

Echoes of Eco

January, 2024

Vivekananda Kendra- **nardep** Newsletter

Vol:15 No:11

Don't be afraid of change



The Eagle has the longest life span of its species. It can live up to 70 years.

However, to reach this age, the eagle must make a very difficult decision!

In its 40th year, the eagle's long and flexible Talons can no longer grab a prey, which serves as food.

Its long and sharp beak becomes bent.

Its old-aged and heavy wings, due to their thick feathers, stick to its chest and make it difficult to fly.

Then, the eagle is left with only two options: DIE or go through a painful process of CHANGE!

This process lasts for 150 days (5 months)

The process requires the eagle to fly to a mountaintop and sit on its nest. There the eagle knocks its beak against a rock until it plucks it out.

Then the eagle will wait for the new beak to grow back after which it will pluck out its talons. When its talons grow back, the eagle starts plucking its old-aged feathers.

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Vedanta recognizes no sin



The Vedanta recognizes no sin it only recognizes error. And the greatest error, says the Vedanta is to say that you are weak, that you are a sinner, a miserable creature, and that you have no power and you cannot do this and that.



Swami Vivekananda



"Fill your paper with the breathings of your heart"

- William Wordsworth



And after this, the eagle takes its famous flight of rebirth and LIVES for 30 more years!!

Why is Change needed?

To survive and live. We too have to start the change process.

We sometimes need to get rid of the unpleasant old memories, negative habits and our fixed mindset.

Only freed from the past burdens can we take advantage of the present?

If an eagle can make a life saving and life-changing decision at the age of 40....why cannot we.

In order to take on a New Journey ahead, let go of your negative old limiting beliefs.

Open up your mind and let yourself fly high like an eagle!

When it rains, all birds occupy shelter. However, the EAGLE avoids the rain by flying above the clouds...

The problem is common to all but the attitude to solve it makes the difference!

Don't be afraid of change...accept it gracefully..!!!



**"The best portion of a good man's life: his little, nameless
unremembered acts of kindness and love"**

- William Wordsworth



**Happenings this month:
Sustainable Agriculture**



**Happenings this month:
Sustainable Agriculture**

"Green Livelihood technologies"- Project Harit Aajeevika at Rameswaram

In the month of January, as a part of implementation of the programme, we distributed Azolla beds and tool kits to the beneficiaries. L&T Technology Services, Bangalore, sponsored this project.



Proud stakeholder with her Azolla bed - waiting for harvesting



Azolla bed getting additional protection by surrounding it with hallow bricks

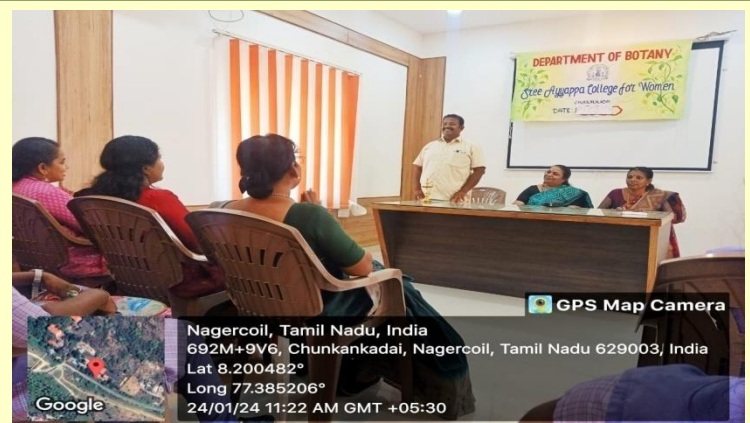


Stakeholder receiving the tool kit along with seeds etc.

Add-on course in Mushroom cultivation

Vivekananda Kendra - NARDEP signed a MoU with Sree Ayyappa College for Women, Chunkankadi, Kanyakumari to promote educational, cultural and social initiatives for the mutual benefit of both institutions.

The first programme under this initiative was training programme on "Mushroom cultivation" which was held on 24th January at Ayyappa college for Women. 30 participants attended. Shri.V.Ramakrishnan was the chief guest.



Shri.V.Ramakrishnan, Director, VK-Nardep interacting with the participants

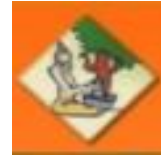


"Wisdom is oft-times nearer when we stoop than when we soar"

- William Wordsworth



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

Green health home worked for 15 days. 137 patients treated. In addition, 56 people underwent Varma massage



Traditional Orthopaedic basic methods and management of Humerus and wrist bone fracture - Dr. Joseph Wilson



Ministry of AYUSH

National conference on "Application of Siddha Varmam Therapy for Primary and Common Health problems"

National conference on "Application of Siddha Varmam Therapy for Primary and Common Health problems" was held at Vivekanandapuram on 5th and 6th January. 47 doctors, vaidyas and students participated. Shri. Hanumant Rao, Vice President, Vivekananda Kendra presided the inaugural function. Dr. Prof. Gullapalli Srinivasu, Vice Chancellor of Sri Chandrasekharendra Saraswathi Viswa Mahavidyalaya was the chief guest during the valedictory function. Dept. of AYUSH, New Delhi sponsored this programme.



