



Vivekananda Kendra - nardep Kanyakumari



**Annual Report
2025-26**

Dear Friends and Well-wishers,
Namaskaram.

Many of you may have come across the following anonymous spiritual reflection:

“Life abhors security; for life means taking risks, exposing oneself to danger, even to death.

The Lord says that he who wishes to be safe will lose his life; whoever is prepared to lose his life will keep it.

I think of the times when I drew back from taking risks... when I was comfortable and safe.

Those were the times when I stagnated.

I think of other times when I dared to take a chance—to make mistakes, to be a failure and a fool, to be criticised by others, when I dared to risk being hurt... but I was alive!”

At Vivekananda Kendra – NARDEP, we strive to imbibe this spirit of courage and readiness to take constructive risks in our work from time to time.

During this year, we undertook a few important new initiatives. These include the implementation of a novel project on Cow-based Circular Economy (Harit Urja) and the revival and renovation of traditional water bodies in a new district of Pudukkottai. Alongside these efforts, we have continued to strengthen our regular programme areas:

- (i) Eco-friendly construction
- (ii) Water management
- (iii) Holistic health
- (iv) Bio-methanation technology
- (v) Inner sustainability
- (vi) Networking and outreach

We take this opportunity to express our heartfelt gratitude to all our donors, patrons, volunteers, well-wishers, and stakeholders for their kind support, cooperation, and continued encouragement.

With prayers and best wishes,



(V. Ramakrishnan)

Director



Eco Friendly construction Technologies



3 GOOD HEALTH AND WELL-BEING



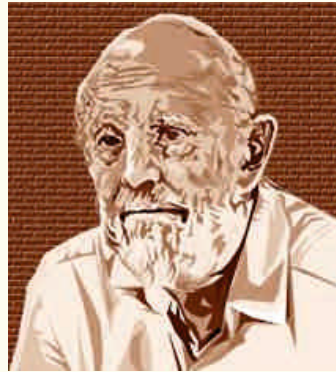
11 SUSTAINABLE CITIES AND COMMUNITIES



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



“Gandhi of Architecture”

“Laurie” Baker (2 March 1917 – 1 April 2007) was a British-born Indian architect renowned for his pioneering work in cost-effective and energy-efficient architecture. His designs emphasized optimal use of space,

natural ventilation, and daylight, making buildings both functional and environmentally responsive.

Deeply influenced by Mahatma Gandhi and his own experiences while working in the remote Himalayan regions, Baker promoted the revival of regional building practices and the use of locally available materials. He combined these with a design philosophy rooted in responsible and prudent use of resources and energy.

As early as the late 1960s, he incorporated concepts such as rainwater harvesting, reduction in the use of energy-intensive construction materials, minimal disturbance to building sites, and seamless integration of structures with their natural surroundings. Through these innovations, he emerged as a pioneer of sustainable and organic architecture in India.

Because of his deep social commitment, humanitarian outlook, simplicity in both design and personal life, and his strong Quaker belief in non-violence, Laurie Baker came to be widely known as the “Gandhi of Architecture.”



I. Eco Friendly construction Technologies

Training on “Eco friendly construction” and “Green Architecture”

- ⇒ 09.02.2025 - Vaikunda Polytechnic College, Pillayarpuram - 37 students
- ⇒ 11.02.2025 - Viveknanda Polytechnic College, Agasteeswaram - 51 students
- ⇒ 16.02.2025 - Lord Jeganath College of Engineering, Ramanathichanputhur - 128 students

participants learnt about Different type of Green Construction Technologies and advantages
Calculating Embodied Energy, Operational Energy and
Life Cycle Assessment of the building materials



Vaikunda Polytechnic College



Viveknanda Polytechnic College

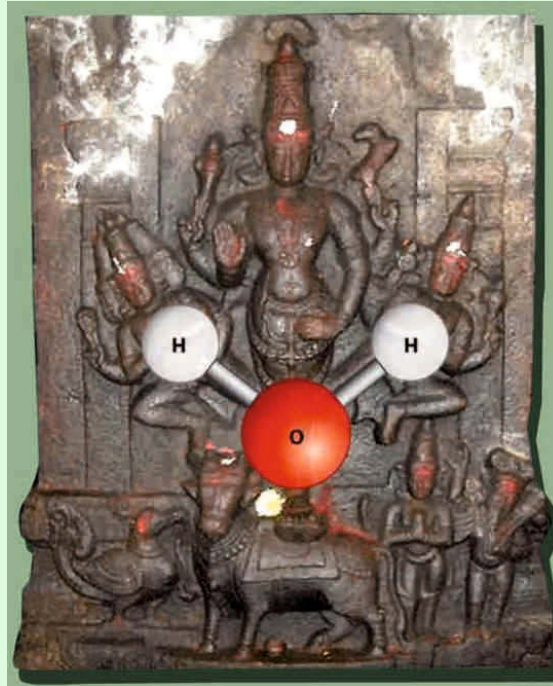


Lord Jeganath College of Engineering, Ramanathichanputhur

II . Water Management



Water molecule code EkapadaTrimurthi



Jambukeswara Devalayam in Thiruvanaikaval is one of the Pancha Bhoota Sthalams. It contains Jambulingam which represents water, one of the five prime elements. The Shivalingam here is partially immersed in the water. The temple has a rare form of Bhagavan Shiva which is Ekapada Trimurthi. Bhagavan Shiva stands on one leg, which symbolizes creation is on the tip of supreme wisdom. The two goddesses on his right, Brahma and Vishnu are attached to Shiva through one leg of a certain angle.

