

# Echoes of Eco

October, 2024

Vivekananda Kendra- **nardep** Newsletter

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## The Poem Will Rewire Your Thinking

By Adam Schmalholz who writes under the pen name IN-Q



The birds aren't singing to win a Grammy.

They're not trying to go platinum, through their marketing or planning.

They're just jamming. I listen without even understanding...

The truth without agenda is authentically astounding  
It makes me think of cheetahs, they don't run for our approval.  
They don't judge their spots or contemplate laser hair removal.

It makes me think of wolves, they don't howl for validation  
They don't have to get the perfect picture to post on their vacation  
It makes me think of eagles, they are not soaring to impress me.

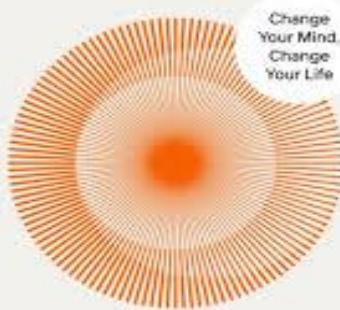
Humans are the only animals  
pretending to be something that  
they're not - Wow

Why are we ashamed of what  
we've got?  
We should strut chest out, head  
up. Let's be proud of ourselves  
for once.

Isn't it exhausting sticking out  
your butt and sucking in your gut?  
And for what's a waste of  
energy?

## REWIRED

Break the Cycle,  
Alter Your Thoughts and  
Create Lasting Change



### In this issue:

- Poem which Will Rewire Your Thinking
- The Happenings
- Visions of Wisdom:
  - Need of the Hour - Soil Health
  - Effect of Cartesian Paradigm on Education
  - Ignorance of the WHOLE

### Message of Deepawali



Deepawali symbolizes the spiritual victory of Dharma over Adharma, light over darkness, good over evil and knowledge over ignorance





"The only thing worse than the failure of this massive global development experiment, would be its success"

- Wolfgang Sachs



I'm dismantling my image. We are perfect in our flaws.

Birds don't care whether we listen, they don't wait for our applause.

I have built a lovely prison, but I live behind the walls.

So if love is my religion, I will escape when freedom calls.

You have to be willing not to be liked in order to be loved.

Otherwise, it's your representative, they are thinking of.

But to truly be yourself, you have let go of what was.

The past is like a prison. It is an echo repeating. Just because - cause - cause ....

We are many people in our lives, so I'm not one to judge.

But if they love one part of you, it's limited to what that does.

I want your whole soul. I have no goals.

## REWIRED YOUR THINKING



Don't Believe Everything You Assume,  
Create What Feels Right.

Show me the unseen stuff.

Don't invite me ever only after you have cleaned up.

Perfect makes me want to kick my feet up

Have you ever seen the lion chase a hundred zebras?

Have you ever seen a turtle hide inside a shell?

A caterpillar doesn't know that she will become a butterfly

So if you go to heaven, are you still aware of hell. Wow





**"Eventually the world will no longer be divided by the ideologies of 'left' and 'right' but by those who accept ecological limits and those who don't"**

- Wolfaana Sachs



**Happenings this month:  
Sustainable Agriculture**



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Sustainable Agriculture**

### **Harit Aajeevika**

In the month of October, we supplied poultry birds to the stakeholders at Rameswaram under the scheme "Green Livelihood technologies" (Harit Aajeevika). The project is sponsored by L&T Technology Services, Bangalore.



**Three stakeholders from Ramakrishnapuram Smt.Karthika, Smt.Shanthi and Smt.Kaleeswari receiving poultry**



**Shri.Selvam, Muthu Ramalinga Thevar Nagar, Rameswaram posing for photograph along with poultry**



**Smt.Arokia Mercy and Smt,Amolarpava Rakkini, Olaikuda holding poultry in their hands**



**Smt.Karbagavalli, Maanthoppu received poultry**



WOLFGANG SACHS

"What links the peoples of the world together is no longer the rule of civilization or the interplay of demand and supply, but their shared dependence on biophysical life-support systems"

- Wolfgang Sachs



Happenings this month:  
Holistic Health



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Holistic Health

### Green Health

Green health home worked for 23 days. 129 patients treated. In addition, 34 people underwent Varma massage and 3 people took steam bath.

### Training programme on "Varma Bone Setting"

1<sup>st</sup> year, 4<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 18<sup>th</sup> and 19<sup>th</sup> October. 28 participants attended. Dr.Muthushanti and her team acted as resource persons.



Identification of Varma Points in Cervical and Thorax region and its stimulation - Dr.Kumaresan



Identification of Varma Points in Thorax and Abdomen and its stimulation techniques - Vai.Ramesh Prabhu



Varma Points in Lumbar region - Vai Prabhu Aasan



Varma Silambam by Rajkumar Aasan



Identification of Varma Points in Head and Face - Dr.Shanmugam



**"Development has come to be seen as the therapy for injuries caused by development"**

- Wolfgang Sachs



**Happenings this month:  
Holistic Health**



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Holistic Health**

### Training programme on "Varma Bone Setting"

3<sup>rd</sup> year, 4<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 25<sup>th</sup> and 26<sup>th</sup> October. 27 participants attended. Dr.Muthusanthi and her team acted as resource persons.



