



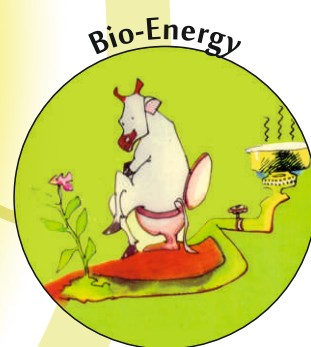
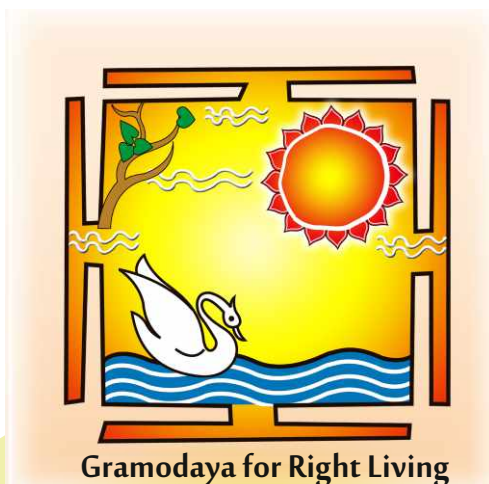
# Vivekananda Kendra -nardep

## Kanyakumari -629 702



### Annual Report

### 2024-25



Vasudhā

Enabling Sustainable Living

Dear Friends and Well-wishers,

Namaskaram.

I am sure some of you must have read the story – “The frog in boiling water”

The story is also known as the "boiling frog syndrome," is a cautionary tale illustrating how gradual negative changes can be accepted without proper reaction until it's too late. The story suggests a frog placed in boiling water will immediately jump out, while a frog placed in lukewarm water that is gradually heated will not perceive the danger and will be cooked to death.



The story highlights the human tendency to adapt to and accept situations that change slowly, even when those changes are detrimental. It's a metaphor for the potential danger of ignoring gradual shifts in our environment.

Vivekananda Kendra – Nardep perceived this danger right from the beginning when it started its work in 1986 with a tag line “Living in tune with Nature”. We tried to emphasize the importance of being vigilant, proactive, and propagated Green technologies when nobody was talking about Global warming and Sustainable Development Goals.

In this year's report, we are covering our regular verticals such as (i) Eco-friendly construction (ii) Water management (iii) Sustainable agriculture (iv) Holistic health (v) Bio-methanation technology (vi) Inner sustainability and Networking.

We take this opportunity to thank all our donors, patrons, volunteers, well-wishers and all the stakeholders of their kind help, cooperation and regular encouragement.

With Prayers and Best wishes,

A handwritten signature in black ink, appearing to be 'V. Ramakrishnan'.

(V. Ramakrishnan)

Director

### 3 GOOD HEALTH AND WELL-BEING



### 11 SUSTAINABLE CITIES AND COMMUNITIES



### 12 RESPONSIBLE CONSUMPTION AND PRODUCTION



### 13 CLIMATE ACTION



## Eco Friendly construction Technologies



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

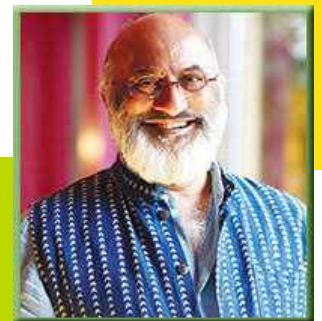
Earth remains our partner in many guises of change. Even as we will willingly destroy the balance in nature, so will it destroy us, naturally?

It is William McDonough who aid “You have to understand the design leads to the manifestation of human intention, and if what we made with our hands is to be scared and honour the earth that gives us life, then

the things we make must not only rise from the ground but return to it, soil to soil, water to water, so everything received from earth can be freely given back without causing harm to any living system. This is ecology. This is good design. “**This is green design**”.

**William Andrews McDonough**  
An American architect and academic

In his book, *Mistaken Modernity*, the sociologist Dipankar Gupta writes that the Iranian intellectual, Jamal-e-Ahmad, coined the word 'westoxication' to describe how “consumer items and aesthetic preferences are imported wholesale from the west without any indigenous mediation”. In the race to display a veneer of so-called modernity in an attempt to promote globalization, we have ignored the availability of basic resources and the capacity of the environment to cope with the resulting interference – all the tenets of what we now call 'Green Design'.



**Ar. Karan Grover**  
Karan Grover & Associates





## Training Programme:

### Saraswathi nadar College of Engineering:

26 students from Dept. of Civil Engineering, Nadar Saraswathi College of Engineering and Technology, Theni attended one day training programme on "Green Construction Technologies. dated on 12th April, 2024.

- ★ Participants learnt general about eco friendly construction technologies like Compressed Earth Blocks, Arches, Vault, and Domes,
- ★ Ferro cement technologies like doors, Roofing channels, water tanks etc.,
- ★ Participants learnt importance of Embodied energy, Operational energy and Life cycle Assesment.
- ★ Participants learnt practical and Theory



### TNAU - Dept of Energy, Ecology and Environment:

Dept. of Energy and Envrionmental Engineering, Tamil Nadu Agricultural University, Coimbatore - 24<sup>th</sup> April 2024 - 26 nos attended.

Students learnt various green construction technologies along with Rainwater harvesting and solid waste management.

Visited Gramodaya park as hundred green technologies depicted are useful in their engineering subjects.





## II . Water Management



1 NO POVERTY



2 ZERO HUNGER



3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



### Kudimaramathu



Lord Shiva carrying sand to arrest the leakage of embankment of Vaigai river.

Pittukku Man Sumantha Padalam (chapter) from *Thiruvilaiyadal Puranam* has cited that, Lord Shiva himself labored to help old lady Vanthi with the construction of an embankment over Vaigai river, Madurai. The king was not satisfied with the work and beat him with a *Pirambu* stick. The moral of this incident is that even the god came down for the people and offered the duty to conserve the water body.

*Thiruvagasam. Thiru Manikavasaga Peruman's Keerthithiruagaval.*  
And therein too, for the female devotee. He condescended to carry earth

ஆங்கது தன்னில் அடியவட் காகப்பாங்காய்  
மண்சுமந் தருளிய பரிசும் !



## 1. Teppakulam , Rameswaram:

### Mythology and religious significance

Teppakulam is another significant sacred water body located in the Pamban area of Rameswaram. This teertham is revered for its religious and spiritual significance, with many legends and mythological stories associated with its divine origin.

### I. Sage Agastya's Creation of Teppakulam

One popular legend credits the creation of Teppakulam to Sage Agastya. According to the story, Sage Agastya was performing intense meditation and penance at Rameswaram when Lord Shiva appeared before him. The sage requested a sacred water body for his rituals and the purification of devotees. In response, Lord Shiva blessed him, and the sacred tank of Teppakulam was formed at this spot. The water is said to be infused with divine energy, capable of washing away sins and bestowing spiritual merit on those who bathe in it.

### Condition of Teertham - Before Renovation

Teertham in abandoned condition

- ★ Teertham surrounded by thorny trees
- ★ All the walls in damaged condition
- ★ Road side wall completely fallen down
- ★ Steps totally damaged.
- ★ Surrounding area soil entered the Teertham.
- ★ Cattle using this tank for drinking purposes.



Traditional water body before renovation





## Teppakulam , Rameswaram



### The following work carried out

- ★ Completely removed the old structure
- ★ Deepened the Teertham
- ★ Inner pond constructed
- ★ Steps of Inner pond constructed
- ★ Outer pond constructed
- ★ Ramp constructed for cattle
- ★ Name Board and approach road made
- ★ Beautified the Teertham by painting.



