

Echoes of Eco



December, 2018

Vivekananda Kendra- nardep Newsletter

Vol:10 No: 10

Hell and Heaven

One day a man said to God, "God, I would like to know what Heaven and Hell are like."

God showed the man two doors. Inside the first one, in the middle of the room, was a large round table with a large pot of stew. It smelled delicious and made the man's mouth water, but the people sitting around the table were thin and sickly. They appeared to be famished. They were holding spoons with very long handles and each found it possible to reach into the pot of stew and take a spoonful, but because the handle was longer than their arms, they could not get the spoons back into their mouths.



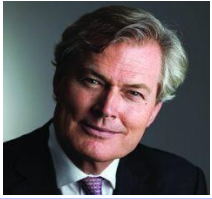
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That (Absolute Brahman) is infinite. This (manifested Brahman that is the universe) is also infinite. From infinity comes infinity. Infinity subtracted from infinity, still leaves infinity.

(Upanishad)



"People who contend with stressful situations regularly detect more opportunities of this nature than people who are living in pampered circumstances"

- Gunter Pauli



The man shuddered at the sight of their misery and suffering. God said, "You have seen Hell."

Behind the second door, the room appeared exactly the same. There was the large round table with the large pot of wonderful stew that made the man's mouth water. The people had the same long-handled spoons, but they were well nourished and plump, laughing and talking. The man said, "I don't understand."

God smiled. It is simple, he said, Love only requires one skill. These people learned early on to share and feed one another. While the greedy only think of themselves... [Author unknown]



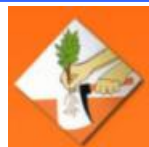
Sometimes, thinking solely of our personal gratification, we tend to forget our interdependence with everyone and everything around us, so much so that we stop caring about them. But, as the parable makes it clear, by doing so, not only don't we help others overcome their suffering, but we're also unconsciously harming ourselves, since we are all connected on a very deep level.





"Life is about flows not about stuff we have. Water in a tank turns bad. Water that flows gives life. Money in banks turn toxic, it must flow"

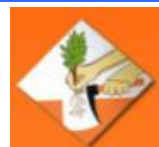
- Gunter Pauli



Happenings this month:
Sustainable Agriculture



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Sustainable Agriculture

Training programme on "Terrace Garden" was held at J.C.Bose Nursery on 8th December. 02 participants attended the training. Smt.S.Premalatha was the resource person.



Camp participants at our terrace garden

Training programme on "Bio-manure Preparation" was held at J.C.Bose Nursery on 29th December. 08 participants attended the training. Shri.S.Rajamony was the resource person.



Participants eagerly purchasing garden materials



Feedback from the field

Organic cultivator

Shri.S.George Celestine,
No.522, Vilar Road, Q.M.Nagar
Thanjavur Dist.
Mob: 9790139213



I am George Celestine from Q.M.Nagar, Thanjavur District. I am a sales tax officer, however, I am having a hobby of growing my own vegetables. Few months back, to be precise in the month of September, 2018 I have undergone training on Terrace Garden at Vivekananda Kendra. Now I am growing vegetables on my terrace and getting regular guidance from Kendra, whenever I face problems of pest or less output etc. Thanks to Vivekananda Kendra team for regular guidance.



**"Key in life is to be able to answer the question "How much is enough?"
Modern society has a desire to accumulate stuff & do nothing with it"**

- Gunter Pauli



**Happenings this month:
Sustainable Agriculture**



Happenings this month



**Happenings this month:
Holistic Health**

Training programme on "Home Garden for Nutritional Security" was held at Green Rameswaram Building, Rameswaram. The training was given for 12 batches (30 participants for each batch). Totally 360 participants benefited. Shri.S.Rajamony and Shri.Sridhar were the resource persons. The programme was sponsored by NRDC (National Research Development Corporation), New Delhi.



Shri.S.Rajamony explaining about Terrace garden technology to the participants

Training programme on "Ferro Cement Technology - Multiple Usage" was held at Gramodaya Park on 21st December. 35 participants attended the training. Shri.V.Ramakrishnan was the resource person.

Green health home worked for 5 days and treated 248 patients.

Workshop on "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center on 10th and 11th December. 38 Vaidyas attended. Dr.V.Ganapathy and his team acted as resource persons.



Dr.Ganapathy and his team during Varma workshop



Attentive camp participants on Ferro cement technology training



"Our lives are full of stress. Some meditate, some walk, some sing and dance. Nature offers us garlic, hibiscus etc. to relieve stress"
- Gunter Pauli



**Happenings this month:
Renewable Energy**



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Renewable Energy**

Training programme on "Biogas - Waste Management & Solar Energy" was held at Scott Christian College, Nagercoil on 18th December. 75 participants attended the training. Shri.V.Ramakrishnan was the resource person. The programme was sponsored by Cross Trust, Nagercoil.



Shri.V.Ramakrishnan explaining about Bio-methanation technology to the participants

Training programme on "Bio-methanation - Multiple Usage" was held at Vivekanandapuram on 29th December. 06 participants attended the training. Shri.V.Ramakrishnan was the resource person.



