

Echoes of Eco

October, 2022

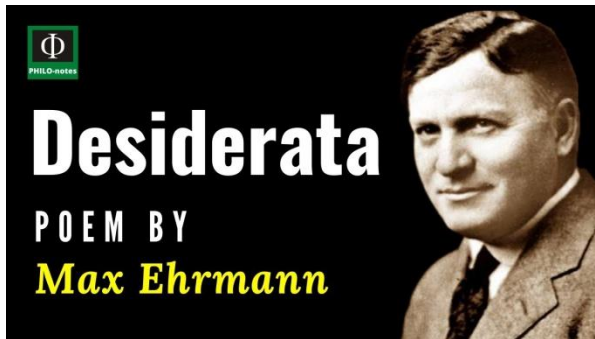
Vivekananda Kendra- **nardep** Newsletter

Vol:14 No:08

Go Placidly

From the book – “*Desiderata*” by Max Ehrmann

Go placidly amid the noise and the 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 to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or 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.

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.

In this issue:

- Go Placidly by Max Ehrmann
- The Happenings
- Visions of Wisdom:
 - Doctor-thinks-you-have a disease
 - Sustainability is an organic and evolving construct
 - Symbiotic All Rightness

Mother Durga



Come, Revealer of the hero-path. We shall no longer cast thee away. May our entire life become a ceaseless worship of the Mother, all our acts a continuous service to the Mother, full of love, full of energy. This is our prayer, O Mother, descend upon earth, make thyself manifest in this land of India.



"Don't ask the world to change....you change first"

- Anthony de Mello



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





"Happiness is a state of non-illusion, of dropping the illusion"

- Anthony de Mello



Happenings this month:
New and Renewable
Energy



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New and Renewable
Energy



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

In the month of October, following awareness programmes were conducted on "Kitchen waste based Bio-methanation plant". Shri.V.Ramakrishnan and Shri.C.Vijayaragavan were the resource persons. The programme was sponsored by BrahMos Aerospace, New Delhi.

| Sl.No. | Date | Venue | No. of participants |
|--------|------------------|--|---------------------|
| 1. | 7 th | Puliyankulam Village, Mudukulathur Block, Ramanathapuram District | 46 |
| 2. | 8 th | Kanjiyendal Village, Mudukulathur Block, Ramanathapuram District | 19 |
| 3. | 18 th | Puluthukalam Village, Mudukulathur Block, Ramanathapuram District | 15 |
| 4. | 31 st | Krishnapuram Village, Mudukulathur Block, Ramanathapuram District | 20 |



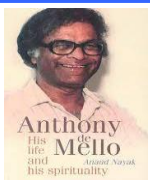
Shri. Ramakrishnan interacting with the stakeholders



Shri. Vijayaragavan addressing the crowded audience



Attentive house wives learning Bio-methanation technology



"We see people and things not as they are, but as we are"

- Anthony de Mello



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



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New and Renewable
Energy**

Training programme on "Bio-methanation technology"

Training programme on "Bio-methanation technology" was held on 22nd October. 05 participants attended this programme. Shri.V.Ramakrishnan was the resource person.



Shri.Periyaswami explaining the Bio-methanation technology

Green Health

Green health home worked for 3 days. 105 patients treated. In addition, 69 people underwent Varma massage.



Shri.Ramesh, Masseur is doing Varma massage therapy

Commissioning of Bio-methanation plants

10 nos. of 1 cum Shakti Surabhi portable Bio-methanation plants were commissioned at Thattankudiruppu, Ramanathapuram District in the month of October. The programme was sponsored by BrahMos Aerospace, New Delhi.



Commissioning of the plant on terrace



Assembling the Biogas stove



"If you find me charming, it means that right now you're in a good mood, nothing more"

- Anthony de Mello



Happenings this month:
Networking



Happenings this month:
Networking

Exposure Visit

100 farmers from Watershed Development Agency, Virudhunagar visited Gramodaya Park and J.C.Bose Nursery on 11th October 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 explaining "Vermi Wash" technology

Field Visit

10 Professors from Central University, Thiruvavur visited Vivekanandapuram campus on 15th October as a part of a field visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agricultural practices etc. Shri.G.Vasudeo and Shri.V.Ramakrishnan acted as resource persons.



Interaction with the participants on "Environmental Ethics"



Attentive audience listening to Rainwater harvesting



Shri.V.Ramakrishnan explaining "Role of Biogas technology in reducing Global warming"



"Don't try to make them happy, you'll only get in trouble. Don't try to teach a pig to sing; it wastes your time and it irritates the pig"

- Anthony de Mello



Happenings this month:
Networking



Happenings this month:
Networking



Exposure Visit

40 participants from Ekal Abhiyan visited Gramodaya Park, J.C.Bose Nursery and Technology Resource Center on 16th October as a part of a exposure visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agricultural practices etc.



Participants visited the live model of houses, water harvesting, herbal plants etc.

Study Tour

50 students from Udaya College of Arts and Science, Vellamodi, Kanyakumari District visited Gramodaya Park and J.C.Bose Nursery on 27th October as a part of a study tour. Students learned Sustainable Development technologies.



Shri.Periyaswami explaining Biogas technology



Students learning preparation of "Vermi compost"



"To know reality you have to know beyond knowing"

- Anthony de Mello



Visions of Wisdom



"Doctor-thinks-you-have a Disease"

Many times the apparently healthy people in society are labeled as having elevated blood sugar, abnormal fat profile, and or having border-line high blood pressure etc. Many short-term interventional drugs for these "doctor-thinks-you-have" diseases have shown benefit. However, long term studies in all the above three categories of apparently healthy individuals, have unequivocally shown no significant difference in their long-term outcome. There are instances where interventions have even harmed patients.



Sustainability an organic and Evolving Construct

Sustainability is an organic and evolving construct of our minds and not an inorganic and static entity that can be physically probed. Indeed, the very action of trying to implement what one thinks is sustainability may change one's vision of what it is. The best we can achieve is to acknowledge the centrality of people and to put participation at the very heart of implementation. Indicators can play a very useful role here, but only in terms of empowerment and not as precise measures.



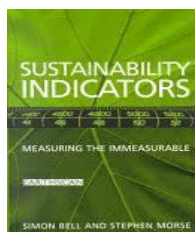
Symbiotic All Rightness

We must learn the language of total response to the symbiotic all rightness of the universes, must cooperate with the cosmos. Not exploitation but harmony shall be our watchword. If the exploitation of man is evil, the exploitation of nature can be no better. It is the dualism that we must get rid of unless the dualism were to destroy us.

In the integral view of life, transcendence does not reject the world. Rather it fulfils and refines it in a constant miracle.



Prof. B.M. Hegde
Cardiologist,
professor of
medicine, and
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**Simon Bell &
Stephen Morse**
Author of "Sustainability
Indicators"



Sirir Kumar Ghosh
Author of "Ecological
Crisis"