Teppakulam - After completion of the work





## 2. Koneri Teertham - Tiruvannamalai , Srivilliputur:

Koneri Teertham is a sacred tank located at the foothills of the Srinivasa Perumal Temple in Tiruvannamalai, Srivilliputhur. This tank is associated with various mythological benefits:

**Spiritual Cleansing:** It is believed that taking a dip in the Koneri Teertham purifies devotees of their sins. The sacred water is said to have the ability to cleanse one's soul, bringing spiritual enlightenment and inner peace

### Cultural and Religious Context

The presence of Koneri Teertham at the foothills of the Srinivasa Perumal Temple integrates the natural element of water into the religious landscape, emphasizing the traditional Indian reverence for water bodies as sacred and life-giving. The teertham is not just a physical entity but a spiritual symbol, representing purity, life, and the divine.

The work started in the year 2023 by having a Bhoomi Puja on 10th December



Developed social capital by arranging continuous meetings, organised bhajans and games.



Cleaning of the canal by removing grownup bushes and dredging it with proper slope.  
Work of this canal of about 600 meters was a major effort.







**Tank area is cleaned of bushes and many places deepened. In the process area of the Teertham increased from 2 acres to 2.5 acres**



**Cleaning and removing of thorny bushes in the bunding - 700 meter length.**



**Teertham was without bunding at many places.  
After the bunding the capacity of the Teertham increased.  
Lot of tractors were used for transporting the soil and levelling the area.**



**Constructed retaining walls on the road side of the Teertham  
to avoid erosion of soil and protect the bunding.**







Steps were repaired and new steps were constructed at a few places



Overflow retaining wall totally damaged.  
Constructed strong retaining wall at the outlet of the Teertham



800 meter long and 6 feet tall fencing has been erected to protect the pond  
and stopped defiling by goats, cows and humans.



Gates were erected at 3 places.  
Tree saplings planted around the Teertham to improve the ecosystem.  
Koneri Teertham welfare committee formed for future maintenance.







## Surya Pushkarani Teertham, Aruppukottai:

### Condition of the Teertham -before Revival

#### Condition of the Teertham was very bad. ...

- ★ Teertham area was full of plastic papers, clothes, liquor bottles and medical and electronic waste etc., People were using it as a dumping ground.
- ★ Park and part of the Teertham was used by Drunkards and drug addicts. Even children from the nearby school were using as a smoking Jaunt
- ★ People used to come for toilet purpose inside the Teertham including steps
- ★ It became a grazing ground for cows and goats.

#### In addition, we observed the following

- ★ Cracks were found at maximum places of the Retaining walls, because of the spreading of the roots of the nearby trees.
- ★ Many places Retaining wall stones are fallen down.
- ★ Thickness of wall is very less
- ★ Entire retaining wall collapsed at one place.
- ★ Steps are damaged at many places
- ★ Two wells are completely damaged
- ★ Retaining wall has no foundation. In addition soil erosion taken place at the basement.
- ★ Gutter water entering the Teertham.



Traditional water body before renovation - the work started earlier on 27th January 2024





## Abandoned Water body



**Piers constructed for supporting and strengthening the retaining walls - 58 nos constructed**



**In between, the retaining wall has fallen down.  
Construction of the retaining wall and additionally given pier support.**



**Many places Retaining walls were hanging as soil was removed during de-silting time.  
We corrected the mistakes by constructing an additional retaining wall of  
3 to 5 feet height joining all the piers and filling the area with soil.  
In the process we constructed 1300 running feet wall and laid the stones above the filled up soil.**







It seems that many times desilting of Teertham has taken place. However, the inner pond was uneven. We removed the stagnated water and gave a proper shape to the inner pond. The present algae growth will stop gradually as we are introducing fishes in the tank along with lotus / lily plants.



Stones have fallen down at many places and steps were in damaged condition. Retaining walls and steps are repaired with the help of cement mortar, concrete and stones.







## Renovating the park:

- ▷ Sit-outs created around the trees and other places
- ▷ Flooring is repaired with paver blocks
- ▷ Repaired the cracked walls with the help of cement mortar
- ▷ Welded the stolen grill angles with a new one.
- ▷ Pruning of Trees and giving proper shape
- ▷ Repaired damaged playing material
- ▷ Constructed new walls at a few places



## Colour washing

- ▷ All the walls coloured
- ▷ Park area also painted newly
- ▷ Gates and grills received a new finish after oil paint
- ▷ Poles too painted for increasing its life span
- ▷ Children park - playing material painted



Fenced entire Teertham with 8 feet height - 1300 feet length.



Dust Bin fitted at 7 places and Boards fitted.







## A view of the Teertham after renovation







## 4. Chidambara Teertham :

### Mythology and religious significance

**Lord Rama's Purification Ritual** : According to Ramayana legends, after Lord Rama's victory over the demon king Ravana in Lanka, he felt the need to perform penance for the sins of killing a Brahmin as well as a learned scholar. To absolve himself of this sin, Lord Rama bathed at various teerthams in Rameswaram, including Chidambara Teertham. The waters of this teertham are believed to carry Lord Shiva's blessings, helping Rama complete his purification.

### Renovation process of Chidambaram Teertham

- ★ Awareness programmes for developing Social Capital
- ★ Cleaning of entire area including removing thorny trees
- ★ De -Watering and De-silting
- ★ Construction of Inner pond ( earth work excavation, plain cement concrete, foundation , retaining wall and steps etc.,)
- ★ Construction of Outer Tank ( earth work excavation, plain cement concrete, foundation , retaining wall and steps etc.,)
- ★ Colouring - Painting
- ★ Cleaning of the entire crematorium yard.
- ★ Repairing and maintenance of Crematorium building.
- ★ Repairing and maintenance of post Cremation Ritual shed.
- ★ Well construction
- ★ Entry gate construction
- ★ Name board installation



Traditional water body before renovation





**Inaugural Puja -07 August,2024**



**Pumping out the stagnated water**



**Cleaning of thorny Trees of the entire area**



**De - silting and Deepening the water body**



**Construction of Inner pond and ring well**







## Construction of Outer pond



## Colour washing



## Repairing and finishing of Cremation Building



## Repairing of post Rituals yard







**Plantform constructed and Entrance gate installed**



**Well constructed for water for summer time and Board installed**



**Final View of the Tank**







## Senbagaramanputhur Temple tank renovation work :

Nellai Ulavara team renovated Senbagaramanputhur temple tank at Tirunelveli Dist. Vivekananda Kendra -Nardep helped by supplying construction materials for renovation



## Revival and Renovation of Lakshmi Teertham :

Sri Viruthapureeswarar Temple, Thirupunavasal, Pudukottai district is the oldest temple. The temple is surrounded by 9 Teerthas which are in a bad condition and requires revival and renovation. Out of the 9 Teerthas, we have taken up the work of Lakshmi Teertham by forming Renovation Committee.

Bhoomi Pooja was held on 17.02.2025 . about 200 local people attended.



## Awareness Programmes:

Vk-nardep organises regular awareness programme for the stake holders for the maintenance of Traditional Water bodies -9 Places 330 participants







## Teertham Mitras

Organising regular monthly Teertha pujas at the renovated traditional water bodies. The idea is to improve the footfalls at the teerthams and locals should take ownership of its maintenance.

We have formulised regular text in Tamil which helps the ladies to perform the rituals.

Before the puja , the area is cleaned and afterwards the Prasadam is distributed.



## Experiences:

I would like to express my warmest, most sincere gratitude and appreciation for the outstanding work done in renovating the historic temple pond. Your tireless efforts have transformed the pond into a beautiful, serene, and sacred space, bringing joy and happiness to the entire community.

