

Echoes of Eco

May, 2025

Vivekananda Kendra- nardep Newsletter

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Rigidity - The Parable of Crutches

(Taken from story album – J.M.Sampath)

When an accident deprived the village headman of the use of his legs, he took to walking on crutches. He gradually developed the ability so much that he could dance and execute pirouettes. He also trained his children in the use of crutches. By the fourth generation, no one in the village could walk without crutches. It had become a way of life. One day a young man demanded to know why every one had to walk on crutches since God had provided people with legs to walk on. The amused village elders, in order to teach him a lesson asked him for a demonstration.



On Sunday at 10'o clock in front of the whole village gathering, the young man stood upright and dropped his crutches, took a bold step forward and fell flat on his face. With that everyone made fun of him for the attempt he had made and confirmed their belief that it was quite impossible to walk without the help of crutches.

Points to Ponder

1. i. To change what has been happening for generations, one needs a lot of support and not mockery.
ii. To follow what is existing is easy even if it is wrong
iii. We resist any change the minute it calls for some effort on our part
2. i. How rigid am I?
ii. Why do I resist positive change? Is it out of my fear or unwillingness to put in the effort needed for changing?
iii. What is the nature of rigidity?

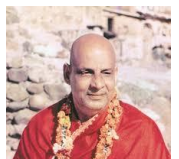


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If you do not find peace within, you will not find it anywhere else. The Goal of Life is the attainment of Peace and not the achievement of power, name, fame and wealth.

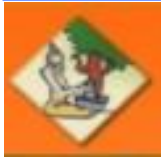


Swami Sivananda Saraswati

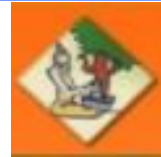


"Your body is your subconscious mind and you can't heal it by talk alone"

- Candace Pert



**Happenings this month:
Holistic Health**



**Happenings this month:
Holistic Health**

Green Health

Green health home worked for 19 days. 95 patients treated. In addition, 27 people underwent Varma massage and One person took steam bath.

Training programme on "Varma Bone Setting"

1st year, 2nd module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 16th and 17th May. 26 participants attended. Dr.Muthushanti and her team acted as resource persons.



Taking class on "Varma Varma Kayangal" - Vai.Ramesh Kumar



Class on "Anatomy of Head and Neck" - Dr.Geetha Sudheer



Identification of Varma points by Dr.Kumaresan

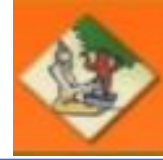


"The chemicals that are running our body and our brain are the same chemicals that are involved in emotion. And so better pay more attention to emotions with respect to health"

- Candace Pert



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

2nd year, 2nd module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 23rd and 24th May. 29 participants attended.



Overview of Varma points on Chest and Stomach - Mani Aasan



Dr. Balaji taking class on - Clinical Anatomy of Head and Neck



Varma Orthopedic procedures of upper limb - Vai. Arasuraja



Varma massage taught by Vai. Jothi Suresh



Yogasana session is on



"The way our brain is wired, we only see what we believe is possible. We match patterns that already exist within ourselves through conditioning"
 - Candace Pert



**Happenings this month:
New and Renewable
Energy**



**Happenings this month:
Networking**

Harit Urja (Cow based circular Economy)

Awareness Programme on Harit Urja (Cow based circular Economy) was conducted at Vadakankulam, Tirunelveli district on 28th May. 31 participants attended the programme. Shri.V.Ramakrishnan, Director, VK-Nardep was the resource person. The programme was sponsored by L&T Technology Services, Bangalore.



Shri.V.Ramakrishnan, Director, VK-Nardep explaining the importance of Harit Urja project



Self introduction is on during the awareness programme

Personality Development Camp

2 Personality development camps for Sanskar varga children were held at Eknath hall, Vivekanandapuram on 6th and 29th May. Totally 159 children along with few parents participated. (i) Smt. Radha Devi, Administrative Secretary, Vivekananda Kendra (ii) Shri.Nagarajan, Johns School, Anjugramam, (iii) Shri.V.Ramakrishnan, Director, VK-Nardep were the resource persons.



Radha Didi giving felicitation address

Shri.Nagarajan, Johns School, Anjugramam interacting with the children



Happy assembly is on



"Love often leads to healing, while fear and isolation breed illness. And our biggest fear is abandonment"

- Candace Pert



**Happenings this month:
Water Management**



**Happenings this month:
Water Management**

Revival and Renovation of Teertham

Revival and Renovation of Lakshmi Teertham work again started after a short break. Following works were carried out in this month.

i. Dredging of water ii. Desilting iii. Marking for the foundation iv. Started constructing the wall v. Construction of Steps at entry. The work is supervised by our Shri.K.Kadiresan.



