

Echoes of Eco

January, 2023

Vivekananda Kendra- nardep Newsletter

Vol:14 No:11

Don't Quit

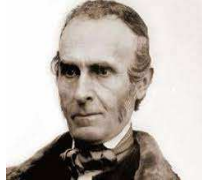


"When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow-
You may succeed with another blow.

Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out-
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit-
It's when things seem worst that you must not quit"

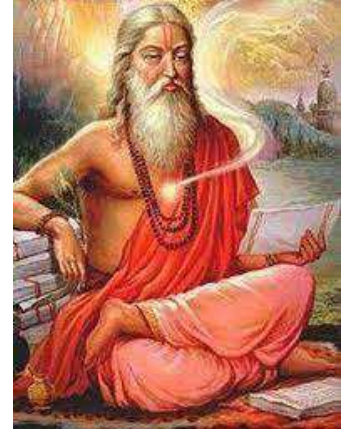


John Greenleaf Whittier

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 - Thinking inside the box or outside
 - You can put your culture into your balance sheet

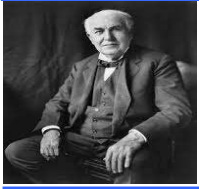
Shloka from Niti Shatakam



प्रहस्य मणिमुद्धरेन्मकरवक्रदंष्ट्रान्तरात्
समुद्रमपि सन्तरेत्प्रचलदूर्मिमालाकुलम् ।
भुजङ्गमपि कोपितं शिरसि पुष्पवद्धारये
न्न तु प्रतिनिविष्टमूर्खजनचित्तमाराधयेत् ॥

With courage, we could extract the pearl
stuck in between crooked teeth of a
crocodile. We could sail across an ocean
that is tormented by huge waves. We may
even be able to wear an angry snake on our
head as if it were a flower. However it is
impossible to satisfy an obstinate fool.

Bhartruhari



"I have not failed. I've just found 10,000 ways that won't work"

- Thomas Edison



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

Green health home worked for 16 days. 162 patients treated. In addition, 61 people underwent Varma massage



Dr. Bindhuja G. Dharun was honoured by Thiru. Ramakrishnan and Pal Aasan for getting gold medal in MD (Siddha)



Medicine preparation is on

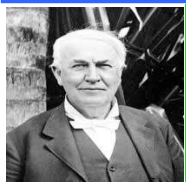


Neck varma points thought by Paal Aasan

Traditional Siddha Varma Bone Setting Practices

8th workshop on "Traditional Siddha Varma Bone setting Practices" was held on 6th and 7th January at Technology Resource Center, Anjaneyapuram. 26 participants including Doctors, Vaidyas and students attended. Dr. Muthu Shanti and her team acted as resource persons.

- Dr. Bindhuja G. Dharun, who is our regular faculty member was honoured by Thiru. Ramakrishnan and Pal Aasan for getting gold medal in MD (Siddha)
- Rajkumar Aasan taught some emergency techniques like Thirisitradi, Thumikalathil kuthal, Sevimalad oongi adithal etc.
- Dr. Rajasekar covered small ring therapy and how to prepare it and its uses at various places of dislocation and pain.



"I never did a day's work in my life. It was all fun"

- Thomas Edison



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Case Study - Submucosal CA

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

A 60 yr old male from Anjanaeyapuram, who is reported to the varmam OPD of Siddha in Vivekanandha Kendra - Nardep on 23.12.2023.

Present complaints: Pain and swelling in left inner cheek, numbness, difficulty to open the mouth, swallowing difficulties and weight loss. He also had a small lump in neck since 1 year. He was mentally stressed due to intermittent pain.

Past History: There is no history of Tobacco and Betel nut use.

Co-morbid conditions: He is a Hypertensive

Medical history: He was previously treated with NSAIDs for 6 months with frequent intervals. Regularly taking Anti Hypertensive Medicines

Personal history: Lean body, Mixed diet habit and Non-alcoholic.

Observation/ palpation: Intra-oral examination revealed a painful normal-colored nodular lesion with smooth surface in the left buccal mucosa with small yellow papules at the surface with approximate size of 2.5 × 1.5 cm and firm in consistency. Nodular lesion seems to be cancerous although patient is not aware.

Diagnostic focus: By considering the characteristics of the lesion and our physical examination findings, our differential diagnosis were minor salivary gland tumors and other tumors of mesenchymal origin.