Dr. V. Ganapathy's PPT on "Clinical experience on selective siddha varmam points for pain based on Varma Bheerangi"



Dr. Narendra Mehrotra, Member, National Advisory Committee, Ministry of AYUSH, Govt. Of India interacting with the participants

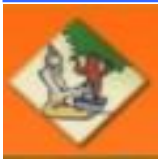


Dr. Prof. Gullapalli Srinivasu, Chief guest giving certificate to the participants during the valedictory function

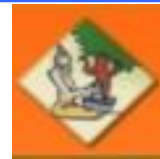


"A mind forever voyaging through strange seas of Thought, alone"

- William Wordsworth



Happenings this month:
Green Health



Happenings this month:
Green Health

Training programme on "Varma Bone Setting"

2nd year, 6th module of "Traditional Siddha Varma Bone Setting Practices" was held on 19th and 20th January. 34 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons



Practical training on Varma points

Training programme on "Varma Bone Setting"

Special module for 1st year students on "Varma Bone Setting Practices" was held on 20th January. 31 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons.



Dr.Balaji taking a class on "Clinical Anatomy of Posterior Trunk"



Medicine preparation is on ...



Dr.Ganapathy explaining varma points and adangals of Posterior - Trunk

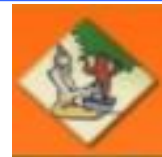


"With an eye made quiet by the power of harmony, and the deep power of joy, we see into the life of things"

- William Wordsworth



Happenings this month:
Green Health



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Green Health

National Seminar on "Preventive care and Varmam Thattadangal Methods"

National Seminar on "Preventive care and Varmam Thattadangal Methods" was held at Vivekanandapuram on 21st January. 165 doctors, vaidyas and students attended. Dr. Robert Singh MD, Msc (Varmam), District Siddha Medical Officer, Kanyakumari was the chief guest.



Lighting the lamp by Dr. Robert Singh



Shri. V. Ramakrishnan, Director, VK-Nardep welcoming the participants



Kalari performance by children

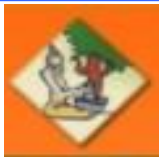


Thattadangal Demonstration by Vai. Ramachandra Aasan

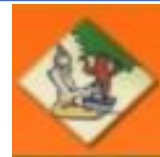


"Habit rules the unreflecting herd"

- William Wordsworth



Happenings this month:
Green Health



Happenings this month:
Green Health

Follow up training on "Harit Aarogya"

Follow up training on "Planting and semi-processing of herbs" (Harit Aarogya) was held at Vivekanandapuram on 30th January. 39 stakeholders attended this programme. VK-Nardep team acted as resource persons. L&T Technology Services, Bangalore, sponsored the programme.



Shri.Ramakrishnan, Director, VK-Nardep interacting with the participants



Shri.Murugan, Stakeholder, Puviyur sharing his experiences

Paper Presentation

A virtual Refresher course in Environmental studies was conducted by University of Mumbai on 12th January.

Shri.V.Ramakrishnan presented a paper on "Developing appropriate and green technologies for Rural Communities". 30 professors from all over India participated.



Shri.Madhavan clearing the doubts on compost making technologies



UGC HUMAN RESOURCE DEVELOPMENT CENTRE
UNIVERSITY OF MUMBAI
Rated as Performer by NAAC and All India Rank VII

Organizes Online

REFRESHER COURSE IN
ENVIRONMENTAL STUDIES (MULTIDISCIPLINARY)
UNDER RUSA

Theme: Environmental Management for Sustainable Development
(For teachers from all disciplines)

Coordinated by
K .J. Somaiya College of Science and Commerce (Autonomous)

January 03, 2024 to January 16, 2024

Last Date of Completed Application: **December 20th, 2023**

Click the link to Register:
<https://hrdc.mu.ac.in/online-forms/refreshers.php>

For any query contact UGC HRDC office Mob. No. 7715092794

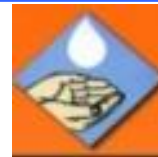
Coordinator
Dr. Sugandha Shetye
Email: sugandha@somaiya.edu
K J Somaiya College of Science and Commerce



"Be mild, and cleave to gentle things, thy glory and thy happiness be there"
- William Wordsworth



Happenings this month:
Water management



Happenings this month:
Water management

Revival and Renovation of Surya Pushkarani

We have taken up the renovation work of Surya pushkarani, Aruppukottai, Virudhunagar district. The bhoomi pooja was held on 27th January. About 30 local people participated including the dignitaries such as Managing trustee of the temple and Vice chairman of the Municipality attended the event.



