

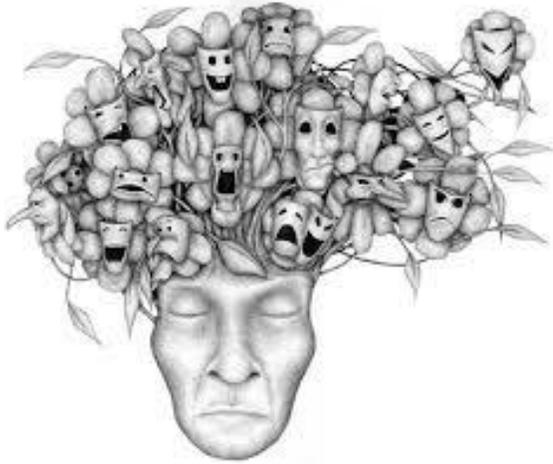
Echoes of Eco

July, 2024

Vivekananda Kendra- nardep Newsletter

Vol:16 No:05

The Impurities of Mind



We don't live in bungalows, duplexes or flats.
We live in our minds.
Yes, that's our permanent residence.
And there are no constraints of square feet there.
It's a vast space with unlimited area.
And you know what!
No matter how well organised
your rooms, balconies, garages and Verandahs are,
life is good only when things are sorted there-in your mind.
And That's where we keep things messy-regrets,
piling up in one corner, expectations stuffed in a closet,
secrets under the carpet, worries littered everywhere,
comparisons split on the table,
complexes leaking from an old bottle,
and grudges stinking in a box.
Be aware.
For this 'real home' of yours
you can't outsource housekeeping.
You got to do it yourself.

-Author Unknown



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Message of Upanishads



*"To darkness are they doomed
who worship only the body,
and to greater darkness they
who worship only the spirit"*



Swami Prabhavananda



"We have to create miracles. A miracle is not the intercession of an external divine agency in violation of the laws of physics. A miracle is simply something that is impossible from an old story but possible from within a new one. It is an expansion of what is possible"
 - Charles Eisenstein



Happenings this month:
Sustainable Agriculture



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Sustainable Agriculture

Harit Aajeevika

Training programmes on "Green Livelihood technologies" (Harit Aajeevika) was conducted at Rameswaram from 8th to 12th July. 29 participants attended. Also started implementation of the programme. The project is sponsored by L&T Technology Services, Bangalore.



Stakeholders receiving FRP tank for vermi composting



Shri. Sethurajan, Owner of a Nursery Garden Nursery techniques



Stakeholders proudly posing with their Growbags and Azofert etc.



Shri. Balagugu coordinator giving practical demonstration on Vermi compost



Vehicle speeding to the villages for distributing FRP tanks for vermi composting to the farmers



"We have to believe in a more beautiful world in order to serve it"
- Charles Eisenstein



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

Green health home worked for 23 days. 169 patients treated. In addition, 70 people underwent Varma massage.



Do's and Dont's of Varmam and Overview of Naadi Science -
Dr. Bindhuja.G.Dharan

Training programme on "Varma Bone Setting"

1st year, 2nd module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 12th and 13th July. 31 participants attended this programme. Dr.Muthushanti and her team acted as resource persons.



Dr.Balaji taking class on - Basic Anatomy and Physiology



Varma Kalari - Thiru.Rajesh Ram Aasan



Importance of Varmam, Varma medicines and Special Varma massage for selective diseases - Dr. Kumaresan, SMP



96 Principles of Siddha - Dr.MuthuSanthi



"We are all here to contribute our gifts toward something greater than ourselves, and will never be content unless we are"

- Charles Eisenstein



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

2nd year, 2nd module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 26th and 27th July. 24 participants attended this programme. Dr.Muthushanti and her team acted as resource persons.



Sharing of Bone setting Techniques of Clavicle and humerus fracture and dislocation - Vai. Arasu Raja



Adangals of Upper and Lower limbs - Dr.Rajasekar



Traditionally used Varmam and Adangal activating Techniques of Upper and Lower limbs - Vai.Paal Aasan



Adangals of Upper and Lower limbs - Vai. Prabhu Aasan



Varmam and Adangals of Upper and Lower limbs - Dr.Kumaresan



"An economist says that essentially more for you is less for me, but the lover knows that more for you is more for me, too"

- Charles Eisenstein



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Harit Aarogya

Under "Planting and semi-processing of herbs" (Harit Aarogya) we distributed seedlings and vermi compost to the stakeholders. The programme is sponsored by L&T Technology Services, Bangalore.



Stakeholder from Mukilankudirupu receiving the seedlings



Stakeholder from Azhagappapuram receiving the seedlings and Vermicompost

Free Medical Camp

Free medical camp including blood testing was held at Varmam Research and Resource Centre, Vivekanandapuram on 17th July. 80 people were benefited. Dr.Muthushanthi, Dr.S.Kumaresan,, Dr.C.Indhu, Shri.V.S.Vijay were the resource persons.