### Acknowledging the Positive Impact

Your dedication and commitment to preserving our cultural heritage are truly commendable. The renovated pond has not only restored the temple's beauty but also revitalized the community's spirit. The countless happiness and smiles on the faces of the elder persons near the pond are a testament to the positive impact of your work.

### Celebrating the Team's Involvement

I would like to extend my appreciation to each and every member of the team involved in the renovation project, including the painters, cleaners, supervisors, and volunteers. Your collective efforts have made a significant difference in preserving our cultural heritage.

With love, gratitude, and appreciation,  
[BALAJI VARADHARAJAN, ]

I am born and brought up in Aruppukottai. First time in my life, I am seeing this temple tank in good condition. Thanks to Vivekananda kendra , Kanyakumari for their stupendous and quality work. I wish the temple authorities organise Floating festival in the coming season.





### III . Sustainable Agriculture



Harvest festivals in India India has many harvest festivals, each celebrated differently across various regions. Some of the prominent ones include **Pongal** in Tamil Nadu, **Makar Sankranti** in several states, **Baisakhi** in Punjab and Haryana, **Onam** in Kerala, and **Lohri** in Punjab. Other notable festivals include **Bhogali Bihu** in Assam, **Gudi Padwa** in Maharashtra, and **Ugadi** in Andhra Pradesh and Telangana.







## Green Livelihood :

Harit Aajeevika

Sponsored by:  L&T Technology Services

In this project we are tried to increase and integrate a number of activities and sub-systems by which the farm families will remain engaged throughout the year. For example, composts, growth promoters etc. will integrate with kitchen garden, while Azolla will be an input for poultry and goatry. Thus even if one sub-system fails, the farmer can depend on the other for sustainability.

### Modus of oprendy :

- To begin with we organised awareness programmes to explain the scheme at 11 places with 309 participants
- During Awareness programme, stakeholders were exposed to different green technologies which can help the families in nutritional security, health security and financial security as a part of livelihood project.
- Survey forms were given and 120 beneficiaries selected based on the personnel interviews and field visits.
- 5 days training programme conducted 120 beneficiaries 3 programmes as 40 each
- During training programme kitchen garden kit , Garden tool kit, Azolla cultivation , fish amino, Poultry management, Goatry management, Different type of composting technologies and pest management taught
- Kitchen garden kit, Fish amino kit, Azolla kit, 3 goats and 10 Poultry chicks distributed to 120 stakeholders at different intervals.
- Field visit to every beneficiaries house for guidance
- Follow up programme conducted - 120 beneficiaries, 3 camps 40 each.
- Follow up programme taken up for earlier years 100 beneficiaries as well.







### Output/ Impact :

- ★ Stakeholders were empowered in the new technologies of Azolla, Panchagavya and Fish amino
- ★ A few farmers started feeding Azolla to the cattle and poultry. In the process, they increased their income
- ★ 2 kg of Azolla to the cattle enhances 15% milk yield and SNF also
- ★ Poultry gives pink coloured better quality eggs which fetches more price
- ★ Azolla also helps in improving the health of the cattle and the poultry also
- ★ A few entrepreneurs started preparing Fish amino on a bigger scale and sold to the nearby farmers at the rate of Rs.500 per litre and increased their monthly income.
- ★ Fish amino not only works as a pest repellent but also as a growth promoter
- ★ The project helped in nutritional security as the family started getting organic vegetables and organic eggs in their daily diet.
- ★ Goatry too helped in enhancing the monthly income
- ★ Apart from economic benefits of the project it has environmental, social and cultural impact as stakeholders switched over to organic way of life. Promoted leadership as well as community learning and in turn improved their health

### Ms. Janani – A Champion of Organic Living:

A 40-year-old from Deekshidharkollai, established a terrace garden using the kit provided through training. Her organic spinach became a household favorite in the village. She also succeeded in Azolla cultivation, reducing feed costs and improving the milkyield.

“My garden is now a source of pride and purpose. I feel empowered to teach others and care for my family with dignity.”







## Training on Soil Analysis :

Training on “Soil Analysis” was held at Vivekanandapuram on 16th April, 2025 . 30 farmers from Kanyakumari dist. attended this programme. Dr. Arun Kumar and Shri. Ram Mohan from Murugappa Chettiar Research Institute, Chennai acted as the resource persons. Farmers brought soil samples for analysis. After Analysis, solution for improving the soil was provided.



## One day training programme

Adds on training on “Agricultural technologies” was held at Vivekanandapuram on 5th April, 2025 . 23 students attended this programme. Smt. S. Premalatha and Shri. L. Murugan were the resource persons. The programme was sponsored by Sree Ayyappa college, Nagercoil.



Training programme on Natural farming was held on 6th November. 58 students including faculty attended this training. The training was sponsored by School of Agricultural Science, Joy University, Tirunelveli. Shri. V. Ramakrishnan, Director and Smt. S. Premalatha were the resource persons.







## Cow based Circular Economy: Harit Urja

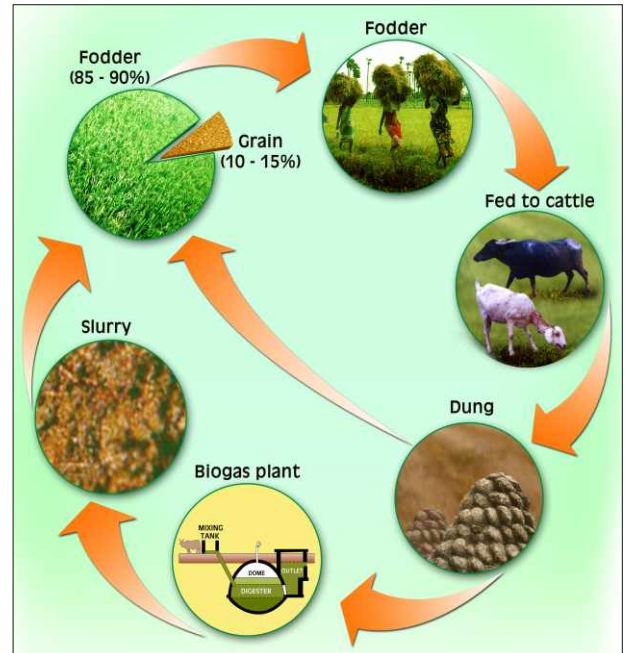
Sponsored by:  L&T Technology Services

Vivekananda kendra nardep wanted to show the importance of “cow based circular economy” to community as we are in this field since last four decades .

Circular economy — Cow → Cow dung → Biogas plant → outlet slurry → Fodder → Grain for human use → Fodder for cattle → Cycle will continue.

We executed the project in Kanyakumari dist.

- ★ 8 places Awareness programme conducted 134 farmers attended
- ★ Selected 40 beneficiaries from the awareness programmes.
- ★ Installed portable biogas plant of one cum capacity plant - 40 nos
- ★ Training on “biogas slurry based value added products” conducted. Taught Panchagavya, Jeevamrita, Vermi compost, Vermi wash, Azolla etc.
- ★ Shakti Surabhi Biogas plant, Vermi compost tray, Azolla kit, Panchagavya drum, fish amino kit distributed among 40 farmers
- ★ Biogas used for cooking purpose, and Biogas slurry for value added products such as vermi compost and panchagavya.
- ★ A few farmers directly fed the outlet slurry to the field.
- ★ Fish Amino prepared as a pest repellent and growth promoter. Azolla bed developed with the help of given kit and azolla given to the cattle for increasing the milk yield.
- ★ Beneficiaries doubts cleared during Follow up training programmes.







