

Echoes of Eco



December, 2021

Vivekananda Kendra- nardep Newsletter

Vol:13 No:10

The Power of Togetherness

Golden Plover is a small bird famous for its migration. Every year it flies about 4,000 kilometers, over the ocean, from the US state of Alaska to the island of Hawaii and that is the shortest travel route for it. This flight covers



88 hours in which the bird does not stop anywhere on the way. There is no island on route and this bird cannot swim, therefore, it is impossible for it to make a stopover to rest, eat or drink anywhere in the middle of the journey.

When scientists did researches about this bird, they found that the bird needed 88 grams of fat to complete this particular journey, while actually the bird possesses only about 70 grams of fat as its flight fuel. Now logically the bird should have died in the sea around 800 km before the destination due to shortage of fuel. However, the bird safely reaches the destination each year! How does it do this? The answer is shocking.

These birds actually fly in groups and astonishingly making a shape of English letter- V. They also keep changing their positions alternately, because of this; they face less air-pressure than by flying alone. Thus they successfully save about 23% of energy, which ultimately help them reach to the island of Hawaii with 6 - 7 grams of additional fat as their reserve fuel which they use in case of bad-weather condition when they may need to fly against the winds direction.

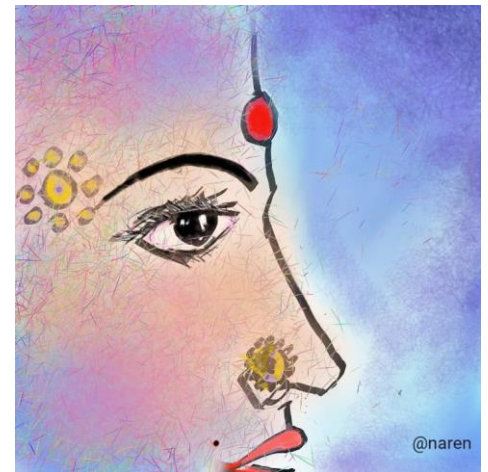
Now, tell me, how can you deny the power of God - the Supreme Creator? How can a bird know how much fat it needs to travel that long and then with planning it flies in the group - in V-shaped, which saves its energy? Who has given it the education of the shortest route of its destination? Who guides and navigates this tiny bird the way in the darkness of nights and unfavourable weather conditions? How dare does it travel so long and who does encourage it to do so? And, we just can't deny the power of togetherness.

Let us all together make 2022 a great year, wishing every one very Happy New Year!

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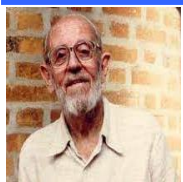
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Mother Durga



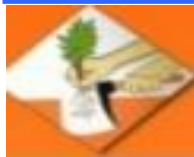
From age to age, in life after life,
we come down into the human body,
do thy work and return to the Home
of Delight. Now too we are born,
dedicated to thy work. Listen, O
Mother, descend upon earth, come
to our help.

Painting by: Dr. Narendra Joshi, Mumbai



"I have my own principles, which I am unwilling to abandon. I dislike falsehood and deceit. A building should be truthful"

- Laurie Baker



Happenings this month:
Sustainable Agriculture



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Sustainable Agriculture

Installation of Vermi Wash Units

This month we installed 12 nos. of "Vermi Wash units" at different places of Kanyakumari district. The programme was sponsored by Agrocel Industries Private Limited, Bhuj-Kutch, India



Shri.K.Subburamaniyanm, 2/51, Siva Cottage, James Town, Kanyakumari District - standing in-front of the Vermi wash unit



Smt.Latha, Panchalingapuram adding Biomass to the Vermi wash unit

ATMA Training programmes

The following programmes related with organic farming (40 nos. each) and exposure visits (50 nos. each) conducted for ATMA, Dept. of Agriculture; Kanyakumari Dist. Shri.S.Rajamony and Smt.S.Premalatha were the resource persons for the following programmes.

