

Echoes of Eco

April, 2024

Vivekananda Kendra- **nardep** Newsletter

Vol:16 No:02

How do you know you are rich?

When I was doing my B Tech, there was a Professor who used to teach us 'Mechanics'.

His lectures used to be very interesting since he had an interesting way to teach and explain the concepts.

One day, in the class, he asked the following questions:

1. What is ZERO?
2. What is INFINITY?
3. Can ZERO and INFINITY be same?

$$0 = \infty$$

We all thought that we knew the answers and we replied as following:

ZERO means nothing.

INFINITY means a number greater than any countable number.
ZERO and INFINITY are opposite and they can never be same.

He countered us by first talking about infinity and asked, how can there be any number, which is greater than any countable number?

We had no answers.

He then explained the concept of infinity in a very interesting way, which I remember even after more than 35 years.

He said that imagine that there is an illiterate shepherd who can count only up to 20.

In this issue:

- How do you know you are rich?
- The Happenings
- Visions of Wisdom:
 - Social Contract
 - Science and Spirituality
 - Relationship with Cosmos

Message of Upanishads

THE ONLY RELIGION
THAT OUGHT TO BE
TAUGHT IS THE
**RELIGION OF
FEARLESSNESS**

Swami Vivekananda



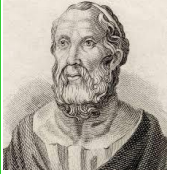
"If there is no one word that you find coming out like a bomb from the Upanishads, bursting like a bomb-shell upon masses of ignorance, it is the word fearlessness. And the only religion that ought to be taught is the religion of fearlessness"

Swami Vivekananda



"Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything"

- Plato



Now, if the number of sheep he has less than 20 and you ask him how many sheep he has, he can tell you the precise number (like 3, 5, 14 etc.).

However, if the number is more than 20, he is likely to say "TOO MANY"

He then explained that in science infinity means 'too many' (and not uncountable) and in the same way zero means 'too few' (and not nothing).

As an example, he said that if we take the diameter of the Earth as compared to distance between Earth and Sun, the diameter of earth can be said to be zero since it is too small.

However, when we compare the same diameter of earth with the size of a grain, diameter of earth can be said to be infinite.

Hence, he concluded that the same thing can be ZERO and INFINITE at the same time, depending on the context, or your matrix of comparison.

The relationship between richness and poverty is similar to the relationship between infinity and zero.

It all depends on the scale of comparison with your wants.

If your income is more than your wants, you are rich.

If your wants are more than your income, you are poor.



I consider myself rich because my wants are far less than my income.

I have become rich not so much by acquiring lots of money, but by progressively reducing my wants.

If you can reduce your wants, you too can become rich at this very moment.

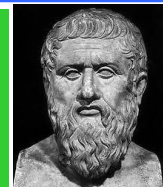
May your lives get rich by good thoughts, good deeds, good people around you always



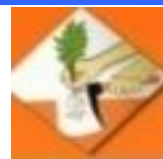


"One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors"

- Plato



**Happenings this month:
Sustainable Agriculture**



**Happenings this month:
Sustainable Agriculture**

Adds on training on "Agricultural technologies"

Adds on training on "Agricultural technologies" was held at Vivekanandapuram on 5th April. 23 students attended this programme. Smt.S.Premalatha and Shri.L.Murugan were the resource persons. The programme was sponsored by Sree Ayyappa college, Nagercoil.



Students are eagerly listening about Vermi compost preparation

Training on "Azolla technology"

Training on "Azolla technology" was held at Vivekanandapuram on 20th April. Three persons attended this programme. Smt.S.Premalatha was the resource person.



Smt.S.Premalatha explaining the multipurpose usages of Azolla



Shri AMM Murugappa Chettiar
Research Centre

Training on "Soil Analysis"

Training on "Soil Analysis" was held at Vivekanandapuram on 16th April. 30 farmers attended this programme. Dr.Arun Kumar and Shri.Ram Mohan from Murugappa Chettiar Research Institute, Chennai acted as the resource persons.



Shri.V.Ramakrishnan, Director, VK-Nardep giving introductory remarks



Dr.Arun Kumar from Murugappa Chettiar Research Institute, Chennai explaining the soil testing method with the help of testing kit

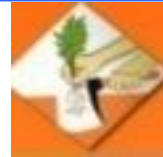


"Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws"

- Plato



Happenings this month:
Sustainable Agriculture



Happenings this month:
Sustainable Agriculture

Harit Aajeevika

Four Awareness Programmes on "Green Livelihood technologies" (Harit Aajeevika) conducted at Rameswaram in the month of April. Totally 92 participants attended these programmes. Shri.Sridhar, Shri.Balaguru, Shri.Bharat and other team members acted as the resource persons. The programme was sponsored by L&T Technology Services, Bangalore.



