

Echoes of Eco



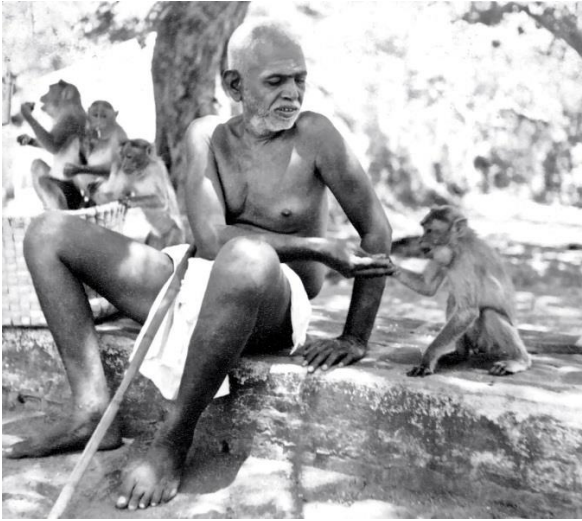
October, 2018

Vivekananda Kendra- nardep Newsletter

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**An Extracts from the Recollections of Sri Ramanasramam
By Suri Nagamma Translated by D.S.Sastri**

Ramana's Love for Animals



At 3 o'clock one afternoon, while we were discussing something in Bhagavan's presence, a stranger came to the Ashram with a platter full of fruits. It seems that on the way to the hall some monkey came, snatched some of the fruits and escaped.

Hearing the noise outside and realising what had happened, Bhagavan laughingly said that the monkey took away its portion of the fruit as it was afraid we would not otherwise give it. We all laughed.

While this was going on, a female monkey with a baby at her breast approached the fruit basket. People near the basket shouted it away. Bhagavan said, it is a mother with a child. Why not give her something and send her away?

But he was not sufficiently audible, and so the monkey got frightened, went off and hid herself in a tree. Bhagavan, full of pity and kindness, said, Is this fair?

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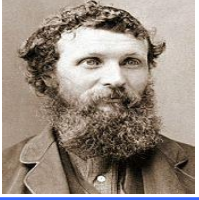
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*Samaanee va aakootih
Samaanaa hrudayaani vah |
Samaanamastu vo mano
Yathaa vah susahaasati ||*

*May our intentions and aspirations
be alike, so that a common
objective unifies us all.*

(Rig Veda)



"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul"

- John Muir



We call ourselves sannyasins; but when a real sannyasi comes we drive him away without giving him anything. How unfair! We want to eat for years and live. We store things in a room, lock it and keep the keys with us. Has the monkey got a house?

Can it put anything by for the morrow? It eats whatever it can get and sleeps on whatever tree available. It carries the child under its belly, wherever it goes, until the child is able to walk about, when it leaves the child to itself. Who is a real sannyasi, the monkey or ourselves? That is why the male monkey took its share on the way itself.

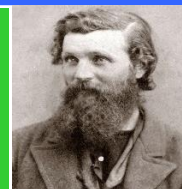
That was a male and could do it with impunity. This is a female. What can she do? So saying Bhagavan began calling that monkey cajolingly. The monkey came on to the side of the couch and stood there. In an endearing manner, Bhagavan gave her all the fruit she wanted and sent her away.





"When we try to pick out anything by itself, we find it hitched to everything else in the universe"

- John Muir



Happenings this month:
Sustainable Agriculture



Happenings this month:



Happenings this month:
Sustainable Agriculture

Training programme on "Organic farming" was held at Technology Resource Center on 6th October. 02 participants attended the training. Shri.S.Rajamony was the resource person.



Camp participants at Terrace garden during organic farming training

Training programme on "Azolla technology" was held at Vivekanandapuram on 27th October. 07 participants attended the training. Shri.S.Rajamony and Smt.S.Premalatha were the resource persons.



