

Echoes of Eco

February, 2023

Vivekananda Kendra- nardep Newsletter

Vol:14 No:12

Be Alive - Inspirational prose - poem for Everybody

Be Alive!

"Life abhors security. For, life means taking risks, exposing self to danger even to death.

The Lord says that he who wishes to be safe will lose his life: whoever is prepared to lose his life will keep it.

I think of the times when I drew back from taking risks... when I was comfortable and safe. Those were the times when I stagnated.

I think of other times
When I dared to take a chance to make mistakes
To be a failure and fool; to be criticized when I dared to risk being hurt.but I was Alive.!

Sometimes we need to die, so we can be Alive!



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Shloka from Niti Shatakam



When I knew very little, I had become blind with arrogance like the musth elephant with its ichor-flow! At that time my mind was haughty with the idea that 'I knew everything!' When I started having the company of the wise now and then, I understood that 'I was truly a fool'; and my pride was gone like the fever by the intake of the correct medicine!

Bhartruhari



"Innovation distinguishes between a leader and a follower"

- Steve Jobs



Happenings this month:
Holistic Health



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Holistic Health

Green Health

Green health home worked for 14 days. 145 patients treated. In addition, 36 people underwent Varma massage



Masseurs Ramesh doing Varma massage for spondylitis patient

National seminar on "Traditional Siddha Varmam therapy for Child Health Care"

National seminar on "Traditional Siddha Varmam therapy for Child Health Care" was held on 24th February at Yoga hall, Vivekanandapuram. 98 participants including Doctors, Vaidyas and students attended.

- Dr. Shantha Maria, Principal, Govt. Siddha Medical college, Palayamkottai gave the key note address
- Felicitation address was given by Dr. Soundararajan, Vice-principal, Govt. Siddha Medical college, Palayamkottai
- Dr. Rabert Singh, District Siddha Medical Officer, Kanyakumari gave special address
- Dr. Ramaswami, RMO, Govt. Siddha Medical college, Palayamkottai gave the valedictory address
- Dr. Ganapathy gave the inaugural address
- Five papers were presented based on the seminar theme. For programme details click the link below

https://drive.google.com/file/d/11Snlw53vPMDun0FV1cNOBOZHXNcuLHEW/view?usp=share_link

S.No	Title	No. of participants
1.	Efficacy of Varmam - Manipulation on Sirasthamba Vatham (Cerebral Palsy) In Children : A Case Series	Dr. M. Mukilan, Govt Siddha Medical college, Palayamkottai
2.	Rheumatic diseases in children	DR. R. Geetha Sudheer MD (S), Gunam Siddha Cure Centre, Tirunelveli.
3.	Epilepsy and Varmam Medicine	Dr. Bindhuja G. Dharun MD (S)
4.	Varmam for paediatrics	Dr. V. Ganapathy, MD (S)
5.	Varmam therapy management in paediatrics	Dr. Subbu Lakshmi, Govt Siddha Medical college, Palayamkottai



Release of 108 Varma points chart

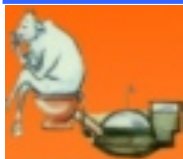


Swami Sivanantha 127 year old saint blessed the participants

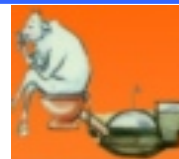


"Don't let the noise of others' opinions drown out your own inner voice"

- Steve Jobs



**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 February, following two follow-up trainings 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.	25 th	Thattankudiruppu, Mudukulathur Block, Ramanathapuram District	42
2.	27 th	Thattankudiruppu, Mudukulathur Block, Ramanathapuram District	59



Shri.Muneeswaran interacting with the women trainees

Commissioning of Bio-methanation plants

4 nos. of 6 cum Shakti Surabhi Bio-methanation plants were commissioned at Rameswaram, Ramanathapuram District in the month of February. The programme was sponsored by BrahMos Aerospace, New Delhi.

Commissioning of Bio-methanation plants

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



Plumbing work and commissioning of the plant is on ... at Gummidipoondi



"Be a yardstick of quality. Some people aren't used to an environment where excellence is expected"

- Steve Jobs



Happenings this month:
Shelter



Happenings this month:
Networking

Training programme on "Green Construction technologies"

Training programme on "Green Construction technologies" was held at Rural Building Center, Anjaneyapuram on 22nd February. 12 participants attended this programme. Shri.V.Ramakrishnan was the resource person. The programme was sponsored by DHAN - Housing and Habitat Development of Poor for Empowerment Confederation, Madurai



Shri.Muneeswaran demonstrating Rat trap model construction



Shri.Ramakrishnan interacting with the participants from DHAN

Exposure Visit

18 farmers from Dept. of Agriculture, Kanyakumari Dist. visited J.C.Bose Nursery on 1st February as a part of a exposure visit. They learned Sustainable agricultural practices.



