



Vivekananda Kendra

Natural Resources Development Project

Annual Report 2021-22





1. Water Management

Parameswara Teertham

Parameswara Teertham is located in the Mandapam near Sethupathi nagar. It is a huge pond. It is also known as Pamaiyar Kulam by the local people. As per revenue records it is known as Papa Vimochana Teertham.





Krishna Teertham

Stepped tank located in the outskirts of the sambai village. Krishna Teertham reference is found in the Sethu vasana kaviya published in the 19th Century.





Teertha Pooja

We started Teertha poojas at regular intervals to develop social capital. We hope that the local stakeholders by joining such activities will take the ownership of the maintenance of the Teertham in future.



Maintenance of Teertham

All the renovated water bodies require regular maintenance for Saline atmosphere and gusty wind



Boundary wall construction

VK-NARDEP is pursuing the idea of constructing the boundary wall for all the renovated Teerthas in the district level Island Committee Meetings. Because of our advocacy, HR&CE has constructed compound walls for five Teerthas and Municipality for two water bodies.



Stake holders meeting at Srivilliputhur

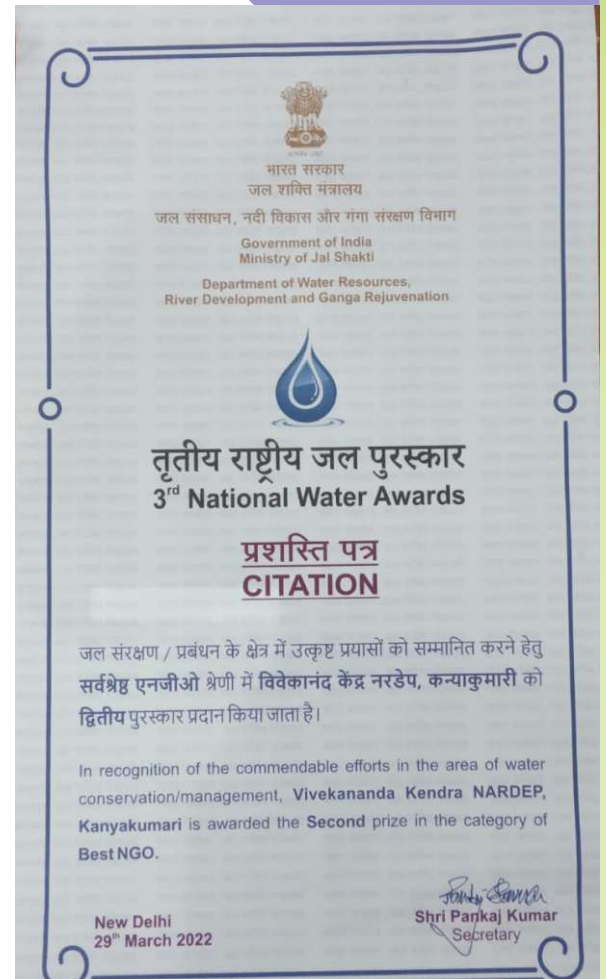
We are trying to develop Social Capital for future work of Renovation of Water Temple tanks





Award for our work in Rameswaram

Vivekananda Kendra – NARDEP received “Best NGO award” from Ministry of Jal Shakti, Govt. of India, New Delhi on 29th March 2022 for its work in “Reviving and Renovating Traditional water bodies in Rameswaram”. Shri.G.Vasudeo received the award on behalf of Vivekananda Kendra – NARDEP.





2. Sustainable Agriculture

Training programme details	Nos	participants
Training programme on “Composting technologies and Production of NPK rich Bio-manure”	2	23
Training programme on “Terrace garden”	2	28
Training programme on “Azolla technology”	2	65
Training programme on “vermi wash technology	5	93





In December month we installed 19 nos. of “Vermi Wash units” at different places of Kanyakumari district. The programme was sponsored by Agrocel Industries Private Limited, Bhuj-Kutch, Gujarat.



