

Echoes of Eco

January, 2025

Vivekananda Kendra- **nardep** Newsletter

Vol:16 No:11

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

The blue jewel of our Solar System, the Earth, Our Home,
the only home, known so far.

Sages called her Vasudhā - Mother Earth,
alive and organic whole, through inter-dependence,
of existence - both animate and inanimate.

She provides the air we breathe, water we drink,
nourishment we need, and resources we use.

She has enough for our needs, but not greed.

Greed has affected Her health, with climate change,
in turn harming human health in body-mind.

Let us join hands to help her in self-rejuvenation,
by living holistic life lived and preached by sages.



Vasudhā
Enabling Sustainable Living

TO LEARN HOW TO LIVE!!
AND SAVE THE BLUE JEWEL FOR FUTURE

In this issue:

- Inauguration of "Vasudha - The Mother Earth"
- The Happenings
- Visions of Wisdom:
 - Regenerative Development
 - Bad effects of Modern Science
 - Systems View of Life

Rely on Innerself

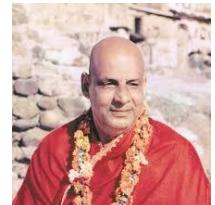


"The divine within you is stronger
than anything that is without you.

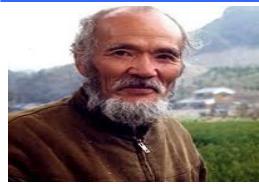
Therefore, be not afraid of
anything. Rely on your own Inner
Self, the Divinity within you. Tap
the source through looking within.

Improve yourself. Build your
character. Purify the heart.

Develop the divine virtues.
Eradicate evil traits.



Swami Sivananda Saraswati



"The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings"

- Masanobu Fukuoka



The card features a central logo with a green tree and a blue globe, the text 'Vasudhā Enabling Sustainable Living', and the emblem of the Vivekananda Kendra. The background has a repeating circular pattern.

We are pleased to invite you to the Inaugural Ceremony of

Vasudhā
Enabling Sustainable Living

12th January 2025/ Sunday
(Swami Vivekananda Jayanti)
Time : 9 AM

Inauguration by
Shri. Goura Kishore Nanda
Company Secretary,
BrahMos Aerospace Pvt. Ltd. . New Delhi

Special Address
Dr.. Indumathi M Nambi
Prof. Department of Civil Engineering, IIT, Madras

Presided over by
Shri.A.Balakrishnan
President, Vivekananda Kendra, Kanyakumari

Venue
Bharat Mata Sadanam
Vivekananda Kendra, Kanyakumari

Your gracious presence for the occasion is solicited

Vivekananda Kendra - nardep
Kanyakumari - 629702

Please click the link for the short video on Inaugural function of Vasudha

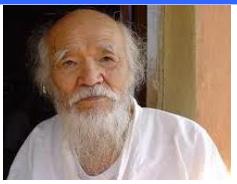
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"The healing of the land and the purification of the human spirit is the same process"

- Masanobu Fukuoka



**Happenings this month:
Sustainable Agriculture**



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Sustainable Agriculture**

Harit Aajeevika

In the month of January, 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. Shanmugavalli, MRT Nagar posing with the new born kid



Harit Aajeevika group members displayed their products for sales



Smt. Shanthi, Ramakrishnapuram spraying Fish Amino to the plants



Smt. Umeshwari, MRT Nagar, got two kids from a goat



"We must find our way back to true nature. We must set ourselves to the task of revitalizing the earth. Regreening the earth, sowing seeds in the desert--that is the path society must follow"

- Masanobu Fukuoka



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

Green health home worked for 23 days. 125 patients treated. In addition, 31 people underwent Varma massage and 2 people took steam bath.

National conference on "Varma Treatment for Neurological Disorder"

National conference on "Varma Treatment for Neurological Disorder" was held at Eknath Hall, Vivekanandapuram on 19th January.

