

# Echoes of Eco



February, 2020

Vivekananda Kendra- nardep Newsletter

Vol:11 No:12

## Green warrior-Rahibai Popere

### 'Seed Mother of India' - Padma Shri 2020 Awardee



Rahibai Popere, popularly known as 'Seed Mother of India' has registered her name in the BBC List of "100 Women 2018". Adding another feather in her cap, Rahibai has been conferred as a recipient of the fourth highest civilian award 'Padma Shri' this year.

Rahibai Popere comes from Kombhalne, a small village located in the Ahmednagar district in the state of Maharashtra. A 54 years old woman who had no formal education in the field of agriculture, Rahibai

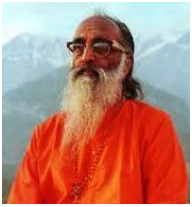
### In this issue:

- Green warrior - Rahibai Popere
- The Happenings
- Visions of Wisdom:
  - Stay connected to oneself
  - Deconditioning the mind
  - Returning to our own self



### **Buddha - The Teacher (Ninth Incarnation)**

*All glories to you, O Lord of the universe, who took the form of Lord Buddha. Your heart is full of compassion for the poor animals who were slaughtered in the ritual sacrifices of the Vedic age.*



*"Be strict and intelligently critical about yourself and your own weakness and follies. But, cushion your words and attitudes with Love. Love is the greatest persuasive power we know in life"*

- Swami Chinmayananda



has earned the tag of 'Seed Mother' only because of her immense knowledge of different varieties of native or indigenous seeds and crops and her countless efforts to save these crops. An expert in subjects like agrobiodiversity and landrace conservation, she has also formed several innovative techniques in the cultivation of paddy crops.

She has a vast stretched farmland of fifty acres where she grows 17 different crops. In her own garden/farm, she has 114 varieties of 53 crops that are preserved in traditional and tribal ways. In an interview, she says, "Native crop varieties are not only drought and disease resistant, but are nutritive and retain the soil fertility as they do not need chemical fertilizers and excessive water."

#### **Her Source of Inspiration**

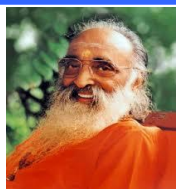
The thought of saving the indigenous crops struck her mind when the people in her village started to fall ill frequently. In an interview with BBC, Popere says, "Sickness has increased among villagers. We didn't have malnourished children before. I thought it was happening because of hybrid foods and chemical fertilizers. Indigenous crops need only water and air to grow but hybrid crops require more water and chemical fertilizers."

Despite receiving constant criticism from other villagers, her own family and even from other women, Popere never held back herself and kept walking on her own path. She says, "If I hadn't tolerated their remarks and comments, these seeds would have vanished from the earth. Nothing would have remained if I had listened and kept quiet."

This story first appeared on: Krishi Jagran News.







*"A Conquest, without facing dangers is as dull as Victory without a shining glory. A game without a prize"*

- Swami Chinmayananda



Happenings this month:  
Sustainable Agriculture



Happenings this month:



Happenings this month:  
Holistic Health



**Dream to make a petty shop to super market**

Smt.Chandraleka  
Vattakottai



I am running a petty shop at Vattakottai, Kanyakumari District. My husband is only an agricultural labourer. My intention in running the petty shop is to support the family; however, I could not fill up the petty shop with proper stocks due to my poor financial condition. I was expecting a revival of fortunes; I came to know

from one of my friend that Vivekananda Kendra - NARDEP is conducting a training programme for livelihoods enhancement. Myself volunteered to attend the workshop and learnt entrepreneurial skills during the programme held on 4th and 5th October 2018. I got a livelihood loan of Rs.20000/- from the programme for the existing business itself. Afterwards, not only I filled up the stock of petty shop but also added a few items. Subsequently, lot of customers started coming to the shop regularly due to the variety and consistent availability of products.

I learnt the art of writing accounts during the training programme which helped me to maintain the track record of stocks bought and the margin available for the quarter ending to calculate the profit margin and could now plan my requirements properly. I am regularly repaying the loan. I am thankful to Vivekananda Kendra - NARDEP for funding support as well as for giving me training in entrepreneurship. Now I feel more confident and dreams of converting petty shop to a store and with the blessing of God even to a super market!

Green health home worked for 4 days and 198 patients were treated.

Workshop on "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center on 10<sup>th</sup> and 11<sup>th</sup> February. 32 members attended the training. Dr.V.Ganapathy and team acted as resource persons.



Dr.R.Rajesh, Principal, Rohini Engineering College interacting with the participants during inaugural session



Varmam medicine preparation is on ....





