

Echoes of Eco

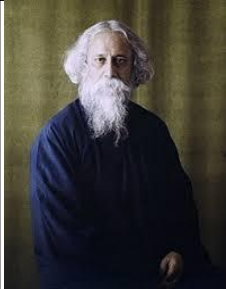
March, 2026

Vivekananda Kendra- nardep Newsletter

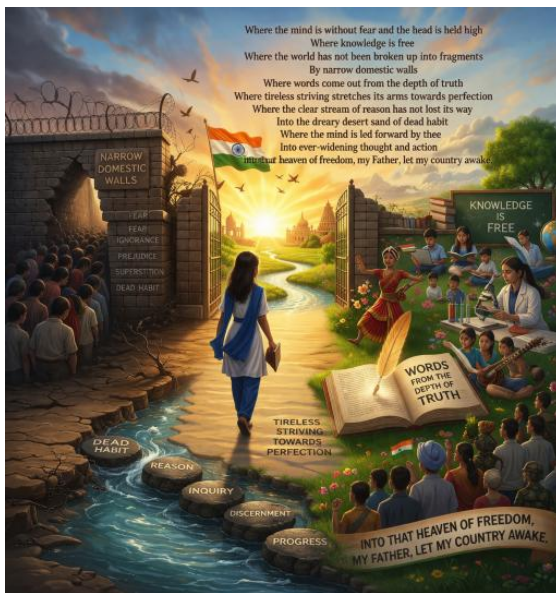
Vol:18 No:01

Where the Mind is without Fear

Rabindranath Tagore



"Where the mind is without fear" is a poem written by 1913 Nobel laureate Rabindranath Tagore before India's independence. It represents Tagore's vision of a new and awakened India. The original poem was published in 1910 in "Naivedya" and, in Tagore's own translation, in its 1912 English edition.



Where the mind is without fear and the head is held high
Where knowledge is free

Where the world has not been broken up into fragments
By narrow domestic walls

Where words come out from the depth of truth
Where tireless striving stretches its arms towards perfection
Where the clear stream of reason has not lost its way
Into the dreary desert sand of dead habit
Where the mind is led forward by thee
Into ever-widening thought and action
Into that heaven of freedom, my Father, let my country awake.

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 - Vasudhaiva Kutumbakam
 - Sarvodaya through Antyodaya
 - Wounded Earth

Monthly Reflections



WE SPEND
BILLIONS OF
DOLLARS TO
FIND LIFE ON
OTHER PLANETS

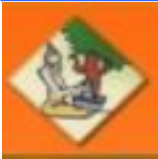


AND TRILLIONS
OF DOLLARS
KILLING THE
LIFE ON THIS
ONE

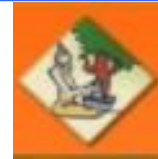


"Life doesn't imitate art, it imitates bad television"

- Woody Allen



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

The Green Health Home was in operation for 19 days, during which 73 patients received treatment. In addition:



- 20 individuals - Varma massage
- 04 persons - Steam bath
- 04 persons - Dhara treatment

Training programme on "Varma Bone Setting"

The 2nd year, 8th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 13th and 14th March. 22 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Special Varma massage Techniques - Rajeshram Aasan



Special Varma Ilakku muraigal and Varma medicine as food -
Vai. Suresh Kumar



Varma Orthopedic procedures for collar bone and shoulder joint dislocation - Arasuraja Aasan



*"To you, I'm an atheist.
To God, I'm the loyal opposition"*

- Woody Allen



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

The 3rd 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 March. 20 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Oral Presentation Examination was conducted by Dr. Rajasekar



Written examination is on ...



Special Varma massage for head and neck and important pain reliving techniques - Rajeshram Aasan



Valedictory address by Shri. V. Ramakrishnan, Director, VK-Nardep

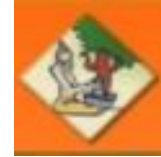


"If you want to make God laugh, tell him about your plans"

- Woody Allen



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

The 1st year, 9th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 27th and 28th March. 32 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Varma Therapies Vai.Chinnapoo Aasan



Happy Assembly is on



Clinical Anatomy of Thorax - Dr.Balaji



Varma Silambam taught by Rameskumar Aasan



"My one regret in life is that I am not someone else"

- Woody Allen



Happenings this month:
New and Renewable
Energy



Happenings this month:
New and Renewable
Energy

Follow-up Visits to Stakeholders of the Harith Urja (Cow-Based Circular Economy) Project

In the month of March, our staff undertook follow-up visits to the stakeholders' fields to review the progress of activities and collected the field datas. The project, sponsored by L&T Technology Services, Bangalore,



Shri.Balasubramaniam from Radhapuram feeding Azolla to his cow



Shri.Ganesan, Shivasubramaniapuram harvesting Azolla for feeding the cattle



Shri.Perumal, Radhapuram pouring Cow dung slurry to his coconut tree

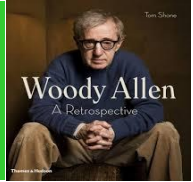


Shri.Chengan, Udayathur harvesting Vermi compost



"I'm not anti-social. I'm just not social"

- Woody Allen



Happenings this month:
Water Management



Happenings this month:
Water Management

Revival and Renovation of Chandra Teertham

This month also the Renovation water of Chandra Teertham at Thirupunavasal, Pudukottai district continued.