If we draw line to connect the bases of the murti to the Shikhar of the foremost Vishnu and Brahma, we may get H O. Hence maybe the temple was built based on the water molecule as seen above. If we pass water molecule image on the murti, it matches perfectly.



2.1 - Revival and Renovation of Lakshmi Teertham

Thirupunavasal, Pudukottai Dist



City Union Bank
Kumbakonam.

Lakshmi created a sacred spring, named it “Lakshmi Teertham,” bathed in it, and worshipped the Lord with the Teertham . Condition of the Teertham is full of thorny trees, gutter water, no retaining walls, damaged steps etc. Vivekananda Kendra - nardep team frequently visited and formed the committee with 30 village heads around the and started the work



The renovation activities were carried out as follows:

- ✦ The work began with Vighneshwara Puja, Vastu Shanti, and Bhoomi Puja rituals on 17.02.2025 (Monday).
- ✦ Wastewater and debris were removed, and the pond was completely cleaned. A 4-foot-wide retaining wall was constructed around all four sides, with a solid concrete foundation.
- ✦ The wall was built up to a depth of 14 feet for strong support.
- ✦ The outer surface was built with black stone masonry, while the inner section was reinforced with broken concrete blocks for stability.
- ✦ Steps were built on all four sides for easy access.
- ✦ Arrangements were made to prevent cattle and goats from entering the pond. The upper wall was raised, and a protective platform (mattam) was added.
- ✦ A decorative entrance arch was constructed at the main gateway.
- ✦ A rainwater harvesting system was installed to ensure sustainable water storage.
- ✦ Finally, the entire pond was painted and beautified.
- ✦ Completed with Punarnirmana Pratishtha puja on 24.10.2025 (Friday).



A 30-village-head committee from the Temple vicinity has been formed



Cleaning of Thorny Trees & Draining the water



Bhoomi Pooja and Vastu Shanti- 17.02.25



De-silting and giving shape to the Teertham



Retaining wall work is under progress



Parapet wall construction is on...





Steps construction is on...



Special entrance design to avoid cattle to enter



Entrance Arch construction



Constructed Rainwater harvesting structure



Levelling of Surrounding area



White Washing is on....



**Creating Social Capital -
Meeting with Local stake holders**



Punarnirmana pratishtha programme

Revival and Renovation of Lakshmi Teertham work near the famous Virudhapureeshwarar temple, Tirupunavasal, Pudukottai district is completed and Purnarnirman Pratishthia carried out on 24th October ,2025 by 10 priests with elaborate puja such as: (i) Vigneswar puja (ii) Ghatsthapanam – yagshala puja (iii) Poornahuti and Deep Aaradhana (iv) Lakshmi Teertham Kumbhabhishekam (v) Community prayer and Prasad distribution. More than 400 people from nearby villages as well as school children attended the grand function with a background of Nathaswaram and Vedic chanting. After the function, many locals took the holy dip in the new consecrated Teertham.



A Final view of the Teertham



2.2 Revival and Renovation Brahma Teertham, Thirupunavasal, Pudukottai Dist

Brahma came to this holy place and established the Brahma Teertha in front of the temple. After worshipping the Lord, he regained his creative power. From the time of the Treta Yuga, this place has been known as Brahmapuram.

Those who bathe in this Teertha with devotion and sincerity are believed to be freed from sins, deep-rooted diseases, and other afflictions.



Bhumi pooja - 24.10.25



Cleaning the surrounding areas



Preparing the ground for additional retaining wall



Construction of retaining wall is on



Retaining wall work is going on





2.3 Revival and Renovation Chandra Pushkarni Thirupunavasal, Pudukottai Dist

Chandrapushkarini, meaning “the sacred pond that restored the Moon’s radiance.” Those who pray to the Lord with Chandra’s prayers will attain “Sameepa-Mukthi” and those who takes bath in the Teerrtham will attain “Saroopa-Mukthi”. It is said that devotees who take a holy dip in Chandrapushkarini during auspicious times and worship Lord Shiva here are freed from all suffering—physical, mental, and spiritual—and attain lasting health, happiness, and well-being.



Bhumi pooja procession on - 24.10.25



Condition of the Teertham



Bhumi pooja - 24.10.25



De-silting is on by using JCB



Foundation concrete work by chuting (Ramp)



2.4 Cleaning of Radhapuram Canal, Tirunelveli District

Farmers from Sivasubramaniapuram and Thanakkarkulam villages approached Vivekananda Kendra – NARDEP seeking assistance for cleaning the Radhapuram Canal, due to the following concerns:

1. The PWD authorities had failed to carry out regular maintenance and cleaning of the canal.
2. Dense growth of weeds, creepers, and thorny shrubs had blocked the water flow, and silt deposition had occurred at several points.
3. Leakages and damaged bunds were observed in many sections.
4. Water was not reaching the tail-end of the canal.
5. As a result, tail-end farmers were deprived of adequate irrigation water. In response to the farmers' appeal, Vivekananda Kendra – NARDEP, with the active support of local stakeholders, undertook the cleaning and restoration of the canal over a stretch of 4.5 kilometers. The following activities were carried out:
 - Cleared thorny shrubs, weeds, creepers, and silt from the canal bed and banks.
 - Provided refreshments including breakfast, tea, snacks, and lunch to the workers engaged in the cleaning effort.
 - As many workers experienced skin irritation due to prolonged exposure to canal water, coconut oil and locally prepared herbal remedies were distributed for external application.