Shri.V.Ramakrishnan explaining VK-Nardep activities to the participants attending medical camp



During consultation



Taking blood for testing



"We sense that 'normal' isn't coming back, that we are being born into a new normal: a new kind of society, a new relationship to the earth, a new experience of being human"

- Charles Eisenstein



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 in full swing. The project is sponsored by Lakshmi group of companies, Coimbatore.



Removing weeds from the stairs



Plastering the damaged steps



Preparing the steps for repairing



Touch up work and curing by water the Piers constructed for supporting the wall



"Is it too much to ask, to live in a world where our human gifts go toward the benefit of all? Where our daily activities contribute to the healing of the biosphere and the well-being of other people?"

- Charles Eisenstein



Happenings this month:
New and Renewable
Energy Sources



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New and Renewable
Energy Sources

Harit Urja (Cow based circular Economy)

Training programme on Harit Urja (Cow based circular Economy) was conducted at Vivekanandapuram on 29th and 30th July. 41 stakeholders attended the programme. The project is sponsored by L&T Technology Services, Bangalore.



Shri.V.Ramakrishnan, Director, VK-Nardep explaining vermi wash technology



Shri.Perumal explaining the role of Biogas slurry in improving the soil fertility



Shri.Muneeswaran, Supersiver, Biogas technology explaining with the help of a Model



Stakeholders trying to understand Bio-methanation technology in the field



"When both sides of a controversy revel in the defeat and humiliation of the other side, in fact they are on the same side: the side of war"

- Charles Eisenstein



**Happenings this month:
New and Renewable
Energy**



**Happenings this month:
Networking**

Paper Presentation

Training on "Cow based value added products" was held at Amerseva Sangam, Aikudi, Tenkasi dist. on 14th July. 100 people attended this programme. Shri.V.Ramakrishnan gave presentation on Bio-manure

Study Tour

60 students from Tamilnadu Agricultural University, Killikulam visited J.C.Bose Nursery and Gramodaya Park on 19th July. They learned Sustainable agricultural technologies.

Harit Urja (Cow based circular Economy)

Three awareness programmes on Harit Urja (Cow based circular Economy) were conducted at Kanyakumari district in the month of July. 69 participants attended. Shri.Perumal was the resource person. The programme is sponsored by L&T Technology Services, Bangalore.



Students learning Vermi technology



Awareness programme at Maharajapuram



District Advisory Committee Meeting

Dept. of Agriculture, District advisory committee meeting was held at Agri Extension office, Nagercoil on 3rd July. Smt.S.Premalatha attended the meeting.



Awareness programme at Panchalingapuram



District Advisory Committee Meeting

Dept. of Horticulture, District advisory committee meeting was held at Collectorate, Nagercoil on 26th July. Smt.S.Premalatha attended the meeting.



“How beautiful can life be? We hardly dare imagine it”

- Charles Eisenstein



Visions of Wisdom



Mission of Life – To do Good Work

As Vivekananda described 'steadiness in dynamism and dynamism in steadiness is the secret of success and balanced growth. With the vision of each human being as potentially divine - a combination of Einstein and Budha - we prepare ourselves with a great mission for the world tomorrow. Ishavasyam after telling us that this entire universe is the home of God, advises further "Kurvanaive Karmani Jijivicheta Samah! i.e. man must wish to live for 100 years doing good work. That is the mission. There is no alternative!



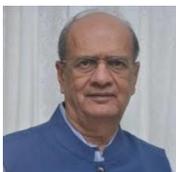
Development Pollutes

We have to give a call for tightening of the belt by the big consumers, putting in more physical work by all and shifting gears from material pleasures to moral, intellectual and spiritual happiness by all humanity. If man does not learn through wisdom, he will be instructed through shocks. Environmental pollution, energy crunch, atomization of the society, isolation of human individuals, escapist entertainment and self-destructive drugs stare in the face of man. Just in a matter of one generation man has slid from the "poverty pollutes" position to the "Development pollutes" situation.



Need for Readjustments

The West understanding the need for readjustments has already started experimenting with ideas like 'voluntary simplicity', 'frugal consumption', 'systemic wisdom', 'global awareness' and so on, concepts which are imprinted in meaningful and dynamically vibrant letters in our cultural history in sayings such as 'Isavasyamidam Sarvam', 'Tena Tyaktena Bhunjeetah', 'Vasudhaiva Kutumbakam', 'Tyagenaikena Amritwamanasu' - expressions that speak volumes of great enlightened awareness that was part of Indian life.



Dr. Muni Mehta
Honorary Chairman,
Science Ashram and
KADEC



Shri. N. Krishnamoorti
Senior worker of
Vivekananda Kendra and
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Dr. M. Lakshmi Kumari
Director
Vivekananda Kendra –
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