



# Echoes of Eco

June, 2018

Vivekananda Kendra- nardep Newsletter

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## Story from Kendra Patrika - "Akshaya Vikas"

### "Do Not Waste" - Ant

Raja was in his study doing his homework when he saw a black ant trying to grab a large grain of sugar that was lying on the table.

Raja moved the grain away with the tip of his pencil.



The ant stopped and again moved towards the grain of sugar.

Raja promptly moved it again. But it fell off the table. The ant stopped and in a tiny shrill voice told Raja. "This is not fair. We have to work for every bit of food that we eat. We do not waste food as some of you people do".

"I am sorry" Raja said, and he bent down to look for the sugar grain but he could not find it.

"Never mind" the ant said. "I shall find it. All I wanted to tell you is that you should not waste food. There are many young children who are poor and do not have enough food although they work as hard for their living as we ants do".

Raja felt a bit ashamed because he often left food on his plate or milk in his cup and he hadn't realized how others had to work hard for their meals.

"And if you don't mind my telling you" the ant continued. "I often noticed that you do not switch off the light and the fan when you go out of the room. You just waste energy. Anyway, I must not waste my time. Good night", and the ant hurriedly moved away.



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Many nature, composed of the three qualities, (satva, Rajas and Tamas); five elements (fire, water, air, earth and space), nine planets and fourteen worlds; seven notes music with all their variations; ten directions and time (past, present and future) cause perpetual good to us.

(Ekatmata Stotra)



*"Love and compassion are necessities, not luxuries. Without them humanity cannot survive"*

- Dalai\_lama



Happenings this month:  
Sustainable Agriculture



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Sustainable Agriculture

Training programme on "Composting Technologies" was held at Technology Resource Center on 2<sup>nd</sup> June. 30 participants attended the training. Smt.S.Premalatha and Shri.S.Rajamony were the resource persons. The programme was sponsored by District Rural Development Agency, Kanyakumari Dist.



Practical demonstration - Vermi compost

Training programme on "Organic Farming" was held at Technology Resource Center on 9<sup>th</sup> June. 12 farmers attended the training. Smt.S.Premalatha was the resource person.



Camp participants observing the Azolla beds



Feedback from the field



Mr. Yesu Rajan  
Vellapeetti  
Melasarakal Post  
Tuticorin District.  
  
I am a small farmer. I have prepared and used Five leaves extract for controlling the pest. Initially the pest attack was reduced and again it started their work. I informed Kendra for this problem and they informed me that the spray should be once in a week. I followed the instructions and now pest attack disappeared. Thanks to Vivekananda Kendra for teaching this technology on 14<sup>th</sup> Dec.2017.

Training programme on "Bee Keeping" was held at Technology Resource Center on 23<sup>rd</sup> June. 26 farmers from all over Tamilnadu attended the training. Smt.S.Premalatha and Shri.S.Rajamony were the resource persons.



Showing Smoker to the camp participants



*"In order to carry a positive action we must develop here a positive vision."*

- Dalai\_lama



Happenings this month:  
Shelter



Happenings this month



Happenings this month:  
Holistic Health



Group discussion during Ferro cement technology training

Workshop on "Ferro-cement technology" was held at Technology Resource Center on 14<sup>th</sup> June. 37 ladies attended the training. Shri.V.Ramakrishnan was the resource person.

Workshop on "Role of Traditional Siddha Varma Bone Setting" was held at Technology Resource Center on 4<sup>th</sup> and 5<sup>th</sup> June. 39 Vaidyas mainly from Tamilnadu and Kerala attended. Dr.V.Ganapathy and his team acted as resource persons.



Practical demonstration during Varma Bone setting workshop

Green health home worked for 4 days and treated 149 patients.

"Mass Green Health Camp" was held at Vivekananda Matriculation School, Rameswaram on 26<sup>th</sup> June. 286 patients were benefited. Medicines given for 15 days. Dr.V.Ganapathy and his team acted as resource persons.