The local farming community expressed their deep gratitude to Vivekananda Kendra – NARDEP for the timely and effective support in rejuvenating the canal, ensuring better water flow, and enabling irrigation to reach tail-end fields.





2.5 Veechadi Kulam Canal cleaning work , Vadakankulam, Tirunelveli Dist.

- ★ For many years, Veechadi Kulam had not been receiving adequate water due to the poor condition and lack of maintenance of the feeder canal.
- ★ Renovation of this canal is expected to benefit hundreds of farmers in the surrounding area by improving water availability for irrigation. It will also help recharge local wells and borewells in the village.
- ★ The farmers and the “Nam Anuman Nadhi” Farmers Producer Company requested support from Vivekananda Kendra – NARDEP to renovate the 2.5 km-long canal.
- ★ Responding to this request, Vivekananda Kendra – NARDEP agreed to undertake the canal renovation work, and the Bhoomi Puja was performed on 06.11.2025.
- ★ A Hitachi excavator was deployed to clean the canal by removing weeds, thorny bushes, and accumulated silt.
- ★ To ensure smooth flow of water, the canal was levelled at several locations, and large quantities of deposited soil were removed.
- ★ The silt excavated during dredging had initially been placed along the canal bund. To prevent it from sliding back into the canal during the rainy season, it was subsequently cleared using a JCB machine and safely relocated.



Cleaning of Canal



water entering the Veechadi kulam



A view of Veechadikulam



Plantation drive activities with Local childrens



2.6 Renovation of Chakarra Teertham , Kanyakumari.

Vivekananda Kendra – NARDEP had revived and renovated the Chakarra Teertham of the Kasi Viswanathar Temple, Vivekanandapuram, in the year 2000. Unfortunately, due to heavy rains and the pressure from vehicular movement over time, a portion of the compound wall has been damaged. Local stakeholders approached VK–NARDEP to undertake the necessary repair and restoration work to protect and maintain the Teertham.



A view of fallen wall



Bhoomi Pooja on 06.11.2025



Stages of retaining wall construction



Final Stage



After completion



2.7 Water Security at Selvanayagapuram by installing two RO plants

2 nos - 1000 liters/ hour capacity

Karur Vysya Bank, Karur sanctioned a CSR project "Shakti Gram - Ensuring water and energy security at village". We decided to execute this project at Selvanayagapuram , Mudhukulathor Block of Ramnad district. In this year, we partly executed the project



Continuous Meetings with Villagers for creating social capital



Village heads taken for Field visit of R.O plants at Rameswaram 15.12.25



Bhumi Puja - 28.01.2026



Earthwork for Foundation



Foundation Concrete



Shed construction is on



R.O. plant – filter and membrane installation



Installing R.O plant



R.O. plant inauguration puja is underway - 20.03.2026

- ➔ VK-Nardep visited the village of Selvanayagapuram and conducted a series of structured meetings with various stakeholders, including village leaders, women's groups, youth representatives, and other community members. These interactions played a vital role in building social capital by fostering trust, transparency, and collective ownership among the villagers. Rather than treating the community as passive beneficiaries, VK-Nardep ensured that villagers actively participated at every stage of the planning and decision-making process.
- ➔ One of the most significant outcomes of this participatory approach was the selection of the two locations for installing the Reverse Osmosis (RO) plants. These sites were not externally imposed but were identified and finalized by the villagers themselves after careful discussion and consensus. This ensured that the facilities would be accessible, acceptable, and practically useful to the maximum number of households.
- ➔ During the meetings, stakeholders were clearly informed about the existing water quality conditions, especially the level of Total Dissolved Solids (TDS) in the local water sources, and how these parameters influence the selection and performance of an appropriate grade of RO plant. Efforts were also made to explain the technical aspects of the plant in simple and understandable terms. The villagers were sensitized about the functioning of the RO system, safe handling and disposal of rejected water, operational requirements, and the long-term sustainability of the facility. In addition, a basic cost–benefit analysis was shared so that the community could appreciate both the investment involved and the long-term health and economic benefits of access to safe drinking water.



Villagers Happily collect the water

- ➔ Interestingly and importantly, the villagers themselves collectively decided the user charges for distributing purified water among the stakeholders (Rs.5/- for 20 liters). This decision reflects a strong sense of ownership and responsibility within the community, which is a key factor for the sustainability of any community-based infrastructure initiative.
- ➔ Such a participatory and transparent process is expected to significantly contribute to the proper maintenance, community monitoring, and smooth functioning of the RO plants in the long run. Since the villagers have been involved from the very beginning—not only in planning but also in decision-making—they are more likely to take responsibility for day-to-day management, timely maintenance, and equitable usage of the facility. This community ownership ensures that the RO plants will continue to serve as a reliable source of safe drinking water and remain a sustainable asset for the village in the years to come.





2.8 - Training programme:

A training programme on “Water Conservation” was conducted at Irukkandurai, Tirunelveli district, on 29th August. A total of 15 participants attended the training. Shri V. Ramakrishnan, Director, VK-NARDEP, served as the resource person. The programme was sponsored by the AIRD, Valliyoor, Tirunelveli district.