## Output / Impact:

### • Stakeholders were empowered about the use of Biogas slurry such as:

- It works as a liquid fertilizer
- It improves the quality of the soil
- Plants absorb the fertilizer quickly because of mineralization

### • Stakeholders started using slurry for the following:

- For preparing Vermi compost (multi-purpose use in farming)
  - For Azolla propagation (as a cattle feed to the cow and poultry)
  - Panchagavya preparation (as a growth promoter and pest repellent)
- ★ Couple of farmers (Shri.P.Rajapondi, Balasubramaniapuram) started manufacturing Vermi compost out of the farm waste and started selling in his own shop and thus increasing the monthly income of Rs.300/- to Rs.500/
- ★ Farmer Shri. P.Ramakrishnan, Ezhusattupattu had a miraculous experience of Azolla technology. After feeding 2 kgs of Azolla per day, the milk yield has increased by 15%. i.e. minimum one liter increase after feeding the Azolla. The government rate is Rs.45/- liter. Thus Shri. Ramakrishnan started getting additional income of Rs.1350/- per month.
- ★ Farmers of Kozhikottupottai made use of Panchagavya, not only as a growth promoter but also as a pest repellent. They had wonderful results in their backyard garden where they are growing tomato, brinjal and chilli etc.
- ★ Earlier tomato and brinjal used to get infested with pest which they got rid off by using Panchagavya. In the process, they saved minimum Rs.300/- per month on chemical pesticide and got better organic yield and thus more income.
- ★ Apart from the above, all the stakeholders are using biogas for cooking and thus saving 0.43 kg per day of LPG which is equivalent to  $0.43 \times \text{Rs.}62 = 26.66 \times 30 = \text{Rs.}800/-$  per month
- ★ Cow based Circular economy cannot be measured in the conventional accounting system. It has an additional (i) Environment benefit (ii) Conservation benefit (iii) Energy benefit and last but not the least (iv) Social benefit.





## IV . Green Health



3 GOOD HEALTH  
AND WELL-BEING



Dr. B.M. Hegde's concept of "detoxing the society" refers to his call for a more ethical and humanistic approach to medicine, challenging the current system's focus on science, technology, and consumerism. He advocates for a shift towards a more holistic and preventative approach to health, emphasizing traditional knowledge, ethical practices, and a focus on patient well-being over profit.

VK-Nardep is propagating Siddha Varma system of Medicine since last 4 decades as a part of AYUSH.





## Varmam Research and Resource Center:

### First year Varma Ilanilai Aringar course

- ★ Varma 1st year course started with 35 students on 14th of June
- ★ The course has 6 capsules, each capsule has 2 days session.
- ★ Syllabus: Basics of Varmam, History of Varmam, Do's and Dont's while doing Varma treatment, Basics of Siddha medicines, Basic Anatomy and Physiology, Varma points of our body, Varma points identification, Simple varma massage for various diseases, Important Varma Medicines. Varma Silambam & Kalari.
- ★ Students submitted the assignment given to them in subsequent class after completion of course.
- ★ Training is on the Gurukula style. Starting from 5 am to 9 pm . More practical than Theory



### 2nd year Varmam Aringar course

- ★ 2nd year course started on 17<sup>th</sup> May 2024 with 31 Students.
- ★ Syllabus - Principles and functions of Varma points, Various varma stimulation methods, Varma mathirai, Pathophysiology and Clinical Anatomy of our body, Adangals, Bone setting techniques, details about paduvarmam and thodu varmam, Varma medicine- their preparation method and uses, Varma Silambam & Kalari.
- ★ 6 Assignments allotted to all students. Written and practical examination conducted
- ★ Vai Prabhu , Dr. . Balaji, . Dr. Thirunarayanan, . Vai. Arasu Raja, . Dr. Rajasekar, . Dr. Kumaresan, . Dr. Bindhuja G. Dharan and Dr. Shanmugam acted as resource persons







### Third year Varma Aasan course:

- ★ 3rd year course started on 26th April 2024 with 35 students. Total 7 classes conducted
- ★ Syllabus: Varmam and adangal manipulation methods, Varmam and adangal stimulation techniques for various pain management, Varma Saram, Varma Naadi and kalai, Varma muthiraigal, various Varma massage techniques, Different fractures and dislocation management, Varma medicines, their preparation protocol and uses, Varma Silambam and Kalari.
- ★ Written and practical exam and viva conducted after completion of the course.
- ★ Exposure visit organised for practical learning.
- ★ Participant shared their experiences, Ashram type learning, discipline, time concept, one family feeling and satvic food.



### Free Blood test and Free siddha Medical camp:

Conducted free blood test camp and siddha consultation camp at 3 places - i. Kannankulam, ii. Kottaram, iii. Vivekanandapuram.

- ★ 279 patients examined and free medicines were given.
- ★ These camps were organised with the co-operation of SUBHA Diagnostics, Dharishanacope.
- ★ In this camp Dr. Muthu Santhi, Dr. Indhumathi and Mr. Vijay and team acted as resource person







## **“Therapeutic Varma Stimulation Techniques” and Varma Massage Therapy:**

**10th to 15th Feb.2025**

6 days varmam training programme conducted in Technology Resource Center. Total 13 participants attended from various field like I.T Professional, Acupuncture Professional, Ayurveda doctor, Yoga therapist, Retired Army person.

programme covered Interactive session on Varmam, Varma Massage Techniques, Varma medicine preparation, Varma Silambam, Live Demonstration of varma massage therapy for various kind of illness, Varma points stimulation techniques for pain management. In this training they learned a lot about Varmam and Varmam massage. These kind of programme would be helpful to get the benefits and knowledge about Varmam Therapy to reach all the people.

Vai. Chinna Poo Aasan, Vai.Pal Aasan,Vai. Ramesh Kumar Aasan, Dr. Kannan Rajaram, Dr. Muthu Shanthi, Vai. Jothi Suresh , Sivayogi Sivarajan, Vai. Rajeshram Aasan, Dr.Kumaresan acted as a resource person







## National Seminar on “Varma Treatment for Neurological Disorders” :

19th January 2025.

- Held at Eknath Hall, vivekanandapuram. 150 participants including Siddha doctors, Medical students and Vaidyas attended.
- Prof. Dr. V. Sujatha, Centre for the study of social systems (CSSS), Jawaharlal Nehru University, New Delhi was the Chief guest.
- Dr. Kannan Rajaram - MD(S), Center for Varma medicine & Research, Kanyakumari was 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.







## Holistic Health:

- Green Health Home -251 days - 1591 patients
- Varma massage - 298 patients
- Steam bath - 27 patients



## Case Study

**Name:** Ajith

**Age / Sex:** 25/M

**Complaints and Duration:** Ulcer on bilateral big toe and second toe since 1 year.

**History of present illness:** Bleeding occur while walking and standing within 5 mins since 3 months.

**History of past illness:** whenever patient is walking and standing bleeding occurred.

**Occupation:** Working in Chemical industry since 2 years

**Habits:** Mixed diet

**Vital signs:** HR: 86/MIN PR: 80/MIN RR: 24/MIN BP: 110/80

**Routines:** App: Normal Sleep: Disturbed Bowl: Regular Urine: Normal

**On Examination:** Lean body built, infected wound with blood oozing present, no pus formation.

**Diagnosis:** Naalapun (Venous ulcer)

**Treatment:**

- 1.RGM capsules 2-0-2 (A/F)
2. Skin capsules - 2-0-2 (A/F)
3. Tab. Swasakudori 1-0-1 (A/F)
4. Parangi ennai with Mathan thylam- Externally