*"There is no destiny beyond and above ourselves; we are ourselves the architects of our future"*

- Swami Chinmayananda



**Happenings this month:  
Renewable Energy  
Sources**



**Happenings this month**



**Happenings this month:  
Shelter**

### Construction of Bio-methanation plants

- Portable type 1 cum - 30 (IFAD, Ramanathapuram)
- Fixed type 25 cum - 1 (Ambattur, Chennai)



*Beneficiary proudly standing near the Bio-methanation plant*



*25 cum Shakti Surabhi Bio-methanation plant construction work is on at Ambattur, Chennai*

Workshop on "Green Building Technologies" was held at Agasteeswaram, Kanyakumari district on 20<sup>th</sup> February. 38 members attended the training. Shri.C.Vijayaraghavan acted as a resource person.



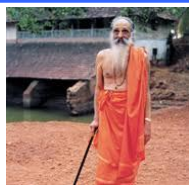
*Shri.Vijayaraghavan interacting with the participants*

Workshop on "Green Building Technologies" was held at Putheri, Kanyakumari district on 22<sup>nd</sup> February. 18 members attended the training. Shri.C.Vijayaraghavan acted as a resource person.



*Shri.Vijayaraghavan talking about green technologies with the participants*





*"Universe is a cosmos and not a chaos. There exists a mental affinity; a scientific law; a rhythm of mental relationship in which the entire living world is held together, in one web of love"*

- Swami Chinmayananda



Happenings this month:  
Networking



Happenings this month



Happenings this month:  
Networking

43 students from Moderator Gnanadason Polytechnic, Nagercoil visited Gramodaya Park on 25<sup>th</sup> February as a part of study tour. Students learned different green construction technologies.

National Dairy Development Board (NDDB) having HQ at Anand, Gujarat is identified as one of the implementing agency for the central sector scheme "New National Biogas and Organic Manure Programme" (NNBOMP) by MNRE, GOI. Ms. Romy Jacob, Senior Manager, NDDB, Trivandrum and A. Krithiga, Sr. Manager, NDDB, Erode visited VK-NARDEP on 17<sup>th</sup> February to discuss about the Shakti Surabhi biogas models and use of slurry.



NDDB officials understanding the specialties of Shakti Surabhi bio-methanation plant

On 16<sup>th</sup> February, Dinamalar newspaper (Tamil) gave a good coverage about "Farmers Awareness and Buyers - Sellers Meet" which was held on 14<sup>th</sup> and 15<sup>th</sup> February at Gramodaya Park, Vivekanandapuram.

"Banana cultivator's meeting" was held at VRRC Hall, Vivekanandapuram on 27<sup>th</sup> February. 20 farmers attended the training. Shri. Thangavel, Senior Scientist, Banana Research Institute, Trichy showed different varieties of banana to the three foreign guests.



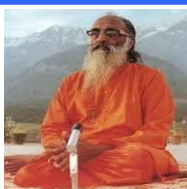
Different varieties of banana displayed during the meeting

51 students from Mount Litera Zee School, Mylaudy visited J.C. Bose Nursery on 28<sup>th</sup> February as part of study tour. They learned composting



Students are standing near vermin composting bed





*"What you have is all His Gift to you. What you do with what you have is your Gift to Him ...."*

- Swami Chinmayananda



Happenings this month:  
Sustainable Agriculture



Happenings this month



Happenings this month:  
Sustainable Agriculture

## Farmers Awareness and Buyers - Sellers Meet (14 & 15 of February, 2020)

### Brief Report

Programme started with lighting the lamp by Shuchi Mathur, Assistant Director, National Institute of Agricultural Marketing (NIAM), Jaipur, Rajasthan and Shri. Sailesh, DGM -NABARD, Kanyakumari. Total 219 people participated which includes farmers, Govt. officials and professionals attended. During the programme, many farming techniques were discussed such as i.) Improving soil health ii) Nutrient management iii) Value added Coconut and Banana products iv) seed treatment and organic certification) Food processing and marketing, vi) vermin wash vii) inter-cropping farming viii) bio gas slurry based agriculture ix) High potency compost x) pest management etc.,



Dr. Shuchi Mathur, Asst. Director, NIAM lighting the lamp

11 Farmers producer companies as well as institutions displayed innovative organic products such as Neera from palm and coconut, juices, Kanitribals displayed varieties of Organic fruits and vegetables while Rajasthani person settled in Tamilnadu was proud in selling varieties of products related with cow. Many of the farmers brought their sample of organic grains in their bags for selling and marketing.



Shri. Sailesh, DGM Kanyakumari, NABARD, interacting with the stall owners

A progressive farmer Shri. Arumugam from Kanyakumari demonstrated various items made from Banana including banana stem, which is not tasty but also good for health. From one stem of plantain tree, one can earn minimum Rs.1500 as a value added product. Processing of Moringa leaf and moringa products as a cosmetics attracted the maximum attention. The stall owners presented their value added products and explained its specialty. They also pleaded the audience to purchase and propagate their items.