NPK Rich Manure unit installed at 20 places





3. Holistic Health

Training programme details	Nos	participants
Green Health Home	43 Days	1105 P
Varma massage	--	291 P
Varma point treatment	--	37 P

Workshop on “Siddha Varma Bone setting”

3 nos - 154 participated



Live Interaction with the Participants



Live Demonstraion by Dr.Ganapathi



Participants Practising Kalari in the Morning



National conference on “Practical Applications of Siddha Varmam Adangal method”

195 participants attended



Dr. Harilakhemendra Kumar from Mahatma Gandhi University presided over the function

Seminar on “Muppu Rasavatham and Traditional Siddha Varmam”

2 days -190 participants attended



Inaugural Function - “Muppu Rasavatham” Jointly organised by Muppu Rasavatham Aaviu Kuzhu and Varmam Research and Resource Center of Vivekanandapuram



Mobile Dispensary for Public

Vivekananda Kendra – Nardep was dreaming for a long time to start “Mobile Dispensary for Public and Plants”. We carried out initial survey and then decided to establish the village dispensaries where we have already having a social capital. Based on these criteria, we decided to start the rural dispensaries in two villages namely Vallankumaranvilai and Peyankuzhi, where our Rural Development department is running Balwadies since few decades. We started the mobile dispensary on Saturday, 20th November, 2021 at both the places. The project is sponsored by M/s.Kishen Chand Rural Development Trust, Mumbai.

Rural dispensary - 20 days - 360 patients



Panchagavya Chikitsa

Panchagavya Chikitsa camp was organised. Dr.Amit of Maa Gou Products Pvt. Ltd., Ramachandrapura Math, Bengaluru examined 72 patients in 3 programmes and gave medicines for one month





4 .Bio-Energy

Programme details	Nos.	Participants
Training programme on “Shakti Surabhi Bio-methanation Plant”	7	45
Awareness programme on “Bio-methanation technology”	3	100
Construction of Shakti Surabhi Plants - Portable model - 1 cum	64	Semmacheri
Deenabandhu model -6 cum	1	

64 Bio Methanation Plants Installed in Urban Chennai city
- Awareness, Training and Follow up programmes organised for 64 families





Repair of Bio gas Plants

- ★ Repairing of 30 cum biogas unit at Atomic Energy plant, Kalpakkam by our supervisor Shri.Muneeswaran.in the month of April 2021.
- ★ Shri.V.Muneeswaran visited Indian Institute of Technology, Hyderabad, Telangana from 4th to 7th August, 2021 for repairing the biogas plant of 50 cum capacity. The agency – Hand in Hand Inclusive Development and Services, Chennai could not commission the plant. Our supervisor checked all the parameters and found water in the pipeline not draining at regular intervals. The agency as well as authorities from IIT were happy to see the working of the plant
- ★ Shri.V.Ramakrishnan interacted with the higher authorities of IFAD Project Performance Evaluation committee on 9th September, 2021 through virtual platform. As a follow up our Shri.Raghupathi and Shri.Periyaswami visited 52 houses in Kanyakumari district from 15th to 18th September to check up the working of the Bio-methanation plants. They carried out minor repairs of 26 plants.
- ★ In November, maintenance work carried out for 25 nos. of 1 cum size and 4 nos. of 6 cum size Bio-methanation plants at Rameswaram. Technician, Shri.Periyasamy, did this work for the project Hand in Hand Inclusive Development and Services, Chennai.



Bio-methanation Plant
at Kalpakkam Atomic Energy



5. Networking



Community Yoga Protocol for Elders to Improve the Innate Immunity (All India) :

1200 nos participated

Launching the programme



Programme for the elders was launched in May 2021 where about 1,200 people participated. Region wise review meetings were organised every week to monitor the programme and for taking corrective actions.



Yoga Training - Dialogue with Vanaprasthas

Dialogue with Vanaprasthas every week on different topics such as 1. Patanjali's Yama and Niyama 2. Proper diet 3. Yoga as way of life 4. Sadhana in day to day life 5. How to de-stress etc. Twenty-four eminent scholars from all over India gave lectures in English, Hindi, Tamil and Kannada.



