

# Echoes of Eco

December, 2024

Vivekananda Kendra- **nardep** Newsletter

Vol:16 No:10

## Inauguration of "Vasudha - The Mother Earth" Experiential Digital exhibition



**Vasudhā**  
Enabling Sustainable Living

Let's future proof the world  
A digital experience on Sustainable living

Our world is in motion, but it's moving in the wrong direction. Our planet faces a daily barrage of environmental damage. Pollution, especially air pollution, blankets many cities, causing respiratory problems.

Rising temperatures disrupt weather patterns, leading to more frequent floods, droughts and wildfires. Home to some of the world's most polluted cities, India also struggles with water scarcity and strained resources. The country grapples with the consequences of environmental damage on a daily basis.

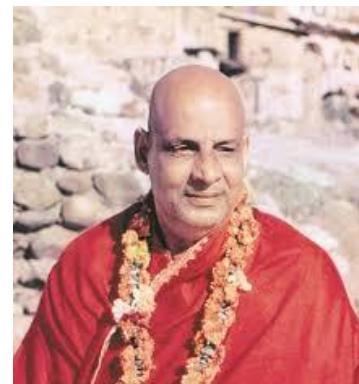
But there's a generation ready to change course. Millennia's are passionate about sustainability. The problem? Many lack the knowledge to make sustainable choices.

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**"Put your heart, mind, intellect, and soul even to your smallest acts. This is the secret of success!"**



**Swami Sivananda Saraswati**



**"There's always a part of your nation's history that you haven't been told that... has a powerful impact on how you yourself may behave and may believe"**

- Barbara Kingsolver



Their everyday habits unknowingly contribute to environmental harm. Vivekananda Kendra- NARDEP Initiated GARMODAYA PARK IN 2002 which was well appreciated by the public and the government

Introducing VASUDHA...Enabling sustainable living...a state-of-the-art digital exhibition. An initiative by Vivekananda Kendra, Kanyakumari.

A cloud-based interactive exhibition brought to life with stunning motion graphics and explanatory videos. The Experience Centre is proposed to educate and enlighten the audience on sustainable living through four topics - understanding the relationship between man and nature, the dimension of the problem today, the holistic solution, the take-home tips for every individual to save the earth.

A cloud-based interactive exhibition brought to life with stunning motion graphics and explanatory videos. The Experience Centre is proposed to educate and enlighten the audience on sustainable living through four topics - understanding the relationship between man and nature, the dimension of the problem today, the holistic solution, the take-home tips for every individual to save the earth.

The exhibition will have four large video monitors playing videos in three languages. Ten vertical digital display monitors will display absorbing and entertaining content created with motion graphics and videos, which will motivate people to become more responsible in their daily life.

Delivered from the cloud, this immersive journey educates and empowers people everywhere to learn actionable steps and Take-home tips that can be implementing immediately.

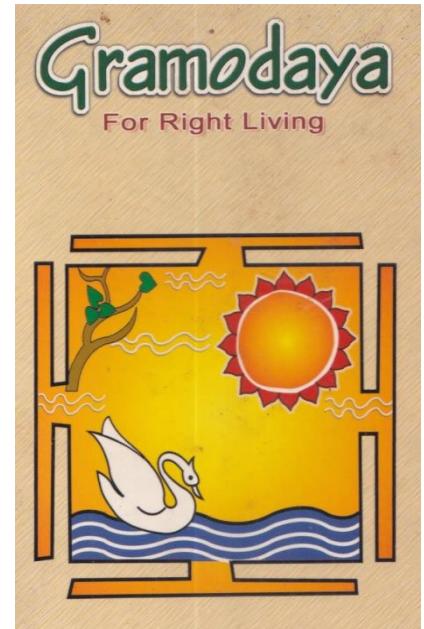
**We invite you to participate in this futuristic initiative.**

**We can reach millions. Help us create a future where sustainability becomes the norm.**

**Be part of the solution.**

**Support the Sustainable Living Experience.**

For Promo, please click here <https://drive.google.com/file/d/165xu8hWWOgxVA2yT64PzfYc-pSMKmD6i/view?usp=sharing>





**"People's dreams are made out of what they do all day. The same way a dog that runs after rabbits will dream of rabbits. It's what you do that makes your soul, not the other way around"**

- Barbara Kingsolver



**Happenings this month:  
Sustainable Agriculture**



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Sustainable Agriculture**

### **Harit Aajeevika**

In the month of December, Harit Aajeevika team did the follow up survey of the Livelihood project. The project is sponsored by L&T Technology Services, Bangalore. The project area is Rameswaram Island.