Therapeutic focus: Internally Arokyia capsules 2 B.D, RGM Capsules 2 B.D, Parangipattai, Palagarai and Sangu Parpam in combination 2-3 gm B.D with milk, Chandamarutham Milagalavu B.D with Honey and External application of Neer kovai pills with hot water.

Before treatment: A single sub-mucosal and well-circumscribed nodular lesion was observed in the posterior region of the left buccal mucosa. The lesion was covered with clinically normal mucosa, measuring approximately 2.5 cm × 1.5 cm

After Treatment: The size of the nodule is reduced and the lesion is now 1.5 cm × 1 cm and pain also much reduced. Now there is no swallowing difficulties and he has gained 3 kg weight

Conclusion: Buccal mucosa cancer is a rare cancer that develops in the inner cheek of mouth. The present Siddha treatment protocol ensures the regain of the normalcy of oral mucosa. It is effective in the management of the disease without any adverse effect as well as having sustained relief in follow-up. It can be considered as a better alternative to the modern treatment in the management of Sub mucosal CA.



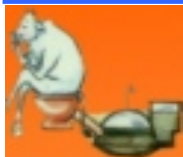
Representative photos



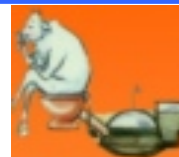


"The world owes nothing to any man, but every man owes something to the world"

- Thomas Edison



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



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New and Renewable
Energy**



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

In the month of January, following training programmes were conducted on "Kitchen waste based Bio-methanation plant". Shri.V.Muneeswaran was the resource person. The programme was sponsored by BrahMos Aerospace, New Delhi.

Sl. No.	Date	Venue	No. of participants
1.	12 th	Sathanur Village, Mudukulathur Block, Ramanathapuram District	12
2.	13 th	Thattankudiruppu, Mudukulathur Block, Ramanathapuram District	26
3.	20 th	Thattankudiruppu, Mudukulathur Block, Ramanathapuram District	36



Shri.Muneeswaran interacting with the women trainees

Commissioning of Bio-methanation plants

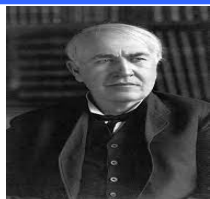
45 nos. of 1 cum Shakti Surabhi Bio-methanation plants were commissioned at Thattankudiruppu and Rameswaram, Ramanathapuram District in the month of January. The programme was sponsored by BrahMos Aerospace, New Delhi.



Inlet tank filled with cow dung slurry for the production of microbial colonies

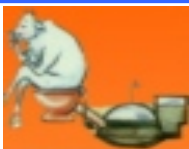


A stakeholder from Thattankudiruppu proudly posing for photo with her Shakti Surabhi plant



"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time"

- Thomas Edison



Happenings this month:
New and Renewable
Energy



Happenings this month:
New and Renewable
Energy



Preparation of platform for installing Bio-methanation plant



Unloading of Shakti Surabhi digester and gas holder



Installation of
bio-methanation
plant on the flat
platform

Training programme on "Bio-methanation technology"

Training programme on "Bio-methanation technology" was held on 28th January. One participant attended this programme. Shri.K.Periyaswami was the resource person.

Study Tour

Two batches of 30 students from Dept. of Social Work, Amrita Vishwa Vidyapeetham visited Gramodaya Park on 10th and 24th January as a part of a study tour. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agriculture etc.



Shri.V.Ramakrishnan explaining the benefits of Vermi wash technology to the students



District Advisory Committee meeting

Meeting on "District Advisory Committee of Agriculture" was held at Collectorate, Nagercoil on 11th January. Smt.S.Premalatha attended the meeting.



"Many of life's failures are people who did not realize how close they were to success when they gave up"

- Thomas Edison



Happenings this month:
Networking



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Networking

Training programme on "Composting technologies"

Training programme on "Composting technologies" was held at J.C.Bose Nursery on 14th January. Two persons attended this programme. Smt.S.Premalatha was the resource person.

Training programme on "Terrace Garden"

Training programme on "Terrace Garden" was held at J.C.Bose Nursery on 28th January. One person attended this programme. Smt.S.Premalatha was the resource person.

Exposure Visit

40 farmers from Dept. of Agriculture, Kanyakumari Dist. visited J.C.Bose Nursery on 18th January as a part of a exposure visit. They learned Sustainable agricultural practices.