Monitoring

- Two months duration
- 87 Yoga instructors involved.
- 763 Elders attended the course regularly.
- Different parameters were measured
 - Data collected from elders



Results

The results show that there was a substantial improvement in the mobility and immunity of the elders, after practising Yoga for two months. There is a need to propagate this protocol at different levels which will help the elderly people to live a better and Healthy life.



Trainer Training programme

Reached out to different yoga centers and elderly people in the states of 1. Maharashtra 2. Karnataka 3. Gujarat 4. Assam 5. Tripura 6. West Bengal 7. Kerala 8. Odisha and 9. Tamil Nadu. A three-day Yoga training programme was organised for about 100 trainers in different parts of the country through virtual mode because of COVID-19 pandemic.

Yoga Protocol



Three categories were made namely

1. Independent
2. Dependent
3. Despondent of the elderly.

In actual practice, we could not get despondent category as nobody was allowed to enter old age homes. So, the Yoga protocol practice was mainly for the dependent category.



Chart

Six charts, three in each category for the men and women were printed, which will be useful to the elders while practicing the Yogic



Valedictory Function

Dr. Jitendra Sigh, Union Minister for Department of Science and Technology was the chief guest for the valedictory programme.



The highlight of the programme was the presentation of two papers, based on our work, by our colleagues at IIT Mumbai and Maher University, Tamilnadu



Training Programme on “Sustainable Technologies for village Volunteers - Uttar Pradesh”

1 week programme - 16 attended





ATMA Training programme on Farming Techonologies

23 programmes - 920 participated



Exposure Visits

9 programmes - 450 participated



Study Tour

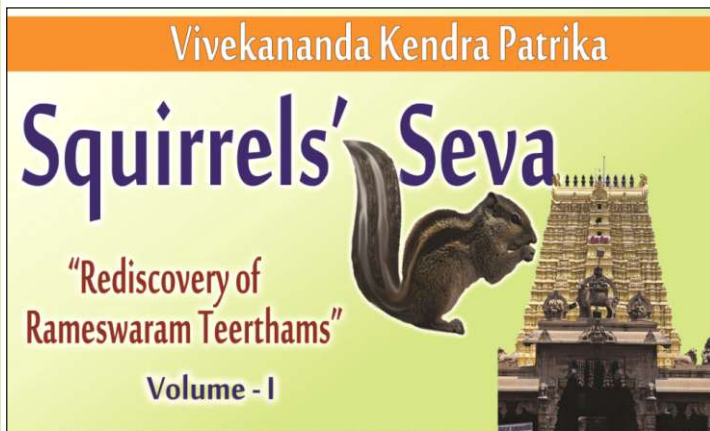
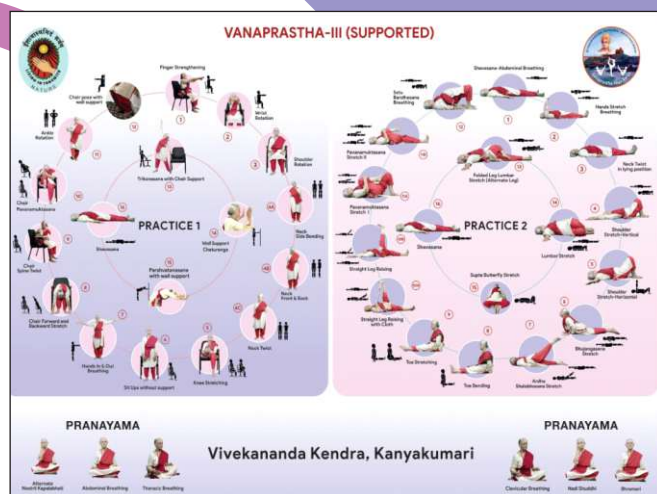
11 programmes - 396 participated





6. Publications

Yoga protocol charts for Vanaprasthas-
3 categories (Gents and Ladies) -6000 copies



Documented

15

Traditional water bodies
- Teerthams in the 1st volume.

