

Echoes of Eco

December, 2022

Vivekananda Kendra- nardep Newsletter

Vol:14 No:10

Anxiety - An Attitude of Irreligious Person

Extracts from the book – The ABC of Enlightenment by OSHO



Anxiety means, "There is nobody to look after me. I have to carry the whole burden on my own shoulders. If I don't carry it then I am finished". The anxious person thinks, "Everybody is against me. Somehow, everybody is conspiring against me, everybody is at my throat."

I have to protect myself. I have to be watchful, I have to plan, I have to move in such a way that I become the winner. Everybody is a competitor and they are all bent upon defeating me".

This attitude creates anxiety, and it is the attitude of an irreligious person. When I say an irreligious person, I don't mean a person who does not go to temple or read the scriptures - that is not the point. A person may go to temple, but if he remains in anxiety, he is not religious. He may be praying to God and reading the scriptures just because of his anxiety. He may do it as a kind of protection, security. But such a person is not religious. He is pathological and his religion will be pathological.

The truly religious person knows nothing of anxiety; he changes the whole gestalt. He says, "I am part of this whole existence, and if trees are not worried and the birds are not going crazy and mad and the animals are utterly happy, why can't I be? I belong to this existence; I am an essential part of it". This trust, this understanding, this faith means that anxiety simply disappears, you have stopped creating it.

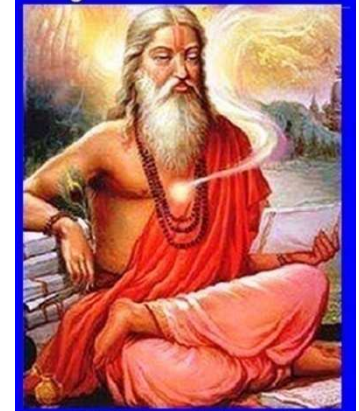
Then so much energy is released that it starts overflowing. It is so abundant, so exuberant, that life becomes a festival. It becomes a dance. Then you are religious, then you are drunk with the divine.

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Shloka from Niti Shatakam

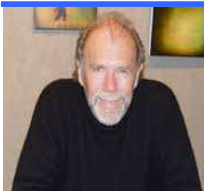
Raja Bhartruhari



अज्ञः सुखमाराध्यः सुखतरमाराध्यते विशेषज्ञः
ज्ञानलवदुर्विदग्धं ब्रह्मापि तं नरं न
रञ्जयति ॥३॥

It is easy to persuade someone who knows nothing about the subject. An expert is easier to persuade. But (God forbid!) if you ever have to persuade someone who has just a bit of badly baked knowledge in all the wrong places.

Bhartruhari

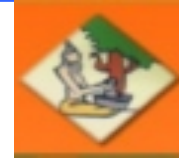


"If you love someone, set them free. If they come back they are yours; if they don't they never were"

- Richard Bach



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

Green health home worked for 15 days. 197 patients treated. In addition, 89 people underwent Varma massage



Case Study - Osteoarthritis

Dr.Muthushanthi, Varma Research and Resource Center,
Vivekananda Kendra - Nardep, Kanyakumari

A 52 y old female from villukuri, who is a home maker reported to the varmam OPD of Siddha in Vivekanandha Kendra - Nardep on 23.10.2022 with chief complaints of pain and swelling in both knee joints, affecting walking ability preventing to go up or down stairs since 5 years. She was mentally stressed due to chronic intermittent pain.

Present complaints: Pain and swelling in both knee joints which affecting walking ability and not able to climb up and down stairs since 5 years.

Past History: There is no history of trauma, fall

Co-morbid conditions: Nil

Medical history: She was previously treated with NSAIDs for 6 month with frequent intervals.

Medical history: She was previously treated with NSAIDs for 6 month with frequent intervals.

Personal history: Normal body built, Mixed diet habit, Non-smoker and Non-alcoholic.

Observation/ palpation: Oedema at the anterior/superior aspect of the knee joints and smaller size of oedema at the medial/superior aspect of the knee, tender to palpation.

Diagnostic focus: The clinical examination and x-ray of both knee joints confirmed the diagnosis as osteoarthritis of both knee joints. As per the Kellgren and Lawrence grading system for radiographic evidence, the present case falls under grade 2 Osteoarthritis (definite osteophytes, definite narrowing of joint space).

Therapeutic focus:

Internal (Arogya capsules 2 - two times a day) and External Medicines (Vatha varma Thylam) along with Varmam therapy



Before treatment: The pain score before treatment was 6/10. Oedema on both knees.

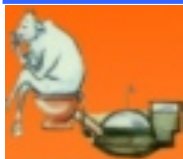
After Treatment: The pain score after treatment was 1/10. The pain score and the degree of range of movements were assessed on every visit.

Conclusion: Osteoarthritis is the major cause for knee replacement. The analgesics and anti-inflammatory drugs cannot be administered on long term. It is found that Internal Medicines along with Varmam therapy is helpful for patients in early stages of osteoarthritis may prevent the development of deformities and surgical intervention. Today's status is good, the patient reports with very mild pain.