Participants at Vermicomposting yard

Exposure Visit

Two batches of 160 farmers from Watershed Development Agency, Virudhunagar visited Gramodaya Park and J.C.Bose Nursery on 23rd and 30th January as a part of a exposure visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agricultural practices etc.



Participants visiting the live model of Rain water harvesting structure



Posing for photograph - in-front of the Mud pot arch



"If we did all the things we are capable of, we would literally astound ourselves"

- Thomas Edison



Happenings this month:
Networking



Happenings this month:
Networking

Exposure Visit

80 farmers from Dept. of Agriculture, Thoothukkudi Dist. visited J.C.Bose Nursery and Gramodaya Park on 31st January as a part of a exposure visit. They learned Shakti Surabhi Bio-methanation and Sustainable agricultural technologies.



Smt.Premalatha explaining the importance of Shakti Surabhi Bio-methanation plant



Farmers at terrace garden

International AYUSH Summit 2023

International AYUSH summit was held at Vivekananda Kendra, Kanyakumari from 27th 29th January. 800 delegates participated. The programme was organized by Press Network of India (PNI). Shri.Arif Mohamed Khan, Honorable Governor of Kerala attended the valedictory function.



Governor interacting with the delegates



Shri.G.Vasudeo, Secretary, VK-Nardep presenting a memento to the Governor



"Genius is one percent inspiration and ninety nine percent perspiration"

- Thomas Edison



**Happenings this month:
Networking**



**Happenings this month:
Networking**



Annual day and Samarth Bharat Parva celebration



Annual day cum Samarth Bharat Parva celebration of Sri Amutha Surabhi SHG Federation were held at Gramodaya Park on 12th January. Total 417 SHG members attended. (i) Shri.A.Balakrishnan, President, Vivekananda Kendra (ii) Smt.Gowri, Director, Saradha Childrens Home, Thoothukkudi (iii) Selvi.Saraswathi, Rtd. Teacher, Thoothukkudi were the chief guests. Sports day winners received the Prizes during this function.



Shri.A.Balakrishnan, President, Vivekananda Kendra, presiding over the function



Bharata natyam dance during the function



Celebrations of Swami Vivekananda Jayanti



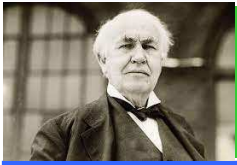
Swami Vivekananda Jayanti was celebrated at South Therivilai, Panchalingapuram, Agasteeswaram, and Thazhakudi of Kanyakumari District. Totally 164 members attended these four functions. Shri.C.Vijayaraghavan was the main resource person.



Shri.Vijayaragavan narrating the life history of Swami Vivekananda at Thazhakudi



Shri.V.Ramakrishnan addressing the packed over-flowing audience



"To invent, you need a good imagination and a pile of junk"

- Thomas Edison



Visions of Wisdom



Vidya and Avidya

Our traditional wisdom stressed a holistic system, where the independence of all animate and inanimate objects made them on whole and entire being. Union was considered superior to division, the undifferentiated to the differentiated. Vidya, true knowledge, gave the ability to see the whole, as one integrated, inclusive universe. Avidya, ignorance, denied that ability. Avidya has now become the cornerstone of the global "knowledge" system.



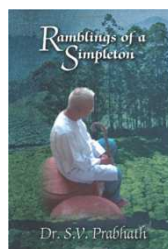
**Extracts from
the essay by
Winin Pereira and
Jeremy Seabrook**



Thinking inside the box or outside

Thinking outside the box can be best understood from the example of the seagull in the book, "Jonathan Livingston Seagull" by Richard Bach. In this allegory about a unique bird, the author writes, "for most gulls it is not flying that matters, but eating.

For this gull though, it was not eating that mattered, but fight. "This is a fable about the importance of seeking a higher purpose in life. It is not only about out of the box thinking, but also about inside the box thinking.



Dr. S.V. Prabhat,
Former Chairman,
National Council of
Rural Institutes (NCRI)



You can put your culture into your balance sheet

1. Divorce, crime, and emotional stress cause money and products to change hands and add richly to the GDP. The cost of emotional prop-up drug, Prozac, alone added 1.2 billion dollars to American GDP.
2. The cost of family breakdown 40.6 billion dollars per year.
3. Undoing the effect of overeating 33 billion dollars per year.
4. 70% of American's medical bills stem from preventable lifestyle related illnesses.



Smt. Rajni Bakshi
From the essay
Redefining progress