Other Teerthams
will follow in the
subsequent volumes



7. Paper Presentation

- ★ Shri.V.Ramakrishnan addressed 75th participants of Rashtriya Sewa Bharati, Tamil Nadu State through virtual platform on 6th July, 2021. He interacted on the subject “Gou Sewa” with emphasis on the use of cow dung, cow urine in the field of Agriculture.
- ★ A virtual symposium was organised by Annadi Foundation, Coimbatore from 16th to 18th July, 2021. Shri.V.Ramakrishnan gave paper presentation on “Biogas in Rural India” on 16th July. 78 participants from all over India attended this programme.
- ★ E-Conclave on promotion of Biogas through SATAT and GOBARDHAN was organized by Tezpur University, Assam on 30th and 31st August, 2021. Shri.V.Ramakrishnan gave a power point presentation on “Bio-methanation technology – from Waste to Wealth” on 30th August. Shri.G.Vasudeo gave a power point presentation on “Biogas – Nay – Biomanure Plant” on 31st August. About 70 experts from different fields such as Academics, Industry and Voluntary sector attended the conclave.
- ★ Refresher course for IFS officers was held by Gandhigram Rural Institute, Dindigul. Shri. G. Vasudeo gave a power point presentation on “Environmental Ethics - Reverence towards Nature” on 17th September, 2021. About 30 IFS officers from all over India attended the online programme.
- ★ Maha Webinar Marathon was conducted by Mahalashmi Women's College of Arts and Science, Chennai. Shri. G. Vasudeo gave a power point presentation on “Environmental Ethics - Reverence towards Nature” on 17th October, 2021. 40 students along with faculty members attended the online programme.

Centre for Pollution Control and Environmental Engineering,
School of Engineering & Technology, Pondicherry University
presents

GREEN UPDATES

Sustainable Urban and Rural Solid Waste Management

Vivekananda Kendra's experience in Biogas Technology (Bio-Methanation)
Thiru. V. Ramakrishnan
Director, Vivekananda Kendra-NARDEP,
Kanyakumari

Panel Discussion
Environmentalists, Regulatory Agency (PPCC), Implementation Agency IUL&I and Academics
Dr.V.Krishnan,
Officer on Special Duty (R&D), Directorate of School Education, Puducherry
Shri.P. Vipin Babu,
ENVS Coordinator / Scientist, Pondicherry Pollution Control Committee, Puducherry
Shri. T.Sivakumar,
Municipal Health Officer, Outagam Municipality, Government of Puducherry

Prof.P.Sudalai,
Head, Centre for Green Energy Technology, Pondicherry University

Moderator
Dr.S.Gajalakshmi,
Head (R&D), Centre for Pollution Control & Environmental Engineering, Pondicherry University.

Welcome Address
Dr. S. Gajalakshmi
Head (R&D), CPCEE, PU

Vote of Thanks
S.Sudalai,
Assistant Professor,
CPCEE, PU

Programme Co-ordination
S.Sudalai,
Assistant Professor, CPCEE
984788722, sudalai.cp@gmail.com

Google Meet joining info
<https://meet.google.com/ykj-pzfg-rsx>

(Date and Time)
Thursday, 24 February - 2:45 - 4:15pm

11 SUSTAINABLE CITIES AND COMMUNITIES **12 RESPONSIBLE CONSUMPTION AND PRODUCTION** **15 LIFE ON LAND** **7 AFFORDABLE AND CLEAN ENERGY** **2 ZERO HUNGER** **13 CLIMATE ACTION** **1 NO POVERTY** **8 DECENT WORK AND ECONOMIC GROWTH**

Glocal Symposium on Cow-Centric Sustainability
16,17,18 JULY 2021
@ anaadicrest.org/glocal