Shri.Sridhar at Ramakrishnapuram, Rameswaram



Shri.Balaguru at Vivekananda Nagar, Pamban, Rameswaram



Shri.Bharat explaining about the scheme at Manthoppu, Pamban, Rameswaram

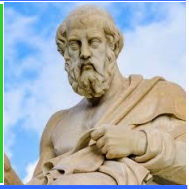


Attentive participants listening about the scheme at Therukuvadi, Rameswaram



"Democracy... is a charming form of government, full of variety and disorder; and dispensing a sort of equality to equals and unequals alike"

- Plato



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health



Green Health

Green health home worked for 17 days. 84 patients treated. In addition, 41 people underwent Varma massage.

Training programme on "Varma Bone Setting"

3rd year, 1st module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 26th and 27th April. 31 participants attended this programme. Dr.Muthushanti and her team acted as resource persons.



Pain relieving Varma Massage techniques by Vai. Suresh is on ...



Dr.Rajendran explaining about "Varmam and Adangal Manipulation Methods"



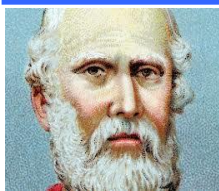
Participants posing for photograph during Medicine preparation



Dr. Kannan Rajaram taking a class on "Varma Saram and Nadi Kalai"

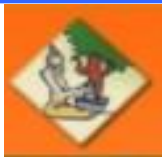


Dr.Muthu Shanti interacting with the participants

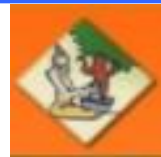


"The beginning is the most important part of the work"

- Plato



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Harit Aarogya

11 Awareness Programmes on "Planting and semi-processing of herbs" (Harit Aarogya) were conducted at Kanyakumari district in the month of April. Totally 115 participants attended these programmes. Shri.V.Ramakrishnan, Shri.Perumal, Shri.Vijayaragavan and other team members were the resource persons. The programme was sponsored by L&T Technology Services, Bangalore.



Shri.V.Ramakrishnan, Director, VK-Nardep explaining about the scheme at Sundanparappu, Kanyakumari district



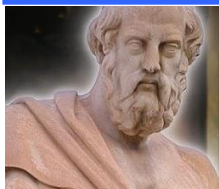
Shri.Perumal at Vellamadam, Kanyakumari district



Shri.Vijayaragavan interacting with the participants at Vadiveeswaram, Kanyakumari district



Attentive participants at Tengamputhur, Kanyakumari district

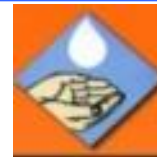


"Never discourage anyone...who continually makes progress, no matter how slow"

- Plato



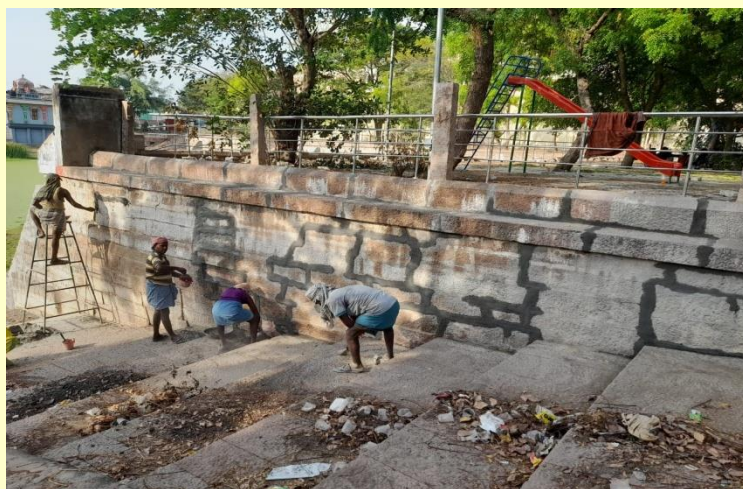
Happenings this month:
Water Management



Happenings this month:
Water Management

Revival and Renovation of Surya Pushkarani

Revival and Renovation work of Surya Pushkarani at Aruppukottai, Virudhunagar district is swing. The project is sponsored by Lakshmi group of companies, Coimbatore.



