

# Echoes of Eco

September, 2022

Vivekananda Kendra- nardep Newsletter

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## Laughter

From the book – “The ABC of Enlightenment” by Osho



Laughter is the only thing that is special to human beings - not reason, but laughter. Animals can also reason - they reason in their own way. But they cannot joke, they cannot laugh, they cannot see the funny side; that is impossible for them. All animals are serious people and all serious people are animals! The moment you get rid of your seriousness, you get rid of your animal nature.

Complete laughter is a rare phenomenon. When each cell of your body laughs, when each fibre of your being pulsates with joy, then it brings great relaxation. There are a few activities which are immensely valuable; laughter is one of those activities. Singing and dancing are also of the same quality, but laughter is the quickest.

Laughter is life, is love, is light. Laughter in its purest form is a dance of all your energies. In deep laughter, the mind disappears. Laughter is not a part of the mind or of the heart. When real laughter happens - belly laughter, as it is called - then it comes from your very core. Ripples start spreading from your very centre towards your circumference. Just as when you throw a rock into a silent lake and ripples arise, so real laughter arises from your centre and moves towards your circumference. It is almost like an earthquake! Every single cell of your body, every fibre, dances in tune.

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### *Mother Durga*



When we possess thee, we shall no longer cast thee away; we shall bind thee to us with the tie of love and devotion. Come, Mother, manifest in our mind and life and body.



**"The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings"**

**- Masanobu Fukuoka**



**Happenings this month:  
Sustainable Agriculture**



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Sustainable Agriculture**

### **Training programme on "Vermi Wash technology"**

Training programme on "Vermi Wash technology" was held at Koliyankumam, Radhapuram Taluk, Tirunelveli District on 3<sup>rd</sup> September. 58 farmers attended this programme. Shri.S.Rajamony, Shri.Senthilnath, Progressive farmer of Radhapuram were the resource persons.



*Shri.Rajamony explaining about the benefits of Vermi Wash to the farmers*

### **Training programme on "Composting technologies"**

Training programme on "Composting technologies" was held at J.C.Bose Nursery on 10<sup>th</sup> September. One person attended this programme. Shri.S.Rajamony was the resource person.

### **Training programme on "Azolla technology"**

Training programme on "Azolla technology" was held at J.C.Bose Nursery on 5<sup>th</sup> September. 02 farmers attended this programme. Shri.S.Rajamony was the resource person.



*Shri.Rajamony explaining Azolla technology*

### **Green Health**

Green health home worked for 4 days. 135 patients treated. In addition, 69 people underwent Varma massage.







"Before researchers become researches they should become philosophers"

- Masanobu Fukuoka



Happenings this month:  
New and Renewable  
Energy



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New and Renewable  
Energy

### Training programme on "Bio-methanation technology"

In this month, 5 training programmes on "Bio-methanation technology" were held at Perumbakkam, Chennai. 83 householders attended this programme. Shri.V.Muneeswaran was the resource person. The programme was sponsored by Hand in Hand Inclusive Development Services, Chennai.



*Shri.V.Muneeswaran, Supervisor interacting with the participants*



*Practical demonstration during the training programme*

### Bio-methanation plants at Chennai

63 nos. of 1 cum Shakti Surabhi portable Bio-methanation plants were commissioned at Perumbakkam, Chennai in the month of September. The programme was sponsored by Hand in Hand Inclusive Development Services, Chennai.

*Mixing cow dung slurry as initial feed material*



*A new experience of commissioning Bio-methanation plants in the urban area - plants in a small lane*



**"Food and medicine are not two different things: they are the front and back of one body"**

**- Masanobu Fukuoka**



**Happenings this month:  
New and Renewable  
Energy**



**Happenings this month:  
New and Renewable  
Energy**



### **Awareness training programme on "Kitchen waste based Bio- methanation plant"**

In this month, following awareness programmes were conducted on "Kitchen waste based Bio-methanation plant". Shri.V.Ramakrishnan was the resource person for all the programmes. He was assisted by Shri.Sridhar and Shri.Karthik. The programme was sponsored by BrahMos Aerospace, New Delhi.