- 150 participants including Siddha doctors, Medical students and Vaidyas attended.
- Dr. V. Sujatha (Prof. Centre for the study of social systems (CSSS), Jawaharlal Nehru University, New Delhi and Dr. Kannan Rajaram - MD(S), Center for Varma medicine & Research, Kanyakumari were the key resource persons.
- Shri.Hanumant Rao, Vice President, Vivekananda Kendra addressed the gathering during valedictory function
- The faculties presented research papers on Neurological disorders.
- Certificates were distributed to students who have completed the course on "Traditional Siddha Varma Bone Setting Practices"
- A delicious lunch was provided to all the participants
- Certificates were also given to the new Network members.



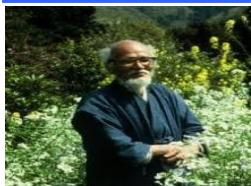
Dr. V. Sujatha, Jawaharlal Nehru University, New Delhi delivering chief guest address



Shri. Hanumant Rao, Vice President, Vivekananda Kendra interacting with the participants



Camp participant receiving certificate



"If we throw mother nature out the window, she comes back in the door with a pitchfork"

- Masanobu Fukuoka



Happenings this month:
Networking



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Networking

Seminar on "Munivar Agastiyar's Contribution in Unifying Bharat"



Seminar Munivar Agastiyar's Contribution in Unifying Bharat was held at Vivekananda Sabhagraham, Vivekananda Kendra, Kanyakumari on 31st January. This programme was sponsored by Bharatiya Bhasha Samiti, Ministry of Education, New Delhi

- Shri.V.Ramakrishnan, Director, VK-Nardep welcomed the participants
- Dr.Umayorubhagan,Ph.D, Secretary (Rtd), Pioneer Group of Colleges, Nagercoil, (ii) R.Shankaranarayan,M.Sc., M.Tech, Deputy General Manager (Rtd), BSNL, (iii) Dr. Palavesam, UGC, BSR Faculty, M.S. University, Tirunelveli (iv) Shri. Hanumanth Rao, Vice-President, Vivekananda Kendra, Kanyakumari graced the inaugural function
- 430 participants including students from different colleges, Professors, Doctors and Vaidyas attended.
- The faculties presented research papers on different topics related with "Agastiyar's Contribution in Unifying Bharat"
- All the participants received a beautiful picture of Agastiyar, chart depicting medicinal plants and a book - Scared Earth as a complimentary
- Certificate were distributed to all the participants
- All the participants were impressed with the magnificent Vivekananda Hall with a nice backdrop of Swami Vivekananda, Bharat Mata, OM etc.



Dr.Umayorubhagan interacting with the participants



Paper presentation by Smt.Savitha, Associate Professor, Sree Ayyappa College of Women, Nagercoil



Susri. B.RadhaDevi, Prant Sangat, Dakshin Prant, Vivekananda Kendra gave a special address



**"A farmer does not grow something in the sense that he or she creates it.
That human is only a small part of the whole process by which nature
expresses its being"**

- Masanobu Fukuoka



**Happenings this month:
Holistic Health**



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Harit Aarogya

In the month of December, VK-Nardep team visited all the stakeholder's houses as a follow up. The project is sponsored by L&T Technology Services, Bangalore.



A.Selvam, Perumalpuram standing in her backyard herbal garden



Very good growth of Tippli - Smt. P.Vanaja, Perumalpuram



M.Raj, Ottaiyalvilai cultivating medicinal plants as intercrop



Shri. Swaminathan, Ottaiyalvilai proudly posing with the medicinal plants



"The irony is that science has served only to show how small human knowledge is"

- Masanobu Fukuoka



**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.



Strengthening the wall by piers and additional support by joining the piers



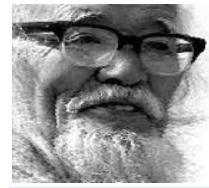
Making a Roundana for the convenience of the public



Welding of pipeline is on for providing a jali to protect the Teertham from public throwing the garbage



Vivekananda Kendra authorities inspecting the Teertham after colouring



"The simple hearth of the small farm is the true center of our universe"

