

Echoes of Eco

September, 2025

Vivekananda Kendra- nardep Newsletter

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People live, yet seem more dead than alive



Life Abhors Security: for Life means Taking Risks, exposing self to danger Even to death.

The Lord says that he who wishes to be Safe will lose his Life: Whoever is Prepared to lose his life will keep it.

I think of the times when I drew back From taking risks... when I was Comfortable and safe.

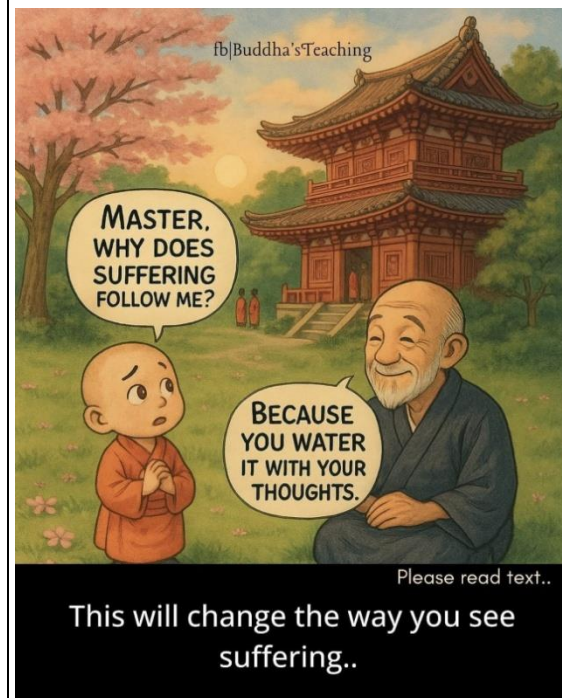
Those were the times when I stagnated I think of other times when I dared to Take a chance to make mistakes, to be a Failure and a fool, to be criticised by Others when I dared to risk being Hurt but I was Alive!



In this issue:

- People live, yet seem more dead than alive
- The Happenings
- Visions of Wisdom:
 - Death of the Eco-systems
 - Eco World View
 - Conditioning of the Mind

Monthly Reflections



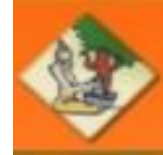


"We may prefer to think of ourselves as fallen angels, but in reality we are raising apes"

- Desmond Morris



Happenings this month:
Holistic Health



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Holistic Health

Green Health

The Green Health Home was in operation for 20 days, during which 75 patients received treatment. In addition, 21 individuals benefited from Varma massage, and 2 persons made use of the steam bath facility.

Training programme on "Varma Bone Setting"

The 2nd year, 5th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 12th and 13th September. A total of 24 participants attended the session. Dr. Muthushanti and her team served as the resource persons.



Practical Identification and Therapeutic value of Varma medicinal plants - Prof.Pandi Kumar



Camp started with a prayer by Shri. Achuthan



Varma Orthopedic procedures of various small Joints fracture by Vai. Arasuraja



"This unusual and highly successful species spends a great deal of time examining his higher motives and an equal amount of time ignoring his fundamental ones"

- Desmond Morris



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Holistic Health**



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Training programme on "Varma Bone Setting"

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Pratasmaran, Yogasana taught by Shri.Vijayaragavan



Medicinal uses of Thodu Varmam points - Dr.A.S.Ashok Kumar



Over view of 108 Varma Adangal points - Dr.Bindhuja G.Dharan

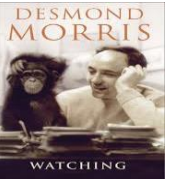


Varma massage - Ramesh Kumar Aasan



"We never stop investigating. We are never satisfied that we know enough to get by. Every question we answer leads on to another question. This has become the greatest survival trick of our species"

- Desmond Morris



**Happenings this month:
Holistic Health**



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Holistic Health**

Free Medical Camp

Free medical camp including blood testing was held at Varmam Research and Resource Centre, Vivekanandapuram on 11th September. 83 patients were benefited. Dr.Muthushanthi, Dr.C.Indhu, Shri.V.S.Vijay and Smt.Maagi were the resource persons.



Shri V.Ramakrishnan, Director of Vivekananda Kendra-NARDEP, briefed the participants on the objectives & significance of the camp



Consultation is on at 2 - 3 places



Shri Vijay and Smt.Maagi collecting blood sample for testing



Free medicines distributed during the camp



"Aquatic animals suffer from the disadvantage that they cannot scream when in pain, so we find it hard to gauge the degree of their agony. If fish could scream, angling purely for sport would be outlawed without delay"

- Desmond Morris



Happenings this month:
New and Renewable
Energy



Happenings this month:
Networking

Training Programme on Harith Urja (Cow based circular Economy)

This month, we commissioned 20 nos. Bio-methanation plants and 20 nos. kits for the preparation of Bio-inputs. The programme was sponsored by L&T Technology Services, Bangalore.



Shri.Mani, Radhapuram receiving the kits



Smt.Hency Mary from Sivasubramaniapuram receiving the materials



Shri.Chengan, Uthayathur

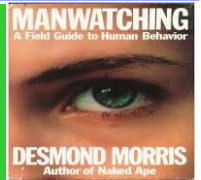


Shri.Rajapaul, Vadakkankulam



"Frequently we imagine that we are behaving in a particular way because such behaviour accords with some abstract, lofty code of moral principles, when in reality all we are doing is obeying a deeply ingrained and long 'forgotten' set of purely imitative impressions"

- Desmond Morris



Happenings this month:
Networking



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Study Tour

On 2nd September, 35 students from Udaya College of Arts and Science, Vellamodi, Kanyakumari District visited the J.C. Bose Nursery and Gramodaya Park. During the visit, they gained insights into sustainable agricultural practices and Bio-methanation technologies.



Smt. Premalatha explaining the Vermi composting technology

Field Visit

On 10th September, 15 farmers from Thuckalay block visited the J.C. Bose Nursery, where they explored sustainable agricultural technologies. The programme was sponsored by ATMA, Department of Agriculture, Kanyakumari District.



Thuckalay farmers learnt Azolla technology

Field Visit

On 12th September, 17 farmers from Kurunthancode block visited the J.C. Bose Nursery, where they learnt composting and liquid bio-formulation technologies. The programme was sponsored by ATMA, Department of Agriculture, Kanyakumari District.



3HV2+38F, Kannyakumari, Tamil Nadu 629702, India,
Lat: 8.092547, Long: 77.550883
12 Sept, 25, 11:47 am, Friday

30.28° 346 N

Farmers learnt liquid bio-formulation technologies at J.C. Bose Nursery



"The city is not a concrete jungle, it is a human zoo"

- Desmond Morris



Happenings this month: Networking



Happenings this month: Water Management

Paper Presentation

Training on "Cultivation and propagation of Ayurveda herbs" was held at All India Institute of Ayurveda, New Delhi on 26th September. Smt.S.Premalatha gave a power point presentation on Soil enhancement and Composting technologies. 27 participants from 13 states attended this programme.



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THESE DAYS

AYURFARM 2025 Certificate Course on Medicinal Herb Cultivation Concludes at AIIA, New Delhi. NEW DELHI: The All India Institute of Ayurveda (AIIA), New Delhi, an autonomous organization under the Ministry of Ayush, concluded its five-day certificate course, "AYURFARM 2025: Cultivation & Propagation of Ayurveda Herbs," today. Organized by the Department of Dravyaguna from September 22 to 26, 2025, the program was part of the Ayurveda Day 2025 celebrations. The Inaugural Session was graced by Dr. Sanjeev Sarda, IAS, Principal Chief Conservator of Forests (HoFF), Uttarakhand, and who emphasized the need for conservation of forest resources and sustainable use of medicinal plants. The Deputy CEO, National Medicinal Plant Board, Ministry of Ayush, highlighted the importance of policy frameworks and cultivation strategies to strengthen the supply chain of quality medicinal plants. The Valedictory Session was addressed by Dr. Mayaram Uniyal, senior Ayurvedic scholar, who stressed the importance of integrating classical Ayurvedic wisdom with modern agricultural practices. A total of 27 participants from across India attended the course, which was conducted by six experts in their respective fields. Dr. Janhavi Mishra Rawat, Professor, Graphic Era University, Dehradun, trained participants in plant tissue culture, while Dr. K. Himu Bindhu, Principal Scientist, ICAR-IHBR, Bengaluru, explained hydroponics and soilless cultivation. Dr. D. Kalavanan, Senior Scientist, ICAR-IHBR, Bengaluru, demonstrated cocoonics and good cultivation practices, and Dr. Kunal A. Kale, Assistant Professor, Bajaj College of Science, Wardha, shared propagation and conservation techniques. Dr. Suroj Kumar V, Assistant Professor, Kerala Agricultural University, Kollam, highlighted Vrishohayurveda and propagation methods, and Smt. S. Premalatha, Agricultural Expert, trained participants on organic farming and soil health. During the program, participants received hands-on training in grafting, layering, soil evaluation, preparation of organic manures and vermicompost, and studied success stories of medicinal farming. AYURFARM 2025 provided intensive practical exposure and scientific training aligned with Good Cultivation Practices (GCP), enabling participants to master modern propagation techniques while remaining rooted in traditional Ayurvedic knowledge.

Revival and Renovation of Teertham

Revival and Renovation of Lakshmi Teertham work near the famous Virudhapureeshwarar temple, Tirupunavalal, Pudukottai district is in the final stage. The work is supervised by our Shri.K.Kadiresan.



Entrance gate work is on ...



Traditional painting (Kavi and White)



"Life is like a very short visit to a toy shop between birth and death"

- Desmond Morris



Visions of Wisdom



Death of the Eco-systems

The Earth we are told is about 5 ½ billion years old! It had a fulsome existence of birds and bees, of flowers and butterflies, as fulsome forests and eco-systems. The widespread adoption of science and technology, and of the kind of economic growth in the last hundred years or so have meant certain death of the eco-systems and of many species of life on land, on rivers, sea, ocean and air.

We the so-called 'civilized' nations have been shaping our several billion years old Earth into ruins and death. On the other hand, the American Indians refer to the Earth as family: sky-father, earth-mother, ocean-grandmother etc.

Eco World View

Time has come now to perceive with clarity where we might want to go and where we must go, as we approach the 21st century and look forward to a more distant future. We need to create worldviews, which will sustain and nourish the completely human family along with other creatures of the globe and be beneficial to the integrity of the earth, sustaining its richness and beauty. Such a world-view must recognize our spiritual nature and our inherent quest for meaning. It must also recognize the idea of justice for all.

Conditioning of the Mind

In Ivan Pavlov's famous experiment, a dog initially salivates at the sight of food (an unconditioned stimulus producing an unconditioned response). By repeatedly pairing a neutral stimulus, like a bell, with food, the bell becomes a conditioned stimulus. Eventually, the dog salivates at the sound of the bell alone (a conditioned response) because it has learned to associate the bell with food.

This type of conditioning involves involuntary, biological responses and forms the basis for understanding how certain stimuli can become triggers for learned behaviors or emotions.



Kamala Chowdhry
Indian Educator

Henryk Skolimowski
Polish Philosopher



Ivan Pavlov
Russian experimental
Neurologist and
Physiologist