Work of Construction of steps on one side of the entrance is on ..



Strengthening the retaining wall is in the process ...



The main parapet wall is situated at a safe distance from the water body area



Slowly and gradually, the Traditional water body is taking the shape

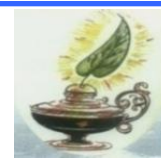


"Eighty percent of success is showing up"

- Woody Allen



Happenings this month:
Water Management



Happenings this month:
Networking

Installation of RO Plants



In the month of March, 2 nos. of RO plants were installed at Selvanayagapuram, Ramanathapuram. This project was sponsored by Karur Vyasa Bank



Village elders performing traditional pooja on 20th March before starting the use of RO plant



A village woman switches on the tap and is happy to see the flow of good-quality drinking water

Commissioning of Bio-methanation Plant

In the month of March, one cum Bio-methanation plant was commissioned at Nagercoil.

Guest Lecture

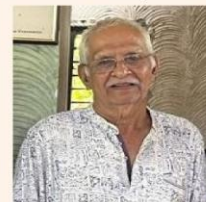
Shri.G.Vasudeo gave a lecture on "Integrated Bio-village for Sustainable Livelihood" during the virtual training programme - "Refresher course on Policies, Programmes and Services in Social Development" on 6th March. 90 members attended. The programme was sponsored by Indira Gandhi National Tribal University, Amarkantak, Madhya Pradesh.



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: 06.03.2026 Friday Time: 3:30 PM



Shri.G.Vasudeo

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

has kindly consented to deliver a lecture on
Integrated Bio-Village for Sustainable Livelihood

Dr.K.Venkatesan
Course Coordinator

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



"I took a test in Existentialism. I left all the answers blank and got 100"

- Woody Allen



Visions of Wisdom



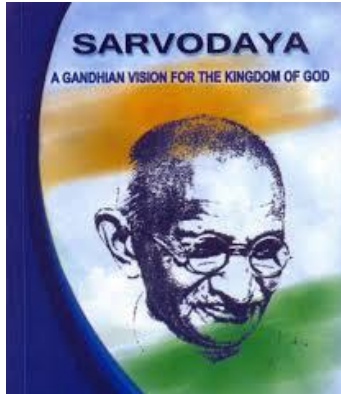
Vasudhaiva Kutumbakam

Do you want high affluence with a tormented soul, social tensions, psychological dysfunctions, rising inequalities, violence and hatred all around or a reasonable standard of living with peace and harmony; in a non-violent and non-exploitative socio-economic order, free from the ills of consumerism. Do you prefer a world functioning under the rules of the market forces and devoid of any emotional bonds or a world full of fraternity and working, sharing and caring like a family. Would you want to live in a global bazar or in a global parivar? You have to make your choices right now. I choose Vasudhaiva Kutumbakam and wish the world functions as a nice family.



Dr. Murli Manohar Joshi

Rtd. Professor of Physics,
University of Allahabad



Sarvodaya through Antyodaya

The Gandhian model basically aims at building self-reliance and self-respect and poverty alleviation of India's teeming millions who are steeped in penury. By and large, this model involves micro enterprises which are primarily based on enhanced biomass production utilising renewable resources and fuelled largely by solar energy. In Gandhian model, the man-made capital does not become destructive of the natural capital and the ecological damage to the production base is avoided. Gandhiji's dream was to ensure welfare of the weakest (Antyodaya) so as to ensure welfare of all (Sarvodaya)



Darbari Seth
Builder of Tata
Chemicals Limited



Wounded Earth

We now live with a deeply wounded Earth. Everyday humanity destroys more than 40,000 ha. of forests, degrades nearly 60 million tons of top soil, dumps almost a million tons of carbon into the atmosphere from cars alone, and causes the extinction of perhaps as many as 50 species of animals and plants per day!

The scientists and ecologists are now telling us that we must learn to live in harmony with the Earth, on Earth terms, not on our increasing economic needs, and not on our greed. We have been using the earth resources largely for our greed and return back to Earth poison and death!



Kamala Chowdhry,
Indian educator and
Environmentalist