

Echoes of Eco

November, 2025

Vivekananda Kendra- nardep Newsletter

Vol:17 No:09

Drinking Water? No — We Are Sipping Earth's Memory



Every molecule in your beverage has lived countless lifetimes. It once flowed through the veins of ancient civilizations, genuinely.

Our planet's moisture never vanishes. It transforms endlessly. From underground springs to morning mist, from teardrops to ocean waves, from plant sap to storm clouds.

Your drink has witnessed extraordinary journeys. Maybe it once bubbled in hot springs beneath ancient Rome, then froze solid during the Ice Age. Perhaps it nourished the roots of towering redwoods or filled the drinking horns of Viking warriors. It could have cascaded down Niagara Falls or sat trapped in amber for millions of years.

Every single drop exists in nature's perfect recycling system. The moisture we taste today fell as snow on medieval castles. It flowed through the Nile during pharaoh's reign. It has swirled in tornadoes, pooled in crater lakes, and traveled through countless ancient forests and forgotten kingdoms.

Remember that you're not simply staying hydrated. You're tasting liquid history itself! [Click here to listen this amazing story with visuals](https://www.instagram.com/reel/DNYsolXO2FU/?utm_source=ig_web_copy_link)



The Water we Drink is already 3 billion years old.

In this issue:

- Drinking Water? No - We Are Sipping Earth's Memory
- The Happenings
- Visions of Wisdom:
 - Nature and Man
 - Hierarchy theory
 - Animal Talks To Each Other

Monthly Reflections



Secret of Happiness



"Laughter is timeless. Imagination has no age. And dreams are forever"
- Walt Disney



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

The Green Health Home was in operation for 17 days, during which 69 patients received treatment. In addition, 16 individuals benefited from Varma massage, and 2 persons made use of the steam bath facility.

Training programme on "Varma Bone Setting"

The 2nd year, 6th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 7th and 8th November. 20 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Over view of Pediatric Varma management - Dr. Geetha Sudheer



Over view of Padu Varma points - Dr.P.Shanmugam



Special Varma massage on the Dorsal and Ventral body -
Vai. Ramesh kumar

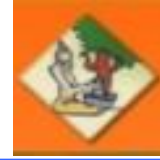


"The way to get started is to quit talking and begin doing"

- Walt Disney



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

The 1st year, 6th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 14th and 15th November. 30 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Varma points of Head and Neck and its Stimulation techniques
- Dr.Kumaresan



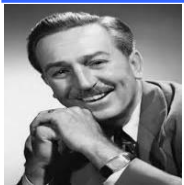
Special varma massage of Spinal cord - Vai.Jothi Suresh Kumar



Overview of Varma Nadi and Saram - Dr.Kannan Rajaram



Clinical Anatomy of Upper Limb - Dr.Balaji



"All our dreams can come true, if we have the courage to pursue them"

- Walt Disney



Happenings this month:
New and Renewable
Energy



Happenings this month:
New and Renewable
Energy

Training Programme on Harith Urja (Cow based circular Economy)

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



Shri. Benitta Suresh, Sivasubramaniapuram standing near Bio-methanation plant



Shri. Paulraj, Sivasubramaniapuram



Smt. Esakiammal, Thanakkarkulam

Blue flame from the Biogas stove - Perumal, pannaiyarkulam





"The more you like yourself, the less you are like anyone else, which makes you unique"

- Walt Disney



Happenings this month:
Water Management



Happenings this month:
Water Management

Revival and Renovation of Chandra Teertham

Renovation of Chandra Teertham started in the last month at Thirupunavasal, Pudukottai District. In this month, we have carried out the general cleaning of the outside area and pumping out the dirty water before starting the actual work.



Emptying the water body before starting the work



Pumping out the water was a herculean task because of rainy season



Cleaning and removing the age old garbage surrounding the Traditional Water body



Procuring the precious good quality sand which is a rare commodity before commencing the work



"All the adversity I've had in my life, all my troubles and obstacles has strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you"

- Walt Disney



Happenings this month:
Water Management



Happenings this month:
Water Management

Revival and Renovation of Brahma Teertham

Renovation of Brahma Teertham started in the last month at Thirupunavasal, Pudukottai District. The Teertham is already in good shape. Only work required was cleaning the outside area and constructing all round parapet wall with proper entrance.



Cleaning the outskirts of the Traditional Water body - Brahma



Masons are busy in arranging stones and boulders for erecting parapet wall



Recycling and Reusing the stones and boulders arranged from nearby areas for constructing the wall



Parapet wall is taking a nice shape



"I would rather entertain and hope that people learned something than educate people and hope they were entertained"

- Walt Disney



Happenings this month:
Water Management



Happenings this month:
Water Management

Repairing of Chakarra Teertham

Vivekananda Kendra - NARDEP revived and renovated the Chakara Teertham of the Kasi Viswanathar Temple, Vivekanandapuram, in the year 2000. Unfortunately, due to heavy rains and the pressure of vehicular traffic, a portion of the wall has been damaged. Local stakeholders have now approached VK-NARDEP to undertake the necessary repair work.



Traditional Bhumi pooja before starting the work



Masons repairing the damaged wall

Cleaning of Veezadi Canal

Farmers of Radhapuram, Tirunelveli district were requesting Vivekananda Kendra - Nardep to help them in cleaning the Veezadi canal which will help in bringing water to the remote fields. The work was carried out in the month of November.



Stakeholders at the site of the canal before starting the work



J.C.B. is at work to remove the bushes and clean the entire area



"It's kind of fun to do the impossible"

- Walt Disney



Visions of Wisdom



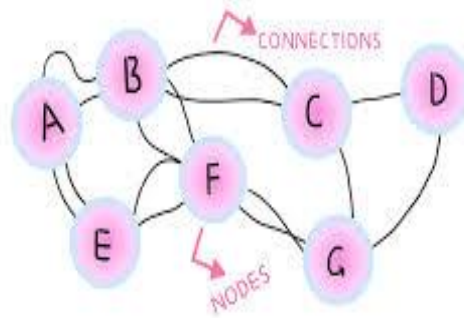
Nature and Man

We are products of more than a billion years of evolution on this unique earth. Life as we know, and the intelligent being like us, are not known to exist anywhere. We are probably the most unique creatures who can know and who can vision. Future does not exist for any other species on the planet.

Now our future is endangered, and along with us, the future of everything living. We live in a fantasy of domination because of the science and technology we have created. Consequently, we refuse to accept the fact that we are intricately intertwined with the totality of nature of which we are an insignificant part.



Rashmi Mayur
Director
Urban Development
Institute



Hierarchy Theory

There is a growing comprehension that sustainability issues cannot be discussed in isolation. They must always be examined within their broader context. Every system is a component of another system and is, itself, made up of systems. So, a wetland must be understood in the context of the subwatershed it is a part of, and in terms of the processes and species which make it up. The body of thinking which deals with these issues is called Hierarchy theory. Its central tenant is that sustainability issues can only be understood in terms of systems embedded in systems which are also embedded in systems.



James J. Kay
Ecological
scientist and
policy-maker



Animals talk to each other

Animals communicate to each other with signals. They call each other for food, warn of danger etc. These signals differ with species. Calls and songs are important ways of communicating. A hen talks to her baby chicks with several types of calls. Cows, goats, rabbits communicate by voice signals. Some species have a definite vocal call or song in courtship.

Odor is another way of signaling. Many mammals mark off a territory by urinating around the boundary of their region.

Honey bees use various 'dances' to tell other members of their hive where food is. Dances are also a part of courtship for many

Stephen Tomecek
Executive Director and
founder of Science
Plus