- Masanobu Fukuoka



Happenings this month:
Water Management



Happenings this month:
Networking

Formation of Teertha Committee

A Teertha Committee was formed at Thirupunavasal, Pudukkottai district on 27th January for the renovation of Lakshmi Teertham



Shri.G. Vasudeo and V.Ramakrishnan met the stakeholders from 30 villages in and around the temple



Visiting Lakshmi Teertha before the meeting

Creating Environmental Awareness

Green Agri Club, Kanyakumari celebrated the annual day with a theme - "Creating Environmental Awareness" on 4th January. 100 members attended. Shri.V.Ramakrishnan, Director, VK-Nardep acted as a chief guest and gave a talk on "Bio-methanation technology"



Shri. V. Ramakrishnan taking class on Bio-methanation technology



"Ignorance, hatred and greed are killing nature"

- Masanobu Fukuoka



Happenings this month:
Networking



Happenings this month:
Networking

Colloquium – Promoting Pathways to Sustainable Living

On 10 and 11 January 2025, we organised Vasudhaa 2025: Colloquium on Sustainable Lifestyles at Kanyakumari, with 30 participants, including sustainable living practitioners, green thinkers, college students, and NGO representatives.

The colloquium aimed to create a platform for diverse stakeholders to exchange ideas, experiences, and best practices on sustainable living. This cross-learning approach fostered collaboration and practical solutions for living in harmony with the Earth.



Shri. Dileep Kulkarni from Maharashtra gave an overview of the Colloquium

Shri. Aravindan Neelakandan, Nagercoil interacting with the participants



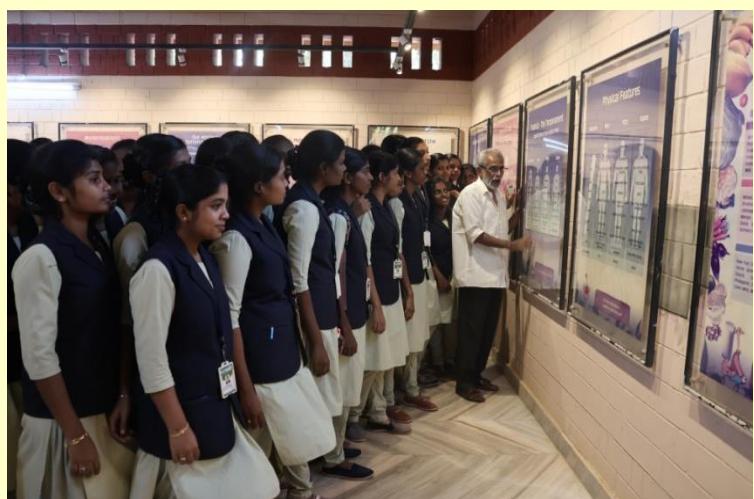
Refresher Course

India Gandhi National Tribal University, Amarkantak, Madhya Pradesh conducted a 15 days Refresher course in "Community based Curriculum, Pedagogy and Research" from 18th to 31st January.

90 members attended this course. On the inaugural day, Shri. V. Ramakrishnan, Director, VK-Nardep gave a power point presentation on "Green Technologies for Sustainable Development". This was an online programme.

Study Tour

100 students from Christian college of Nursing, Neyyoor, Kanyakumari Dist. visited the Gramodaya Park on 21st January. They saw the live model of Rainwater harvesting and learnt the water management technology



Shri. L. Murugan showing the panels on Water management



"There is no time in modern agriculture for a farmer to write a poem or compose a song"

- Masanobu Fukuoka



**Happenings this month:
Networking**



**Happenings this month:
Networking**



"Annual Day celebrations"



Annual day was celebrated by Sri Amutha Surabhi SHG Federation at Gramodaya Park on 7th January. 520 SHG members attended.