Shri.Sridhar welcoming the dignitaries during Varma medical camp at Rameswaram



Vai.Arsuraja giving treatment



*"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them"*

- Dalai\_lama



Happenings this month:  
Renewable Energy



Happenings this month:  
Networking



Happenings this month:  
Renewable Energy

Awareness programme on "Kitchen waste based Biogas plant" were conducted at the following places. The programme was sponsored by IFAD, Chennai. Shri.V.Ramakrishnan was the resource person.

S.No.	Place	Date	No. of participants
1.	Kuttam, Tirunelveli dist	1 <sup>st</sup>	45
2.	Veerapandia pattinam, Thoothukudi dist.	7 <sup>th</sup>	25
3.	Vepplodai, Thoothukudi dist	7 <sup>th</sup>	50
4.	Thangachimadam Ramanathapuram	25 <sup>th</sup>	30
5.	Pamban Ramanathapuram	25 <sup>th</sup>	40
6.	Prabanvalasai Ramanathapuram	25 <sup>th</sup>	15
7.	Devipattinam Ramanathapuram	25 <sup>th</sup>	35
8.	Mayakulam (Ervadi near) Ramanathapuram	25 <sup>th</sup>	25



Shri.V.Ramakrishnan interacting about the uses of Shakti Surabhi Bio-methanation plant



Participants eagerly hearing the information about Shakti Surabhi Bio-methanation plant



Practical demonstration - Mud block making

Training programme on "Green technologies for Sustainable Development" was held at Technology Resource Center on 10<sup>th</sup> to 12<sup>th</sup> June. 09 students attended. Shri.V.Ramakrishnan, Smt.S.Premalatha and Shri.S.Rajamony were the resource persons. The programme was sponsored by Anaadi Foundation, Coimbatore.



*"When you are discontent, you always want more, more, more. Your desire can never be satisfied. But when you practice contentment, you can say to yourself, 'Oh yes - I already have everything that I really need'"*

- Dalai-lama



Happenings this month:  
Renewable Energy



Happenings this month:  
Networking



Happenings this month:  
Renewable Energy



Follow up programme on "Kitchen waste based Biogas plant" were conducted at the following places. The project is sponsored by IFAD, Chennai. Shri.V.Ramakrishnan was the resource person.

S.No.	Place	Date	No. of participants
1.	Leepuram, Kanyakumari Dist.	5 <sup>th</sup>	05
2.	Rajakkamangalam, Kanyakumari Dist.	5 <sup>th</sup>	20
3.	Muttam, Kanyakumari Dist.	5 <sup>th</sup>	10
4.	Midalam, Kanyakumari Dist.	5 <sup>th</sup>	15
5.	Thuthur, Kanyakumari Dist.	5 <sup>th</sup>	10
6.	Nemmalli, Kancheepuram	22 <sup>nd</sup>	25
7.	Sathurangapattinam, Kancheepuram	22 <sup>nd</sup>	25
8.	57, Kulathur, Kancheepuram	22 <sup>nd</sup>	35
9.	Poonkulam, Tiruvallur	22 <sup>nd</sup>	30
10.	Pazhaverkadu Tiruvallur	22 <sup>nd</sup>	20



Shri. V. Ramakrishnan interacting with the participants

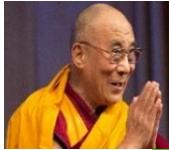


Shri. V.Ramakrishnan explaining about Shakti Surabhi Bio-methanation technology



One of the beneficiary sharing her experiences during the follow up training

Training programme on "Azolla cultivation" was held on 29<sup>th</sup> June at Kurunthancode, Kanyakumari Dist. 30 farmers attended. Shri.S.Rajamony was the resource person. The programme was sponsored by ATMA, Kanyakumari Dist.