Sl.No.	Date	Venue	No. of participants
1.	16 <sup>th</sup>	Mangammal Chatram, Rameswaram	42
2.	17 <sup>th</sup>	Sambai Village, Rameswaram	17
3.	17 <sup>th</sup>	Chinnapalam, Pamban Village, Rameswaram	26
4.	23 <sup>rd</sup>	Thattankudiyiruppu, Mudukulathur block, Ramanathapuram	89
5.	24 <sup>th</sup>	Nedunkulam, Mudukulathur block, Ramanathapuram	44
6.	24 <sup>th</sup>	Sathanur, Mudukulathur block, Ramanathapuram	36

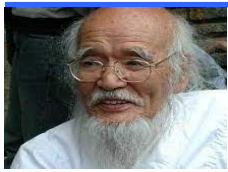


*Shri.V.Ramakrishnan interacting with the stakeholders at Mangammal Chatram, Rameshwaram*



*Awareness programme on "Bio-methanation plant"  
Attentive participants at Thattankudiyiruppu, Mudukulathur block, Ramanathapuram*





"But intending to understand ten things, you actually do not understand even one. If you know a hundred flowers you do not "know" a single one"

- Masanobu Fukuoka



Happenings this month:  
Networking



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Networking

### Exposure Visit

50 farmers from Watershed Development Agency, Virudhunagar visited Gramodaya Park and J.C.Bose Nursery on 19<sup>th</sup> September 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 interacting with the participants*



*Participants visited the live model of water harvesting structure at Gramodaya Park*

### Faculty Development Programme

Faculty Development Programme (FDP) was held at Gramodaya Park, Vivekanandapuram on 27<sup>th</sup> September. 25 members attended this programme. Shri.V.Ramakrishnan was the resource person. The programme was sponsored by Sarada Krishna Homoeopathic Medical College under "Unnat Bharat Abhiyan".



*Interactive session ..*





"I wonder how it is that people's philosophies have come to spin faster than the changing seasons"

- Masanobu Fukuoka



Happenings this month:  
Networking



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Networking

### Universal Brotherhood day

In this month, Universal Brotherhood day was celebrated at the following places. Totally 195 members attended. Shri.V.Ramakrishnan and Shri.C.Vijayaraghavan attended the functions.

Sl.No.	Date	Venue	No. of participants
1.	11 <sup>th</sup>	Peyankuzhi	13
2.	14 <sup>th</sup>	Kottaram	13
3.	16 <sup>th</sup>	Sasthankovil Vilai	17
4.	17 <sup>th</sup>	Panchalingapuram	31
5.	21 <sup>st</sup>	Tazhakudi	50
6.	25 <sup>th</sup>	Poojai purai vilai	36
7.	25 <sup>th</sup>	South Therivilai	35



Shri.V.Ramakrishnan explaining the importance of Universal Brotherhood day at Tazhakudi



Universal Brotherhood day at Panchalingapuram



Universal Brotherhood day at Poojai Purai Vilai



"If we throw mother nature out the window, she comes back in the door with a pitchfork"

- Masanobu Fukuoka



## Visions of Wisdom

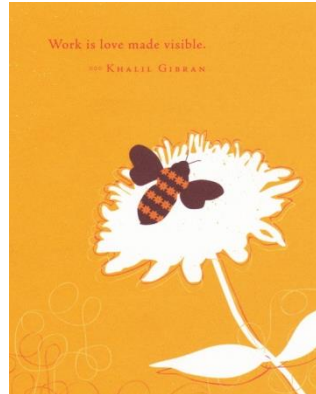
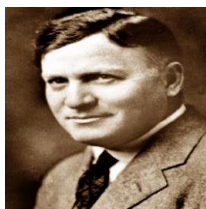


### Authentic Religiousness

The surrender, relaxing, resting, dropping all private goals, dropping the whole achieving mind ... then the life is a mystery. Your eyes will be full of wonder - heart will be full of awe .... This is authentic religiousness. Charaivaiti ... Charaivaiti.... Move on! Life is a continuous movement - a process. It is a verb not a noun!

Van Gogh painting the longings, trees reaching the stars. Only longing can think of GOD and not ambition. Life is fulfilled only through longings. Life becomes blissful only through heart and not head.

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



### Work Is Love Made Visible

And when you work with love you bind yourself, and to one another, and to God.

It is to weave the cloth with threads drawn from your heart, even as if your beloved were to wear that cloth.

It is to build a house with affection, even as if your beloved were to dwell in that house.

It is to sow seeds with tenderness and reap the harvest with joy, even as if your beloved were to eat the fruit.

It is to charge all things you fashion with a breath of your own spirit.

**Kahlil Gibran**  
Author of the famous book "Prophet"



### Evolutionary Crisis

At present mankind is undergoing an evolutionary crisis in which is concealed a choice of its destiny; for a stage has been reached in which the human mind has achieved in certain directions an enormous development while in others it stands arrested and bewildered and can no longer find its way ... Man has created a system of civilisation which has become too big for his limited mental capacity and understanding and his still more limited spiritual and moral capacity to realise.

**Alan Herbert**  
From the essay "Towards a Sustainable Future"