

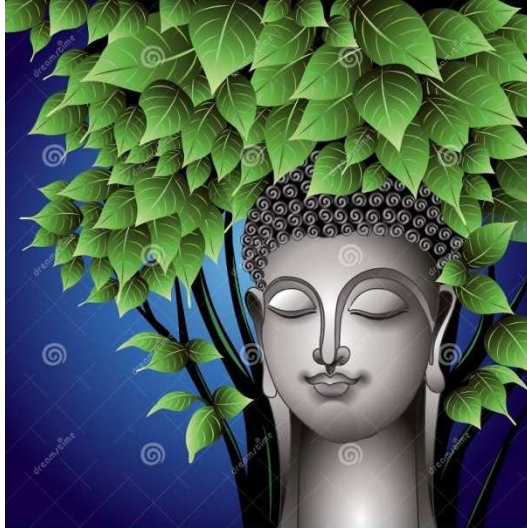
# Echoes of Eco

July, 2022

Vivekananda Kendra- ~~nardep~~ Newsletter

Vol:14 No:05

## Teachings of Gautama the Buddha



We are what we think.  
All that we are arises with our thoughts.  
With our thoughts, we make the world.  
Speak or act with an impure mind  
And trouble will follow you  
As the wheel follows the ox that draws the cart.

We are what we think.  
All that we are arises with our thoughts.  
With our thoughts, we make the world.  
Speak or act with a pure mind  
And happiness will follow you  
As your shadow, unshakable.

"Look how he abused me and beat me,  
How he threw me down and robbed me".  
Live with such thoughts and you live in hate.

"Look how he abused me and beat me,  
How he threw me down and robbed me".  
Abandon such thoughts, and live in love.

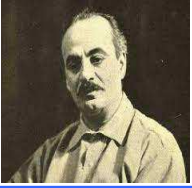
### In this issue:

- Teachings of Gautama the Buddha
- The Happenings
- Visions of Wisdom:
  - Plundered Planet
  - Love Yourself
  - Bio-centric Approach to Life

## Mother Durga



Slay the enemy within, and then root out all obstacles outside. May the noble heroic mighty Indian race, supreme in love and unity, truth and strength, arts and letters, force and knowledge ever dwell in its holy woodlands, its fertile fields under its sky-scraping hills, along the banks of its pure-streaming rivers. This is our prayer at the feet of the Mother. Make thyself manifest.



"I have found both freedom and safety in my madness; the freedom of loneliness and the safety from being understood, for those who understand us enslave something in us"

- Kahlil Gibran



In this world  
Hate never yet dispelled hate.  
Only love dispels hate.  
This is the law,  
Ancient and inexhaustible.

You too shall pass away.  
Knowing this, how can you quarrel?

How easily the wind overturns a frail tree.  
Seek happiness in the senses  
Indulge in food and sleep  
And you too will be uprooted.

The wind cannot overturn a mountain.  
Temptation cannot touch the man  
Who is awake, strong and humble,  
Who masters himself and minds the law.

If a man's thoughts are muddy,  
If he is reckless and full of deceit.  
How can he wear the yellow robe?

Whoever is master of his own nature,  
Bright, clear and true,  
He may indeed wear the yellow robe.





"Trees are poems the earth writes upon the sky, We fell them down and turn them into paper. That we may record our emptiness Be "

- Kahlil Gibran



Happenings this month:  
Water Management



Happenings this month:  
Sustainable Agriculture

### Farmers' Meeting

Gangaikondan Sirukulam Farmers' Association meeting was held on 9<sup>th</sup> July. 25 stakeholders took part in the discussion. Shri.V.Ramakrishnan, Director, VK-Nardep conducted the meeting.