Removing the water and silt



Construction of wall with proper foundation - work in progress...



Slowly and gradually the wall is coming up on one side of the Teertham

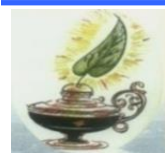


Construction of steps at the entry of the Teertham

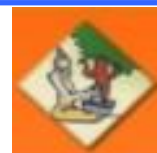


"Simply bringing awareness to the process of breathing initiates the release of peptide molecules from the hindbrain to regulate breathing while unifying all systems"

- Candace Pert



Happenings this month:
Networking



Happenings this month:
Holistic Health

Exposure Visit

50 farmers from Department of Agriculture (ATMA), Tenkasi District visited Gramodaya Park on 22nd May as a part of Exposure visit. They learned Sustainable agricultural technologies.



Farmers assembled at J.C. Bose Nursery

Exposure Visit

27 members from Professional Assistance for Development Action (PRADAN), Virudhunagar came on 30th May as a part of Exposure visit. They learned different Sustainable development technologies.



Shri.V.Ramakrishnan, Director, VK-Nardep taking class on "Bio-methanation technology"

Free Medical Camp

Three days free medical camp was held at Varmam Research and Resource Centre, Vivekanandapuram on 27th to 29th May. 279 people benefited during this camp. Vai.Nagalinga Raja, traditional vaidya examined the patients and gave 15 days free medicines to all. More than one lakh rupees herbal medicines including oils were distributed to the needy.



Vai.Nagalinga Raja examining the patient



Medicines are getting ready for free distribution



"Creativity comes from the spiritual realm, the collective consciousness. And the mind is in a different realm than the molecules of the brain. The brain is a receiver, not a source"

- Candace Pert



Happenings this month:
Networking



Happenings this month:
Networking

Family Camp

Three days family camp was held at Technology Resource Center from 25th to 27th May. 82 participants from Reameswaram attended this programme. The participants were mainly SHG members, Yoga students, and Teertha Mitras. Dr.Umayoru Bhagan, Nagercoil Shri.V.Ramakrishnan, and Shri.C.Vijayaraghavan acted as resource persons.

Participants visited Gramodaya park, J.C.Bose Nursery, and some of them made use of free medical camp.



Group discussion is on



Lighting the lamp by Shri.G.Vasudeo, Secretary, VK-Nardep



Smt.Latha, Thengamputhur taking class on "Sanathana Dharma"

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



Participants
sharing their
experiences
during the
concluding
function





"The way our brain is wired up we only see what we believe is possible"

- Candace Pert



Visions of Wisdom



Ecological Balance Sheet

In India, over one billion people guzzle over one trillion cu.mts of water every year and so unless we find a sustainable development model, our motherland will run dry. We will need to hold ourselves to an 'Ecological Balance Sheet' alongside our Economic Balance sheet, measuring performance against consumption of key resources and opportunity costs. We need to drive ecological competitiveness for economic sustainability through the six forces of Land, Energy, Waste, Water, Air, and Carbon. This will need us to strive for new technologies which optimize resource allocations and 'low carbon' options.

Shri. S. Ramadorai
Chairman, Indian
National Association for
the Club of Rome



Striping the Planet like Locusts

Gandhi anticipated the environmental crisis more than half a century before the term "Sustainable development" was coined. This was primarily because his assessments were based more on core principles with material data merely as an add-on. Gandhi could predict that modern industry and consumption patterns would strip the planet like locusts because he saw the edifice of modern industry based on a disregard for means as long as the end objective is realized. The prime importance of means led Gandhi to insist that we doomed if we equate civilization with clever gadgets, technology and convenience.

Rajni Bakshi
Mumbai-based freelance
journalist and author



An Economy of Permanence

In terms of everyday material life, J.C.Kumarappa, starkly defined the choice before humans; we can either build a parasitic economy or one in which human needs are dove-tailed with the rest of nature's ecosystems. Kumarappa wrote in his seminal book 'An Economy of Permanence', "if you observe closely, it is evident thatnature enlists and ensures the cooperation of all its units, each working for itself and in the process helping other units to get along their own too the mobile helping the immobile, and the sentient the insentient. Thus all nature is dovetailed together in a common cause".

Shri. J. C. Kumarappa
J. C. Kumarappa was an
Indian economist and a
close associate of Gandhiji

