

Echoes of Eco

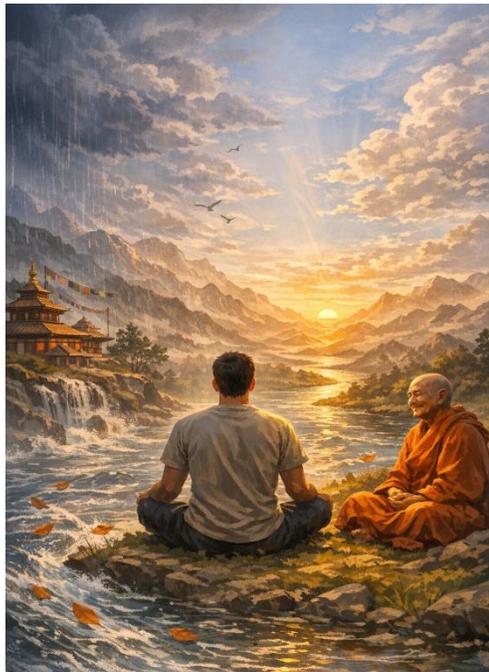
February, 2026

Vivekananda Kendra- nardep Newsletter

Vol:17 No:12

The Man Who Said Yes!

Zen Story



A man went to a Buddhist monastery for a silent retreat. After he finished, he felt better, calmer, stronger, but something was missing. The teacher said he could talk to one of the monks before he left.

The man thought for a while, then asked: "How do you find peace?"

The monk said: "I say yes. To everything that happens, I say yes."

When the man returned home, he was enlightened.

Interpretation / Reflections:

Most of our suffering comes not from life itself, but from resisting it. Life simply is. When we argue with reality and insist it should be different, we create inner conflict — and that becomes pain.

To say "yes" to life is not weakness. It is strength. It means accepting what is present and asking, "Who must I be now?"

When the weather turns harsh or obstacles refuse to move, don't exhaust yourself fighting the current. Pause. Accept. Breathe.

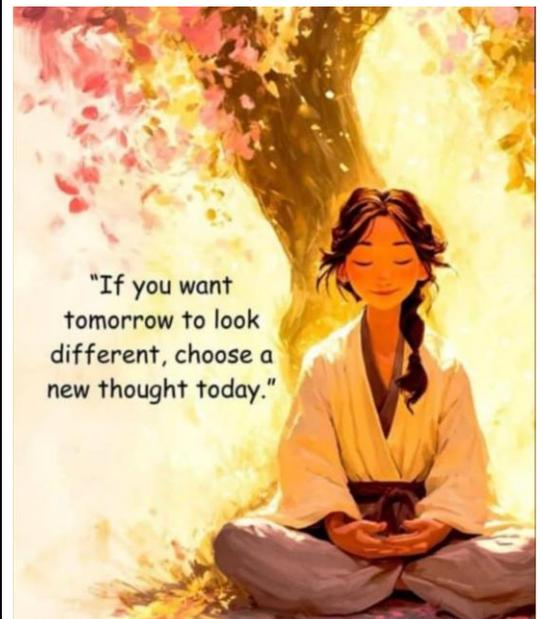
Life is always flowing. Peace comes when we stop swimming upstream and learn to move with the current.

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Monthly Reflections



"If you want tomorrow to look different, choose a new thought today."



"The true laboratory is the mind, where behind illusions we uncover the laws of truth"

- Jagadish Chandra Bose



Happenings this month:
Cost effective
Construction
Technologies



Happenings this month:
Cost effective
Construction
Technologies

Training programme on "Eco friendly construction"

Training program on "Eco friendly construction" was held at Vaikunda Polytechnic, Kanyakumari Dist. on 9th February. 37 students attended. Shri.V.Ramakrishnan, Director, VK-Nardep was the resource person.



Shri.V.Ramakrishnan taking class at Vivekananda Polytechnic, Agasteeswaram



Shri.V.Ramakrishnan interacting with the students

Training programme on "Green Architecture"

Training program on "Green Architecture" was held at Vivekananda Polytechnic, Agasteeswaram on 11th February. 51 students along with faculties attended. Shri.V.Ramakrishnan, Director, VK-Nardep was the resource person.

Training programme on "Green Architecture"

Training program on "Green Architecture" was held at Lord Jagannath College, Ramanathichanputhur on 16th February. 128 students along with faculties attended. Shri.V.Ramakrishnan, Director, VK-Nardep was the resource person.



