

# Echoes of Eco

December, 2023

Vivekananda Kendra- **nardep** Newsletter

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## Learn from Nature Story from Chhāndogya Upanishad



A young boy turned up at Sage Gautama's ashram and said to the sage, "I would like to study with you." "What is your name, and where are you from?", the sage asked. "I am Satyakarma, the son of Jabala, and that's all known", said the boy. "I will teach you, but first take my hundred cows with you to the forest, tend them till they become a thousand and then come back to me," said the sage.

Satyakama went to the forest and he had to tend the cows alone for days on end. But he was always bright and cheerful. There so much to learn by watching the sun rise and set every day. He learnt about the seasons and about energy. By watching nature around him he learnt about kindness and compassion. Many years went by and the herd became a thousand in number.

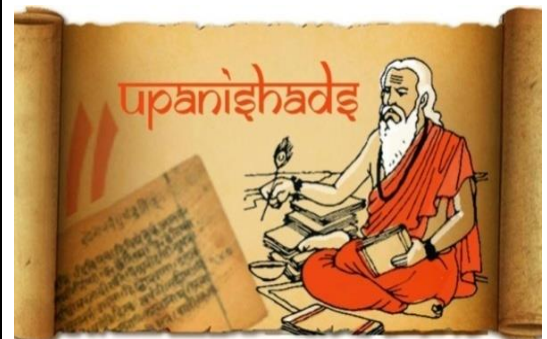
So as a young man Satyakama went back with the cows, the sage saw him and said, "I can see from your face that you have learnt much about the world and life. There is very little for me to teach you."



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### *Greatness of Upanishads*



*"The Upanishads are the great mine of strength. Therein lies strength enough to invigorate the whole world; the whole world can be vivified, made strong, energised through them. They will call with trumpet voice upon the weak, the miserable, and the downtrodden of all races, all creeds, and all sects to stand on their feet and be free. Freedom, physical freedom, mental freedom, and spiritual freedom are the watchwords of the Upanishads"*



*Sri Vivekananda*

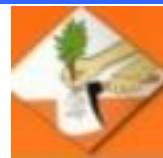


"Leaders should lead as far as they can and then vanish. Their ashes should not choke the fire they have lit"

- H.G.Wells



Happenings this month:  
Sustainable Agriculture



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Sustainable Agriculture

### "Green Livelihood technologies"- Project Harit Aajeevika at Rameswaram

In the month of December, as a part of implementation of the programme, we distributed goats to the beneficiaries. L&T Technology Services, Bangalore, sponsored this project.



*Goats procured specially from Veeracholan, Virudhunagar district on 11<sup>th</sup> and 25<sup>th</sup> December as the market is big and we could get good number of goats at one time*



*Stakeholders are happy with their two new members coming to their family*

### Training programme on "Green Livelihood" (Harit Aajeevika)

Training programme on "Green Livelihood" was held at Rameswaram on 30<sup>th</sup> December. 20 participants attended this programme. Shri.V.Ramakrishnan acted as resource person.



*Shri.V.Ramakrishnan interacting with the participants*





"There's nothing wrong in suffering, if you suffer for a purpose. Our revolution did not abolish danger or death. It simply made danger and death worthwhile"

- H.G. Wells



Happenings this month:  
Holistic Health



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### Green Health

Green health home worked for 13 days. 190 patients treated. In addition, 84 people underwent Varma massage

### Planting and semi-processing of herbs - Project "Harit Aarogya" at Kanyakumari

Implementation of the project is going on... We distributed the tool kits to the farmers. Due to heavy rain in Kanyakumari district, most of the plants wilted at different places.

We compensated the stakeholders by supplying fresh plants as well as vermi composts. L&T Technology Services, Bangalore are the sponsors of this project.



*Shri.Ramasubramaniam, Panchalingapuram is devastated by seeing the havoc made by the gusty wind and heavy rain fall*



*A few villages, Govt. evacuated the people as a precautionary measure. Stakeholder leaving his house after locking*



*Sister Akhila receiving the tool kit which includes hand cultivator, spade, knife, weeder etc. for plant cultivation and upkeep*



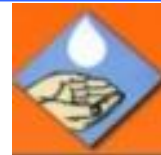


"The path of least resistance is the path of the loser"

- H.G. Wells



Happenings this month:  
Water management



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### Work of Koneri Teertham

We have started the renovation of Koneri Teertham, Tiruvannamalai, Srivilliputhur, Virudhunagar district from 10<sup>th</sup> December. This Teertham is adjutant to Balaji temple. A few pictures of work in progress are given below:



Famous Tiruvannamalai temple



JCB work in full swing to prepare proper canal for the flow of water



Stakeholders meeting on 31<sup>st</sup> December. Attended by Shri.Ramakrishnan, Director, VK-Nardep



Traditional bhumi pooja performed by the locals on 10<sup>th</sup> December



JCB work is on in the rough terrain full of stones





"Some people bear three kinds of trouble - the ones they've had, the ones they have, and the ones they expect to have"

- H.G. Wells



Happenings this month:  
New and Renewable  
Energy Sources



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### Commissioning of "Bio-methanation Plant"

In the month of December, 6 cum (Portable) Bio-methanation plants commissioned at Tenkasi (6) and Kanyakumari districts (2). In addition, 7 nos. of 1 cum Bio-methanation plants were dispatched to Guwahati, Assam.