**Smt. Indumathi, Mankaadu feeding her Poultry**



**Shri. Govindhan, Rajagopal Nagar standing in his backyard Kitchen Garden**



**Smt. Bagavathy, SK Patti with her goats**



**Smt. Kaleeswari, Pudhu Road, Rameswaram spraying Fish Amino to the plants in her backyard garden**



**"Libraries are the one American institution you shouldn't rip off"**

- Barbara Kingsolver



Happenings this month:  
Holistic Health



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Holistic Health

### Green Health

Green health home worked for 26 days. 163 patients treated. In addition, 27 people underwent Varma massage and 2 people took steam bath.

### Training programme on "Varma Bone Setting"

1<sup>st</sup> year, 6<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 6<sup>th</sup> and 7<sup>th</sup> December. 33 participants attended. Dr.Muthushanti and her team acted as resource persons.



Shri. Vijayaragavan interacting with the participants



Taking class on "Basic Clinical Anatomy of Lower Limb" - Dr. Balaji



Practical demonstration - Varma points of spine and abdomen by Rajeshram Aasan



Vai.Prabhu explaining "Varma points in Hip and Lower Limb and its stimulation techniques"



Varma points of Head, Neck and upper Limb and it's various stimulation techniques - Dr. Kumaresan



"Few people know so clearly what they want. Most people can't even think what to hope for when they throw a penny in a fountain"

- Barbara Kingsolver



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Training programme on "Varma Bone Setting"

2<sup>nd</sup> year, 6<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 20<sup>th</sup> and 21<sup>st</sup> December. 18 participants attended. Dr.Muthushanti and her team acted as resource persons.



Camp started with prayer by Shri.Vijayaragavan



Explaining - Paduvarmam - Vai.Mani Aasan



Varma points Varma muthras - Shiva Yogi Sivarajan



Interested participants attended Varma silambam



Taking class on "Thodu Varmam" - Dr.Kumaresan



"I suppose that is my central obsession. What we owe to society, what we owe to ourselves"

- Barbara Kingsolver



Happenings this month:  
Holistic Health



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Holistic Health

### Harit Aarogya

In the month of December, VK-Nardep team visited all the stakeholder's houses and distributed new seedlings at a few places, as there was heavy damage due to cyclonic rains.



Shri.Natarajan, Supervisor, Harit Aarogya giving seedling to  
Shri.Suresh kumar, swaminathapuram



Shri.Subramaniyan, Swaminathapuram receiving the seedlings



Seedlings supplied to Rama, Ottaiyalviali



Shri.Natarajan giving seedling to Smt. Lingaswami,  
Swaminathapuram



**“Small change, small wonders – these are the currency of my endurance and ultimately of my life”**

- Barbara Kingsolver



Happenings this month:  
Water Management



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Water Management

### Revival and Renovation of Teerthams

Revival and Renovation work of Surya Pushkarani at Aruppukottai, Virudhunagar district again started after a few months gap. The project is sponsored by Lakshmi group of companies, Coimbatore.



Workers preparing themselves for starting the work



Downloading the stones for constructing a wall



Digging work is on ...



Joining of piers by constructing a parapet wall to strengthen the structure



**"To be hopeful, to embrace one possibility after another that is surely the basic instinct - crying out: High tide! Time to move out into the glorious debris. Time to take this life for what it is"**

- Barbara Kingsolver



**Happenings this month:  
Sustainable Agriculture**



**Happenings this month:  
Networking**



### **Sports day and Geeta Jayanti celebrations"**



Annual Sports day and Geeta Jayanti celebrated by Sri Amutha Surabhi SHG Federation at Gramodaya Park on 18<sup>th</sup> December. 200 SHG members attended. Shri.Sadhasivam, Manager, State Bank of India was the chief guest.