*Shri.V.Ramakrishnan, Director interacting with the farmers*

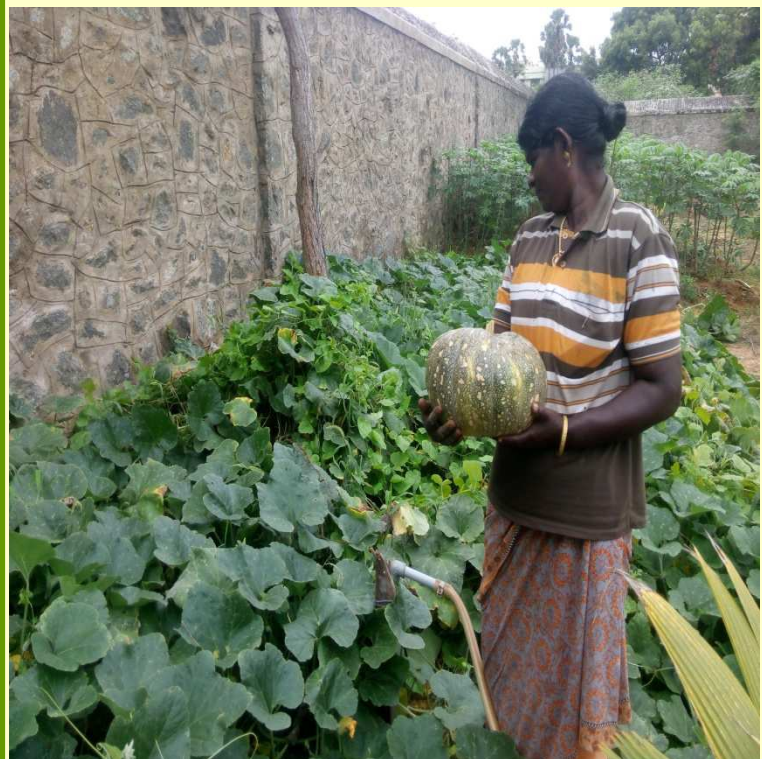


*After the meeting some members visited Sirukulam tank*

### Organic farming - Biley Research and Demonstration Garden

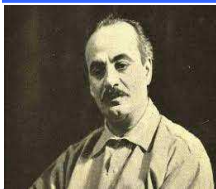
Biley garden is an organic demonstration cum research field. Here Following technologies are displayed. (i) Vermi wash technology (ii) Vegetables cultivation (iii) Banana cultivation (iv) Horticultural farming and (v) Bee keeping etc.

We are also demonstrating cutting and layering techniques for the mango trees.



*Organic Pumpkin harvested at Biley garden*





"One day you will ask me which is more important? My life or yours? I will say mine and you will walk away not knowing that you are my life"

- Kahlil Gibran



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Green Health

Green health home worked for 5 days. 123 patients treated. In addition, 46 people underwent Varma massage.

### Mobile Dispensary for Public

Regular mobile rural dispensary is running at Peyankuzhi every Saturday. Totally 18 patients treated. Dr.Thirunarayanan and his team works for this project.

### National Seminar on "Traditional and Scientific Wisdom of Herbs"

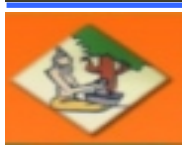
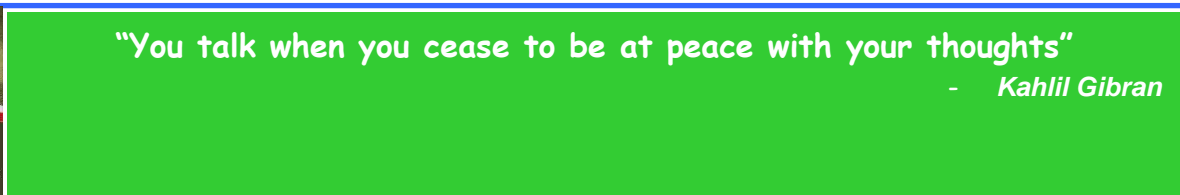
- National Seminar on "Traditional and Scientific Wisdom of Herbs in Siddha System of Medicine" was held on 22<sup>nd</sup> and 23<sup>rd</sup> July.
- 54 Siddha Doctors, Varma experts, Aasans, Vaidyars, Students, Faculties and Research Scholars from all over Tamil Nadu and Kerala attended the programme.
- The conference started by lighting the traditional lamp and universal prayer.
- Shri.Hanumant Rao, Vice President, Vivekananda Kendra was the chief guest during inaugural function.
- Shri.Ramakrishnan, Director, Vivekananda Kendra-Nardep welcomed the gathering and Dr.V.Ganapathy explained about the outline of the seminar.
- Seven research papers and posters were presented by PG Scholars during the conference.
- District Siddha Medical Officers from Kanyakumari, Tirunelveli and Tenkasi were the chief guest during the valedictory function.
- The seminar concluded after the distribution of certificates.



Shri.Hanumant Rao addressing the gathering



Research paper presentation by the PG scholar during the seminar

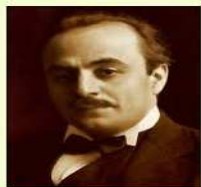


Dr.Thirunarayanan presentation on "Use of Herbs in Veterinary Science"



*Participants proudly showing certificate*





"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars"

- Kahlil Gibran



Happenings this month:  
Networking



Happenings this month:  
Networking

### Brainstorming Session

Brainstorming session on "Sustainable Living" was held on 10<sup>th</sup> July. 10 Core group members attended the session. The session will pave the way for interactive exhibition on this subject at Gramodaya Park. It will have posters as well as variable components using virtual media.