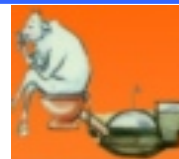


"The bond that links your true family is not one of blood, but of respect and joy in each other's life"

- Richard Bach



Happenings this month:
New and Renewable
Energy



Happenings this month:
New and Renewable
Energy



Training programme on "Kitchen waste based Bio-methanation plant"

Training programme on "Kitchen waste based Bio-methanation plant" was held at Thattankudiruppu, Ramanathapuram District on 24th December. 30 people attended this programme. Shri.V.Muneeswaran was the resource person. The programme was sponsored by BrahMos Aerospace, New Delhi.



Shri.Muneeswaran interacting with the stakeholders

Commissioning of Bio-methanation plants

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



Home makers preparing cow dung slurry with devotion for commissioning the plant

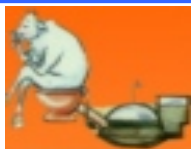


Pouring of slurry in the plant for getting good quality of microbial colony

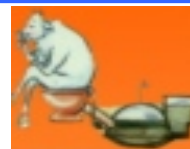


"Can miles truly separate you from friends... If you want to be with someone you love, aren't you already there?"

- Richard Bach



Happenings this month:
New and Renewable
Energy



Happenings this month:
New and Renewable
Energy



Commissioning of the plant at terrace to get good sunlight and to save space



Masons preparing steps for easy pouring of input materials at Govt. High school, Peyankuzhi, Kanyakumari Dist.



Stakeholders enjoying the process of assembling the biogas stove



Commissioned plant with full of gas with dead weight on the top to get pressure at the biogas stove -Govt. High school, Pudhur



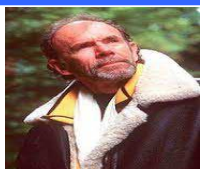
Commissioning of Bio-methanation plants at Schools

8 nos. of 6 cum Shakti Surabhi portable Bio-methanation plants were commissioned at schools in Kanyakumari District in the month of December. The project was sponsored by DRDA, Kanyakumari



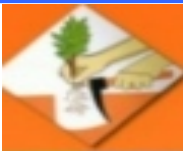
Commissioning of Bio-methanation plants at College

1 no. of 6 cum Shakti Surabhi portable Bio-methanation plants were commissioned at Rohini Engineering College, Palkulam, Kanyakumari District in the month of December.

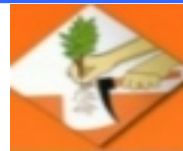


"Here is the test to find whether your mission on Earth is finished: if you're alive, it isn't "

- Richard Bach



Happenings this month:
Sustainable Agriculture



Happenings this month:
Sustainable Agriculture

Training programme on "Bio-pest Repellents Preparation"

Training programme on "Bio-pest Repellents Preparation" was held at J.C.Bose Nursery on 24th December. 02 farmers attended this programme. Shri.S.Premalatha was the resource person.



Participants learnt how to use Biogas slurry as a bio-pest repellent in Agriculture



Smt. Shanta Sheela Nair, Retd. IAS interacting with the participants

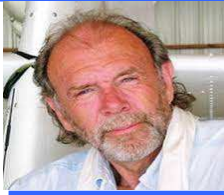


ATMA Training programme

Two Training programmes on "Organic farming" was held at Eco Park and Information Center (EPIC), Padur village, Kanchipuram District on 3rd and 17th December. Totally 40 participants attended these programmes. Dr. Kamalasanan Pillai was the resource person. The programme was sponsored by Dept. of Agriculture, Govt. of Tamil Nadu.



Hands on training given by Dr. Kamalasanan Pillai



"Don't be dismayed by good-byes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends"

- Richard Bach



Happenings this month:
Networking



Happenings this month:
Networking



Bharatiya Kissan Sangh meeting

Bharatiya Kissan Sangh meeting was held at Puviyur, Kanyakumari District on 12th December. 150 members attended this programme. Shri.V.Ramakrishnan, Director, VK-Nardep attended as a chief guest. After the end of the meeting, saplings were distributed to the selected farmers.

பாடீய கிசான் சங்கம் மரக்கன்று வழங்கல்!

தென்தாமரைகுளம், டி.ச.15-
குமரி மாவட்ட பாரதிய கிசான் சங்கம் சார் பில் பூவியூர் கிராமத்தில் கோ தானமும், மரக்கன்றுகள் வழங்கும் நிகழ்ச்சி நடைபெற்றது. விவேகானந்தா கேந்திர இயற்கை வள அபிவிருத்தி திட்ட இயக்குநர் ராமகிருஷ்ணன் தலைமை வகித்தார். பாரதிய கிசான் சங்க குமரி மாவட்ட செயலாளர் முருகன் முன்னிலை வகித்து தென்னங்கன்றுகள் வழங்கினார். குமரி மாவட்ட துணை தலைவர் பெரியசாமி வரவேற்புரை வழங்கினார். மாவட்ட மகளிர் அணி பொறுப்பாளர் சாந்தி இறைவணக்கம் பாடினார். மாநில அமைப்பு செயலாளர் குமார் வாழ்த்துரை வழங்கினார். மாவட்ட அலுவலக செயலாளர் ஜெனியூ, கோசலை நிர்வாக இயக்குனருமான ஜேகன்ராஜ் கோ தானம் வழங்கினார். மாணிக்க ரசி கோதானம் பெற்றுக்கொண்டார். சிறப்பு விருந்தினர் ஸ்ரீ ராமலிங்கம் மரக்கன்றுகள் வழங்கினார். கவிஞர் நீல மதுமயன் உள்ளிட்ட பலர் கலந்து கொண்டனர். நிகழ்ச்சியை பாரதிய கிசான் சங்க அகஸ்தீஸ் வரம் ஒன்றிய தலைவர் ஜேகன் ஒருங்கிணைத்தார். ஒன்றிய மகளிர் அணி பொறுப்பாளர் ராஜேஸ்வரி நன்றி கூறினார். பாரத மாதா சிற்பி முத்துகுமாருக்கு வஸ்திர தானம் வழங்கப்பட்டது.