Participants visiting the live model of Rain water harvesting structure

Study Tour

9 students from Tamil Nadu Agricultural College and Research Institute, Killikulam visited J.C.Bose Nursery on 9th February as a part of a study tour. They learned Azolla and Vermi technologies.



Latitude: 8.092866
Longitude: 77.550999
Elevation: 31.47±3.40 m
Accuracy: 4.72 m

Students taking notes on Vermi technology



"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking"
- Steve Jobs



**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 11th February. One farmer attended this programme. Smt.S.Premalatha was the resource person.

Exposure Visit

Two batches of 190 farmers from Coodu Trust, Watershed Development Agency, Dindigul visited Gramodaya Park and J.C.Bose Nursery on 16th and 23rd February as a part of a exposure visit. They learned Shakti Surabhi Bio-methanation technology, Rain water harvesting and Sustainable agricultural practices etc.

Study Tour

25 students from Dept. of Botany, St.John's College, Tirunelveli visited J.C.Bose Nursery on 10th February as a part of a study tour. They learned Azolla, Vermi and Shakti Surabhi Bio-methanation, water harvesting and Sustainable agriculture etc.



Shri.V.Ramakrishnan explaining 'Vermi wash technology'



College students at our J.C.Bose Nursery



Shri.V.Ramakrishnan interacting with the participants



"I'm convinced that about half of what separates the successful entrepreneurs from the non-successful ones is pure perseverance"

- Steve Jobs



Happenings this month:
Networking



Happenings this month:
Networking

Exposure Visit

50 farmers from Dept. of Agriculture, Karunkulam Block, Thoothukkudi Dist. visited J.C.Bose Nursery and Gramodaya Park on 16th February as a part of an exposure visit. They learned Shakti Surabhi Bio-methanation and Sustainable agricultural technologies.



Participants learning Azolla technology at J.C.Bose Nursery

Radio Talk

Shri.V.Ramakrishnan gave radio talk on "Importance of training in organic farming" on 28th February at All India Radio, Nagercoil.



Exposure Visit

50 farmers from Dept. of Agriculture, Ottapidaram Block, Thoothukkudi Dist. visited J.C.Bose Nursery and Gramodaya Park on 22nd February as a part of an exposure visit. They learned Shakti Surabhi Bio-methanation and Sustainable agricultural technologies.

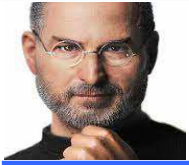


Smt.Premalatha explaining the Vermi composting technology to the ATMA farmers

Study Tour



66 students from Dept. of English, Sree Sarada College for Women, Tirunelveli visited Gramodaya Park on 23rd February as a part of a study tour. They learned Shakti Surabhi Bio-methanation and Rain water harvesting technologies.



"Stay hungry. Stay foolish"

- Steve Jobs



Visions of Wisdom



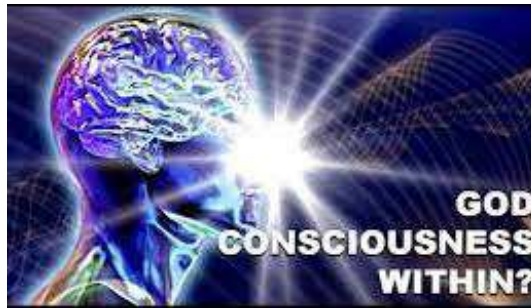
Violence against Knowledge

In order to assume the status of being the only legitimate mode of knowledge, rationally superior to alternative modes of knowing, reductionist science resorts to the suppression and falsification of facts and thus commits violence against science itself. It declares organic systems of knowledge irrational, and rejects the belief systems of others without a full rational evaluation.

At the same time, it protects itself from the exposure and investigation of the myths it has created by assigning itself a new sacredness that forbids any questioning of the claims of science.



Dr. Vandana Shiva
Scholar, environmental activist and authors of more than 20 books

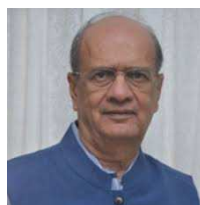


All is God?

Einstein was pantheist (worshiper of all Gods). Many people believe in pantheists without realizing it. If we identify God with the faculty of consciousness, then the view that consciousness is in everything becomes the view that God is in everything.

The sufi mystic Ibn-al-Arabi wrote that God is essentially in all things.

"God sleeps in the rock,
Dreams in the plant,
Stirs in the animal,
and awakens in man"



Dr. Muni Mehta
Honorary Chairman,
Science Ashram and
KADEC

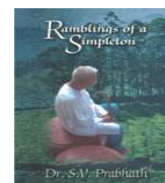


Thinking inside and outside the box

If thinking inside the box is important for stocktaking, evaluation and reform, the out of the box thinking should not derail the human process and societal concerns.

If outside thinking can be like a fresh whiff of air in the summer night that invites us to stand outside in joy, then inside thinking is the warm stay indoors during the chill of winter. Like the way seasons decide our response, the stages of life and experiences influence our thinking to be inside or out of the box.

Let the rationale prevail in the interests of the humankind and the universe.



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