

Echoes of Eco

January, 2026

Vivekananda Kendra- nardep Newsletter

Vol:17 No:11

Trees

Joyce Kilmer



I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is prest (ready)
Against the earth's sweet flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins (bird) in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

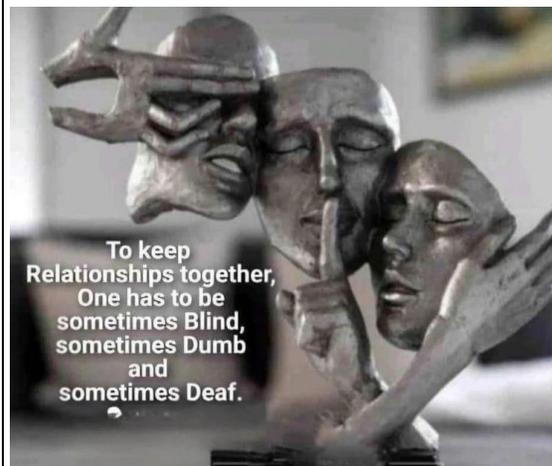
Alfred Joyce Kilmer (December 6, 1886 – July 30, 1918) was an American writer and poet mainly remembered for a short poem titled "Trees" (1913)



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Monthly Reflections



To keep Relationships together,
One has to be sometimes Blind,
sometimes Dumb
and sometimes Deaf.

Different and useful interpretation to the story of three monkeys.

Original story refers to the Japanese pictorial maxim of three wise monkeys—Mizaru (see no evil), Kikazaru (hear no evil), and Iwazaru (speak no evil)



"The role of globalization is to homogenize all cultures, and to turn them into commodified markets. Global corporations are even now trying to commodify all remaining aspects of national cultures, not to mention indigenous cultures"
 - Jerry Mander



Happenings this month:
 Holistic Health



Happenings this month:
 Holistic Health

Green Health

The Green Health Home was in operation for 16 days, during which 67 patients received treatment. In addition:



- 16 individuals - Varma massage
- 2 persons - steam bath

Training programme on "Varma Bone Setting"

The 3rd year, 7th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 23rd and 24th January. 17 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



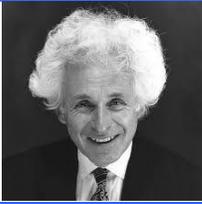
Introduction and therapeutic value of Traditional Varma Massage techniques- Rajeshram Aasan



Vaidyar Ramesh Kumar interacting with the students



Hands on training of pedal Varma massage techniques - Rajeshram Aasan



"Mankind's self-alienation has reached such a degree that it can experience its own destruction as an aesthetic pleasure of the first order "

- Jerry Mander



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

National Seminar

The National Conference on "Role of Siddha Varmam Therapy for Psychosomatic Disorders" was held on 24th January at Eknathji Hall, Vivekanandapuram. The conference witnessed the participation of 236 delegates, including Doctors, Vaidyars, students, and research scholars, reflecting wide academic and clinical interest in Siddha Varmam therapy.

Shri Vishnu (Ambasamudram), Smt. Mallika, Principal, Government Siddha College, Palayamkottai, Vai. Arasuraja, and Dr. Umayur Bhagan graced the occasion as Chief Guests.

The occasion also marked the release of two Tamil books – "Agastiya" by Shri Aravindan Neelakandan and "Magic Herbs" by Thiru Thenkarai Maharaja Pillai and Shri Pandikumar, Tirunelveli.



Release of books on "Agastiya" and "Magic Herbs"



Paper presentation by students - Total 12



Attentive participants



Certificate distribution



"Scientists who study brain-wave activity found that the longer one watches television, the more likely the brain will slip into "alpha" level: a slow, steady brain-wave pattern in which the mind is in its most receptive mode"

- Jerry Mander



Happenings this month:
New and Renewable
Energy



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New and Renewable
Energy

Training Programme on Harith Urja (Cow based circular Economy)

In the month of December our staff visited the stakeholder's fields as a follow up work. The programme was sponsored by L&T Technology Services, Bangalore.

District committee meeting

District committee meeting of Horticulture was held on 8th January at Collectorate, Nagercoil. Shri.Shankar Narayanan attended.



Mrs. Athikesavan, Sivasubramaniapuram harvesting Vermicompost

Radio Talk



On 6th January, Smt.S.Premalatha gave a Radio talk on "Role of Bio-pesticides in Organic farming" at All India Radio, Nagercoil.



Mother of Shri. Murugan, Panakudi is happy with the working of Bio-methanation plant



Field staff visited the farm of Thiru. Perumal, Ambalavanapuram and saw the use of (i) Vermicompost (ii) Panchagavya and (iii) Fish amino made out of Biogas slurry while the gas is used in the kitchen for thermal purpose. Stakeholder expressed his happiness about the usage of composts and growth promoters in his field of Papaya and Banana plantation



"It is no accident that television has been dominated by a handful of corporate powers. Neither is it accidental that television has been used to re-create human beings into a new form that matches the artificial, commercial environment"

- Jerry Mander



Happenings this month:
Water Management



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Water Management

Revival and Renovation of Chandra Teertham

Renovation of Chandra Teertham started at Thirupunavasal, Pudukottai District.



