

# Echoes of Eco

April, 2025

Vivekananda Kendra- **nardep** Newsletter

Vol:17 No:02

## Wealth comes from Contentment

(Heinrich Böll - German author)



An Industrialist was horrified to find a fisherman lying beside his boat, smoking a pipe 'Why aren't you fishing - said the Industrialist'.

Because I have caught enough fish for the day ..... (F)

Why don't you catch more? ..... (I)

What would I do with them? ..... (F)

Earn more money. Have motor fixed to your boat and go into deeper waters and catch more fish - More money

- Buy Nylon net - More fish, More money

- Purchase two boats or fleet of boats ..... (I)

What would I do them? ..... (F)

Then you could really enjoy life ..... (I)

What do you think, I am doing now? ..... (F)

This story highlights the importance of contentment and the value of finding happiness in the present moment rather than always striving for more. It suggests that true wealth and success can be found in simple pleasures, meaningful relationships, and a sense of inner peace, rather than in accumulating material possessions and financial wealth.

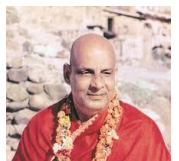


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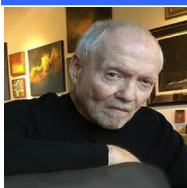
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This world is your best teacher. There is a lesson in everything. There is a lesson in each experience. Learn it and become wise. Every failure is a stepping-stone to success. Every difficulty or disappointment is a trial of your faith. Every unpleasant incident or temptation is a test of your inner strength. Therefore nil desperandum. March forward hero!



Swami Sivananda Saraswati

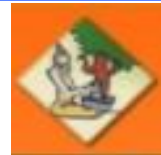


"If the world is saved, it will not be saved by old minds with new programs but by new minds with no programs at all"

- Daniel Quinn



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Green Health

Green health home worked for 20 days. 106 patients treated. In addition, 30 people underwent Varma massage and One person took steam bath.

### Training programme on "Varma Bone Setting"

3<sup>rd</sup> year, 2<sup>nd</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 18<sup>th</sup> and 19<sup>th</sup> April. 24 participants attended. Dr.Muthushanti and her team acted as resource persons.



Dr.Kannan Rajaram taking class on "Varma Naadi Saram"



Class on "Thodu Varmam" - Vai.Nagalinga Raja



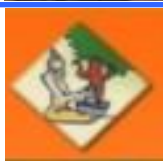
Practical demonstration by Vai. Arasu Raja - Techniques used for various joint dislocations and wrist fracture



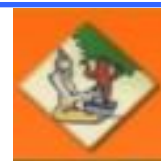


"The world doesn't belong to us, we belong to it. Always have, always will. We belong to the world. We belong to the community of life on this planet--it doesn't belong to us. We got confused about that, now it's time to set the record straight"

- Daniel Quinn



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

## Training programme on "Varma Bone Setting"

1<sup>st</sup> year, 1<sup>st</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 25<sup>th</sup> and 26<sup>th</sup> March. 28 participants attended.



*New session started with Worship of Agasthiyar....*



*Welcome address by Shri.V.Ramakrishnan, Director, VK-Nardep*



*Felicitation address by Shri.G.Vasudeo, Secretary, VK-Nardep*



*Varma Introduction by Dr.Kannan Rajaram*



*Yogasana session is on ....*





"You're captives of a civilizational system that more or less compels you to go on destroying the world in order to live. ... You are captives—and you have made a captive of the world itself. That's what's at stake, isn't it?—your captivity and the captivity of the world"

- Daniel Quinn



Happenings this month:  
Networking



Happenings this month:  
Networking

### Study Tour

47 students from Department of Energy and Environmental Engineering, Tamil Nadu Agricultural College University, Coimbatore visited on 9<sup>th</sup> April as a part of Study tour. They learned Bio-methanation technology and seen the live model of Rain water harvesting structure at Gramodaya park.



*Shri. Murugan showing the live model - Rain water harvesting*

### Study Tour

17 students from V.O.C Agricultural College and Research Institute, Killikulam visited on 26<sup>th</sup> April as a part of Study tour. They saw Gramodaya Park and Biley Research and Development Garden.



*Students learned Azolla technology*

### Exposure Visit

50 farmers from Department of Agriculture (ATMA), Kadayam, Tenkasi District came on 29<sup>th</sup> April as a part of Exposure visit. They learned Sustainable agricultural technologies.