Shri.V.Ramakrishnan explaining about Biogas technology

Construction of Portable Type Bio-methanation plants -
IFAD, Tiruvarur 1cum - 2 nos.
IFAD, Tirunelveli 1cum - 8 nos
IFAD, Pudukottai 1cum - 30 nos



29 students from Tamilnadu Agricultural University, Killikulam visited J.C.Bose Nursery on 3rd December as a part of Study tour. Students learned Sustainable Agricultural technologies.



Students at Vermi Wash unit - Biley Horticulture and Research Development Farm

"We are reducing the number of relationships. We are slowly but surely consuming the massive reserves of energy that have been accumulating and are stored in the ecosystems"

- Gunter Pauli



**Happenings this month:
Networking**



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Shri. Harsh Kumar Bhanwala, Chairman, NABARD Chennai along with Shri. Sailesh Kumar, Dist. Manager, Kanyakumari visited our office on 8th December.



NABARD officers at Gramodaya Park

Shri. G. Vasudeo presented a paper on "Green Rameswaram" during Regional Workshop for Unnat Bharat Abhiyan on 3rd December at IIT, Madras. The programme was sponsored by Ministry of Human Resource Development, New Delhi.



Shri. G. Vasudeo presenting his paper during the workshop

Gaja cyclone made havoc in the coastal districts of Tamilnadu mainly Tanjavur, Tiruvaur and Nagapatinam. Vivekananda Kendra gave relief materials for the affected peoples. Shri. Hanumanta Rao, All India Treasurer, Vivekananda Kendra, Shri. G. Vasudeo, Secretary, VK-Nardep and Shri. V. Ramakrishnan, Director, VK-Nardep Participated in the relief work on 23rd and 24th December at Thiruvavur District.



Distribution of relief materials - Gaja cyclone





"There is no unemployment in eco-systems"

- Gunter Pauli



**Happenings this month:
Networking**



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Networking**

Dr.V.Ganapathy presented a paper on "Varma Yogam" during National Yoga Sangamam on 6th December at Vivekananda Kendra, Kanyakumari. 150 participants attended the conference.



Dr.V.Ganapathy presenting his paper during Yoga Sangamam

Dr.V.Ganapathy presented a paper on "Application of Siddha Varma therapy in spinal disorders" during Siddha day Celebration on 26th December at Chandrasekharan Nair Stadium, Trivandrum. 125 participants attended the celebration. The programme was sponsored by National AYUSH Mission, Govt. of Kerala.



Dr.V.Ganapathy receiving the Memento

Gita Jayanthi Annual day was celebrated for Amutha Surabhi Federation on 22nd December. Prof.Jeyakumari, Vivekananda College, Agasteeswaram addressed the auditorium. 35 SHG members participated. Various competitions were held such as (i) Lemon and spoon (ii) Filling the water in a bottle (iii) Shotput (iv) Running race and (v) Needle and thread etc.

Every member of the SHG participated in one or the other competition and enjoyed enormously.



Lighting the lamp by the Chief guest and SHG member



Competitions is on



"Problems are opportunities"

- Gunter Pauli



Visions of Wisdom

I'm not letting go!



Winning by Letting Go

In India, people are said to have caught monkeys by setting out a small box with a tasty nut in it. There is an opening in the box large enough for the monkey to thrust his hand in, but too small to withdraw it once he's clutched the nut. When the monkey has grabbed the price, he must either let go and regain his freedom or keep hold and stay trapped. Most monkeys hold on the nut, making it easy for the hunters to pick them up. People have been known to get caught in the same kind of trap. The person who puts the goodie in the box controls the person who grabs it, but if we are willing to let go of the goodies, we are free of control.



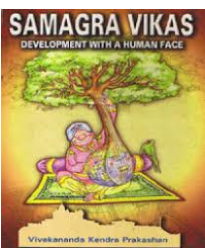
Happiness lies in contentment

Man falls from the pursuit of the ideal of plain living and high thinking the moment he wants to multiply his daily wants. History gives ample proof of this. Man's happiness really lies in contentment. He who is discontented, however much he possesses, becomes a slave to his desires. And there is really no slavery equal to that of his desires. All the sages have declared from the house-tops that man can be his own worst enemy as well as his best friend. To be free or to be a slave lies in his own hands. And what is true for the individual is true for society.



Food Footprint

People in rich countries eating and drinking themselves into the grave. The kind of food that we eat is also important. In the U.S.A. it takes ten times the energy to produce 270 calories of beef as it does to produce 270 calories of corn. And to produce 270 calories of corn itself it takes about 2800 calories of energy at all-or enough to feed an average Indian for one day. More incredible is the fact that about 16 kg of soya beans cattle feed go into the making of one kg of beef! So in effect whenever an American eats a kg of beef, he is eating enough grain to feed sixteen or more people in India. Therefore, both, what we eat and how we grow are of crucial importance.



Elizabeth Brenner
Extracts from Samagra
Vikas, Vivekananda
Kendra Prakashan Trust



Mahatma Gandhi



M. Paranjpe
Indian poet and the
director of Indian
Institute of Advanced
Study, Shimla