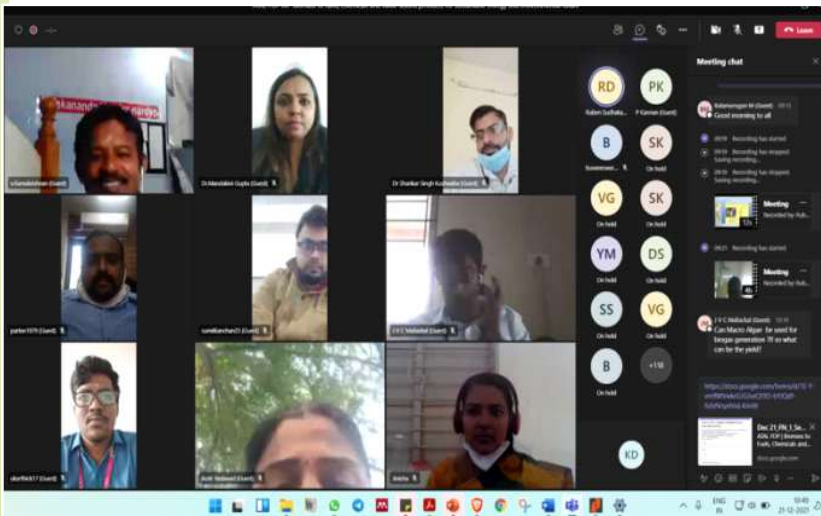
SPEAKERS

 Prof. VK Vijay IIT Delhi National Convener - SUTRA PIC	 Shri Gopalbhai Sutariya Founder - Bansi Gir Gausahala & Gauri Vidyapeeth	 Gauranga Das ji Director Govardhan Ecovillage
 Will Bakx Soil Scientist & Principal at Renewable Sonoma	 Prabhakar Rao Trustee - Agricultural Trust of Art of Living, Seed Keeper	 Abhinav Goswami Founder - Texas Gausahala & VedicTree Foundation
 Prof. N. Punniyamurthy Ethnoveterinary Herbal Medicine Expert	 V.Ramakrishnan Director - VKNARDEP	 Aparna Rajagopal Founder - Beejam Farm
 Yask Kulshreshtha PhD candidate & Global Fellow TU Delft	 Itika Gupta Co-Founder Dungee Award winning start-up	

Anaadi Foundation **"Glocal" : Think Global, Act Local** **CREST**
Centre for Research in Environment and Sustainable Technology



- ★ Workshop on “Biomass to fuels, Chemicals and value added products for sustainable energy and environmental future” was organised by NIT, Tiruchirappalli on 21st December, 2021. Shri.V.Ramakrishnan gave a power point presentation on “Energy from Waste Biomass - Biomethanation technology”. 170 students along with faculty members attended the online programme.
- ★ SWACHH Technology Challenge Evaluation was organised by Oulgaret Municipality, Puducherry on 20th January, 2022. Shri.V.Ramakrishnan gave a power point presentation on “Shakti Surabhi Bio-methanation Plant”. 35 members along with faculty attended the online programme.
- ★ Seminar on “Green technologies for Environment Problems” (N.S.S. Training) was organised by Rohini College of Engineering and Technology, Paulkulam, Kanyakumari Dist. on 28th February, 2022. Shri.V.Ramakrishnan gave a power point presentation on “Shakti Surabhi Bio-methanation technology”. 30 students along with faculty attended the programme.
- ★ Seminar on “Sustainable Urban and Rural Solid Waste Management” was organised by Centre for Pollution Control and Environmental Engineering, Puducherry University on 24th February, 2022. Shri.V.Ramakrishnan gave a power point presentation on “Vivekananda Kendra's experience in Bio-methanation technology”. 55 members along with faculty attended this online programme.
- ★ Central University, Puducherry organized a virtual meeting on 11th March, 2022. Shri.V.Ramakrishnan gave a power point presentation on “Shakti Surabhi - Bio-methanation technology”