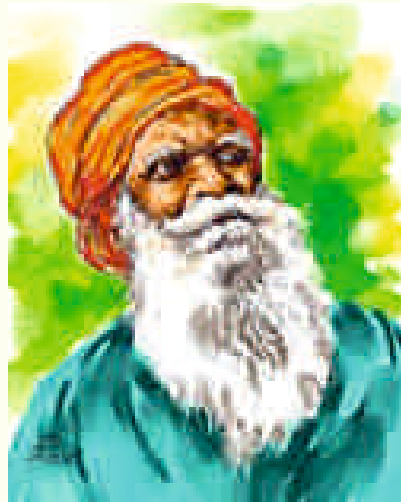
2.9 - Technical guidance for Artificial Recharge of Tubewell



Technical guidance for Artificial Recharge Tubewell

Artificial recharge of tubewells is an effective method of replenishing depleted groundwater aquifers by directing rainwater or surface runoff into the subsurface through specially designed recharge structures. This process helps improve groundwater levels, enhances the sustainability of wells, and reduces water scarcity during dry seasons. It also minimizes surface runoff and soil erosion while improving the quality and availability of groundwater.

III . Sustainable Agriculture



G. Nammalvar (1938–2013) was a renowned Tamil agricultural scientist, environmental activist, and pioneer of organic farming in India. He advocated for sustainable ecological farming, founded Vanagam, and spent decades educating farmers on reducing external inputs. He died in 2013, leaving a legacy of promoting sustainable agriculture.

He has visited Vivekananda Kendra - Nardep couple of times and appreciated our work in the field of Azolla technology by informing the public during his tour of Tamil Nadu.



Cow based Circular Economy :

The project will help the small and marginal farmers having 1 or two cows in their house. The procedure as follows.

- ★ Conducted awareness programme 119 farmers attended
- ★ Selected 40 beneficiaries from awareness programme and field survey
- ★ Installed 40 nos of 1 cum capacity bio gas plant
- ★ 2 days training was given in Dairy management, Biogas slurry based value added products (Panchagavya, Jeevamrita, Vermi compost, Vermi wash, Azolla etc.)
- ★ Kit of Biogas plant, vermi compost unit, panchagavya drum, Fish amino kit etc were gave to produce their own value added products for application in the farm
- ★ The slurry based input material used in their own organic farm
- ★ Follow up programme done for 40 selected Farmers
- ★ Continuous field visits helped farmers to implementing the project successfully



Awareness programmes



Training programmes



Distribution of Kits



Output / Impact

Stakeholders were empowered with practical knowledge on the effective use of biogas slurry, resulting in the following benefits:

- ★ Biogas slurry is now widely used as a liquid organic fertilizer by the beneficiaries.
- ★ Regular application has improved soil structure, fertility, and microbial activity.
- ★ Since slurry is already in a partially mineralized form, nutrients are readily absorbed by plants, leading to enhanced crop growth and productivity.



Stakeholders were also trained in the preparation and application of value-added products from output slurry such as Azolla, Panchagavya, and Vermicompost, which contributed significantly to improved farm productivity and household income.

I. Azolla – A Wonder Fern for Cattle and Poultry

- ★ Feeding Azolla to cattle increased milk yield by about 15%, along with improvement in SNF content.
- ★ Poultry supplemented with Azolla produced pink-coloured, better-quality eggs, which fetched higher market prices.

Azolla contributed to improved health and nutrition of both cattle and poultry.

In paddy cultivation, Azolla helped in:

- ★ Fixing atmospheric nitrogen
- ★ Suppressing weed growth
- ★ Reducing water evaporation
- ★ Improving overall crop yield



II. Effective Use of Panchagavya

- ★ Panchagavya was successfully used as a plant growth promoter and natural pest repellent, especially in vegetable cultivation.
- ★ Pest incidence was significantly reduced through regular application.
- ★ Farmers reduced their dependency on chemical pesticides, resulting in cost savings and improved organic crop yields and income.



III. Vermicompost as Organic Manure

- ★ Farmers reduced their reliance on chemical fertilizers by adopting vermicompost.
- ★ This resulted in improved soil health and enhanced crop yield both in quantity and quality.



IV. Economic Impact

- ★ Stakeholders are using biogas for cooking, resulting in monthly savings of approximately Rs. 600–800 per household.
- ★ Adoption of value-added products such as Azolla, Panchagavya, and Vermicompost helped farmers increase their income by approximately Rs. 3,000–4,500 per month.
- ★ The broader benefits of the cow-based circular economy extend beyond conventional financial accounting, contributing to soil regeneration, reduced input costs, improved livestock productivity, environmental sustainability, and household resilience





From Barren Land to Abundant Harvest: Perumal's Journey in Natural Farming

My name is Perumal, and I live in Avaraikulam. About four kilometres from my home lies a piece of land that was once considered barren and suitable only for windmills. Many felt it was unfit for cultivation—but I held on to the belief that it could be transformed.



My confidence deepened when I came into contact with Vivekananda Kendra – NARDEP

through the Cow-Based Circular Economy CSR project supported by L & T Technology Services, Bangalore. Through their guidance, I learned the multiple uses of biogas spent slurry and embraced natural farming methods with renewed conviction.