Group discussion at J.C.Bose Nursery during the 'Azolla technology' training



Feedback from the field

Organic cultivator

Mr.Mohan Raj
No.100/36, Baratar North Street
Pettai, Tirunelveli - 627 004
Mob: 9443342546



My name is V.Mohan Raj. I am a Native of Tirunelveli Petai, basically a Vaidyar. I have undergone training at Vivekananda Kendra 15 Years back and got inspiration to cultivate medicinal plants. Now I am exporting Medicinal herbs to other countries.

Even now, I attend many camps and workshops related with Sustainable Agriculture and herbal plants. Today, 27th October, I refreshed my knowledge on Azolla technology. I have learned many technologies in Vivekananda Kendra and using Bio-pesticides and Growth promoters in my field.

Thanks to Vivekananda Kendra Team for regular guidance.



"In every walk with nature one receives far more than he seeks"

- John Muir



Happenings this month:
Sustainable Agriculture



Happenings this month



Happenings this month:
Sustainable Agriculture

Training programme on "Vermi compost technology" was held at Technology Resource Center on 30th October. 47 students from St.Mary's College, Thoothukudi attended. Shri.S.Rajamony acted as a resource person.



Practical demonstration is on during the workshop

Training programme on "Rain fed Agriculture" was held at Kurunthancode on 17th October. 40 farmers attended the training. Shri.S.Rajamony was the resource person. The programme was sponsored by ATMA, Kanyakumari Dist.



Coordinator talking about Rain fed Agriculture during the workshop

Green health home worked for 4 days and treated 218 patients.

Training programme on "Organic farming" was held at Karavilai on 9th October. 30 farmers attended the training. Shri.S.Rajamony was the resource person. The programme was sponsored by ATMA, Kanyakumari Dist.



Attentive participants

Shri.Ramesh, General Manager, NABARD Chennai along with Shri.Sailesh P.S, Dist. Manager, Kanyakumari visited Vermi Wash unit on 9th October at Biley Horticulture Research and Development Farm.



Shri.V.Ramakrishnan explaining the Vermi Wash technology



"Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean"

- John Muir



**Happenings this month:
Renewable Energy**



Happenings this month:



**Happenings this month:
Renewable Energy**

09 students from Gandhigram University, Dindigul visited J.C.Bose Nursery on 12th October as a part of Study tour. Students learned Sustainable Agriculture technologies.



Group discussion during the visit of Gandhigram students



**Construction of Portable Type Bio-methanation plants -
IFAD, Ramanathapuram 1cum - 17 nos.
IFAD, Thanjavur 1cum - 33 nos.**

Shri.V.Ramakrishnan gave a talk on 'Rural Ecology' at All India Radio, Nagercoil on 15th and 22nd October.

Akshay Urja - Bimonthly Newsletter from MNRE, New Delhi gave coverage to "Shakti Surabhi Bio-methanation plant"

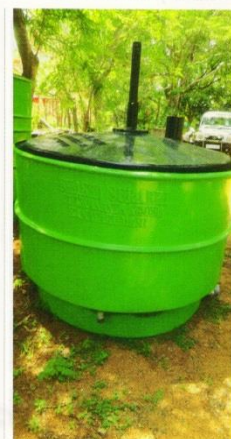
SHAKTI SURABHI BIOMETHANATION PLANT

A Cheaper Way to Cleaner Cooking and Greener Garden



The Natural Resources Development Project, popularly known as VK-NARDEP, is an integral part of Vivekananda Kendra and has been working in the field of sustainable development for more than 25 years. Its work in renewable energy has won the organization, the prestigious international Ashden Award. Now, VK-NARDEP has come out with Shakti Surabhi—a biomethanation plant.

