

Echoes of Eco

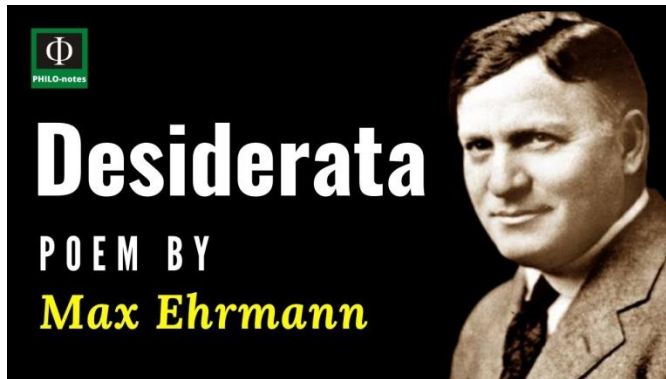


November, 2021

Vivekananda Kendra- nardep Newsletter

Vol:13 No:09

Desiderata - Desired Things



Go placidly amid the noise and haste,
and remember what peace there may be in silence.

As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and bitter;
for always there will be greater and lesser persons than yourself.
Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs;
for the world is full of trickery.

But let this not blind you to what virtue there is;
many persons strive for high ideals;
and everywhere life is full of heroism.

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Poem by Max Ehrmann
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Mother Durga



Rider on the lion, giver of all
strength, Mother, beloved of Shiva!
We, born from thy parts of Power,
we the youth of India, are seated
here in thy temple. Listen, O
Mother, descend upon earth, make
thyself manifest in this land of
India.

Painting by: Dr. Narendra Joshi, Mumbai



**"Whenever you have taken up work in hand, you must see it to the finish.
That is the ultimate secret of success. Never, never, never give up!"**

- Dada Vaswani

Be yourself.
Especially, do not feign affection.
Neither be cynical about love;
for in the face of all aridity and disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with dark imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline,
be gentle with yourself.

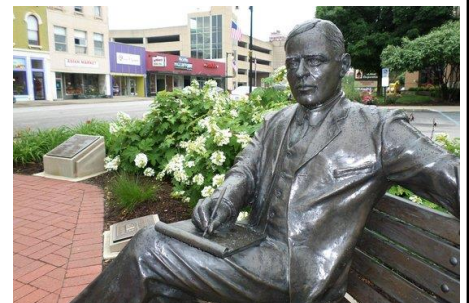
You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.



Note: Enjoy the above story on YouTube https://youtu.be/l4Wnq_r67eo



— Max Ehrmann, 1927



"We cannot separate ourselves from those whom we call the 'lower' animals. They are lower in the scale of evolution, but they, like us, are members of the One Family"

- Dada Vaswani



Happenings this month:
Sustainable Agriculture



Happenings this month:
Renewable Energy
Sources

Training programmes

Two training programmes on "Vermi Wash Technology" conducted on 13th (1) and 27th (17) November. Smt.S.Premalatha and Shri.S.Rajamony were the resource persons. 18 farmers attended programmes.



Smt.Subammal sharing her experiences during the training



Filed demonstration - Vermi wash unit at Biley garden

Bio-methantion Technology

Training on "Bio-methantion technology" was held on 27th November. 01 participant attended the online training. Shri.V.Ramakrishnan was the resource person.

Repair and maintenance of Bio-methanation plants

Maintenance work carried out for 25 nos. of 1 cum size and 4 nos. of 6 cum size Bio-methanation plants at Rameswaram. Technician, Shri.Periyasamy, did this work for the project Hand in Hand Inclusive Development and Services, Chennai.

Training programmes coverage in Pasumai Vikatan

As reported in the earlier month, we organised two online training programmes on "Vermi Wash Technology" and "Azolla Technology" on 21st and 22nd October. The live training was uploaded in the facebook of Pasumai vikatan. They covered the programme in their issue of November and gave the QR code for those who are interested in seeing the programme





"When we begin to understand the concept of Karma we will never ever blame God for anything that happens to us. We will realise that we are responsible for all that happens to us. As we sow, so shall we reap?"

- Dada Vaswani



Happenings this month:
Holistic Health



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Holistic Health

Green Health

Green health home worked for 5 days. 89 patients treated. In addition, 65 people underwent Varma massage and 10 people Varma point therapy.

Workshop on "Traditional Siddha Varma Bone setting Practices" was held from 21st to 23rd November at Technology Resource Center, Anjaneyapuram. 39 Doctors, Vaidyas and students attended. Dr.V.Ganapathy and his team acted as resource persons.



Participants practicing Varma Kalari and Yogasana



Mobile Dispensary for Public and Plants

Vivekananda Kendra - Nardep was dreaming for a long time to start "Mobile Dispensary for Public and Plants". We carried out initial survey and then decided to establish the village dispensaries where we have already having a social capital. Based on these criteria, we decided to start the rural dispensaries in two villages namely Vallankumaranvilai and Peyankuzhi, where our Rural Development department is running Balwadies since few decades.

Our RDP workers, Smt.Leela, Smt.Latha did the spade work of meeting village elders and other community members. After erecting the boards and distributing bit notice, we started the mobile dispensary on Saturday, 20th November at both the places. Village elders joined the function by lighting the lamp. It was decided to have this mobile dispensary on every Saturday. Totally 70 patients (30 + 40) treated. Dr.Thirunarayanan and his team acted as resource persons.