I have a biogas plant at my home, and although the farm is four kilometres away and the road is not easy to travel, I regularly transport the slurry to my field on a motorcycle in a 20-litre can. I use it to prepare panchagavya and also apply it directly to the plants. Along with fish amino sprays, these natural inputs have helped me control pests and promote healthy, vigorous growth—without relying on chemicals.

Today, the once-barren land supports thriving crops of papaya, banana, and other fruit trees. Seeing lush greenery where there was once only dryness gives me immense satisfaction. My journey has taught me that with commitment, patience, and faith in natural methods, even the most unyielding land can be turned into fertile, productive soil.





Small Plant, Big Lesson

In Shivasubramaniapuram, Ramalingam is known as a farmer who loves to experiment. His field is his classroom, and nature is his teacher.

Recently, he planted mango and gooseberry saplings procured from Manur in Virudhunagar district. To his surprise and joy, a mango sapling hardly one foot tall started bearing fruit within a year—clear proof of healthy soil and careful nurturing.

Ramalingam enriches his land with vermicompost prepared from biogas slurry, turning waste into wealth. He feeds Azolla to his cows, resulting in better-quality milk with higher SNF and fat, which earns him slightly better returns from the dairy cooperative.

The biogas plant is central to his farm life—providing clean gas and even helping him prepare warm kanchi for his beloved cows. Through simple innovations and integrated practices, Ramalingam shows how sustainable farming can be both practical and rewarding.



Where the Soil Smiles Again

My name is Masanamuthu, and I am a farmer from Elayanainarkulam, in Tirunelveli district. For me, farming is not just an occupation—it is a responsibility. Over the years, I have come to believe that nothing on a farm is waste. Everything is a resource, waiting to be used wisely.

As a stakeholder in the Cow-Based Circular Economy project of Vivekananda Kendra – Nardep, Kanyakumari which is supported by L&T Technology Services as CSR activity, I learned to look at my farm as a complete system. At the centre of this system is biogas spent slurry. Instead of discarding it, I channel it into different value-added activities. I use it to enrich vermicompost and to nurture Azolla. Each of these practices strengthens the natural cycle within my farm.

However, the most significant change in my farming came through the preparation and use of Panchagavya. When I began applying Panchagavya, I could see the soil slowly regaining its vitality. The structure improved, earthworms became more active, and the crops responded with better growth. I noticed that the soil was becoming alive again.



IV . Green Health



3 GOOD HEALTH
AND WELL-BEING



Sage Agastya is revered as the father and supreme pioneer of Siddha medicine, an ancient South Indian holistic healing system. As the foremost of the 18 Siddhas, he is believed to have received this knowledge from Lord Shiva/Murugan and developed specialized remedies, including Kaya Kalpa (anti-aging) techniques and herbal preparations for holistic health



4.1 Green Health Home:

- ★ Patients - 230 Days, 1049 Patients
- ★ Varma Massage - 314 Patients
- ★ Steam Bath - 29 Patients
- ★ Dhara Treatment - 7 Patients
- ★ Health Combo Treatment - 1 Patients

4.2 Free Medical Camp:

Three days free medical camp was held at Varmam Research and Resource Centre, Vivekanandapuram on 27th to 29th May. 279 people benefited during this camp. Vai.Nagalinga Raja, traditional vaidya examined the patients and gave 15 days free medicines to all. More than one lakh rupees herbal medicines including oils were distributed to the needy.



4.3 Free Medical and Blood testing Camp:

Free Medical Camp Free medical camp including blood testing was held at Varmam Research and Resource Centre, Vivekanandapuram on 11th September. 83 patients were benefited. Dr.Muthushanthi, Dr.C.Indhu, Shri.V.S.Vijay and Smt.Maagi were the resource persons.





4.4 Hands on training and live demonstration of Traditional Spinal Varma massage techniques:

Dr.Kannan Rajaram taking class on “Traditional Spinal Varma Massage techniques” At the end of the training - certificate distributed to all the participants Training programme on “Varma Massage Techniques” Training on “Traditional Siddha Varma massage techniques for Head, Neck and Spinal problems” was held at the Technology Resource Center, Anjaneyapuram, on 4th October. 21 participants attended the session. Dr. Kannan Rajaram and his team served as the resource persons.



4.5 The National Conference on “Role of Siddha Varmam Therapy for Psychosomatic Disorders”:

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.





4.6 Varmam Training Programme Report (2025–2026):

The Varma Training Programmes for the years 2025–2026 were conducted in a systematic and phased manner, adhering to the traditional Gurukula method of learning. The programme was organized into three years —First year- “Vamam Ilam Nilai Aringar”, Second year - “Vaman Aringar” and Third year- “Varmam Asan” —to ensure progressive and in-depth training.



A total of 30 participants were enrolled in the First year, 25 in the Second year, and 23 in the Third year . The First and Second year comprised ten sessions each, conducted at the rate of two days per month. The Third year consisted of seven sessions delivered in a similar format.

In addition to the regular training sessions, providing a platform for knowledge sharing and academic interaction. Furthermore, a specialized seminar was conducted exclusively for the members of the Varma Research and Resource Centre to enhance research orientation and professional exchange.