Mr. C. Arumugam, Farmer, Monday Market, Nagercoil, explaining value added products from Banana and Coconut

In the open session, Farmers expressed their problems mainly of credit and marketing facilities. Everybody



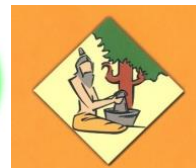
**"Moksha' is not 'Freedom from Action' but, 'Freedom in Action"**  
- Swami Chinmayananda



**Happenings this month:  
Holistic health**



**Happenings this month**



**Happenings this month:  
Holistic health**

wanted their quality product to have a good exposure so that they can get real value for it. Majority of the farmers wanted to get rid of middleman - the so called seller. They wanted their product to be sold directly to the end user, which will be beneficial to both.



**Dr.Cissie Theebyn David, KVK, Tirupathisaram, explaining the Food Processing & Marketing**

Majority of the farmers do not want to stop with one such meet, they wanted Vivekananda Kendra-nardep to take a lead in forming a Farmers Network. Dr.Senthilnathan,&Hariharasudhan young progressive farmers led the discussions on this subject. The group decided to prepare an action plan and inform the members through mail and WhatsApp about the future course of action



**Shri.C.S.Kumar, Patanjali Vibuthi, Trichy, sharing his experiences**

Five farmers were felicitated during the concluding function by giving them the Mementos. Dr.Shuchi Mathur was pleasantly surprised to see the packed auditorium even during the concluding function. She appreciated Vivekananda Kendra and especially women farmers who gave their impressions during the session. One farmer said that I am very happy to see farmers sitting on the stage while Govt. officials are sitting in the audience impressed and appreciating the farmers during concluding session.



**Shri.Manikavasakam, Kozikottupothai, Kanyakumari, receiving a memento for his contribution to the agriculture**

Participants enjoyed all the arrangements including food and general atmosphere in the Vivekanandapuram campus during their stay visited Gramodaya park, J.C. Bose nursery, Biley garden and Ramayan Dharshan etc.,

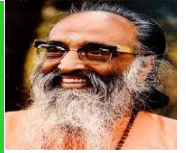






**"Introspect daily, detect diligently, negate ruthlessly"**

- Swami Chinmayananda



## Visions of Wisdom



### Stay connected to oneself

I do not want to do things to sell myself on myself. I do not want to do nice things for people so that I will be 'nice'. I do not want to work to make money; I want to work-to-work.

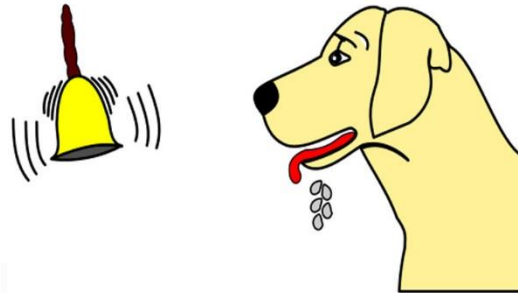
Today I do not want to live for, I want to live.

All I want to do, need to do is stay in rhythm with myself - just keep pace with myself. However, to work in rhythm with myself, I must stay deeply connected to myself.

When I make mistake, I experienced something unexpected. When I have listened to my mistakes, I have



**Hugh Prather**  
American self-help writer, famous for his book "Notes to Myself"



### Deconditioning the mind

Frustration and Pain are trapping inside us by conditioning that tells us they are inescapable.

To heal the pain, we have to go beyond the conditioning.

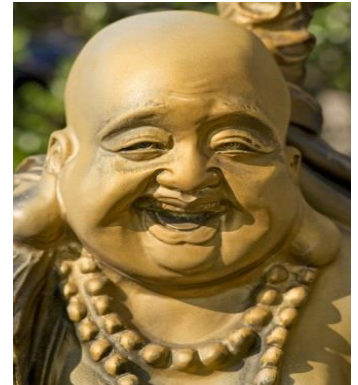
Pain is a signal of where healing should begin.

Confront the old conditioning by going inward then conditioning starts dissolving.

Nevertheless, the prospect of turning inward is extremely intimidating to most people, but it is the only way the mind can conquer its built in resistance.



**Deepak Chopra**  
Indian-American author and alternative-medicine advocate. A prominent figure in the New Age movement



### Returning to our own self

Smiling means, we are ourselves, that we have sovereignty over ourselves. Smile releases nervous system.

You should be able to smile your sorrow too. Because we are more than our sorrow. A human being is as a TV set with millions of channels. If we turn Buddha on, we are Buddha. If we turn sorrow on, we are sorrow. Do not allow one channel to dominate you.

We allow noisy TV programme invade us, assail us, destroy us, even if our nervous system suffers, we don't have the courage to stand up and turn it off, because if we do that, we will have to return to our self.



**Thich Nhat Nahn**  
Vietnamese Buddhist monk and peace activist