Shri.Balakrishnanji, President of Vivekananda Kendra guided the proceedings.



Core group discussion is on in the presence of Shri.Balakrishnanji and Shri.Krishnamoortiji

### Exposure Visit

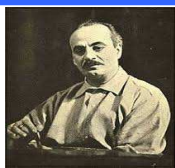
200 farmers from Watershed Development Agency, Virudhunagar visited Gramodaya Park and J.C.Bose Nursery on 27<sup>th</sup> as a part of a exposure visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and sustainable agricultural practices etc.



Shri.V.Ramakrishnan, Director, VK-Nardep explaining Vermi Wash technology to the farmers



Members posing for group photo



"Ever has it been that love knows not its own depth until the hour of separation"

- Kahlil Gibran



Happenings this month:  
Networking



Happenings this month:  
Networking

### Motivation Camp

Motivation camp was organized at White Field's Nursery and Primary School, Srivilliputtur on 30<sup>th</sup> July. 110 parents along with children attended. Shri.V.Ramakrishnan and Sis.Sarawathi acted as a resource persons.

Participants learnt plenty of songs, games and motivational stories.



Attentive audience

### District advisory committee Meeting

District advisory committee meeting, Dept. of Agriculture was held at Collectorate, Nagercoil on 21<sup>st</sup> July. Shri.S.Rajamony attended the meeting.



Nagercoil, Tamil Nadu, India

Cream&Fudge, No.169 Ko Road, opposite to collector office,  
Nagercoil, Tamil Nadu 629001, India  
Lat 8.178983°  
Long 77.424644°  
21/07/22 10:09 AM



### Start-up Grand Challenge

Department of Drinking Water and Sanitation, Swachh Bharat Mission (Grameen) organised Start-up Grand Challenge for the 62 participants from all over India. It was held in Paryavaran Bhavan, Delhi from 19<sup>th</sup> to 21<sup>st</sup> July.

Shri.G.Vasudeo attended as an external member of the evaluation committee.



Shri.V.Ramakrishnan interacting with the participants





"Beauty is not in the face; beauty is a light in the heart "

- Kahlil Gibran

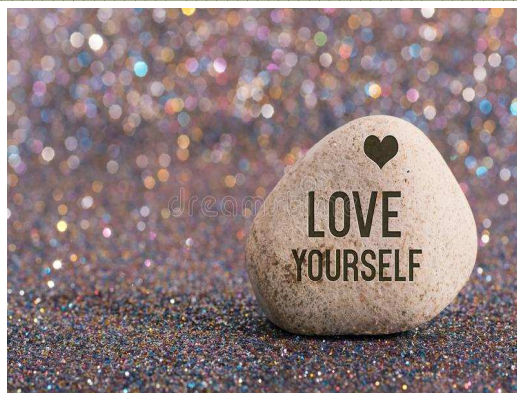


## Visions of Wisdom



### Plundered Planet

Pressed between the soil and the sky, set amidst an incredibly ancient, vast, complex inter-relation of elements and the environment, is the dwelling of man, a latecomer on the evolutionary scene. He has not only inherited the environment but also, and inevitably, altered it. The technology and industrialism have tilted and broken the old balance. It is within our powers to damage, destroy and reverse the direction of billions of years of evolution. To avoid disaster one may have to demythologize the basic assumption of an industrial society, its criminal policies and performance.



### Love Yourself

Desiderata says - Love yourself - unless you love yourself - you cannot love others.

You belong! You are not a stranger. You are not accidental. You are needed! Remember the greatest need in life is to be needed and if you can feel that the whole existence needs you, you will become tremendously cheerful. You will be turned on! You are not unnecessary, superfluous, you will be missed ..... hence, you love yourself.

If you are miserable, it is your own work - creation. You can instantly change. You can drop it all. It is not natural! To be cheerful is natural.



### Bio-centric Approach to Life

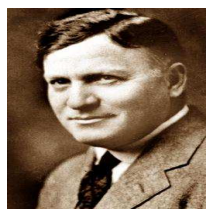
In the spaceship earth, yesterday's idealist is today's realist; yesterdays virtues are today's necessities. Ahimsa is no longer a vaporous idealism but a driving necessity. It has a direct bearing upon the prospects of man's survival. A new class of prophets scientifically oriented are warning mankind: the crew of a spaceship must identify with the whole enterprise; otherwise there will be a shipwreck.

This means we cannot speak of man and nature but of man in nature. The first view is anthropocentric (Western) the second view is bio-centric (Hindu).



**Sisir Kumar Ghose**  
Indian journalist,  
freedom fighter and  
founder of the Amrita  
Bazar Patrika

**Max Ehrmann**  
Writer of a famous  
prose poem  
"Desiderata"



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