Sl.No	Venue	Date	Subject
1.	Kurunthancode Block	8 th	Organic Farming
2.	Thiruvattar Block	16 th	Organic Farming
3.	Melpuram Block	20 th	Exposure visit
4.	Tiruvattar Block	22 nd	Exposure visit
5.	Kuruthancode Block	23 rd	Exposure visit
6.	Rajakkamangalam Block	23 rd	Exposure visit



Participants at our terrace garden

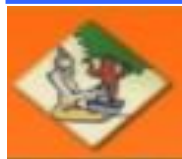
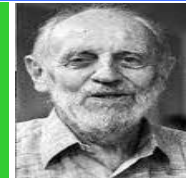


Shri.Rajamony taking class at Harit Surabhi stall



"The practice of an architect cannot be divorced from that of a builder"

- Laurie Baker



**Happenings this month:
Holistic Health**



**Happenings this month:
Renewable Energy
Sources**

Green Health

Green health home worked for 5 days. 120 patients treated. In addition, 54 people underwent Varma massage and 03 people Varma point therapy.

Mobile Dispensary for Public

Two rural dispensaries are running in two villages namely Vallankumaranvilai and Peyankuzhi on every Saturday. Totally 68 patients (24 + 46) treated. Dr.Thirunarayanan and his team acted as resource persons.

Surabhi Research and Resource Center



This month also we organized Panchagavya Chikitsa camp on 28th December. Dr.Amit of Maa Gou Products Pvt. Ltd., Ramachandrapura Matt, Bengaluru examined 17 patients and gave medicines for one month.



Dr.Amit examining the patients

Training on Bio-methanation Technology

Training programme on "Bio-methanation technology" was held on 18th December. 02 participants attended the training. Shri.V.Ramakrishnan was the resource person.

Awareness programme on Green Biogas Plant

Awareness programme on "Green Biogas Plant" was held on 22nd December at Chennai. 60 participants attended the training. Shri.V.Muneeswaran was the resource person. The programme was organized by Hand in Hand India, Chennai.



Shri.V.Muneeswaran explaining the function of Bio-methanation plant to the beneficiaries



"Cost effective houses are not just for the poor, they are for everyone"

- Laurie Baker



**Happenings this month:
Renewable Energy
Sources**



**Happenings this month:
Networking**

Commissioning of Bio-methanation plants

Commissioned 20 nos. of 1 cum Portable type Bio-methanation plants at Semmancheri, Chennai. The project was sponsored by Hand in Hand India,



Beneficiaries happily posing for photograph with their Bio-methanation plants



Geeta Jayati

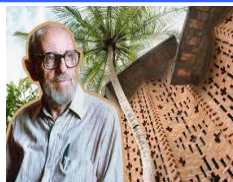
The Geeta Jayanti programme was held at Vadiveeswaram on 20th December. Smt.Parvathi and Shri.Vijayaragavan were the resource persons. 15 members of Sri Amudha Surabhi SHG Federation attended the programmes.

Officials Visit

Chairman cum Managing Director of NPCIL, Shri.Singhal from Mumbai and Shri.Godbole, Site Director, Koodankulam Power Plant visited Vivekanandapuram campus on 26th December.



Shri.Singhal along with Shri.A.Balakrishnanji, President, Vivekananda Kendra



"Low cost' or 'cost reduction' is not only concerning economy. Most modern building materials are manufactured articles (like burnt bricks or steel or glass or cement). Their respective costs are one important consideration but just as important is the question of how much energy (or fuel) was used in their manufacture."

Laurie Baker



Happenings this month:
Sri Amudha Surabhi SHG
Federation



Happenings this month:
Sri Amudha Surabhi
SHG Federation

Sports Day Celebration

"Annual Sports cum Geeta Jayanti day of Sri Amutha Surabhi SHG Federation were held at Gramodaya Park on 23rd December. Total 166 SHG members attended.



Dr. Elangkumar, HOD, Tamil Dept., Vivekananda College, Agasteeswaram interacting with the participants

Ten different competitions were held for the participants which are as follows:

(i) Singing songs (ii) Tirukural reciting (iii) Elocution (iv) Essay writing (v) Drawing (vi) Food preparation by using horse gram (vii) Rangoli (viii) Vegetable carvings (ix) Long jump and (x) shot put.

All the members enthusiastically participated in the games and showed their talents.



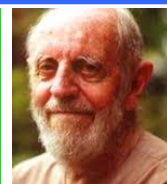
Vegetable carvings



Participants observing the beautiful Rangolis

"I just think it is plain stupidity to build a brick wall, plaster it all over and then paint lines on it to make it look like a brick wall. I think it is equally untruthful to cover it all over with tiles shaped to look like bricks. Or another variation of untruthfulness is to plaster it and then paint it to look like marble!"

