

# Echoes of Eco

December, 2025

Vivekananda Kendra- nardep Newsletter

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## Crows are Intelligent and Reciprocity

**Crows are intelligent** is a well-established scientific fact, and they have indeed been observed to **reciprocate kindness** from humans who feed them by leaving small "gifts". This behavior highlights their complex social intelligence and remarkable memory.

**High Intelligence:** Crows belong to the corvid family, known for exceptional intelligence comparable to that of a 7-year-old human child in some cognitive tasks. They are known to use tools, solve multi-step problems, plan for the future, and engage in complex social behaviors.

**Facial Recognition and Memory:** Studies have confirmed that crows can recognize individual human faces and remember them for years, associating specific individuals with either positive (feeding, protection) or negative (threat, harm) experiences. This information can even be shared with other crows in their social group.

**"Gifting" Behavior:** When a person consistently provides food or is otherwise kind, crows may begin to see them as part of their social circle and leave small objects in return. These "gifts" often include shiny or unusual items like: Buttons, Beads, Small pieces of metal or jewelry, Sticks or pinecones, Bottle caps.

Scientists debate whether this behavior is a true expression of "gratitude" (in the human emotional sense) or a result of learned social exchange and associative learning. The prevailing theory is that crows associate the act of dropping an object with receiving a reward (food), reinforcing the behavior over time. Regardless of the exact motivation, the phenomenon demonstrates a sophisticated capacity for forming bonds and engaging in reciprocal interactions with humans.

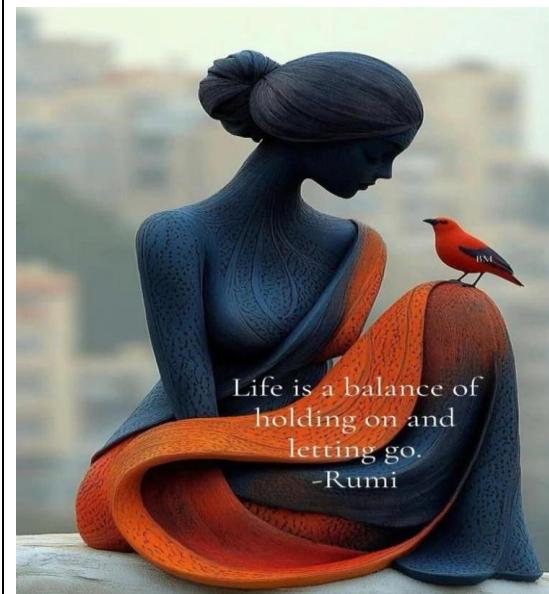
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## Monthly Reflections



## Secret of Life



**"By slowing down at the right moments, people find that they do everything better: They eat better; they make love better; they exercise better; they work better; they live better"**

- Carl Honore



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Green Health

The Green Health Home was in operation for 21 days, during which 91 patients received treatment. In addition:

- 25 individuals - Varma massage
- 4 persons - steam bath
- Dhara -1 and Health combo -1.

### Training programme on "Varma Bone Setting"

The 1<sup>st</sup> year, 7<sup>th</sup> module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 12<sup>th</sup> and 13<sup>th</sup> December. 23 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Class on "Varma Kayangal" - Dr. A.S. Ashok Kumar



Special Varma massage on Hands and Legs - Vai.Ramesh kumar



Yogasana taught by Shri.C. Vijayaragavan



**"The great benefit of slowing down is reclaiming the time and tranquility to make meaningful connections - with people, with culture, with work, with nature, with our own bodies and minds"**

- Carl Honore



Happenings this month:  
Holistic Health



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### Training programme on "Varma Bone Setting"

The 3<sup>rd</sup> year, 6<sup>th</sup> module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 19<sup>th</sup> and 20<sup>th</sup> December. 22 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Varma emergency care - Mani Aasan



Overview of Varma Adangals - Dr.Kannan Rajaram



Nadi Science - Vai.Nagalinga Raja



Demonstration of medicine preparation



**"Everywhere, people are discovering that doing things more slowly often means doing them better and enjoying them more. It means living life instead of rushing through it. You can apply this to everything from food to parenting to work"**

- Carl Honore



Happenings this month:  
New and Renewable  
Energy



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

Two Follow-up training programmes on "Cow based circular Economy" (Harit Urja) was held on 18<sup>th</sup> and 24<sup>th</sup> December at Radhapuram and Sivasubramaniapuram. Totally 40 stakeholders attended. The programme was sponsored by L&T Technology Services, Bangalore.



Shri. V. Ramakrishnan, Director, VK-Nardep interacting with the stakeholders at Radhapuram



Stakeholder sharing his experiences of the project - Harit Urja



Smt. S. Premalatha explaining the preparation methods of Bio-liquid formulations



Shri. V. Ramakrishnan asked the stakeholders opinion about the project - Harit Urja at Sivasubramaniapuram

Smt. Premalatha cleared some doubts of the farmers





**"The greatest thinkers in history certainly knew the value of shifting the mind into low gear. Charles Darwin described himself as a slow thinker. Einstein was famous for spending ages staring into space in his office at Princeton University"**

- Carl Honore



Happenings this month:  
Water Management



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Water Management

### Revival and Renovation of Brahma Teertham

Renovation of Brahma Teertham started in the last month at Thirupunavasal, Pudukkottai 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.



