

# Echoes of Eco



January, 2022

Vivekananda Kendra- nardep Newsletter

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## Tunnel Man Receives Padmashree Award

**Amai Mahalinga Naik**, age 77 years, an innovative farmer from Adyanadka village of Coastal Dakshina Kannada District of Karnataka has been conferred with the Padma Shri Award - 2022 for transforming an arid sloping hill into a fertile farm through the Innovative Zero-Energy Micro-Irrigation System.



Naik single-handedly dug six tunnels of 315 Ft length to bring over water to his farm. He also constructed 300 percolation trenches along in the hills surrounding the farm with around 5,000 large laterite stones that he carried himself to his farm. Naik built two revetments (15-Ft long, 30-Ft wide and 5-Ft high) and a tank of 12,000 Litres capacity to fill up the revetments. He turned a deserted and barren plot of land into a lush oasis comprising 300 areca nut palms, 75 coconut trees, 150 cashew trees, 200 banana saplings and pepper vines.



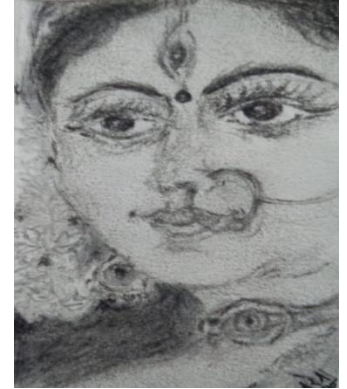
In addition to this, he also keeps bees and produces Azolla for his cows as a dietary supplement. For all his efforts, he is also known as the 'One- Man Army' and 'Tunnel Man' in his surrounding areas. Naik's farm has become model farmland and has over 1,000 visitors a year including foreign tourists.



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### *Mother Durga*



Giver of force and love and knowledge, terrible art thou in thy own self of might, Mother beautiful and fierce. In the battle of life, in India's battle, we are warriors commissioned by thee; Mother, give to our heart and mind a titan's strength, a titan's energy, to our soul and intelligence a god's character and knowledge.

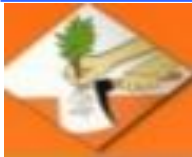
Painting by: Dr. Narendra Joshi, Mumbai





"Freedom is not given - it is taken"

- Subhash Chandra Bose



Happenings this month:  
Sustainable Agriculture



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Sustainable Agriculture

### ATMA Training programmes

The following exposure visits organized by ATMA, Dept. of Agriculture, Kanyakumari Dist. Shri.S.Rajamony was the resource person for the two programmes. Totally 100 farmers visited our J.C.Bose Nursery as a part of the programme and learned sustainable agricultural technologies.

Sl.No	Venue	Date	Subject
1.	Munchirai Block	11 <sup>th</sup>	Exposure visit
2.	Killiyur Block	12 <sup>th</sup>	Exposure visit



Farmers learned Nursery techniques

### Exposure visits

40 farmers from Krishi Vigyan Kendra, Thirupathisaram, Kanyakumari Dist., visited J.C.Bose Nursery on 10<sup>th</sup> January as a part of exposure visit. Farmers learned sustainable agricultural technologies.



Participants learned Azolla technology



Shri.Rajamony explaining Vermicompost technology





**"No real change in history has ever been achieved by discussions"**

- Subhash Chandra Bose



**Happenings this month:  
Holistic Health**



**Happenings this month:  
Renewable Energy  
Sources**

### **Green Health**

Green health home worked for 3 days. 83 patients treated. In addition, 44 people underwent Varma massage.



Varma Research and Resource Center is providing Varma points treatment and Varma massage - separate facilities for ladies and gents. It is a big hit and people are making use of these facilities 3 days in a week.

### **Mobile Dispensary for Public**

Two rural dispensaries are running in two villages namely Vallankumaranvilai and Peyankuzhi on every Saturday. Totally 38 patients treated. Mobile dispensary is taken care by Dr. Thirunarayanan and his team.

### **Awareness programme on Shakti Surabhi Biogas Plant**

Awareness programme on "Biogas Plant" was held on 5<sup>th</sup> and 7<sup>th</sup> January at Semmancheri, Chennai. 40 participants (25 + 15) attended the training. Shri.V.Muneeswaran was the resource person. The programme was organized by Hand in Hand Inclusive Development Services, Chennai.