8. Media Coverage

- ★ Tamil magazine Pasumai Vikatan gave an exhaustive coverage of 13 pages - "Azolla Oor Akshaya Pathiram" which covers Azolla, NPK rich manure, Biogas, Vermi wash etc. in the month of May 2021.
- ★ Our supervisor, Shri.Kathiresan gave an interview to Puthiya Thalaimurai TV, Rameswaram on 21st July on Biogas technology.
- ★ The Hindu - Tamil gave a good coverage about our work at Rameswaram in the field of "Revival and Renovation of Traditional water bodies" on 18th September 2021.
- ★ Shri.V.Ramakrishnan gave an interview to All India Radio, Tirunelveli on 27th September, 2021 on Bio-methanation technology. The programme was broadcasted from 9.30 to 10 p.m. Biogas user Smt.Krishnaveni of Mahadanapuram was also interviewed as a part of the programme.
- ★ Pasumai Vikatan – the Tamil bi-monthly magazine gave a good coverage on Vermi Wash technology under the title "Mahasulai Koottum Manpuzhu Ura Neer Urpathi" on 10th October, 2021.
- ★ Pasumai Vikatan – the Tamil bi-monthly magazine gave a good coverage on Bio-methanation technology under the title "Samayalarai Kazhivilerunthu Erivayu, Minsaram, Uram – Asathum Shakti Surabhi" on 10th November, 2021.
- ★ Dinamalar, Chennai gave a good coverage on Biomechanation technology under the title "Matru Erishakti Urpatikku Maaniyam Thevai" on 6th December, 2021.
- ★ Shri.V.Ramakrishnan gave a talk on "Agricultural technologies" at All India Radio, Nagercoil on 14th February, 2022.
- ★ Shri.S.Rajamony gave a talk to All India Radio, Nagercoil on 24th February, 2022 on "Organic farming".



மகசூலைக் கூட்டும்
'மண்புழு உரநீர்'
உற்பத்தி!



9. Government Official Visit :

- ★ Shri.Selvarajan, Additional Director, “Entrepreneurship Development and Innovation Institute”, Chennai visited our office along with Shri.Michel, Project Director, Tamil Nadu State Rural Livelihood Mission on 20th July, 2021. They appreciated our work particularly in the field of “Bio-methanation” and development of “Vermi wash” technology
- ★ Shri.Selvaraj, CGM, NABARD visited VK-Nardep along with Shri.Sailesh, DDM, Nagercoil on 31st July, 2021 and appreciated Kendra's work in the field of Sustainable Development.
- ★ Executive Engineer, BDO and other officials visited Kendra office on 2nd August, 2021 to discuss the project of constructing biogas plant at Thovalai, Kanyakumari Dist. by using different types of organic wastes.
- ★ DGM, NABARD Smt.P.T.Usha from Chennai and Dist. Manager, Shri.Sailesh, Kanyakumari visited Vermi wash units at Biley garden on 1st October, 2021.
- ★ Shri.Godbole, Site Director, Koodankulam Nuclear Power Plant (KKNPP) along with Engineer Shri.Srikanth visited Garmodaya Park, J.C.Bose Nursery, Biley garden and finally Technology Resource Center at Kalluvillai on 26th October, 2021.
- ★ Chairman cum Managing Director of Nuclear Power Corporation of India Limited (NPCIL), Shri.Singhal from Mumbai and Shri.Godbole, Site Director, Koodankulam Power Plant visited Vivekanandapuram campus on 26th December, 2021.



Internship:

- ★ Three Final year students of B.Sc Agriculture, Gandhigram Rural Institute – Deemed to be University, Dindigul underwent Internship for 15 days at Rameswaram in the month of July 2021.
- ★ Final year student of B.Sc – Environmental Science, Paramakalyani Center for Environmental Science, Alwarkurichi, underwent Internship for 7 days at Vivekanandapuram from 17th to 24th March 2022.

NABARD Stakeholders Meet:

“NABARD Stakeholders Meet” was held on 31st July, 2021 at VLR Residency, Nagercoil. Shri.Selvaraj, Chief General Manager, NABARD, Chennai was the chief guest. Shri.V.Ramakrishnan and Shri.S.Rajamony attended the meeting. Shri.Ramakrishnan shared his long association and productive experiences of working with NABARD.

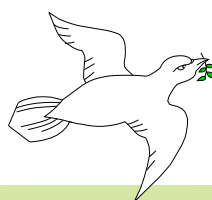
STRIDE Committee

Shri.V.Ramakrishnan worked as a member of STRIDE (Scheme for Trans-disciplinary Research for India's Developing Economy) Committee of Central University of Tamil Nadu, Thiruvavur.