The training programmes were facilitated by a distinguished team of experts, including Dr. Rajasekar, Dr. Kannan Rajaram, Dr. Muthu Shanthi, Dr. Jency Risha, Dr. Thiru Narayanan, Dr. Binduja, Dr. Balaji, Dr. Geetha Sudhir, Prof. Pandi Kumar, Vaidyar Nagalinga Raja, Mr. Arasu Raja, Mr. Suresh Kumar, Mr. Ashok Kumar, Mr. Vadamala, Mani Aasan, Mr. Rajesh Ram, Mr. Ramesh Kumar, and Thenkarai Maharaja Pillai.



The curriculum was designed to integrate both theoretical knowledge and practical application. The major areas of training included:

- ★ Human body philosophy
- ★ Identification of Varma medicinal herbs
- ★ Varma therapeutic massage techniques
- ★ Identification and stimulation of Varma points
- ★ Principles of suppression (Adangal) and timing (Kaalam)
- ★ Management of Varma-related injuries
- ★ Splinting techniques for fractures and dislocations
- ★ Preparation of medicines for Varma injuries
- ★ Naadi and Saram studies
- ★ Concepts of Amirtha Nilai and Aadhara Chakras
- ★ Practice of Varma Mudras
- ★ Training in Varma Kalari and Varma Silambam



Each year concluded with a formal evaluation conducted during the final sessions to assess the participants' theoretical understanding and practical skills.

Overall, the programme successfully achieved its objective of imparting comprehensive knowledge and hands-on training in the traditional science of Varma, while fostering a disciplined and immersive learning environment.





4.7 Varma Network members meeting cum Convocation

Varma Network members meeting cum Convocation On 28th June Varma Network members meeting along with the Convocation ceremony for 3rd year students was held at Eknathji Auditorium, Vivekanandapuram on 28th June. 125 participants attended. 28 successful candidates who completed three years training course came in a colourful uniform in a festive atmosphere.

- ★ Shri.Ramakrishnan, Director VK-Nardep welcomed the participants
- ★ Hanumantha Rao, Vice President, Vivekananda Kendra delivered felicitation address
- ★ Dr. Kannan Rajaram MD(S), Kanyakumari explain the concept of 'Varmaniyan'
- ★ Chief guest address given by Dr.Suyambu, Founder, PSN Group of Colleges
- ★ Vai.Arasu Raja also interacted with the students and Network members
- ★ All the 28 students who completed 3 years training course were given "Varma Asan" certificate along with mementos, medal and Agastiyar's photos



V . Bio Energy



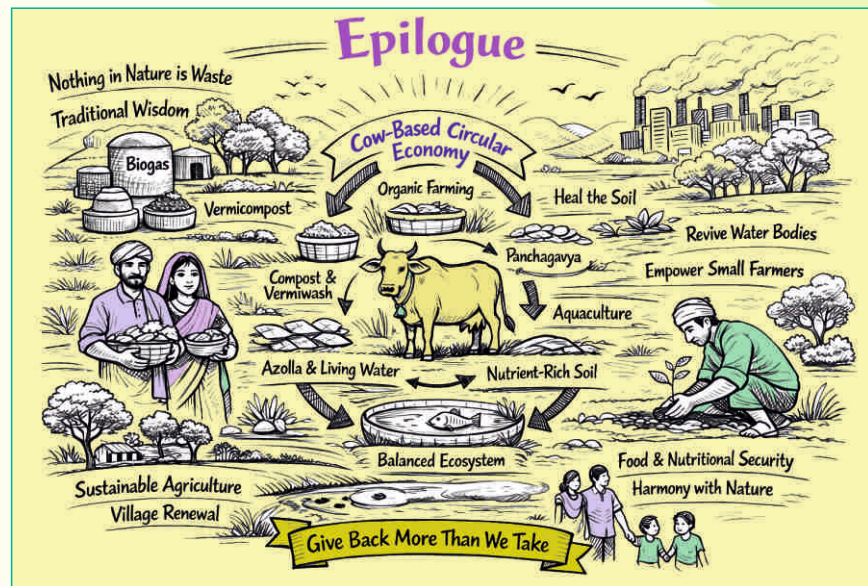
7 AFFORDABLE AND CLEAN ENERGY



6 CLEAN WATER AND SANITATION



13 CLIMATE ACTION



Bio-methanation technology

Vivekananda Kendra - Nardep has done pioneering work in the field of biogas technology by advocating the concept of the biogas plant as a Biogas Manure Plant. A biogas manure plant converts animal dung, poultry litter, and other organic waste into methane-rich biogas for energy, along with nutrient-rich slurry (digestate) that serves as an excellent organic fertilizer through the process of anaerobic digestion.

VK-Nardep further strengthened this approach by implementing "Harit Urja" — a cow-based circular economy model — in farmers' fields in Kanyakumari district and Tirunelveli district, demonstrating an integrated system that links renewable energy generation with sustainable agriculture and soil health improvement.



Commissioning of “Bio-methanation Plant” In the month of July, one 6 cum (Portable) Biomethanation plant commissioned in VIMC Dhamma Nagajjuna, Hill Colony, Nagarjunasagar, Nalgonda dist.