Shri.V.Ramakrishnan delivering a session with a PowerPoint Presentation



"They who see but one, in all the changing manifoldness of this universe, unto them belongs Eternal Truth - unto none else, unto none else"

- Jagadish Chandra Bose



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

The Green Health Home was in operation for 22 days, during which 117 patients received treatment. In addition:



- 40 individuals - Varma massage
- 04 persons - Steam bath
- 02 persons - Dhara



Therapeutic Varma points and its stimulation Techniques -
Dr.Thiru Narayanan

Training programme on "Varma Bone Setting"

The 2nd year, 7th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 13th and 14th February. 17 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Overview of Thattu Varmam, Nakku Varmam and OothuVarmam -
Thiru.Mani Aasan



Varma Adangal points - Dr.Jensirisha



"All our life is but an echo of a few great moments, an echo which reverberates through all time"

- Jagadish Chandra Bose



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

The 1st year, 8th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 20th and 21st February. 20 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Overview of Padu Varmam - Dr.N.Vadamalai



Practical demonstration on "Varma kayangal" -
Vai.A.S.Asok Kumar



Varma students practising Yogasana



Taking class on "Varma Adangal points" -Dr.Binthuja G Dharan



"Experimentation on vegetation will contribute to lessening of human suffering"

- Jagadish Chandra Bose



**Happenings this month:
New and Renewable
Energy**



**Happenings this month:
New and Renewable
Energy**

Training Programme on Harit Urja (Cow based circular Economy)

In the month of February, our staff undertook follow-up visits to the stakeholders' fields to review the progress of activities under the CSR project.

The project, sponsored by L&T Technology Services, Bangalore, included an inspection visit by their representatives to three locations: (i) Avaraikulam, (ii) Shivasubramaniapuram, and (iii) Radhapuram.

The team interacted with the farmers and assessed field-level implementation.



Shri.Chengan, Radhapuram pouring Jeevamrita to his field



The inspection team headed by Shri.Prabhakaran and Shri.Aroor Niranjana interacted with the stakeholder - Shri.Perumal, Avaraikulam



Shri.Ganesan, Sivasubramaniapuram harvesting Azolla for feeding to his cattle



"The poet is intimate with truth, while the scientist approaches awkwardly. Come someday to my laboratory and see the unequivocal testimony of the Crescograph"

- Jaaadish Chandra Bose



**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.



Novel method of pouring the concrete to create the basement



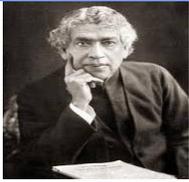
Platform making is on



Steps making for one entrance. Similarly there will be three more entrances to the Chandra Teertham

City Union Bank, Kumbhakonam sponsored the Revival and Renovation of Lakshmi Teertham at Thirupunavasal, Pudukottai district in the year 2025 as a part of CSR activity. Their representatives Shri.Venkatesh and his colleague visited the site on 24th February and appreciated the work carried out by Vivekananda Kendra - Nardep. They also visited Chandra Teertham which they have sponsored in this financial year.





"If there was been any success in my life that was built on the unshakable foundation of failure..."

- Jagadish Chandra Bose



Happenings this month:
Networking



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Networking

Study Tour

On 27th February, 32 students from S.T.Hindu College, Nagercoil visited the Gramodaya Park and J.C.Bose Nursery where they learnt Sustainable Agricultural technologies.



Students at Vermicompost yard - J.C.Bose Nursery

Guest Lecture

Shri.V.Ramakrishnan gave a lecture on "Green technologies for Sustainable Development" during the virtual training programme - "Refresher course on Policies, Programmes and Services in Social Development" on 26th February. 95 members attended. The programme was sponsored by IGNTU, Amarkantak, Madhya Pradesh



MALAVIYA MISSION
TEACHER
TRAINING PROGRAMME



विश्व शिक्षा मंत्रालय
MINISTRY OF
EDUCATION

UGC - Malaviya Mission Teacher Training Centre
Indira Gandhi National Tribal University, Amarkantak,
Madhya Pradesh.