Workers are busy in constructing the Parapet wall



Pointing work of the side wall is on ...



Creation of platform for constructing the Arch



Entrance Arch is taking shape



*“Spending more time with friends and family costs nothing. Nor does walking, cooking, meditating, making love, reading or eating dinner at the table instead of in front of the television. Simply resisting the urge to hurry is free”*

- Carl Honore



Happenings this month:  
Networking



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Networking



### Sports day and Geeta Jayanti celebrations



Sri Amutha Surabhi SHG Federation celebrated Annual Sports Day and Geeta Jayanti at Gramodaya Park on 9th and 10th December, with the participation of 134 SHG members. The programme was graced by Shri Sadhasivam (Manager, SBI, Vivekanandapuram), Smt. Kesini (Retd. Tahsildar), and Shri Murugan (District Secretary, Bharatiya Kisan Sangh).

Various competitions such as elocution, singing, Navadanya food preparation, rangoli, vegetable carving, sports events, and a quiz were conducted. All the sisters and mothers participated enthusiastically, showcasing their talents and team spirit.



Shri. V. Ramakrishnan, Director, VK-Nardep welcoming the audience



Chief Guest - Shri Sadhasivam, Manager, SBI, Vivekanandapuram addressing the SHG members



Rangoli competition is on ....



Judges are examining the food prepared based on Navadanya



Ladies are showing their talent in Shot-put too !



**"The time has come to challenge our obsession with doing everything more quickly"**

- Carl Honore



**Happenings this month:  
Networking**



**Happenings this month:  
Networking**

### **Study Tour**

On 19<sup>th</sup> December, 60 students from Thucklay block visited the J.C. Bose Nursery, where they learnt terrace garden and liquid bio-formulation technologies. The programme was sponsored by ATMA, Department of Agriculture, Kanyakumari District.



*Students learnt Terrace gardening techniques*

### **Field Visit**

On 30<sup>th</sup> December, 100 farmers from Watershed Development Agency, Virudhunagar Dist. Visited the Grmodaya Park and J.C. Bose Nursery, where they learnt Water harvesting technologies as well as sustainable agricultural techniques.



*Participants seen the live model of water harvesting structure*

### **Personality Development Camp**

A one day Personality Development Camp was organised on 27th December at Eknath Hall, Vivekanandapuram. Around 80 children, along with volunteers and teachers from the Radhapuram block, participated in the programme, which focused on character building, confidence development, and value-based learning.



*Shri.V.Ramakrishnan, Director, VK-Nardep interacting with the students on "Confidence Building"*



*Stretching and Yogasana class by Shri.C.Vijayaragavan*

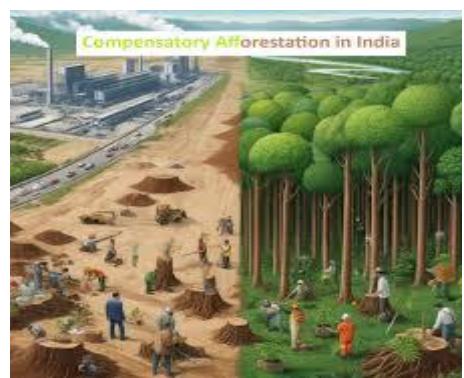


**"Much better to do fewer things and have time to make the most of them"**

- Carl Honore



## Visions of Wisdom



### Human activities disturbing the Environment

The Earth went through a series of drastic changes for billions of years until, ultimately, life originated, leading eventually to the evolution of man only recently, the complex web of human activities has generated extensive modifications of the environment. Every moment man is displacing millions of tons of various elements from one area to another, transforming them from one form to another, and converting them into a large number of products through different processes. For example 800 million tons of metals are taken from the earth, 40 million tons of toxic chemicals and 7 billion tons of conditional fuel units are consumed every year.



**Rashmi Mayur**  
Director  
Urban Development  
Institute

### Social Life of Animals

A few species live alone except in the mating season but many live in groups. In case of sheep we all know there is one leader. And other follow. In a flock of chickens, there is a pecking order. The hen leader pecks all members of the flock without being pecked back. The next ranking hen pecks all but the leader and so on.

Ants live in large colonies and have a complex organization. Each member has a special job and rank. Ants live more for community than themselves. They have a wonderful team spirit and help each other in carrying food stuff etc.



**Ashley Ward**  
British-born animal  
behaviourist

### Myth of "Compensatory Afforestation"

The talk of "compensatory afforestation" is just a babble. Even a small child can understand that afforestation in the plains is no compensation for the forest axed in the watershed. The ecological value of one hundred hectares of natural forest in a watershed is many times the value of 100 hectares of forest in the plains. Loss of the vegetation evolving in hundreds of thousands of year old forest cannot be compensated by new plantations. The latter will not have the unevenness of age of trees, the unevenness of temperature and moisture gradient which allows for the growth of both shade-loving trees and animals.

**Late. Sailendra Nath Ghosh**  
Writer and  
Environmental Activist