**Varma therapy:** Mild gentle massage from thigh to foot

**Case Summary:** Venous ulcers are the most common type of foot and leg wounds and ulcers. They usually irregularly shaped, reddish, and covered with yellow fibrous tissue. They also might have discharge. The present Siddha treatment protocol is therapeutically beneficial in treating Venous ulcer. The Rasaganthi mezhugu, a unique siddha herbo mineral preparation. This formulation is also used in the treatment of all Skin diseases, piles, various kinds of neuralgic pains, glandular enlargements, and different kinds of cancerous affections. Skin capsule is a poly herbal formulation for treating all kind of skin diseases. Parangiennai with Mathanthylam used for its anti fungal and anti bacterial effect. Prescribed Varma therapy is used for improving blood circulation and enhance the healing process. It is effective in the management of the disease without any adverse effect

**Recommendation:**

- Avoid Chemical exposure
- Wash the affected area with mild soap.
- Keep the wound clean and dry.
- Change the bandages as directed.
- Take prescribed medications as directed.
- Drink plenty of fluids.
- Follow a healthy diet. Avoid non veg food for a month.
- Exercise regularly, do yoga and pranayamamum



Before Treatment



After Treatment

**Prognosis:**

- After taking medicines for a month , most of the symptoms are reduced,
- Now there is no oozing of blood while walking and standing. Wound healed.





## Planting and Semiprosseing of Medicinal Herbs:

Harit Aarogya



Sponsored by:

L&T Technology Services

- ★ Organised awareness programmes to explain the scheme at 11 places of Kanyakumari 197 participants attended
- ★ During the camp, survey forms were distributed
- ★ After scrutinizing the survey forms, interaction with the stakeholders and field visits 50 members were selected.
- ★ 5 days training was organised for this group to empower them in various aspects such as (i) soil and its nutrients (ii) different types of composts (iii) growth promoters (iv) pest control methods along with nursery techniques such as (i) cutting (ii) layering (iii) grafting (iv) budding etc. Further processing of the herbs and its usage in medicines also explained.
- ★ The training was hands on, more practical than theoretical
- ★ After the training all the stakeholders received the tool kit which contains spade, weed remover, knife, cutter, sprayer, hose pipe and pots for growing seedlings etc.
- ★ Members also received 10 seedlings each of different varieties along with vermi compost
- ★ participants were taken for a one day tour to Horticulture farm and herbal garden farms
- ★ Follow up programme organised. During the programme, the stakeholders gave a feedback, and received further guidance in implementing the project.
- ★ Follow programme also organised for the earlier years batch of 50 stakeholders.
- ★ Regular visits to the houses of 100 stakeholders ensured the proper implementation of the project.







## Impact / Output:

- ★ Improvement in the knowledge of stakeholders about the herbs and herbal remedies
- ★ Many stakeholders switched over to the traditional home remedies rather than going for allopathic treatment for minor ailments
- ★ Some of the plants became the part of the daily diet such as Tulsi, Tippli, Ginger etc., which in turn improved the immunity
- ★ Many stakeholders started using the roots of the Vettiver in a water for purification, cooling as well as flavour
- ★ Maintaining the herbal plants at the backyard or on the terrace garden worked as a occupational therapy and relieved the stress of the daily chorus
- ★ Women started using Manjal karisalai in the preparation of hair oil
- ★ A few stakeholders sold a small amount of the following plants and earned extra income. (I) Tippli (ii) Manjal Karisalai (iii) Vettiver and (iv) Chittarathai
- ★ Whatsapp group formed for discussion and maintenance of the plants which empowered the stakeholders.
- ★ After knowing the benefit, Farmers started growing the plants in more areas. It also has a cascading effect as near by ladies started showing interest in growing herbs at their backyard/ terrace.
- ★ A few state holders sold their plants to Green Health Home for further processing.



**Herbal gardens for Health, Nutritional security and a very good hobby for relieving the stress**





## Quality Planting materials:

Regional centre of National Medicinal Plant Board (NMPB) situated at Peechi, Kerala sanctioned a project for Rameswaram – “Production and Supply of Quality planting materials”. VK-NARDEP utilised this opportunity by creating a Micro forests at Arjuna and Bhima Teerthams and planting Palm seedlings at Brahma Teertham. The details are as follows:

### Reforestation Efforts at Brahma Teertham:

On October 15, 2024, a team of dedicated volunteers gathered to initiate a reforestation effort around Brahma Teertham. A total of 3,500 palmyra seeds were planted along the bunds surrounding the water body. The palmyra palm, native to the region, was chosen for its ecological benefits and cultural significance, providing a natural reinforcement to the bunds, improving groundwater recharge, and supporting local biodiversity. Officials of HR&CE also joined in this venture.

### Creation of Micro forest at Arjuna and Bhima Teertham

Department of HR &CE participated in this project by cleaning the entire area of Traditional water bodies of Arjuna and Bhima with the help of JCB. It was fully covered with Prosopis Juliflora (Odai trees) and unwanted weeds. After the cleaning of the area Vermi compost was used in the pits where the plantation took place. The area is full of limestone and thus the plants will require more care for survival.

On 05 November 2024 Shri.Simranjit Singh IAS visited Arjuna and Bhima Teertham and started the project of establishing Micro Forests in Arjuna and Bhima Teertham.







## Conference on “Munivair Agastiyar Contribution in Unifying Bharat”:

- ★ 10 college students and professors (405 nos), 25 Siddha Vaidhyas and common people attended. Total 430 nos
- ★ Tamil Scholars and siddha doctors gave presentation on Munivar Agastiyar
- ★ Participants received Munivar Agastiyar photo, Agastiya Vanam chart, Valviyal Chindhanaigal ( Tamil ) , Swami Vivekananda's book and Scared Earth book as complementary.
- ★ Senior Tamil professors exclaimed - First time in our life, we are attending a conference on Munivar Agathiyar.
- ★ Participants wanted to know more about Agastyar .
- ★ Participants were thrilled to see such a beautiful Vivekananda Hall
- ★ Students realised the legacy of Munivar Agastyar as a father of Tamil language and grammar .
- ★ Students coming from Agasteeswaram block of Kanyakumari felt very proud after realizing that Munivar Agastiyar belongs to entire Nation.





## V . Bio Energy



J.C. Kumarappa, a prominent Gandhian economist, emphasized the importance of biogas technology, particularly focusing on the value of biogas slurry as a fertilizer. He believed the slurry, a by-product of biogas production, was more beneficial for sustainable agriculture than the gas itself. This view was influential in promoting the use of biogas slurry as organic manure (BgM).

Incidentally, VK-NARDEP received International recognition in 2006 for promoting Biogas as a Bio Manure Plant.

7 AFFORDABLE AND  
CLEAN ENERGY



6 CLEAN WATER  
AND SANITATION



13 CLIMATE  
ACTION







## 100 cum capacity Kitchen waste based "Shakthi Surabhi Bio-Methanation plant" :

- ★ Installed under Gobordhan scheme with the support of District Rural Development Agency,, Villupuram at Medical college, Villupuram
- ★ The system consists of Hydrolysis tank, crusher, feeding tank, inlet, Masonry Reactor, MS with FRP coated gas holder, outlet slurry tank, pipe line connection and burners
- ★ Blower installed to get high pressure to the Burners
- ★ During Inaguration, Additional collector, Villupuram handed over the unit to Dean of Medical college for maintenance
- ★ Our supervisor given proper training to the students and Green workers
- ★ This system is maintained by students - by taking correct measurements and and recording in the log book.