*Shri.V.Muneeswaran explaining the functioning of Bio-methanation plant to the beneficiaries*



*Practical demonstration during the training*





"The secret of political bargaining is to look more strong than what you really are"

- Subhash Chandra Bose



Happenings this month:  
Renewable Energy  
Sources



Happenings this month:  
Networking

### Commissioning of Bio-methanation plants

- Commissioned 40 nos. of 1 cum Portable type Bio-methanation plants at Semmancheri, Chennai. The project was sponsored by Hand in Hand Inclusive Development Services, Chennai.
- Commissioned 1 no. of 1 cum Portable type Bio-methanation plant at Chennai.
- Commissioned 1 no. of 1 cum Portable type Bio-methanation plant at Madurai.



Amma inaugurated the new plant on Pongal - 14<sup>th</sup> January



Installation of Biogas plants in the crowded lane - a typical urban scene

### Swami Vivekananda Jayanti Celebrations

Swami Vivekananda Jayanti programmes were held at Kottaram and Madhavapuram on 31<sup>st</sup> January. Shri.V.Ramakrishnan and Shri.C.Vijayaragavan were the resource persons. 50 members of Sri Amudha Surabhi SHG Federation attended the programmes.



Shri.V.Ramakrishnan talking about Swami Vivekananda



Shri.Vijayaragavan interacting with the SHG members on the Life of Swami Vivekananda





"We should have but one desire today - the desire to die so that India may live - the desire to face a martyr's death, so that the path to freedom may be paved with the martyr's blood"

Subhash Chandra Bose



Happenings this month:  
Sri Amudha Surabhi SHG  
Federation



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Sri Amudha Surabhi  
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### Annual Day Celebration

Annual day of Sri Amudha Surabhi SHG Federation was held on 12<sup>th</sup> January - Swami Vivekananda Jayanti at Gramodaya Park. 280 members attended. Shri.Kishor Tokekar, Joint General Secretary, Vivekananda Kendra and Smt.Maheswari, Maitreyi Ashram, Azhiyar, Pollachi were the chief guests.



Packed auditorium with SHG members

### Paper Presentation

Swachh Technology Challenge Evaluation was organised by Oulgaret Municipality, Puducherry on 20<sup>th</sup> January. Shri.V.Ramakrishnan gave a power point presentation on "Shakti Surabhi Bio-methanation Plant". 35 members along with faculty attended the online programme. The paper has been selected and now gone to the second stage.



Shri.Kishor, Joint General Secretary, Vivekananda Kendra giving prizes to the winners of the competition



Smt.Maheswarai, Maitreyi Ashram, Azhiyar distributing the prizes

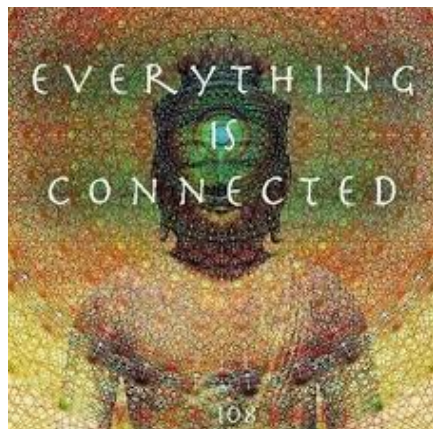


**"Give me blood and I will give you freedom"**

- *Subhash Chandra Bose*



## Visions of Wisdom



### **Hinduism – Ecological Conscience**

The concept of Moksha doctrine though highly personal, nevertheless it engenders an outlook on life, which is fundamentally cosmic. The essential self in man is not only identified with the group or society or the nation or even the whole human race but it is inclusive of all these and much more. If the nature of the self ended with human identity, we could only expect Hinduism to provide a social conscience, as do the Western religions. But the nature of the self in Hinduism includes all lesser forms of existence and therefore it also has an ecological conscience.



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



### **Die and Become**

Whoever finds out what is, for him good and holds fast to it will become "Whole".

Whole, holy and heal all contain within them a deep and constant similarity. The advancement to wholeness is the real occupation of human existence.

For knowing yourself - there is a need of 'the courage to be'.

The death, which belongs to life, can take many forms and one of the commonest forms is sacrifice. Sacrificing the ego, the petty, self-serving, self-interested self. These tiny deaths are required to be alive. Goethe rightly wrote "Die and Become".

**Marsha Sinetar**  
Author of the book "Ordinary people as Monks and Mystics"



### **Be Passively Receptive**

Perhaps in the coming generation of younger psychologists, hopefully unencumbered by university prohibitions and resistances, there may be a few who will dare to investigate the possibility that there is a lawful reality which is not open to our five senses, a reality in which present, past and future are intermingled, in which space is not a barrier and time has disappeared, a reality which can be perceived and known only when we are passively receptive, rather than actively bent on knowing. It is one of the most exciting challenges posed to psychology".

**Carl Rogers**  
American psychologist and the founders of the humanistic approach in psychology.