**Stimulation methods of Varmam and Adangals of Lower Limb -  
Vai.Suresh Kumar**



**Techniques used for femur bone fracture and Tibia fracture -  
Vai.Arasu Raja**



**Nadi checking by Dr. Kumaresan**



**Stimulation methods of Varmam and Adangals of Thorax and  
Abdomen -Vai.Jothi Suresh**



**Varma medicine preparation - Dr.Muthusanthi**



**"In the eyes of developmentalists, the "limits to growth" did not call for abandoning the race, but for changing the running technique "**

- Wolfgang Sachs



**Happenings this month:  
Holistic Health**



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Holistic Health**

### **Free Medical camp**

Free medical camp along with blood test was held at Kottaram, Kanyakumari district in collaboration with Subha Diagnostic Centre, Nagercoil on 24<sup>th</sup> October. 58 patients benefited during this camp. Dr. Muthushanti and her team acted as resource persons.



*Dr. Muthushanti checking the patient*



*Shri. Vijay of Subha Diagnostic center taking the blood sample for analysis*

### **Commissioning of Bio-methanation plant**

1 no. of 6 cum Shakti Surabhi Bio-methanation plant was commissioned at Govt. Primary School, Munchirai in the month of October.



*Initial feeding cow dung is on .. to develop bacterial colony*

### **Field Visit**

50 farmers from Rajakkamangalam block, Kanyakumari district visited J.C. Bose Nursery on 15<sup>th</sup> October. They learned Sustainable agricultural technologies.



*Farmers learning Azolla technology*



**"The type of thinking which received blessings at UNCED: the world is to be saved by more and better managerialism"**

- Wolfgang Sachs



**Happenings this month:  
Holistic Health**



**Happenings this month:  
Holistic Health**

### **Harit Aarogya**

In the month of October, VK-Nardep team did the field survey of Harit Aarogya scheme. The project is sponsored by L&T Technology Services, Bangalore.



**Lush flourishing growth of Long pepper at Smt.Rajeswari's backyard at Sundanparappu**



**Shri.Radhakrishnaperumal, Mukilankudiruppu growing medicinal plants under shade net**



**VK-Nardep staff visiting Smt.Ammal's field at Therivilai**



**Shri.Sundaralingam, Sundanparappu posing photograph along with VK-Nardep team**



**"Corporations spread out, and on every continent lifestyles aligned with one another: SUVs replaced rickshaws; cellphones superseded community gatherings; air-conditioning supplanted siestas"**

- Wolfgang Sachs



**Happenings this month:  
Water Management**



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Water Management**

### **Revival and Renovation of Teppakulam**

Revival and Renovation work of Teppakulam at Rameswaram started with Bhoomi Pooja on 3<sup>rd</sup> October. The project is sponsored by CSR wing of Murugappa Educational and Medical Foundation, Chennai.



*Traditional Bhoomi pooja is on .... before starting the Renovation work*



*Pumping out the stagnated water*



*Removing the old sludge and deepening the water body*



*Use of JCB to speed up the work of giving the shape to the Teppakulam*



**"The only thing worse than the failure of this massive global development experiment, would be its success"**

- Wolfgang Sachs



Happenings this month:  
New and Renewable  
Energy Sources



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New and Renewable  
Energy Sources

### Harit Urja (Cow based circular Economy)

Under Harit Urja (Cow based circular Economy), we started supplying the Vermi compost tank, Silpauline sheet for growing Azolla, Bucket for preparing Fish Amino etc. In addition, 10 nos. of Biogas plants were commissioned in the month of October. The project is sponsored by L&T Technology Services, Bangalore.



Shri. M. Aravind, Panchalingapuram standing near Biogas plant



Stakeholder receiving the bucket, Silpauline sheet, Vermi compost tray along with Biogas plant



Shri. Periyasamy, Technician, VK-Nardep handing over earthworms along with kit for installation of vermi compost unit



Stakeholder posing for photograph along with the kit



**"To believe that the economy can grow forever in a finite world, you have to be a madman or an economist"**

- Wolfgang Sachs



## Visions of Wisdom



### Need of the Hour – Soil Health

It seems that humanity which is the youngest but the most advanced link in the evolution series, has forgotten the lively truth what this top soil is. Ignorance of this very important protective cover could be a reason for this. Or else it could be because of the arrogance of pride that humanity has attained the peak of evolution by its own merit. Whatever be the reason, this thin surface of top soil is facing such degeneration, which is frightening to the core. It is not an irony that humanity also faces the terrifying threat of degenerative diseases. In a similar trend, search to find the actual reason for both the symptoms may lead to the same root cause.



**Shri. K.V. Dayal**  
Forest Man of Kerala

### Effect of Cartesian Paradigm on Education

This kind of education and conditioning combined with a highly materialistic approach to life, have created a number of aggressive individuals, who suffer from hypertension, and other stress induced illness, quarrelsomeness and egoistic self-assertion. They in turn populate societies that are marked by violence, strife and war. The Cartesian paradigm has also produced passive individuals who suffer depression, suicidal tendencies, sleeplessness and hypertension. The societies dominated by these people show withdrawal and indifference and fly away from realities.

### Ignorance of the WHOLE

In our ignorance of the WHOLE we are trained to look at the world and react towards it as though it is separate and different from us which we must conquer and keep under our control. This alien feeling is at the root of all our resentments, stresses, strains, tensions, irritations and intolerance, which sooner or later get expressed in our thoughts, words and actions disrupting peace and harmony both within us and without. To escape from all these we have created a world full of artefacts, masks and make believes which drag us deeper and deeper into the mire of ignorance and misery.



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