoga practices, particularly in the present pandemic.

UGC STRIDE Mentoring and Monitoring Committee meeting was held on 19th August at Central University of Tamilnadu, Thiruvavur. Shri.V.Ramakrishnan participated in the meeting.



Shri.V.Ramakrishnan at Central University, Thiruvavur



Vivekananda Kendra NARDEP

Community Yoga Protocol for Elders Valedictory Function*





Presidential Address

By
Dr. Jitendra Singh **



Date: 09 August 2021 ,Time: 7 PM, Webex Meeting link:
<https://citil.webex.com/join?MTID=ma29d08e77ab8195b3fdb1879c3296ed3>
 Meeting ID: 1706085349 Password: 1234



*Organized for Satyam Program, DST, Government of India
 **Union Minister for Science and Technology





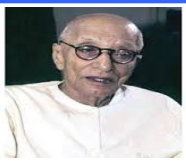
Green health home worked for 4 days. 124 patients treated. In addition, 81 people underwent Varma massage.



Paper Presentation

E-Conclave on promotion of Biogas through SATAT and GOBARDHAN was organized by Tezpur University, Assam on 30th and 31st August.

Shri.V.Ramakrishnan gave a power point presentation on "Bio-methanation technology - from Waste to Wealth" on 30th August. Shri.G.Vasudev gave a power point presentation on "Biogas - Nay - Biomanure Plant" on 31st August. About 70 experts from different fields such as Academics, Industry and Voluntary sector attended the conclave.



"Do not demand love. Begin to love. You will be loved"
 - Chakravarthi Rajagopalachari



Visions of Wisdom



Secret of Eternal Youth

The secret of eternal youth is a balanced metabolism. This we can learn from honeybees.

Common honeybee for example can change its age at will. Every beehive needs young workers where job is to stay indoor to feed and care for newly hatching larvae. After three weeks these workers grow up and move on to become mature foragers; the bees who fly from the hive to collect pollen from flowers.

In spring more need of foragers so they mature quickly within one week and go out to collect pollen.

If the colony splits then shortage of young workers, so oldies become young.



Deepak Chopra
 Indian-American
 author and alternative
 medicine advocate



Success is a journey not a destination

Don't evaluate your life in terms of achievements, trivial or monumental, along the way. If you do, you will be destined to the frustration of always seeking out other destinations and never allowing yourself actually to be fulfilled.

Instead, wake up and appreciate everything you encounter along your path. Enjoy the flowers that are there for your pleasure, tune in to the sunrise, the little children, the laughter the rain and the birds. Drink it all in rather than waiting to get to some always future point where it will be all right for you to relax.

Dr. Wayne W. Dyer
 Extracts from the book
 "Pulling your own
 Strings"



How to know the Self

Knowledge destroys ego, information increases it.

Thought is a sign not of knowledge but of ignorance. Knowledge is a state of thoughtlessness. It is not thinking. It is insight. The garments of thoughts cover up more and more. We have to strip them off and see ourselves completely nude. No learning but unlearning, No dressing, but disrobing is required to know the self. When the guests of thought from outside have left, only then is known, the one that is not the guest but the host.



Acharya Rajanish
 Extracts from the
 book "Random
 Thoughts"



"We must learn two things. One is to see ourselves as others see us. We apply one yardstick when we wish to appraise other people. Secondly, we cannot succeed in anything if we act in fear of other people's opinions."

- Chakravarthi Rajagopalachari

Coming Events - offline training programmes



Vivekananda Kendra - nardep Kanyakumari



One day Training on "Kitchen Waste Based Bio gas plant"

Date: 18.09.2021, Saturday

Time : 10:00 AM

Venue: Vivekanandapuram

Fees: Rs. 200/- (including Lunch)

Language: Tamil / English

Syllabus for the training:

- ❖ Different types of Biogas plants
- ❖ Kitchen waste based Bio-methanation plant
- ❖ Portable type plants
- ❖ Fixed model plants
- ❖ Bigger size plant
- ❖ Electricity Generation
- ❖ Bio slurry management



Any enquires Please Contact
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Vivekananda Kendra - nardep , Kanyakumari

One day Training on "Azolla Technology"



Date : 18.09.2021, Saturday

Fees: Rs. 200/-

Venue: Vivekanandapuram

Language : Tamil / English

Syllabus for the training:

- What is Azolla
- Package of practices for Azolla cultivation
- Nutrient value of Azolla
- Azolla cultivation for feed purpose
- Azolla cultivation for bio-fertilizer purpose
- Pest and disease management of Azolla
- Cultural practices for optimisation of quality and quantity



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