**1**  
On an average 500 kgs of kitchen waste is disposed through this plant per day and thus, 182 tonnes waste safely disposed per



**2**  
Saves 43 kgs of LPG per day for 365 days and thus 15675 kgs of fossil fuel saved per year.

**3**  
Rs,15,67,500/- amount saved per year



**4**  
On an average 1000 liters of liquid manure will get per day and thus 365000 liters per year



**5**  
Avoids escaping of 100 cum green house gas per day and thus, 36500 cum of gas per year.







## Installation of Shakti Surabhi Biogas plants :

- ⇒ 1 cum cow dung based biogas plant - 42 nos.
- ⇒ 6 cum kitchen waste based bio gas plant - 1no.

As a part of Swatch Bharat, we regularly maintained the plants in different schools.

- ⇒ 6cum plant - 27 schools - Tenkasi Dist.
- ⇒ 6 cum plant - 25 schools - Kanyakumari Dist.



## Project work :

- ★ Shri. M.C.Eniyan from Dept. of Mechanical Engineering, College of Engineering, Konam, Nagercoil collected slurry from Bio-methanation plant for doing his Ph.D project work. He is doing project under the guidance of Vivekananda Kendra –NARDEP.



- ★ 2 students from Dept. of Agricultural Engineering, TNAU, Coimbatore visited on 10th March, 2025 and surveyed the efficiency of Bio-Methanation technology for their project work
- ★ 4 students from Holy Cross college, Nagercoil visited on 25th March for project work on Bio-methanation technology.
- ★ Two Bio-methanation plants of 6 cum capacity were repaired and re-commissioned at National Institute of Ocean Technology (NIOT), Pallikarai, Chennai





## VI. Inner Sustainability



When we cultivate inner sustainability, we become more mindful of our thoughts, feelings, and actions. The inner dimension of sustainability encompasses a personal dimension and a collective cultural dimension. Values are important drivers of transformational change towards sustainability.



Vivekananda Kendra -NARDEP always considers that inner sustainability - Spirituality is the most important dimension of sustainable development.



## Vasudha Cloud based Exhibition :

Vasudhaa, meaning Mother Earth, symbolizes the nurturing bond between humanity and the planet. Inspired by the story of Bhagiratha and Earth's transformative journey, it urges us to restore balance through sustainable living. The logo depicts Earth as a loving mother and uses blue (sky and sea), green (growth), and brown (soil) to reflect harmony with nature. Vasudhaa is a call for collective action—a movement to protect, nurture, and sustain our planet for future generations.



The Vasudhaa digital exhibition was inaugurated on 12 January 2025 at the Vivekananda Kendra campus in Kanyakumari. Designed to offer an immersive experience, the exhibition uses digital screens and interactive audiovisual content to explore key themes such as unsustainability challenges, sustainable food, housing, water use, health, mobility, and stories of responsible living. Sri Goura Kishore Nanda, Company Secretary of BrahMos Aerospace, launched the exhibition and its website. Dr. Indumathi M Nambi from IIT Madras delivered a special address highlighting the role of education and technology in sustainability. Sri A. Balakrishnan, President of Vivekananda Kendra, presided over the launch event.

Vasudha exhibition is the outcome of four decades work on Sustainable development by way of publication series of Kendra Patrikas like (i) Living in tune with Nature (ii) Samagra Vikas (iii) Akshay Vikas (iv) Green Foot Prints etc. and Gramodaya park exhibition depicting more than hundred Green technologies in the field of (i) Construction (ii) Water (iii) Agriculture and (iv) Health. The actual work started after the Covid period, two and half years back by forming a Core group of 18 – 19 members meeting regularly on every Sunday on a virtual mode to crystallize the ideas of this gigantic work of cloud based digital exhibition.

The Vasudhaa website ([www.vasudhaindia.in](http://www.vasudhaindia.in)) brings the spirit of the physical exhibition online, making its message accessible to a global audience. Rich in multilingual audio-visual content (English, Hindi, Tamil), it covers key themes like environmental awareness, sustainable practices, energy efficiency, and responsible consumption. Highlighting innovations and best practices, the site serves as a dynamic educational platform for students, professionals, and enthusiasts alike. Regularly updated, it inspires individuals to adopt and advocate for sustainable lifestyles in everyday life.





## Promo released during the Inaugural Function:

### 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. 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.





## Colloquium – Promoting Pathways to Sustainable Living:

On 10 and 11th 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. Madhankumar, Shri. Arvind Neelakandan, Shri. Kartheekeyan and Shri. Ragonandan acted as a resource persons.

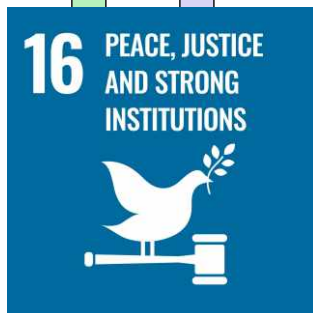


Shri. Dileep Kulkarni, Environmentalist from Maharashtra gave an overview of the Colloquium





## VII . Networking



Networking is crucial for voluntary organizations to connect with individuals, other organizations, and potential resources, ultimately enhancing their ability to achieve their mission. Voluntary organizations can leverage networking to build strong relationships, expand their reach, and mobilize support for their causes.

Vivekananda Kendra – Nardep has a very good network mainly from Tamil Nadu which encompasses the Government agencies, voluntary organizations, scientific institutions, schools and colleges, farmers groups, Siddha vaidya practitioners and environmentalists etc.





## Sri Amudha Surabhi Womens SHG Federation:

25th Annual day Celebrations

- ★ Established in the year 2000 – completed 25 years
- ★ 130 women SHGs
- ★ Carries out the following activities
  - i. Celebrations of 5 functions annually – Swami Vivekananda Jayanti, Universal brotherhood day, Sadhana Diwas, Gita Jayanti and Guru poornima
  - ii. Swadhya vargas
  - iii. Bala samskar vargas
  - iv. Preparation of herbal cosmetics
  - v. Micro finance
  - vi. Sports day celebration
  - vii. Deepa pooja and Amrutha Kutumbam
  - viii. Every month - 2 times online “Holistic Dialogue”



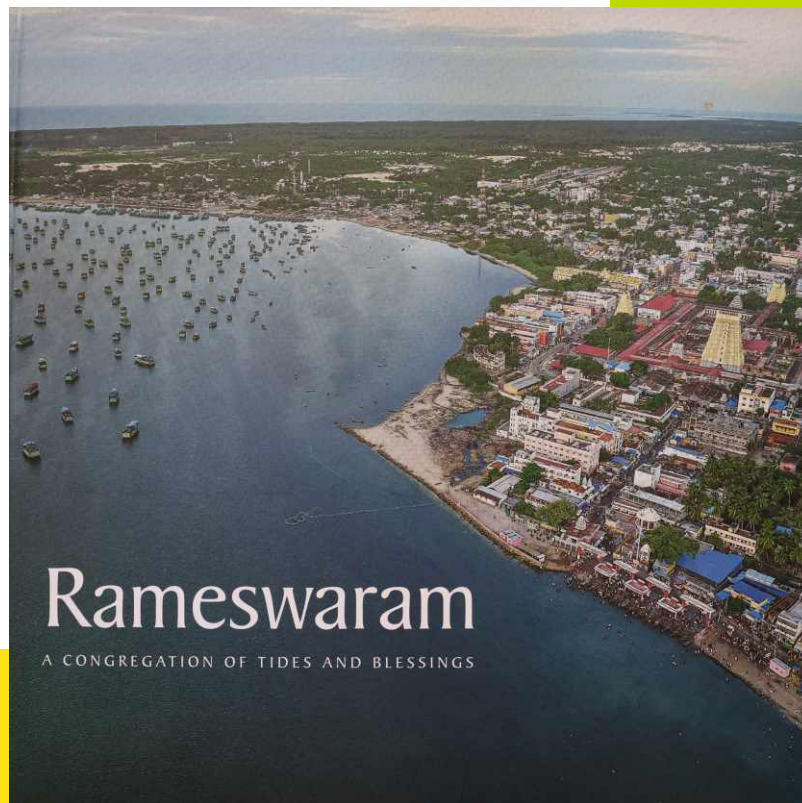


## Click Rameswaram :

NAB Foundation

NAB Foundation, Mumbai asked VK-NARDEP to join and help in executing “Click Rameswaram” project. The project was innovative and helped in empowering our staff. Following was the outcome of the project.

