

Echoes of Eco



January, 2019

Vivekananda Kendra- nardep Newsletter

Vol:10 No: 11

Develop Sunflower Trait

Sunflowers ☀ turn according to the position of the sun, in other words, they "chase the light." You might already know this, but there is another fact that you probably do not know! Have you ever wondered what happens on cloudy, rainy days when the sun is completely covered by clouds?



This is an interesting question, isn't it?

Perhaps you think the sunflower withers or turns its head towards the ground. Is this what crossed your mind?

Well, that's incorrect!

*This is what happens-
They turn towards each other to share their energy ☀☀*

In this issue:

- Story - Develop Sunflower Trait
- The Happenings
- Visions of Wisdom:
 - Green House Effect
 - GNP as the Prime Economic Yard Stick?
 - A Civilization based on Garbage Making

**The happiest people
in life are the givers,
not the getters.**



*The principle of giving more than
we receive is the ideal for life.*

*O Lord we pray to you to fulfill
this prayer of ours*

(Vivekananda Kendra - Prayer)



"There is something fundamentally wrong in treating the Earth as if it were a business in liquidation "

- Herman Daly



Nature's perfection is amazing; now let's apply this reflection to our lives. We all want this light and seek it in different ways: in our family, friends, religion, work and so on. But there are always going to be cloudy days, gloomy days, because there is no escaping them!



When this happens, most people become overwhelmed, low-spirited, and the most vulnerable ones, some-times, become depressed. How about following the example of the beautiful sunflowers ☀ supporting and empowering each other? Nature has so much to teach us.

Wishing everyone a "Sun flower" ☀ trait of turning towards each other on their cloudy and gloomy days.

And may we be the sunflowers ☀☀ in each other's lives🙏





"The problem with the World Bank has to do with development - the spreading of Western over-consumption worldwide"
- Herman Daly



**Happenings this month:
Sustainable Agriculture**



Happenings this month:



**Happenings this month:
Sustainable Agriculture**

Training programme on "Bee Keeping" was held at J.C.Bose Nursery on 5th January. 09 participants attended the training. Smt.S.Premalatha and Shri.S.Rajamony were the resource persons.



Practical demonstration is on

Training programme on "Azolla technology" was held at J.C.Bose Nursery on 19th January. 04 participants attended the training. Shri.S.Rajamony was the resource person.



Participants observing Azolla beds



Feedback from the field

Organic cultivator

Dr.Devasahaym Samuvel
Prof & Head of the Dept. - Physics
Christian College at Marthandam
Mob: 9443417121



My name is Dr.Devasahaym Samuvel. I am a Prof & Head of the Dept. of Physics at Christian College, Marthandam, Kanyakumari Dist. Twenty Years back, I met Shri Rajamony of Vivekananda Kendra- NARDEP at Kodaikanal during a seminar. Afterwards, I attended Organic farming workshop at Kendra, Kanyakumari and started practicing Organic farming. I am getting regular guidance from VK- NARDEP staff.

I am harvesting Beans, Elephant Yam and Ginger regularly in my farm by way of low input sustainable agriculture. Thanks to Vivekananda Kendra-NARDEP staff for regular encouragement.



"Growth chestnuts have to be placed on the unyielding anvil of biophysical realities and then crushed with the hammer of moral argument"

- Herman Daly



Happenings this month:
Holistic Health



Happenings this month



Happenings this month:
Holistic Health

Green health home worked for 4 days and 159 patients treated.

National seminar on "Traditional Siddha Varma therapy for Stress related disorders" was conducted at Gramodaya Park, Vivekanandapuram on 29th and 30th January. 109 Vaidyas, Siddha Doctors, students and Traditional healers attended. The participants were mainly from Southern states.

Highlights:

- Dist. Collector, Shri.Prashant M Wadnere, IAS, Kanyakumari Dist. attended the inaugural session.
- Researchers presented papers on different facets of Psychosomatic diseases.
- Some Siddha medical agencies exhibited their products and books.
- Practical demonstration conducted on Varma points for stress release.



Exhibition of herbal products and books



Dist. Collector, Shri.Prashant Wadnere, IAS interacting with the participants



Practical demonstration is on ... during Varma Conference



"The economy is a wholly owned subsidiary of the environment, not the reverse"

- Herman Daly



Happenings this month:
Cost effective construction technologies



Happenings this month:



Happenings this month:
Renewable Energy

Training programme on "Ferro Cement Technology - Multiple Usage" was held at Gramodaya Park on 2nd January. 98 participants attended the training. Shri.V.Ramakrishnan was the resource person.



Shri.V.Ramakrishnan explaining about Ferro-cement technology to the participants

Training programme on "Low cost housing technologies" was held at Arumanai, Kanyakumari Dist on 8th January. 63 participants attended. Shri.V.Ramakrishnan was the resource person. The programme was organised by Govt. Polytechnic, Nagercoil.



Shri.V.Ramakrishnan explaining about Low cost housing technologies

Construction of Portable Type Bio-methanation plants - IFAD, Thoothukkudi 1cum - 40 nos.