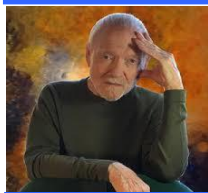


*Students taking a group photo along with Shri. V. Ramakrishnan, Director, VK-Nardep*



*Smt. S. Premalatha explaining Vermi technology*





"But we're not humanity, we're just one culture - one culture out of hundreds of thousands that have lived their vision on this planet and sung their song. If it were humanity that needed changing, then we'd be out of luck. But it isn't humanity that needs changing, it's just...us."

- Daniel Quinn



Happenings this month:  
Networking



Happenings this month:  
Networking

### Refresher Course

One day Refresher course for Elders from Nagercoil - (Senior Citizens Support Forum) was held at Vivekanandapuram on 26<sup>th</sup> April. 43 members participated. Shri.N.Krishnamoorti, Senior worker, Vivekananda Kendra, Shri.G.Vasudeo, Secretary, VK-Nardep acted as Resource persons. Shri.V.Ramakrishnan, Director, VK-Nardep coordinated the programme and conducted Ice breaking activities.

Following topics were covered during the programme:

- Old yet Young - Shri.N.Krishnamoorti
- Know Yourself - Shri.G.Vasudeo
- Ice breaking games - Shri.V.Ramakrishnan
- Group discussion



Shri.G.Vasudeo  
taking class on  
"Know yourself"



Shri.V.Ramakrishnan  
interacting with the  
participants



Shri.Krishnamoortiji, Senior worker interacting with the  
participants



Group discussion is on .....



**"Indigenous people believe that Man belongs to the World; civilized people believe that the World belongs to Man"**

- Daniel Quinn



## Visions of Wisdom



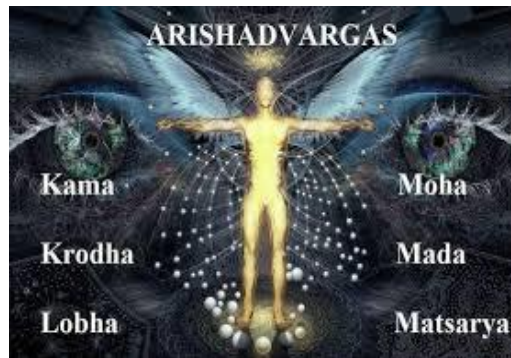
### Spirituality – Inward Journey

Spirituality is an inward journey, carried forward every day. It is a journey where you shed your outer skin and soul. I strongly believe there is a guided force that acts upon me and has helped me become what I am over the years.

I feel every person born in this world has a purpose, the difference lies in the fact that some realize it, some do not. Spirituality touches that part of you that is not dependent on material things or physical comforts - it consists of things that make you happy.

I never forget to bring awareness to my daily tasks and remind myself I am a creation of the spirit of love and joy.

**Shri. Vikram Bhatt**  
An Indian director,  
producer, screenwriter  
and actor

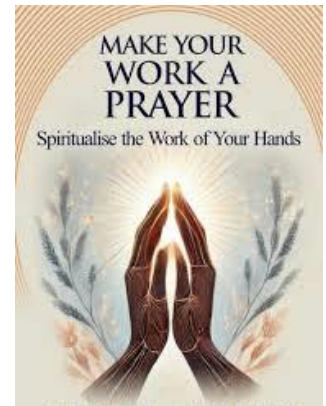


### Man Making

Man is man only so long as he is struggling to rise above nature. Nature is both internal and external. It is very great and grand to conquer external nature, but it is greater and grander still to conquer internal nature. It is grand to know the laws that govern the moon, and the stars. It is infinitely grander to know the laws that govern the passions, the feelings and the will of mankind.

This conquering of the inner man, understand the subtler or inner self belongs to the field of religion.

**Swami Vivekananda**



### Always Spiritualise

"Always Spiritualise" really implies a shift in attitudes or to be more precise, a shift in consciousness.

To spiritualise also means to be sensitive to the spirit behind actions, not just to their outward appearances.

Always spiritualise also means to bring to ordinary actions an extraordinary awareness or insight.

Always spiritualise means not to lose our faith in the universe, not to yield to gloom and depression, not to lose hope in the goodness of people - above all, to be open to life and its positive, healing energies.

**Shri. Makarand Paranjape**  
Indian Novelist and  
Poet