Village woman taking initiative in conducting Gita Jayanthi at South Therivilai



Reading Bhagavat Gita shlokas - Poojapuravilai



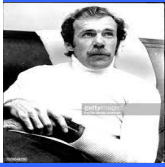
Shri.Vijayaraghavan explaining the importance of Gita in Daily life at Thengamputhur



Geeta Jayanti celebrations



Geeta Jayanti was celebrated at Vadiveeswaram, Thengamputhur, Poojaipuraivilai and South Therivilai of Kanyakumari District. Totally 86 members attended. Shri.C.Vijayaraghavan, attended the functions.



**"You are always free to change your mind and choose a different future,
or a different past"**

- Richard Bach



**Happenings this month:
Networking**



**Happenings this month:
Networking**



Sports day and Geeta Jayanti



Annual Sports day cum Geeta Jayanti day of Sri Amutha Surabhi SHG Federation were held at Gramodaya Park on 22nd December. Total 233 SHG members attended. Dr.Jeyakumari, Professor, Vivekananda College, Agasteeswaram was the chief guest.

Ten different competitions were held for the participants such as: (i) Singing songs (ii) Elocution (iii) Essay writing (iv) Food preparation by using Sorghum (v) Rangoli (vi) Vegetable carvings (vii) Shot-put (viii) Breaking the Balloons (ix) Memory game and (x) Group performance activities.

All the members enthusiastically participated in the games and showed their talents.



Rangoli competition is on



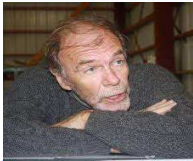
Shri. Vijayaragavan conducting the games



Dr. Jeyakumari talking about Bhagavat Gita



Vegetable carving competition is on



"A professional writer is an amateur who didn't quit"

- Richard Bach



Visions of Wisdom

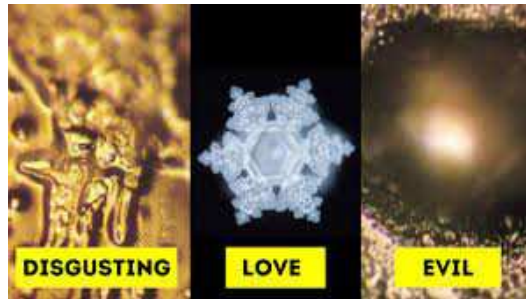


Hallmarks of Indian Civilization

One of the hallmarks of Indian civilization from the very ancient times has been to develop harmony with life and nature and to establish the infinite potential of human development. As a long term vision, India should lead the world in establishing and demonstrating the harmony between science and spirituality in the development and application of science with ethics as the backbone. Scientific temper and true czars of science will be unfolded only when the harmony between science and mankind's highest quests is achieved. And I do believe, if there is no nation, which can do it, it is India.



Dr. R. A. Mashelkar
Former Director
General, CSIR, New
Delhi



Cosmos and a Drop of Water

Masaru Emoto of Japan created much interest through his photo-micrographs of water drops in different 'moods' and convinced that water is alive.

"To understand water is to understand cosmos, the marvels of nature and life itself". Such a vision helps to see our universe differently. It tells that molecules of water are affected by our thoughts, words and feelings. He tries to show through these scientific experiments, the healing power of love and gratitude - "As science and spirit unite, resulting in a profound and undeniable quantum jump in how we view our world".

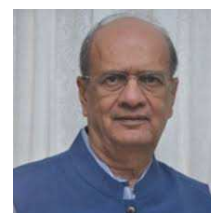


Masaru Emoto,
Writer of the famous
book – The Hidden
Messages in Water



Mission of India

Vivekanand described 'steadiness in dynamism and dynamism in steadiness is the secret of success and balanced growth. With the vision of each human being as potentially divine - a combination of Einstein and Buddha - we prepare ourselves with a great mission for the world tomorrow. Ishavasyam after telling us that this entire universe is the home of God, advises further - "Kurvanaive Karmani Jijivicheta Samah! i.e. man must wish to live for 100 years doing good work. This is the mission. There is no alternative!



Dr. Muni Mehta
Honorary Chairman,
Science Ashram and
KADEC