Installed 40 one cum. capacity cow dung based Biogas plants at Tirunelveli Dist:



Monitoring of the Biogas plants:

Monitered - kitchen waste Biogas plants at schools of Kanyakumari Dist.,and 28 schools of Tenkasi dist



VI. Inner Sustainability

3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



10 REDUCED INEQUALITIES



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



Inner sustainability is the cultivation of personal well-being, resilience, and conscious awareness needed to foster long-term environmental and social change. It addresses the "inner crisis" of disconnection from nature and self, shifting from exploitative mindsets to regenerative ones. It directly supports outer sustainability efforts by building mental and emotional capacity





6.1 One day Refresher course for Elders :

One day Refresher course for Elders(Senior Citizens Support Forum) of Nagercoil was held at Vivekanandapuram on 26th April. 43 members participated. Shri.N.Krishnamoorti, Senior worker, Vivekananda Kendra, Shri.G.Vasudeo, Secretary, VK-Nardep acted as Resource persons. Shri.V.Ramakrishnan, Director, VK-Nardep coordinated the programme and conducted Ice breaking activities. Following topics were covered during the programme: • Old yet Young – Shri.N.Krishnamoorti • Know Yourself – Shri.G.Vasudeo • Ice breaking games – Shri.V.Ramakrishnan • Group discussion



6.2 Personality Development camps :

2 Personality development camps for Sanskar varga children were held at Eknath hall, Vivekanandapuram on 6th and 29th May. Totally 159 children along with few parents participated. (i) Smt. Radha Devi, Administrative Secretary, Vivekananda Kendra (ii) Shri.Nagarajan, Johns School, Anjugramam, (iii) Shri.V.Ramakrishnan, Director, VK-Nardep were the resource persons.





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.



6.3 Family camp :

Three days family camp was held at Technology Resource Center from 25th to 27th May. 82 participants from Reameswaram attended this programme. The participants were mainly SHG members, Yoga students, and Teertha Mitras. Dr.Umayoru Bhagan, Nagercoil Shri.V.Ramakrishnan, and Shri.C.Vijayaraghavan acted as resource persons. Participants visited Gramodaya park, J.C.Bose Nursery.



VII . Networking



Networking is the process of building, nurturing, and activating mutually beneficial relationships with individuals, institutions, and communities who are connected with, supportive of, or interested in our Mission. It is not merely about making contacts, but about creating meaningful and trust-based partnerships that grow stronger over time through regular interaction and shared purpose.

Effective networking involves the exchange of information, ideas, experiences, skills, and resources in a spirit of cooperation rather than competition. It creates opportunities for collaboration, collective problem-solving, and innovation by bringing together diverse perspectives and strengths. Through networking, individuals and organizations can learn from one another, avoid duplication of efforts, and work more efficiently toward common goals.

Thus, networking becomes a dynamic and continuous process that builds trust, fosters cooperation, and creates a supportive ecosystem where everyone involved grows together while contributing more effectively to the larger Mission.



7.1 Sri Amudha Surabhi Womens Federation:

Sri Amudha Surabhi SHG Federation celebrated Annual Sports Day 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.



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





7.2 Celebrations(Utsavas)

- ★ International Yoga Day : - 16 nos - 2300 participants
- ★ Guru Poornima: - 19 Places - 642 Participants
- ★ Universal Brotherhood Day: 44 Places - 953 Participants
- ★ Sadhana Divas: 30 Places - 650 Participants
- ★ Gita Jayanti: 66 Places - 1499 Participants
- ★ Vivekananda Jayanti: 8 Places - 600 Participants
- ★ Samartha Bharat Parva: 5 Places - 450 Participants



International Yoga Day



Guru Purnima



Sadhana Divas



Universal Brotherhood day



Samarth Bharath Parva



Gita Jeyanthi



7.3 Study tour:

47 students from Department of Energy and Environmental Engineering, Tamil Nadu Agricultural College University, Coimbatore visited on 9th April as a part of Study tour. They learned Bio-methanation technology and seen the live model of Rain water harvesting structure at Gramodaya park.



17 students from V.O.C Agricultural College and Research Institute, Killikulam visited on 26th April as a part of Study tour. They saw Gramodaya Park and Biley Research and Development Garden.

24 students from Tamilnadu Agricultural University, Killikulam visited J.C.Bose Nursery on 19th July. They learned Sustainable agricultural technologies. The programme was sponsored by Finura Biotech Lab, Nagercoil



On 6th August, 29 students from the Department of Biotechnology, Noorul Islam College, Kumarakoil, visited the J.C. Bose Nursery. During the visit, they gained insights into sustainable agricultural practices and biomethanation technologies.

On 2nd September, 35 students from Udaya College of Arts and Science, Vellamodi, Kanyakumari District visited the J.C. Bose Nursery and Gramodaya Park. During the visit, they gained insights into sustainable agricultural practices and Bio-methanation technologies.





On 7th October, 40 students from Udaya College of Arts and Science, Vellamodi, Kanyakumari District visited the J.C. Bose Nursery and Gramodaya Park. During the visit, they gained insights into sustainable agricultural practices and Bio-methanation technologies.



On 15th October, 13 M.D. Siddha students from Govt. Siddha College, Palayamkottai, Tirunelveli District

half day training cum field visit. During the visit, they gained information about VK-Nardep activities in the field of Holistic health and Yoga



On 19th December, 60 students from Muslim Arts college, Thiruvithancode visited the



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

On 29th January, 40 students from Lakshmi puram College of Arts and Science, Kanyakumari district visited the Gramodaya 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.



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.