The Pradhan Mantri Ujjwala Yojana is bringing good transformation in the rural areas. However, there is a need for cleaner and cheaper method of cooking gas that does not depend on fossil fuels. With depleting fossil fuels, the cost of LPG cylinders is rising steeply and the subsidies are slowly giving way to unsubsidized prices. Therefore, the rural population will have a limited reach towards LPG cylinders. This will have adverse effects not only for the rural households but also for the environment. The rural women will be forced to rely back on primary fuels such as fuelwood—which involves a time-consuming forage into the adjacent forest areas. Such an increased pressure on fuelwood will lead to deforestation and also a conflict of interest between basic livelihood needs of the population and conservation of natural resources. There is also another



problem. The burning of the fuelwood and the direct burning of dried cattle dung are both inefficient means of fuel-usage. They also create air pollution and add to global warming. Indoor or household air pollution is another critical problem.

With increasing droughts and fluctuating monsoons, the farmers who form the bulk of rural community are also finding it hard to maintain the livestock population. In such a situation, the cattle dung-based biogas plants are more a liability than a useful addition in the agro-ecosystem. Therefore, for the marginal farmers and the rural population of India what is needed is a technology that can provide them with cooking gas—an efficient fuel—that will help them improve the domestic fuel efficiency while naturally integrating the technology to the environment—both economically and ecologically.



"How glorious a greeting the sun gives the mountains!"

- John Muir



Visions of Wisdom

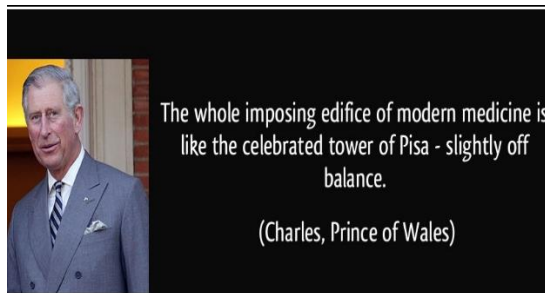


Nature Cure vs Modern System

The modern medical system treats the symptoms and suppresses the disease but does little to ascertain the real cause. Toxic drugs which may suppress or relieve some ailments usually have harmful side-effects. Drugs usually hinder the self-healing efforts of the body and make recovery more difficult. According to the late Sir William Osler, an eminent physician and surgeon, when drugs are used, the patient has to recover twice once from the illness, and once from the drug. Drugs cannot cure diseases; disease continues. It is only its pattern that changes. Drugs also produce dietary deficiencies by destroying nutrients, using them up, and preventing their absorption. Moreover, the toxicity they produce occurs at a time when the body is least capable of coping with it. The power to restore health thus lies not in drugs, but in nature.



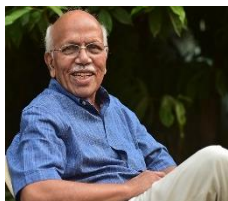
Dr. H.K. Bakhru
Author of a book –
"Complete Handbook
of Nature Cure"



Modern Medicine – Off Balance

Many short-term interventional drugs for these "doctor-thinks-you-have" diseases have shown benefit. However, long term studies of apparently healthy individuals, have unequivocally shown no significant difference in their long-term outcome. There are instances where interventions have even harmed patients.

With the present knowledge it is almost impossible to predict the future evolution of an apparently healthy human being, based on one or two physical characters like altered sugar, cholesterol etc. Time evolution depends only on the total initial knowledge of the human being. Changing any of the parameters at the initial stage might not hold good as time evolves.



Prof. B.M. Hegde
Cardiologist, Medical
Scientist,
Educationist and
Author



Germany and Siddha System

The Germans, who came to Tamil Nadu from 1706, knew nothing about tropical herb-ology and tropical diseases until they suffered from skin-rashes, boils and dysentery during their stay. Struck by nascent investigation, the Germans evinced a keen interest in our Siddha system, collected hundreds of medical palm leaves and sent them, along with notes of German translations to Germany In remarkable haste, by the next available ship " Not a single native medical observation seemed to have escaped their watchful eyes nearly 300 years ago.

A German diary dated February 20, 1726 said Siddha doctors 300 years ago knew about as many as 4,448 diseases and corresponding herbal treatment.



Dr. C.S. Mohanavelu
German Tamilologist
based at Tambaram,
Chennai