Touch up work on the wall is on



Workers are at work.. Background views of newly constructed piers for strengthening the walls



CITY UNION BANK

Revival and Renovation of Koneri Teertham

Revival and Renovation of Koneri Teertham work is going on although with slow pace. Given below a few photographs. This project is sponsored by City Union Bank, Kumbhakonam.



Workers are cleaning the areas and removing the weeds

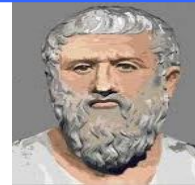


Construction of side wall is on



"Opinion is the medium between knowledge and ignorance"

- Plato



Happenings this month:
Networking



Happenings this month:
Networking



Personality development camp

Three days Personality development camp was held at Technology Resource Center, Anjaneyapuram on 15th to 17th April. 56 children from Avvai ashram, Gandhigram Trust, Dindigul participated. Shri.V.Ramakrishnan, Shri.C.Vijayaraghavan and his team acted as resource persons.



Shri.C.Vijayaraghavan interacting with the children



Children enjoying indoor games

Study Tour

26 students from Dept. of Civil Engineering, Nadar Saraswathi College of Engineering and Technology, Theni visited Gramodaya Park on 12th April. They learned Green construction technologies.



Shri.V.Ramakrishnan, Director, VK-Nardep explaining - Cost effective construction technologies



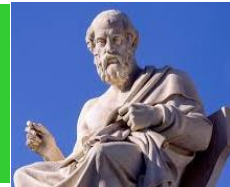
Project work

Shri. M.C.Eniyan from Dept. of Mechanical Engineering, College of Engineering, Konam, Nagercoil collected slurry from Bio-methanation plant for doing his project work. He is working under the guidance of Vivekananda Kendra -NARDEP.



"Courage is knowing what not to fear"

- Plato



Happenings this month:
Networking



Happenings this month:
Networking

Personality development camp

One-day Personality development camp for Sanskar Varga children was held at Vivekanandapuram on 29th April. 28 children attended this programme. Shri.V.Ramakrishnan, Shri.C.Vijayaraghavan acted as resource persons.



Self introduction is on

Study Tour

46 students from Dept. of Energy and Environmental Engineering, Tamil Nadu Agricultural University, Coimbatore visited Gramodaya Park on 24th March. They learned cost effective construction technologies and Biogas technology.



Shri.V.Ramakrishnan, Director, VK-Nardep briefing on "Bio-methanation technology"

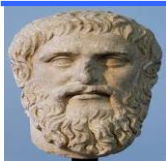


Official visit

Shri.Nilay Kapoor, Chief General Manager, Head of Human Resources, NABARD from Mumbai visited our office on 24th April along with Kanyakumari District Development Manager, Shri.Suresh. Shri.G.Vasudeo, Secretary, VK-Nardep explained our activities.



Children showing their talent during outdoor games



"The greatest wealth is to live content with little"

- Plato



Visions of Wisdom



Social Contract

Social contract of enduring societies has been one of cooperation, interdependence and symbiosis. Rousseau expressed these very ideas eloquently and forcefully in his social contract. Man is a social animal. He craves individuality and independence but his stature as a human being and his status as a civilized being totally depend on his capacity to accept social good. If a human being is to live up to his potential, of necessity he must accept and use all the glorious achievements that society and culture have accumulated. The give and take is the essence of social life. Therefore, a sane and enduring social contract is a symbiotic one.



Henryk Solimowski
Polish Philosopher settled
in America



Science and Spirituality

Socio-economic paradigm can be built only after understanding man's relationship with the world. Since the very dawn of human civilization, the Hindu mind has reflected on the true nature of Universe and man and their inter-relationship. The depth and profundity of their enquiry in this regard is revealed in various schools of philosophy developed in India. The ancient Indian genius had discovered the fundamental unity of all Cosmic phenomena and the earliest clear and unequivocal enunciation of the holistic world view is found in Upanishads. Researches in modern physics are also establishing the holistic nature of universe.



Dr. Murli Manohar Joshi
Politician and former
professor of physics in
University of Allahabad



Relationship with Cosmos

That renowned admirer of Mahatma Gandhi, Schumacher, envisages this shift in values thus: 'Wisdom demands a new orientation of science and technology towards the organic, the gentle, the nonviolent, the elegant and the beautiful'. It is to this 'holistic' or 'systemic view' or 'spiritual' vision that education, culture, religion etc. should lead us during our growth and unfoldment. An awareness of our unbreakable relationship with the entire cosmos and a deep concern for the welfare of everything around us is a must for all of us. Such an awareness alone can reconvert this world into a healthy house.

Dr. M. Lakshmi Kumari
Director
Vivekananda Kendra –
Vedic Vision Foundation