- ★ Geo tagging of points of attraction (POA) in Rameswaram – 1000 locations Geo tagged and uploaded to Google map
- ★ High quality 360 degree images (11 nos) captured for immersive experience and uploaded
- ★ Content creation and QR code integration of 11 important places ensuring rich story telling
- ★ Brought out digital coffee table book – “Rameswaram – A congregation of Tides and Blessings” highlighting its cultural, environmental and spiritual heritage
- ★ Brought out a promotional videos on Rameswaram which was an icing on the cake of the project







### Family camp :

Three days family camp was held at Technology Resource Center from 3rd to 5th May. 71 participants attended this programme. The participants were from Rameswaram such as SHG members, Yoga students, and Teertha Mitras. Shri.V.Ramakrishnan, Shri.C.Vijayaraghavan acted as resource persons.



### Personality Development camp :

Three days Personality development camp was held at Technology Resource Center, Anjaneyapuram from 15th to 17th April. 56 children from Avvai ashram, Gandhigram Trust, Dindigul participated. Shri.V.Ramakrishnan, Shri.C.Vijayaraghavan and his team acted as resource persons.



One-day Personality development camp for Sanskar Varga children was held at ivekanandapuram on 29th April. 28 children attended this programme. Shri.V.Ramakrishnan, Shri.C.Vijayaraghavan acted as resource persons.







## Study Tour:

- ★ VOC Agricultural College and Research Institute, Killikulam 16<sup>th</sup> May 2025 -8 students
- ★ Sheald Trust - 26<sup>th</sup> June 2024. 50 nos - Learned Water harvesting and Agri technologies
- ★ Tamilnadu Agricultural University, Killikulam - 19<sup>th</sup> July 2024, - 60 nos - Learned water technologies
- ★ Sheald Trust, Dindigul - 1st August , 2024 - 50 participants
- ★ Nesamony Memorial Christian College, Marthandam - 27th September,2024 - 43 students
- ★ Christian college of Nursing, Neyyoor, Kanyakumari Dist.- 21st January, 2025 - 100 students and staff



## Exposure Visit:

- ★ Department of Agriculture, Kurunthancode block, Kanyakumari District - 15<sup>th</sup> October, 2024 – 50 nos - Gramodaya park and J.C Nursery







## Selvanayakapuram visit: Continuing old Association

Selvanayagapuram village of Ramanathapuram district is having a long association with VK–Nardep as we constructed a Oorani and the well in this village three decades ago. On 18th November 2024 Shri.V.Ramakrishnan, Director, VK-Nardep, Shri.Sridhar, Coordinator Green Rameswaram project and Shri.Karthik, Social Animator visited the village and interacted with villagers for the possible projects which can be undertaken.



## Vaidhyar sangam meeting :

Office bearers of Vaidhyar Sangam had a meeting in our office on

The discussion focussed on the following:

- Promotion of siddha at National Level
- Possibility of having a National conference
- Regular tie-up with VRRC of VK-NARDEP



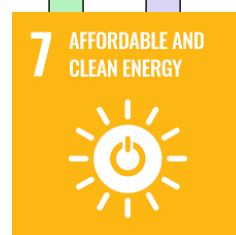
## District Advisory Committee :

Vivekananda Kendra - NARDEP is member of the District Advisory Committee on Agriculture and Horticulture. of Kanyakumari Dist. for more than a decade. Our Research Assistant Smt. Premalatha represents the organisation and attends regular meetings





## VIII. Paper presentations and publicity



Paper presentations and publicity involve different aspects of communicating research, with presentations focused on sharing findings at conferences or workshops and publicity aimed at increasing visibility and impact of our work.

Vivekananda Kendra – Nardep avails an opportunity to read papers at conferences, give lectures as well as Radio talks and occasionally gets publicity in the newspapers without our efforts for our work in different fields.





## VIII. Paper Presentation and publicity:

- ★ Training on “Cow based value added products” was held at Amerseva Sangam, Aikudi, Tenkasi dist. on 14th July. 100 people attended this programme. Shri.V.Ramakrishnan gave presentation on Bio-manure plant.
- ★ 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.”
- ★ 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.



## Officials visit :

- ★ Shri. Nilay Kapoor, Chief General Manager, Head of Human Resources, NABARD from Mumbai visited our office on 24th April along with Kanyakumari District Development Manager, Shri.Suresh.
- ★ Shri.Sankar Narayanan, Chief General Manager, NABARD from Chennai visited our office on 19th May along with Shri.Suresh, Manager, Tirunelveli Cluster.
- ★ Shri. Pradnesh and Smt.Vedanti from Makarand M. Joshi & Co, Mumbai came on 27<sup>th</sup> August to 1<sup>st</sup> September for evaluation work of Harit Aarogya and Harit Aajeevika.

## Radio Talk :

- ★ Shri.G.Vasudeo gave 5 minutes interview to All India Radio, Lucknow on the topic - “Friend of Water” on 22nd June.
- ★ On 23rd 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



## Summary of the Impact Assessment study:



MMJC is a 24-year-old Corporate Consultancy firm from Mumbai carried out a comprehensive Impact Assessment study of the CSR projects supported by L&T Technology Services during the Financial Year 2023-24.

Two members namely CS Pradnesh Kamat and CS Vedanti Vaidya visited the project sites at Kanyakumari and Rameswaram during the period 27th August to 1st September 2024. They submitted the holistic report of 61 pages. Here, we are giving below only conclusions of the report of the two projects – Harit Aarogya at Kanyakumari and Harit Aajeevika at Rameswaram.

### Harit Aarogya

There is a preference for Allopathy in addressing chronic issues, yet people still believe in the potential of herbal medicine for long-term health benefits and overall well-being.

By promoting the use of herbal medicines, the project has contributed to better health outcomes, offering affordable, natural alternatives for common health issues within the community and reducing dependency on external medicines.



Almost all of the respondents shared that they have experienced an increase in confidence due to generating income at home and selling herbal products to others, including relatives.

There is a flow of knowledge from elders to youngsters, thus promoting and preserving indigenous knowledge systems.

### Harit Aajeevika



The project has significantly boosted the confidence and self-sufficiency of housewife participants, enabling them to acquire new skills, such as compost making, and reducing reliance on external purchases.