- Laurie Baker



Happenings this month:
Sri Amudha Surabhi SHG
Federation



Happenings this month:
Networking

Samarta Bharat Parva

"Samarta Bharat Parva was held at Vivekanandapuram Park on 25th December. 65 members attended.



Smt.Venita sharing her experiences



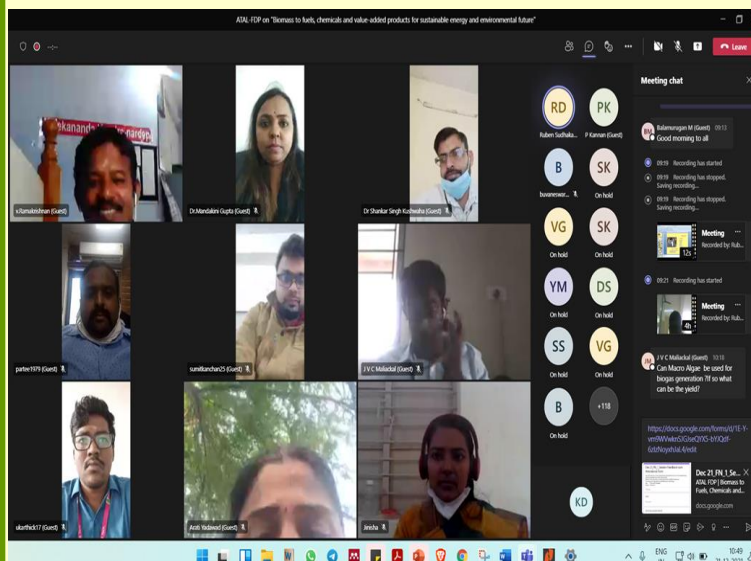
Packed audience along with children

Media Coverage

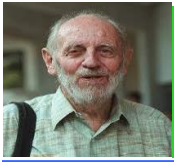
Dinamalar, Chennai gave a good coverage on Bio-methanation technology under the title "Matru Erishakti Urpatikku Maaniyam Thevai" on 6th December.

Paper Presentation

Workshop on "Biomass to fuels, Chemicals and value added products for sustainable energy and environmental future" was organised by NIT, Tiruchirappalli. Shri.V.Ramakrishnan gave a power point a presentation on "Energy from Waste Biomass - Bio-methanation technology". 170 students along with faculty members attended the online programme.



Shri.V.Ramakrishnan, Director, VK-Nardep along with other members



"I think I'm subconsciously often strongly influenced by nature, and much of nature's 'structural work' is not straight or square"

- Laurie Baker



Visions of Wisdom



Environmental Ethics

The essential element for an environmental ethic is the need for establishing man's identity with the natural world. It is a primary law of life that in the biotic community everything living is constantly in a state of inter-action, inter-relatedness and inter-dependence. Man literally depends for his existence on other forms of life, such as the plants, which through a process of photosynthesis take in carbon di oxide and give off oxygen. Within this delicate ecological balance, everything men do inevitably affects all other forms of life upon this good earth.



Knowing - Feeling and Being

The way I was living was absurd - I am in search of a deeper way of life.

These are three planes - Lowest is knowing Highest is being - In between the two is feeling. Feeling functions as a bridge.

Love is higher than logic. Nobody can live only logically. If he does, his life is useless. Only loves opens the windows towards beyond.

Feeling is closer to Being. Feeling is like a door of the temple. The moment you stand at the door, you can run out or can run in.



Don't get caught in the Monkey's trap

In India, people are said to have caught monkeys by setting out a small box with a tasty in it. There is an opening in the box large enough for the monkey to thrust his hand in, but too small to withdraw it once he's clutched the nut. When the monkey has grabbed the prize, he must either let go and regain his freedom or keep hold and stay trapped. Most monkeys hold on the nut, making it easy for hunters to pick them up. People have been known to get caught in the same kind of trap. The person who puts the goodie in the box controls the person who grabs it, but if we are willing to let go of the goodies we are free of control.

Elizabeth Brenner
Writer of a famous book
"Winning by letting go"



**Dr. S. Cromwell
Crawford**
Worked as a Professor
of the Dept. of
Religions at University

Max Ehrmann
Writer of a famous
book -
Desiderata