Mobile dispensary for plants also will be taken up after establishing the units. The project is sponsored by M/s.Kishen Chand Rural Development Trust, Mumbai.



Smt.Leela, our senior worker of Rural Development department gave welcome address at Peyankuzhi



"How long will you wait for the right time to come? The right time is now and the right place is here"

- Dada Vaswani



Happenings this month:
Networking



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Networking

Study tour

35 students from Vethamonickam Memorial CSI Polytechnic College, Marthandam, Kanyakumari Dist. visited Gramodaya park on 3rd November as a part of study tour and learned Cost effective construction technologies.

Study tour

38 students from Annai Velankanni College, Tholayavattam, Kanyakumari Dist. visited J.C.Bose Nursery on 10th November. They learned Sustainable agricultural technologies.

Study tour

114 students from Annai Velankanni College of Engineering, Pottalkulam, Kanyakumari Dist. visited Gramodaya Park on 19th November. Students learned various Sustainable Development technologies.



Students want Mud pot arch as a memory and so posing for the photograph



Students at Vermi compost yard



Shri.Ramakrishnan explaining special features of Vermi Wash technology to the college students

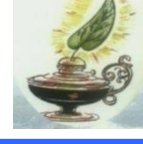


"From compassion springs humility. The ego is verily a gateway to hell.
The person who is egoistic is far from being religious"

- Dada Vaswani



Happenings this month:
Sri Amudha Surabhi SHG
Federation



Happenings this month:
Networking

Sadhana Divas

The Sadhana Divas (Founder Shri.Eknathaji's birth anniversary) programme was held at the following places. Shri.V.Ramakrishnan, Smt.Chandra Smt.Parvathi and Shri.Vijaya-ragavan attended the programmes.

Sl. No	Venue	Date	No. of participants
1.	South Therivilai	21 st	47
2.	Thalakudi	24 th	27
3.	Thengamputhur	24 th	12
4.	Maharajapuram	27 th	25
5.	Adalavilai	27 th	12



Shri.Ramakrishnan giving thought provoking speech to the SHG members



Shri.Vijayaraghavan interacting with the SHG members



Media Coverage

Pasumai Vikatan - the Tamil bi-monthly magazine gave a good coverage on Bio-methanation technology under the title "Samayalarai Kazhivilerunthu Erivayu, Minsaram, Uram - Asathum Shakti Surabhi" on 10th November.





"Enthusiasm is the greatest asset you can possess, for it can take you further than money, power or influence"

- Dada Vaswani

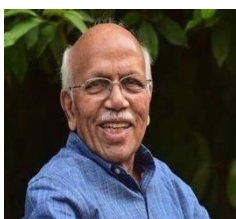


Visions of Wisdom



Health Scenario

60% of improvement in the health scenario in the USA has been attributed to change in life style in the last half a century. Avoiding junk food, eating more fruits and vegetables, avoiding smoking and alcohol, with better education about healthy life styles, nutrition and regular exercise with economic prosperity (which removes the greatest stress for disease - poverty), have been responsible for the healthier western society. Only 3.4% of the improvement was due to the hi-tech, very expensive, modern medical interventions. The latter mostly were emergency quick fixes.



Dr. B.M. Hegde
Cardiologist,
Professor of
Medicine, and Author

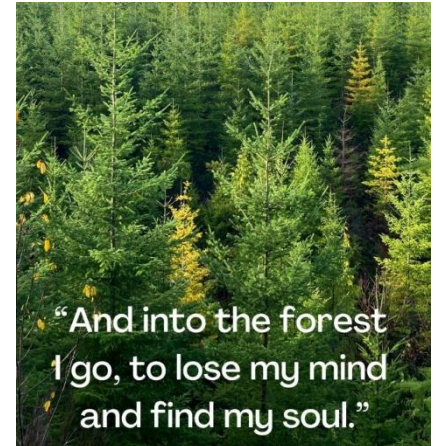


Mend Your Ways

We believe that ways of life and social systems can be evolved that are more just, less arrogant in their material demands, and more respectful of the whole planetary environment.

We have the power to design a better future; to use science and technology not only to safeguard but also to enhance the quality of our shared environment. We know too what the major challenges are, we can overcome the problems we face today. We have, as Barbara Ward said, 'a duty to hope' that humanity, which has created all the problems, will amend its ways.

Mostafa Tolba
Egyptian Scientist
and Executive
Director of
the United Nations
Environment (UNEP)



**"And into the forest
I go, to lose my mind
and find my soul."**

Cosmic Harmony

Men cannot be true to nature as long as they are ignorant of themselves. Lacking our own sense of identity, we cannot identify with the trees and the mountains nor fool empathy for the beasts of the field. Nature is empty, because we are empty. Nature is dead because we are dead. We manipulate nature, because we manipulate ourselves. "The loss of the relation to nature goes hand in hand with the loss of one's own self".

As per Hinduism Brahman and Nature is one, so we must see the Supreme being in the whole world and the whole world in Him.

**Dr. S. Cromwell
Crawford**
Worked as a Professor
of the Dept. of Religions
at University of Hawaii