Surya water body calling for revival and renovation



Present condition of Surya Teertham - full of garbage and algae



Purohit preparing for the bhoomi pooja



Sankalpa before the pooja



Offering flowers and Deepa Aradhana to the Surya Teertham after inaugural pooja



"Poetry is the spontaneous overflow of powerful feelings: it takes its origin from emotion recollected in tranquility"

- William Wordsworth



Happenings this month:
Water management



Happenings this month:
Water management

Revival and Renovation of Teppakulam

We carried out the renovation of Siva Teertham, adjutant to Thanulinga swami Temple Thengamputhur, Kanyakumari District. The entire work was carried out by the local team. The grand kumbhabhishekam of the temple was held on 21st January when the devotees thronged the temple and had a sumptuous prasadam.

"Revival and Renovation of Traditional Water Bodies" Siva Teertham



அருள்மிகு தானுலிங்க சுவாமி திருக்கோவில்

Thanulinga swami Temple
Thengamputhur,
Kanyakumari Dist



Implemented by

Vivekananda Kendra -nardep
Kanyakumari -629 702



Traditional water body before the renovation



Teertham after renovation



"Nature never did betray the heart that loved her"

- William Wordsworth



Happenings this month:
New and Renewable
Energy Sources



Happenings this month:
New and Renewable
Energy Sources

Commissioning of "Bio-methanation Plant"

In the month of January, one 6 cum (Portable) Bio-methanation plant commissioned at Adi Dravidar Hr.Sec. School, Vazhaiyattuvayal, Kanyakumari district.



Finishing touches to the base and steps



Construction of steps is going on for easy access to inlet

Training on "Bio-methanation technology"



Swachh Bharat Mission - Gobar Dhan field functionaries training was held at Vivekanandapuram on 23rd January. 47 participants attended this programme. Shri.V.Ramakrishnan acted as a resource person. The programme was sponsored by DRDA, Kanyakumari.



Shri.V.Ramakrishnan interacting with the participants



DRDA officer sharing his experience



"Bliss it was in that dawn to be alive but to be young was very heaven"

- William Wordsworth



Happenings this month:
Networking



Happenings this month:
Networking



Annual day celebrations



Annual Day Celebration of Sri Amutha Surabhi SHG Federation was held on 12th January along with Swami Vivekananda Jayanti at Gramodaya Park. 415 members attended. Shri.Kuttalam Mukherji, Rajavallipuram was the chief guest.



Shri.V.Ramakrishnan, Director, VK-Nardep welcoming the participants



Prize distribution by the chief guest



Delicious food distributed to the participants after the grand function

Celebration of Swami Vivekananda Jayanti

In the month of December, Swami Vivekananda Jayanti function was held at 5 places in Kanyakumari district. Total 130 SHG members attended. Shri.V.Ramakrishnan, Shri.Vijayaragavan Smt.Chandra and Smt.Parvathi were the resource persons.



Shri.Vijayaragavan narrating the life and message of Swami Vivekananda



"Come grow old with me. The best is yet to be"

- William Wordsworth



Visions of Wisdom



Diversity in Unity

Globalisation has been used as a force towards homogeneity and uniformity, but at the same time, it can offer an opportunity for the careful tending of our diversity in unity a task which calls for our unrelenting commitment. Just as forests are sustainable thanks to biodiversity, so humankind needs cultural diversity for its survival. Each culture, each civilisation is called upon to relate to others in a spirit of joyful interest and compassionate love, lest we fall into the deadly war games of Samuel Huntington's "clash of civilisations". It is one of the highest callings of the human being.



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



Sustainable Dev. - A question of values

Achieving sustainable development is not a question of scientific and technical understanding, but a question of values. It is uncomfortable for many of us because that kind of self-examination and re-evaluation of our life styles is not an easy thing for any of us to do. I believe that what we are really talking about here, if we get past the definitional question is nothing less than a fundamental paradigm shift. How should we live? How much is enough? What way of life ought we to pursue? These simple questions are often the most profound for they challenge the security of our accustomed norms.



Elizabeth Dowdeswell
Ex. Executive Director of UNEP



Ecological Responsibility

Another important ecological value is that of responsibility. Although not immediately obvious as a value of the ecological heritage, this value is very important for our times and for the state of the present world: the responsibility, which exceeds one's own ego, the responsibility for the environment, for the whole planet, for other human beings, for other living beings, for the cosmos at large. Yes, responsibility for all. This form of responsibility is a part of the ecological consciousness. Responsibility for the well being of the planet is one of the ethical imperatives of our times.



Henryk Solimowski
Polish Philosopher settled in America