7.4 Exposure Visit:

50 farmers from Department of Agriculture (ATMA), Kadayam, Tenkasi District came on 29th April as a part of Exposure visit. They learned Sustainable agricultural technologies



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Longitude: 77.356998
Elevation: 34.9588 m
Accuracy: 2.5 m
Time: 05-22-2025 14:15
Note: IGP Exposure Visit

50 farmers from Department of Agriculture (ATMA), Tenkasi District visited Gramodaya Park on 22nd May as a part of Exposure visit.



27 members from Professional Assistance for Development Action (PRADAN), Virudhunagar came on 30th May as a part of Exposure cum half a day training programme. They learned different type of Rainwater harvesting techniques and Developing social capital in the water project in the villages.



On 2nd August, 50 students visited the J.C. Bose Nursery, where they explored sustainable agricultural technologies. The programme was sponsored by ATMA, Kurunthancode, Department of Agriculture, Kanyakumari District.



On 10th September, 15 farmers from Thuckalay block visited the J.C. Bose Nursery, where they explored sustainable agricultural technologies. The programme was sponsored by ATMA, Department of Agriculture, Kanyakumari District.





On 12th September, 17 farmers from Kurunthancode block visited the J.C. Bose Nursery, where they learnt composting and liquid bio-formulation technologies. The programme was sponsored by ATMA, Department of Agriculture, Kanyakumari District.



On 19th December, 60 farmers 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.



On 30th 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.



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.

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.





7.5 State level Womens Farmers Association Conference:

Tamil Nadu Womens Farmers Association, Chennai arranged a State level Farmers Association conference on 15th and 16th July, 2025. 100 women farmers attended the programme. Shri.V.Ramakrishnan, Director, VK-Nardep gave a felicitation address during this conference. After the inauguration programme, all the farmers visited our Varma Research and Resource center, J.C. Bose Nursery and Gramodaya Park. Shri.V.Ramakrishnan taken class on 'Sustainable Green technologies'



7.6 Printers' Association

Annual Day Celebration The Kanyakumari District Printers' Association celebrated its 5th Annual Day on 16th August at Nagercoil. Shri C. Vijayaragavan graced the occasion. Around 100 participants, including family members, attended the celebration.



7.7 Radio Talk :

- ★ Radio Talk Shri.V.Ramakrishnan, Director, VK-Nardep gave a radio talk on 'Soil enrichment through organic farming' at All India Radio, Nagercoil on 21st July.
- ★ Smt.S.Premalatha gave a talk to All India Radio, Nagercoil on the topic – "Role of Bio-pesticides in Organic farming" on 6th January 2026.

7.8 Internship

Preparing Panchagavya during Internship Selvi.A.Deepthi, Dept. of Agricultural engineering, Rohini College of Engineering and Technology, Palkulam underwent 15 days Internship on Sustainable farming from 9th to 23rd June at J.C. Bose Nursery, Vivekanandapuram.



7.9 Dist. Level committee Meeting:

VK-NARDEP is in members of District level ATMA and Horticulture committees and attends regular meeting at Collectorate, Nagercoil



VIII. Paper presentations and publicity



VK-NARDEP actively contributed to several academic and outreach programmes, delivering lectures and presentations on sustainable green technologies, circular economy, traditional knowledge systems, and sustainable livelihoods. Through programmes organized by Indira Gandhi National Tribal University and All India Institute of Ayurveda, as well as sessions at G.Venkataswamy Naidu College, the organisation engaged a wide audience across India.

These initiatives strengthened awareness on eco-friendly practices, sustainable agriculture, and holistic development, reinforcing VK-NARDEP's role in knowledge dissemination and capacity building.





VIII. Paper Presentation and publicity:

- ★ A virtual reference course in advance science and technology for sustainable future was conducted by India Gandhi National Tribal University, Amarkantak (Madhya Pradesh). Shri.V.Ramakrishnan, Director, VK-Nardep presented a paper on “Sustainable Green Technologies” on 22nd July, 2025. 95 Professors and students from all over India participated.
- ★ A virtual reference course in advance science and technology for sustainable future was conducted by India Gandhi National Tribal University, Amarkantak (Madhya Pradesh). Shri.G.Vasudeo, Secretary, VK-Nardep gave a power point presentation on “Circular Economy for Sustainable Development” on 26th July, 2025. 96 Professors and students from all over India participated.
- ★ On 15th August, 2025 Shri G. Vasudeo, Secretary, VK-NARDEP, delivered a virtual benediction at the International Conference on “Traditional System of Healing: Bridging Yoga, Varma and Sport Science.” The event was attended by 70 participants.
- ★ All India Institute of Ayurveda, New Delhi conducted a one week programme on “Cultivation and Propagation of Ayurveda herbs” from 21st to 26th September. On the valedictory day, Smt.S.Premalatha gave a power point presentation on “Soil enhancement and Compost preparation”. 27 students from 13 states attended this programme.
- ★ G.Venkataswamy Naidu College, Kovilpatti conducted online programme on “Indian Knowledge System for Transformative Research” on 3rd February, 2026. 90 members attended this programme. Shri.V.Ramakrishnan gave a lecture on “Traditional Indian Science and Sustainable Technologies: Ayurveda and Agriculture.
- ★ India Gandhi National Tribal University, Amarkantak, Madhya Pradesh conducted a Refresher course on “Policies, