

# Echoes of Eco

October, 2025

Vivekananda Kendra- **nardep** Newsletter

Vol:17 No:08

## The Best Ideas Come From Silence

Story of Henry Ford

Henry Ford was famous for paying the highest salaries in the industry.

One day, a curious journalist asked him:

"Mr. Ford, who's the highest-paid person in your company?"

Ford smiled and took him on a tour of the enormous factory—workers everywhere, machines roaring, bells ringing, elevators going up and down.

A perfectly organized chaos.

Then, in the middle of the noise, there was a small, closed office. Inside, a man sat comfortably in a chair, feet on the table, hat over his eyes — apparently doing nothing.

Ford knocked on the door.

The man lifted his hat slightly and said, "Hey Henry, everything good?" Ford nodded with a grin, closed the door, and kept walking.

The journalist was shocked.

"Who is that man?"

Ford chuckled.

"He's the highest-paid employee in the company."

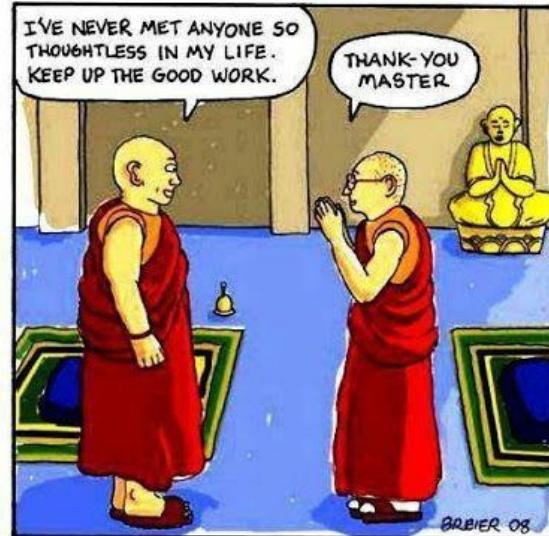
The journalist frowned.



### In this issue:

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## Monthly Reflections



**Empty Your Mind**



*"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make"*

- Jane Goodall



"But... what does he actually do?"

Ford replied:

"He does nothing. He comes in, sits down, and thinks."

Then he added:

"I hired him to think. Every new system, every car model idea — they all come from his mind.

He relaxes, reflects, and sends me his ideas.

I turn them into reality — and make millions.

Ideas are worth more than anything.

But to have them, you need time, silence, and mental space.

If you're busy all the time, you'll never create something new.

That's why I pay him to think."

The journalist was speechless — then applauded.

Henry Ford understood a simple but powerful truth:

Great success is born from a free mind, not a busy schedule.

Even today, many achievers follow the same principle.

Because when the mind is free, ideas are born.

If you want to achieve something great, clear the noise.

Make space to think, dream, and create.

The best ideas don't come from chaos — they come from silence!!





**"We have the choice to use the gift of our life to make the world a better place - or not to bother"**

- Jane Goodall



**Happenings this month:  
Holistic Health**



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Holistic Health**

### **Green Health**

The Green Health Home was in operation for 18 days, during which 69 patients received treatment. In addition, 24 individuals benefited from Varma massage, and one person made use of the steam bath facility.

### **Training programme on "Varma Massage Techniques"**

Training on "Traditional Siddha Varma massage techniques for Head, Neck and Spinal problems" was held at the Technology Resource Center, Arjaneyapuram, on 4<sup>th</sup> October. 21 participants attended the session. Dr. Kannan Rajaram and his team served as the resource persons.



**Dr. Kannan Rajaram taking class on "Traditional Spinal Varma Massage techniques"**



**Hands on training and live demonstration of Traditional Spinal Varma massage techniques**



**At the end of the training - certificate distributed to all the participants**



**"Only if we understand, can we care. Only if we care, we will help. Only if we help, we shall be saved"**

- Jane Goodall



Happenings this month:  
Holistic Health



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Holistic Health

### Training programme on "Varma Bone Setting"

The 3<sup>rd</sup> year, 5th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 24<sup>th</sup> and 25<sup>th</sup> October. 22 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Dr. Muthu Shanti interacting with the participants



Practical demonstration by Mani Aasan



Class on "Varma Adangals" -Dr.Kannan Rajaram



Overview of Varma medicines and Nadi Science -Vai.Nagalinga Raja



**"Here we are, the most clever species ever to have lived. So how is it we can destroy the only planet we have?"**

- Jane Goodall



Happenings this month:  
Networking



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Networking

### Study Tour

On 7<sup>th</sup> October, 40 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.



Students are watching Azolla field

### Training programme on "Water Conservation"

A training programme on "Water Conservation" was conducted at Seelathikulam, Tirunelveli district, on 7<sup>th</sup> October. 15 participants attended the training. Shri V. Ramakrishnan, Director, VK-NARDEP, served as the resource person. The programme was sponsored by the AIRD, Valliyoor, Tirunelveli district.

Shri. Ramakrishnan demonstrating "Rainwater harvesting structure" at site



### Study Tour

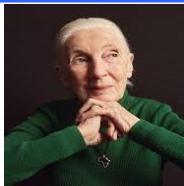
On 15<sup>th</sup> October, 13 M.D. Siddha students from Govt. Siddha College, Palayamkottai, Tirunelveli District visited the Green Health Home. During the visit, they gained information about VK-Nardep activities in the field of Holistic health and Yoga.



Shri. Ramakrishnan, Director, VK-Nardep interacted with the students



Shri. Vijayaragavan taught Yogasana to the students



**"Someday we shall look back on this dark era of agriculture and shake our heads. How could we have ever believed that it was a good idea to grow our food with poisons?"**

- Jane Goodall



Happenings this month:  
New and Renewable  
Energy



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New and Renewable  
Energy

### Training Programme on Harit Urja (Cow based circular Economy)

This month, we commissioned 10 nos. Bio-methanation plants and 10 nos. kits for the preparation of Bio-inputs. The programme was sponsored by L&T Technology Services, Bangalore.



Smt. Vellathai, Thanakkarkulam receiving the kits



Shri. Suresh, VK-Nardep handing over the kits to Shri. Jegan, Radhapuram



Kalyana Sundaram from Thiruvabalapuram receiving the kit which includes Bio-methanation plant, Vermi compost tank, Drum for Panchagavya and bucket for Fish amino etc.



Shri. Periyaswami, VK-Nardep giving the kits to Selvin Suresh, Vadakkankulam



*“Lasting change is a series of compromises. And compromise is all right, as long your values don't change”*

- Jane Goodall



Happenings this month:  
Water Management



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Water Management



## Viruthapuriswarar Temple

### Revival and Renovation of Lakshmi Teertham

Thirupunavasal, Pudukkottai Dist



Supported by:



City Union Bank,  
Kumbakonam

Executed by:



Vivekananda Kendra -nardep  
Kanyakumari

### Revival and Renovation of Teertham

Revival and Renovation of Lakshmi Teertham work near the famous Virudhapureeshwarar temple, Tirupunavasal, Pudukkottai district is completed and Purnarnirman Pratishtia carried out on 24<sup>th</sup> October by 10 priests with elaborate puja such as: (i) Vigneswar puja (ii) Ghatsthapanam - yagshala puja (iii) Poornahuti and Deep Aaradhana (iv) Lakshmi Teertham Kumbhabhishekam (v) Community prayer and Prasad distribution.

More than 400 people from nearby villages as well as school children attended the grand function with a background of Nathasuram and Vedic chanting.

After the function, many locals took the holy dip in the new consecrated Teertham.

### Invitation for Punarnirmana pratishtha





**"If we do not do something to help these creatures, we make a mockery of the whole concept of justice"**

- Jane Goodall



Happenings this month:  
Water Management



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Water Management

### Punarnirmana pratishta programme



### Bhumi puja of Chandra and Brahma Teertham

After the consecration of Lakshmi Teertham, all the people went in a procession to Chandra and Brahma Teertham which are close to each other for Bhumi puja.



Bhumi pooja at Chandra Teertham

Bhumi pooja at Brahma Teertham





*"The greatest danger to our future is apathy"*

- Jane Goodall



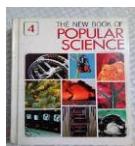
## Visions of Wisdom



### Man should learn from other species

Man for his own survival has to protect the animals by studying and observing their behavior. Swami Vivekananda says: "Expansion is life and contraction is death. The nature bears full evidence to it. Stones or mountains do not have senses, life is dormant. But in case of vegetable Kingdom we find sense of touch, then the earthworms have a sense of touch and taste. Ants are further evolved because we see that they have sense of touch, taste and even smell. They can find out the sweetmeat within no time. The Honeybees have all the five senses. Each species seems to have inherited a certain way of action.

**Extract from the book - Popular Science, volume-4**



### Earth Community



### Ultimate Reality

The important thing we can learn from the indigenous people is their respect of the Earth and their understanding that the Earth is a community of subjects, not a mere collection of things.

The Upanishads also stresses "Every part of creation has a right to its full potential". In the Hindu religious traditions, animals, birds, rivers, mountains, gods and goddesses all live in sacred proximity to one another deriving their sanctity not from God somewhere up above but from the divine within each and in the relationship itself.



**Kamala Chowdhry**  
Indian Educator

Animals love towards their guardians. Animals develop bonds of personal relation and mutual love. This was nicely shown in the move "Born Free", the story of Joy Adamson and her pet lioness Elsa. Two different species but having relation of mother and daughter. Elsa drinking milk by licking Joy's thumb dipped in milk, playing and sleeping with Joy and also waiting restlessly for Joy when she goes out.

There exist a power in this word which cannot be explained by our limited vision of logic. It requires holistic, Integral approach which will give us a glimpse of ultimate reality.

**Extract from the book by Joy Adamson**