JCB is used for cleaning the surrounding area as well as for dredging the Water body



Tons of old garbage including old clothes lifted from the Water body which was lying for years in the tank



Workers are at work for mixing the concrete



Pouring of concrete work is on .. preparing solid foundation for erecting the wall



"Technological evolution is leading to something new: a worldwide, interlocked, monolithic, technical-political web of unprecedented negative proportions"
 - Jerry Mander



Happenings this month:
 Networking



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 Networking



Annual day and Geeta Jayanti celebrations



Sri Amutha Surabhi SHG Federation celebrated 26th Annual Day at Gramodaya Park on 10th January, with the participation of 500 SHG members. Shri.N.A.Murali, Secretary, Tamil Nadu Judo Association, Chennai graced the occasion. Sports winners received the prizes.



Smt.Rathi sharing her experiences



Lighting the lamp by the Chief Guests



Prizes were distributed to the winners



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



All the SHG members received stainless steel plate



"To speak of television as 'neutral' and therefore subject to change is as absurd as speaking of the reform of a technology such as guns"

- Jerry Mander



Happenings this month:
Networking



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Networking

Field Visit

On 9th January, 50 farmers from Watershed Development Agency, Virudhunagr Dist. Visited the Grmodaya Park and J.C. Bose Nursery, where they learnt Water harvesting technologies as well as sustainable agricultural techniques.



Shri.V.Ramakrishnan, Director, VK-Nardep interacting with the farmers from Virudhunagar

Field Visit

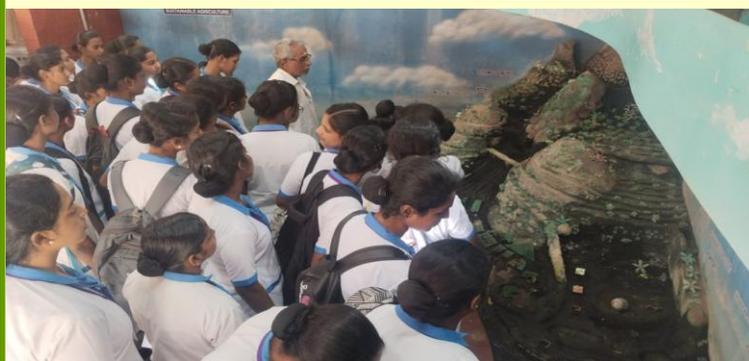
On 23rd January, 50 farmers from Watershed Development Agency, Dindigul Dist. Visited the Grmodaya Park and J.C. Bose Nursery, where they learnt Water harvesting technologies as well as sustainable agricultural techniques.



Shri.V.Ramakrishnan, Director, VK-Nardep taking class on Water harvesting methods

Study Tour

On 12th January, 50 students from Annammal College of Nursing, Kuzhithurai, Kanyakumari district visited the Grmodaya Park where they learnt Water harvesting techniques from Shri.Murugan at Gramodaya Park



Participants seen the live model of water harvesting structure

Study Tour

On 29th January, 40 students from Lakshmiapuram College of Arts and Science, Kanyakumari district visited the Grmodaya Park and J.C. Bose Nursery, where they learnt Water harvesting as well as sustainable agricultural techniques. The programme was sponsored by Department of Agriculture, Kanyakumari district.



Students learnt Vermi composting technology



"The glut of information was dulling awareness, not aiding it"

- Jerry Mander

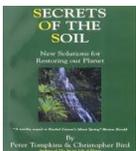


Visions of Wisdom



The Silent Atomic Bomb

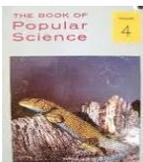
Mosca stressed the point that toxic farm chemicals are radiomimetic in that they ape the character of radiation. The damage resulting from nuclear radiation is the same as the damage resulting from the use of toxic genetic chemicals, said Mosca. In addition, the use of fungicides of organic syntheses (Zineb, Captan, Phaltan. etc.) annually causes the same damage to present and future generations as atomic fallout from 29 H-bombs of 14 megatons damage equal to the fallout of 14,500 atomic bombs of the Hiroshima type. This is resulting in birth of mentally retarded babies and reducing the sperm count in the males.



Amerigo Mosca,
Italian Scientist
*Extracts from the book –
Secrets of the Soil*

Self Protection

Animals have a capacity of self-protection. They can hide or fool the enemy by playing dead, camouflaging i.e. hiding in the trees or changing colours. A few species of fish, chameleon, and lizards can change their colours. A few animals warn the enemy by making noise and thus avoid attack. For example cobras, spread their head region into a hood before striking. Male birds often erect their head feathers. Honeybees have special police or guards to protect their house. If enemy attacks, they will give a fierce fight collectively. They either will win or die but will never run away from the field.



**Extracts from
the new book on
"Popular Science"**

Our Existence Rooted in Nature

So far we have had an illusion that technology has liberated us from many centuries of slavery and suffering, but now we recognize that ultimately, and in the final analysis, at best technology can only be a tool, our existence is rooted essentially in Nature from where we originated and in which we must live, progress and find our ultimate salvation.

Further is ours to enjoy on this spaceship which is fragile but beautiful but, if nurtured with care, this unique planet of ours will offer pleasures, joys and happiness and beyond we can go into the vast, mysterious our solar planet.

Rashmi Mayur
Director
Urban Development
Institute