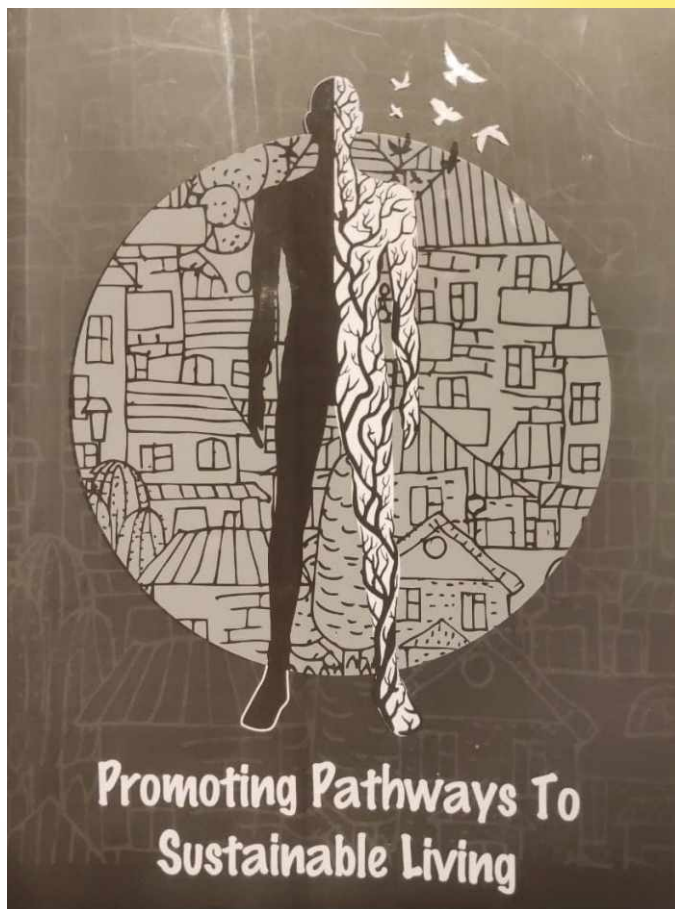
The success of core beneficiaries has sparked increased interest in the project, leading to more inquiries and a growing number of participants, creating a ripple effect in the community.

Regular meetings and active communication through WhatsApp groups have fostered a strong sense of community, where participants share experiences, provide mutual support, and learn from each other.



## Publications :

- ★ Kendra Patrika – Promoting Pathways to Sustainable Living - (Volume-II) - 1000 copies
- ★ Kendra Patrika – Promoting Pathways to Sustainable Living - (Volume-III) - 1000 copies



The three publications, the first volume published last year and two volumes 2<sup>nd</sup> and 3<sup>rd</sup> –“Promoting Pathways to Sustainable Living” was a part of a bigger project of establishing a permanent digital exhibition at Vivekananda Kendra, Kanyakumari.

As part of knowledge building, three special volumes published in Kendra Patrika enrich academic discourse on sustainable living. The first volume explores Indian philosophical and practical approaches; the second examines sectoral themes like agriculture, health, and education; and the third showcases global best practices and book reviews. Authored by senior practitioners, scholars, and policymakers, these 79 articles and 60+ book reviews offer diverse insights and reflections, serving as a valuable resource for researchers and sustainability advocates.

All the three volumes are worth having a place in one’s library.



## சிதம்பர தீர்த்தம் புனரமைப்பு



பாம்பனில் புனரமைக்கப்பட்ட 300 ஆண்டு பழமையான சிதம்பர தீர்த்தம்.

ராமேஸ்வரம், ஏப்.18: ராமேஸ்வரம் ராம நாதசுவாமி கோயிலுக்கு சொந்தமான 108 புனித தீர்த்தக்குளங்கள் அமைந்துள்ளன. இதில் ராமநாதசுவாமி கோயிலின் உள்ளே அமைந்துள்ள 22 தீர்த்தங்களும்

எடுக்கப்பட்டு புனரமைக்கப்பட்டுள்ளது. இந்நிலையில் ராமேஸ்வரம் அருகே பாம்பன் ஊராட்சிக்கு உட்பட்ட பகுதியில் 300 ஆண்டுகள் பழமை வாய்ந்த 25 ஆண்டுகளுக்கும் மேலாக மணலால்

Dina Malar

## தெப்பம் நவீனப்படுத்துவதை பாதியில் விட்ட நகராட்சி பணியை முடித்த விவேகானந்த கேந்திரா

சுத்தமானது சொக்கநாதர் கோயில் தெப்பக்குளம்

அருப்புக்கோட்டை, மார்ச் 7-

அருப்புக்கோட்டை சொக்கநாதர் கோயில் தெப்பக்குளத்தை நகராட்சி நவீனப்படுத்துவதாக கூறி பணியை பாதியில் நிறுத்தியதை விவேகானந்த கேந்திரா தொடர்ந்து பணியை செய்து குளத்தை தூய்மையாக மாற்றினார்.

அருப்புக்கோட்டை சொக்கலிங்கபுரத்தில் இந்து சமய அறநிலையத்துறைக்கு சொந்தமான மீனாட்சி சொக்கநாதர் கோயில் உள்ளது. இக் கோயில் தெப்பக்குளத்தை பராமரிக்காததால் கழிவுநீர் குளமாக மாறிவிட்டது.

இந்நிலையில் இரண்டரை ஆண்டுகளுக்கு முன்பு, நகராட்சி நிதி மூலம் தெப்பத்தை பராமரித்து சுற்றிலும் பேவர் பிளாக் கற்கள் பதித்து மின் விளக்குகள் சிசிடிவி கேமராக்கள் வசதிகள் செய்யப்படும் எனக்கோரி பல லட்சம் ரூபாய் நிதியில் அமைச்சர் சாத்தூர் ராமச்சந்திரன் அடிக்கல் நாட்டினார்.

பின்பு பணிகள் நடந்து தெப்பத்தின் ஒரு பகுதி மட்டும் பேவர் பிளாக் கற்கள், சில மின்கம்பங்கள் அமைக்கப்பட்டன. விளக்குகள் பொருத்தப்படவில்லை. அத்துடன் நகராட்சி பணியை கிடப்பில் போட்டு விட்டது.



விவேகானந்த கேந்திரா சார்பில் புனரமைக்கப்பட்ட அருப்புக்கோட்டை மீனாட்சி, சொக்கநாதர் கோயில் தெப்பம்.

பின்னர் தொழிலதிபர் செந்தில் குமார், கன்னியா குமரி விவேகானந்த கேந்திராவின் தெப்ப குள பணிகளை மீண்டும் துவங்கினார். சுமார் 60 லட்சம் ரூபாயில் தெப்பக்குளம் தூர்வாரப்பட்டது. மழை நீர் சேரும் வகையில் கட்டமைக்கப்பட்டது. தெப்பத்தை சுற்றிலும் உள்ள படித்துறைகள் பராமரிக்கப்பட்டு 8 அடி உயரத்திற்கு கம்பி வலையால் பென்சிங் அமைக்கப்பட்டது.

தெப்பத்திற்கு அருகில்

சிறுவர் பூங்கா அமைக்கப்பட்டு இருக்கை வசதி ஏற்படுத்தப்பட்டுள்ளது. தெப்பத்தின் நடுவில் போர் வெல் அமைத்து அங்கு கல் மேடை அமைக்கப்பட்டு தினமும் தண்ணீர் வரும் வகையில் வசதி செய்யப்பட உள்ளது. தற்போது தேங்கியுள்ள மழை நீரில் அல்லி, ஆகாய தாமரைகள் வளர்க்கப்பட்டுள்ளன. கழிவு நீர் குளமாக கிடந்த தெப்பக்குளம் தற்போது தூய்மையான குளமாக மாறிவிட்டது.

கதிர்சேன, மேற்பார்வை

யாளர், கன்னியாகுமரி: எங்கள் விவேகானந்த கேந்திராவின் இயற்கை அபிவிருத்தி திட்டத்தின் கீழ் தெப்பக்குளம் புனரமைக்கப்பட்டு வருகிறது. எங்கள் அமைப்பு மூலம் 10 ஆண்டுகளில் இது வரை 55 தீர்த்த குளங்களை பராமரித்துள்ளோம்.

இந்த தெப்பக்குளம் 56வது குளமாக பராமரிப்பு பணிகள் செய்து வருகிறோம். தெப்பக்குளத்தை இப்பகுதி மக்களும் தூய்மையாக வைத்திருக்க ஒத்துழைக்க வேண்டும்.





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