Shri.S.Rajamony explaining about Fish Amino technology during the training programme at Pudukottai

Training programme on "Enhanced Fish Amino Technology" was held at Ramanathapuram and Pudukottai on 22nd and 23rd January. 100 participants (50 in each district) attended the training. Shri.S.Rajamony was the resource person. The programme was sponsored by IFAD, Chennai.



"We say we need to clean up the environment; to clean up the environment, we need to be richer. But maybe getting richer is actually making us poorer"
- Herman Daly



Happenings this month:
Inner sustainability



Happenings this month:



Happenings this month:
Inner sustainability



Lighting the lamp by the Chief guest and SHG member

Annual day was celebrated for Amudha Surabhi Federation on 10th January. Shri. Ananthasree Padmanabhan, Administrative Officer, Vivekananda Kendra, Shri. Abraham Lincoln, Principal, VK Vidyalaya, Rajesh, Principal, Rohini College addressed the participants. About 100 SHG members participated. Prizes were distributed to the winning participants.

Delicious lunch was provided after the function.



Winning participants received prizes

Samarth Bharat Parva and Annual sports day was celebrated for Amudha Surabhi Federation on 2nd January. Sis. Radha Devi of Vivekananda Kendra addressed the gathering. 98 SHG members participated. Various competitions were held such as (i) stone picking (ii) Rangoli (iii) Singing a Song (iv) Elocution and (v) Essay writing etc.

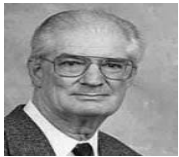
All SHG members participated in one or the other competition and enjoyed enormously.



Sis. Radhi Devi interacting with the participants



Rangoli Competition is on



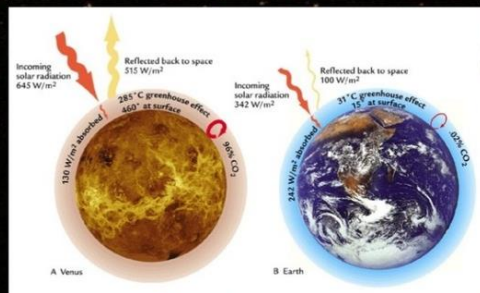
"We need an economics fit for purpose in a finite and entropic world"

- Herman Daly



Visions of Wisdom

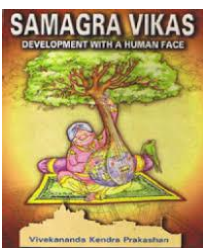
Venus has a runaway greenhouse effect because its atmosphere is rich in CO₂



Green House Effect

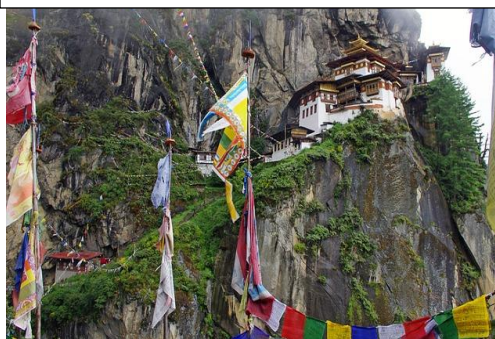
Venus is the ultimate example of a carbon-di-oxide green house that has gone too far. Its atmosphere is almost pure carbon-di-oxide, and its surface temperature, at nearly 900 degrees Fahrenheit, is enough to melt lead.

Some might say that that's not too surprising, since Venus's orbit lies much closer to the heat radiating Sun than our own. That's true enough, but it is not the basic reason for Venus's deadly heat. The other inner planet, Mercury (which is essentially without an atmosphere of any kind) is far closer to the Sun than Venus. Nevertheless, Venus is hotter than Mercury.



Extracts from
Samagra Vikas,
Vivekananda Kendra
Prakashan Trust

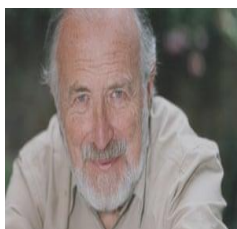
Bhutan – Gross National Happiness



GNP as the Prime Economic Yard stick

The economic paradigm focuses on quantifiable areas of life, ignoring values that help define human welfare happiness, fulfilment, morality and aesthetics.

This biased way of thinking influences development plans throughout the world. These yardsticks place traditional subsistence societies as the poorest. Thus the UN classifies Bhutan as very poor, though all Bhutanese have adequate food, clothing and shelter. But by GNP standards they are very poor. The non-monetary measures of well-being count the Bhutanese as merely equals to the homeless people on urban streets.



Edward Goldsmith
Environmentalism,
Writer and
Philosopher



A Civilization Based on Garbage - Making

The American people produce more garbage than any other people. They believe that they can trash this earth itself and move on to another planet after they have used it up.

The sad thing is that if they stopped wasting so much, stopped over-consuming, then their whole economy would collapse. The chewing gum companies, the cosmetic industry, the aspirin manufacturers, the publishers and so on would all have to close shop. They depend on say, demand, over-consumption, in order to survive. There would be severe recession if America decided to become frugal overnight, if its people decided to consume only what they needed.



M. Paranjpe
Indian poet and the
Director of Indian
Institute of Advanced
Studies, Shimla