Bio-methanation plant commissioned at Govt. Hr.Sec. School, Maruthamputhur, Alangulam union, Tenkasi district



Fixing gasholder above the digester at Arunachala College, Kanyakumari district



1 cum bio-methanation plants waiting for dispatch to Guwahati, Assam



Plant commissioned at Tenkasi with a display board giving all the details of the plant





"After people have repeated a phrase a great number of times, they begin to realize it has meaning and may even be true"

- H.G. Wells



Happenings this month:  
Networking



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### Sports day, Geeta Jayanti and Samarth Bharat Parva celebrations



Annual Sports day, Geeta Jayanti and Samarth Bharat Parva celebrated by Sri Amutha Surabhi SHG Federation at Gramodaya Park on 28<sup>th</sup> December. 200 SHG members attended. Swami.Nijaanandaji, Chinmaya Ashram, Kumarakoil was the chief guest.

Ten different competitions were held for the participants such as: (i) Elocution (ii) Singing songs (iii) Non-cooked food (iv) Rangoli (v) Vegetable carvings (vi) Shot put (vii) Long jump (viii) Musical chair (ix) Breaking the Balloons and (x) Memory game

All the sisters and mothers enthusiastically participated in the games and showed their talents.



*Ladies enthusiastically participating - Musical chair*



*Rangoli competition without using chemical colours is on ...*

### Celebration of Geeta Jayanti

In the month of December, Geeta Jayanti function was held at 4 places in Kanyakumari district. Total 71 SHG members attended. Shri.V.Ramakrishnan, Shri.Vijayaragavan Smt.Chandra and Smt.Parvathi were the resource persons.



*Shri.Ramakrishnan elaborating on the importance of Geeta Jayanti*

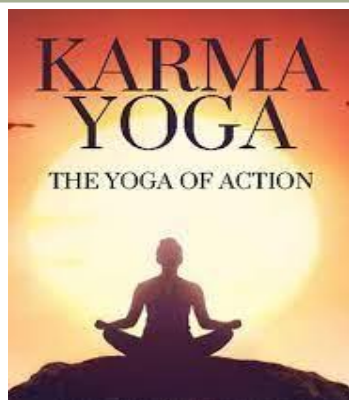


**"Advertising is legalized lying"**

- H.G. Wells



## Visions of Wisdom



### Karma Yoga

One condition is to be "detached from the fruits of the action", that is not to cling to ego-centred satisfaction, prestige or ensuring power or wealth. It is a call to avoid the inflation of the ego, to open up to the self and to act with a combination of efficiency and gratuity. The second condition is to be aware that it is not we who act, but rather than it is a force from beyond, which may be of divine origin, which acts through us. The third condition is to consider all actions as an offering to the deity, a humble return of human will power and skill to the ultimate and the transcendent.



### The Heritage of Life

We are divided by different languages and ideologies. We are divided by our respective cultures which are often possessive and exclusive and want to separate us from each other. Yet what we have in common far outweighs the divisions which are ourselves have created, sometimes inadvertently, sometimes deliberately. What we all have in common is the heritage of life, the planet earth itself, the desire to live in peace and harmony and have a life endowed with meaning. We all aware of our common biological heritage, namely all forms of life are built of the same building blocks.



**Henryk Solimowski**  
Polish Philosopher  
settled in America



### Do not Stop the Music

Make your way carefully through these fields. Dragonflies and moths fly up in a flurry. Honey bees buzz from blossom to blossom. Part the leaves and you will see insects, spiders, frogs, lizards and many other small animals bustling about in the cool shade. Moles and earthworms burrow beneath the surface. This is a balanced rice field ecosystem. Insects and plant communities maintain a stable relationship here. It is not uncommon for a plant disease to sweep through this area, leaving the crop in these fields unaffected.

Simply serve Nature and all is Well.



**Masanobu Fukuoka**  
Japanese farmer and  
philosopher celebrated  
for his natural farming



Extract from World  
Faiths Development  
Dialogue document –  
Culture, Spirituality  
and Development