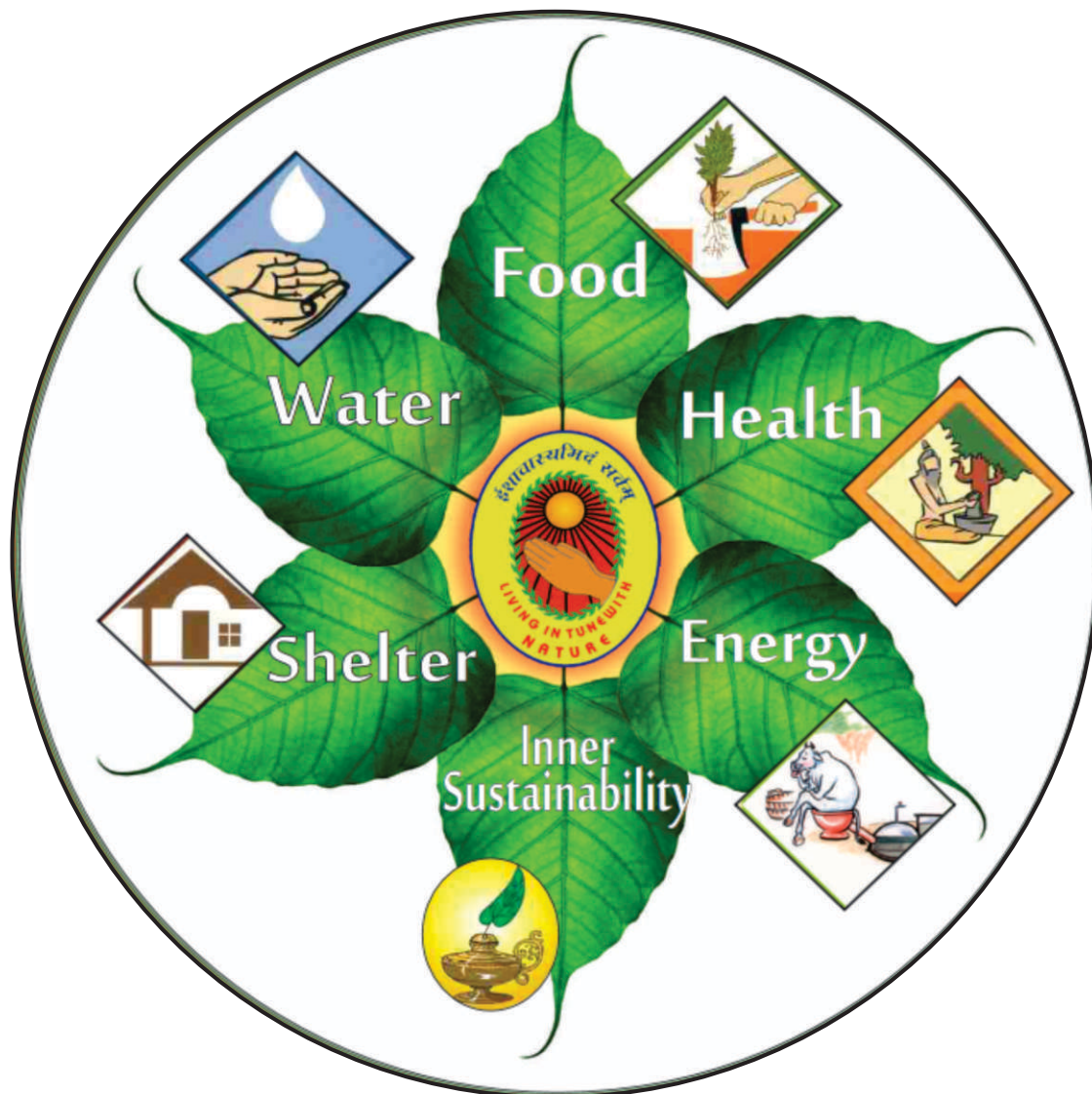
Mango Saplings

This year, we experimented with a layering technique for Mango plants. A technique of plant propagation where the new plant remains at least partially attached to the mother plant while forming new roots.



Vivekananda Kendra

Natural Resources Development Project



The Secretary,
Vivekananda Kendra -**nardep**
Kanyakumari - 629 702
Phone : 04652-246296, 298294
Email: vknardep@gmail.com,
www.vknardep.org