Ten different competitions were held for the participants such as: (i) Elocution (ii) Singing songs (iii) Vegetable soup preparation (iv) Rangoli (v) Vegetable carvings (vi) Shot put (vii) Breaking the Balloons (viii) Throw ball (ix) Javelin throw and (x) Quiz programme.

All the sisters and mothers enthusiastically participated in the games and showed their talents.



**Shri.Ramakrishnan, Director, VK-Nardep explaining the  
importance of Geeta Jayanti**



**Singing the song completion is on ... Judges are giving marks**



**Participants trying to break the balloons**



**Rangoli competition is on ....**



**"It seems very safe to me to be surrounded by green growing things and water"**

- Barbara Kingsolver



Happenings this month:  
New and Renewable  
Energy Sources



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New and Renewable  
Energy Sources

### **"Harit Urja" (Cow based circular Economy)**

In the month of December, VK-Nardep team visited the stakeholder's house and ensured the use of input material as a follow up action. The project is sponsored by L&T Technology Services, Bangalore. The project is executed in Kanyakumari district.



Shri.Natarajan giving the kit to Smt.Thamayanthi,Ottaiyalvilai



During field visit at stakeholder Smt.Rajathi's house at Karunkulathanvilai



Anand, Magadhanapuram receiving Biogas plant along with other materials like drum for Panchagavya, vermi compost tank etc.



Shri.Nallaperumal from Bhoothapani receiving the kit



### **Radio Interview**

On 23<sup>rd</sup> December, on the occasion of National Farmers' day, All India Radio, Nagercoil organized a live interview. Shri.V.Ramakrishnan, Director, VK-Nardep, Smt.Premalatha and two farmers expressed their views on farming.



"The truth needs so little rehearsal"

- Barbara Kingsolver

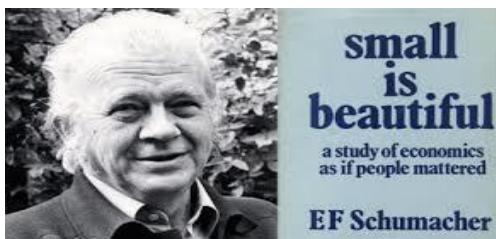


## Visions of Wisdom



### Reduction of Wants – Panacea to all Problems

In 1963 E.F. Schumacher wrote "Small is Beautiful - A study of Economics as if People Mattered". It is still of value to us today. He pointed out then that "The cultivation and expansion of needs is the antithesis of wisdom. It is also the antithesis of freedom and peace. Every increase of need tends to increase one's dependence on outside forces over which one cannot have control, and therefore increases existential fear. Only by a reduction of needs can one promote a genuine reduction in those tensions which are the ultimate causes of strife and war".



### Science and Technologies Contribution?

By defining cleverly, high energy consumption as better science, and managing with low temperature energy as bullock cart science, 'modern science accelerated the exploitation of fossil energy sources. Harvesting the concentrated non-renewable fossil fuel sources such as coal and petroleum, science neglected and ridiculed low energy, renewable energy, solar, wind, gobal gas energies, the primary sources of energies. Another contribution science made was pollution of everything it touched. Science and Technology also spilt nature's bounties into indigestible polluting "Wastes".



**Shri. N. Krishnamoorti**  
Senior worker of  
Vivekananda Kendra and  
editor of Vivek Vani

The countdown has started. We have to apply the break STOP LOOK AND PROCEED and cry a halt to this reckless living and exploitation. Fortunately, the very science which had held mankind under its hypnotic spell has itself now started the process of de-hypnotisation. The latest discoveries of science are moving into realms, which were unimaginable and unacceptable a few decades back. A new holistic view of Life, a new paradigm of Reality is slowly emerging compelling man to recognise the essential self-sustaining quality of natural systems. This is a move in the right direction.

**Dr. M. Lakshmi Kumari**  
Director  
Vivekananda Kendra –  
Vedic Vision Foundation