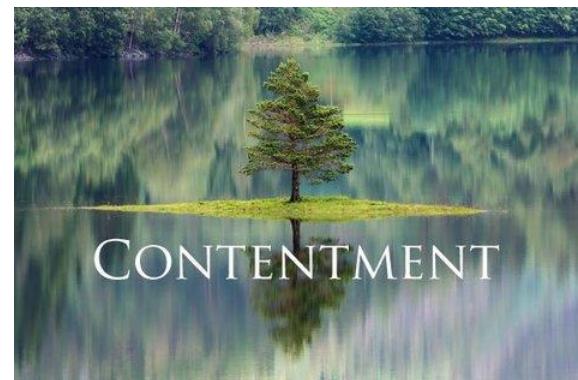
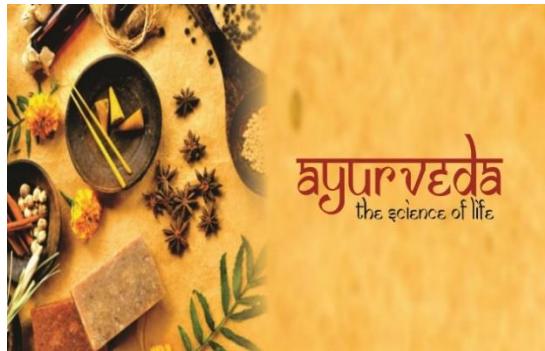


**"With realization of one's own potential and self-confidence in one's ability, one can build a better world"**

- Dalai-lama



## Visions of Wisdom



### Ayurveda the Science of Life

The ancient system of Ayurveda aims at health and longevity and not merely at therapeutics. It takes into account Purusha and Prakriti - the trigunas, the five elements, space, time, mind and the self. Ayurveda takes not the body only as the basis of life, but the soul-mind-body tripod of life. It unites Samkhya with Yoga and discovers its pivots in their biological - physiological - psychological truths. It studies before treatment of patient his Prakriti (Nature) - whether it is dominated by Vata, Pitta or Kapha or it is harmoniously balanced. Ayurveda's emphasis on harmony with nature for a sound health is also seen in its instructions on Dinacharya (the Daily Routine) and Rte-charya (Seasonal Routine and Adaptations). Ayurveda recognised the importance of Mother Nature and her innumerable boons to us.



**Dr. Shyam Bahadur Verma**  
A great Scholar, thinker and a writer. Author of Encyclopedia of Quotations – Vishwa Suktikosh

### Consequences of Blind growth of technology

Stock-piling of nuclear weapons, storing poisonous chemicals, in addition to creating psychological and emotional imbalance as a whole might have a disastrous effect on our genetic heritage. We are not trying to understand what these disastrous consequences would be. Blind growth of technology has already transformed our civilization into a nightmare of engineered human automations. We are facing a painful and frightful uncertainty. Before us, there is a gnawing nothingness, a floating vacancy, a deep and wide void, sunyata. We have become so very powerful because of technology that we are not even in a position to say 'No' to the mad growth of our own power especially when that very power threatens our civilization, threatens our long achievements and our very life.

**Dr. V. Madhusudan Reddy**  
A great scholar of Sri Aurobindo Philosophy



### Progress from Vikriti to Prakruti to Sanskriti

It is often asked, "What is progress?" Progress can never be a lifestyle which is based upon the butchery of Nature and creates of number of problems - like pollution and extinction of species. Real progress is in a life style, where quality of life improves and the individual adds to the betterment of the whole universe. This is "Sanskriti" or culture, which is achieved as a result of the sublimation of Nature for the welfare of all living beings. It is only in such an atmosphere that art, literature and peace flourish. Antithesis to this is perversion (vikriti), the challenge before us to come back from Vikriti to Nature (Prakruti) and proceed towards culture (Sanskriti). Science will give speed to it and spirituality the right direction.



**Sunderlal Bahuguna**  
A noted Gandhian Environmentalist, leader of Chipko Movement