Online Refresher Course on
"Policies, Programmes, and Services in Social Development
(Multidisciplinary)
From 23.02.2026 to 07.03.2026

Date: 26.02.2026 Thursday Time: 2:00 PM



Shri.V.Ramakrishnan

Director
Vivekananda Kendra Natural Resources Development Project
(NARDEP)
Vivekanandapuram , Kanyakumari-629702, India

has kindly consented to deliver a lecture on
Green Technologies for Sustainable Development

Meeting ID: <https://meet.google.com/qxw-hvqf-cnb>

Dr.K.Venkatesan
Course Coordinator

Prof.M.T.V.Nagaraju
Director-MMTC

Guest Lecture

Shri.V.Ramakrishnan gave a lecture on "Traditional Indian Science and Sustainable Technologies: Ayurveda and Agriculture, during the virtual training programme on "Indian Knowledge System for Transformative Research" on 3rd February. 90 members attended. The programme was sponsored by G.Venkataswamy Naidu College, Kovilpatti.

G.Venkataswamy Naidu College
AUTONOMOUS Kovilpatti

INDIAN KNOWLEDGE SYSTEM FOR TRANSFORMATIVE RESEARCH

Date: 02.02.2026 to 06.02.2026
Time: 6.00 PM - 7.00 PM

Fee: Rs. 265/-

<https://tinyurl.com/iksfdp4>

Bank Account Details are furnished in Registration Form

ORGANISING COMMITTEE

RESOURCE PERSONS

- DAY 1: Foundations of Indian Knowledge Systems (IKS): Historical Perspectives, Philosophies, and Research Methodologies
Dr. K. Karitha, Assistant Professor, Department of Computer Science, Mother Teresa Women's University, Kollam, Tamil Nadu.
- DAY 2: Traditional Indian Sciences and Sustainable Technologies: Ayurveda and Agriculture
Mr. V. Ramakrishnan, Director, Vivekananda Kendra - NARDEP, Kanyakumari, Tamil Nadu.
- DAY 3: Mathematics, Astronomy, and Engineering in Indian Knowledge Traditions
Dr. V. Ranganaraki, Associate Professor, Department of Physics, Devanada Das Govardhan Das, Vishnu College, Chennai, Tamil Nadu.
- DAY 4: Integrating Indian Knowledge Systems with Modern Science and Emerging Technologies
Dr. Uthra Durairajan, Associate Professor & Head, Department of Physics (Aided), Dewaraja Das Government Das, Vishnu College, Chennai, Tamil Nadu.
- DAY 5: Indian Knowledge Systems for Transformative Research, Innovation, and Social Impact
Dr. K.P. Nanchimuthu, Assistant Professor, Department of Psychology, PSG College of Arts and Sciences, Coimbatore, Tamil Nadu.



"Everything in man has been foreshadowed in the plant"

- Jagadish Chandra Bose



Visions of Wisdom



Ecological Damage

Unfortunately, concerns of care and compassion, of service and spirituality, seem to have largely disappeared during the colonial period. By 1914, 84.4% of the world's terrestrial area was colonized by the Europeans. In most colonial countries savagery and brutality was widely practiced not only in dealing with 'natives' but in acquiring and dealing with their natural resources. India which had more than 75 million ha of forests had only about 20 million left when the colonizers departed! People in western and industrialized countries, especially among the affluent North Americans, have done disproportionately larger ecological and Earth damage.



Kamala Chowdhry,
Indian educator and
Environmentalist



Other end of Maslow's Scale

Mainstream development discourse focuses on economic, social and political conditions that need to be changed and try to ascribe quantifiable indicators for the changes. Unfortunately, they ignore or dismiss the cultural, moral and spiritual dimension of humans wellbeing as they are intractably subjective. Fortunately, many people in most cultures start at the other end of Maslow's scale at the most personal level, they are moved by deep underlying of moral and spiritual assumptions that reflect and explain reality and that support the values that guide their decisions whether to change or not to change.

Unknown Author



Holistic World-View

The holistic world-view offers a new paradigm for building a socio-economic system free from exploitation and also resolving the dilemma which mankind is presently facing. The paradigm has universal applicability and addresses mankind as a whole. It demands attitudinal changes with regard to the relationship between human society and the eco-system, consumption levels and growth rates with consequent changes in the value system of the Cartesian world. In Indian context, rooted in ancient wisdom of the land, the model based on integral approach would find favour with the national psyche.



Dr. Murli Manohar Joshi
Rtd. Professor of Physics,
University of Allahabad