- Dr. Resmi G. Nair, Asst. Medical Officer, Govt. Ayurveda Medical Hospital, Nagercoil and Shri. Sadhasivam, Manager, State Bank of India graced the occasion. Sports winners received the prizes



Shri. Ramakrishnan, Director, VK-Nardep welcoming the participants



Dr. Resmi Nair, Medical Officer addressing the participants

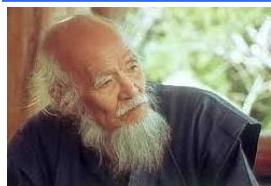


Shri. Sadhasivam, Manager, SBI distributing the prize

Swami Nijananda of Chinmaya Mission, Nagercoil explaining the Culture of Bharat



Delicious lunch served to all the participants



“Unless people can become natural people, there can be neither natural farming nor natural food”

- Masanobu Fukuoka



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, Harit Urja project coordinator visited the house of Shri.Dinesh, Pothaiyadi



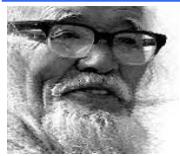
Stakeholder from Ottaiyalvilai doing the cultivation work of Azolla



Smt.Murugesan, Perumalpuram posing for photograph with her Bio-methnation plant



During field visit at stakeholder Shri.Subbaiah at Kozhikottupottai

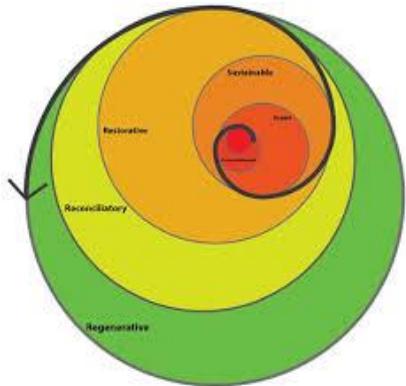


"Giving up your ego is the shortest way to unification with nature"

- Masanobu Fukuoka



Visions of Wisdom



Regenerative Development

Rudolf Heredia talks about a Utopian memo for the next millennium and calls for an ecological ethic, which must be integrated into a 'design for living'. What we need, he says, is a new paradigm for society, sustained by such an ethic, with new 'mindfulness' - for in the final analysis, ecological values must be more than exchange values, or even use values!

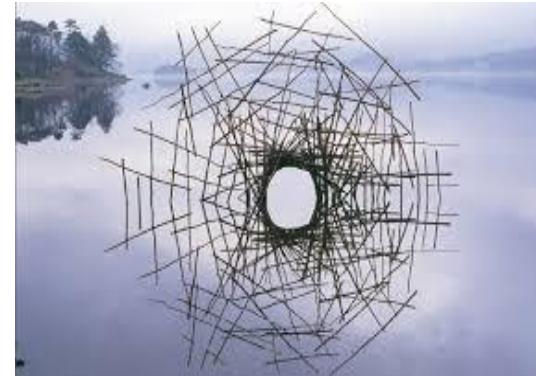
The author talks about regenerative development and of a charter of human rights and cosmic duties. The human rights to be balanced by those found in Dharma - the performance of duty that keeps the world in the right order and harmony.

Rudolf C. Heredia
Independent writer/researcher. He has his doctorate in Sociology



Bad Effects of Modern Science

'Modern' science has used such technology and culture that centralize the means of production, and make impossible the proper distribution of the wealth produced. It has over exploited Nature, burnt up scarce non-renewable resources, and has endangered all life support systems, air, water, soil fertility, biodiversity etc. And what has it given to humanity in exchange? Suppression of human emotions, fragmentation of family and community, frittering away of traditions built over thousands of years and medical cures which are more dangerous than the diseases they seek to alleviate!



Systems View of Life

What is of paramount importance is to understand that Nature is the practical externalized expression of Truth of which we are all part of. Therefore exploitation of nature and degradation of our environment tantamount to degrading the dignity of human life. Ecological awareness which attunes us to nature and her laws can have a profound bearing on human life. The more one develops rapport with nature and comprehends her laws the more one will be able to fit oneself into the Whole, into the Cosmos. Such a 'systems' view of life which is gaining wide acceptance all over the World.

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



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

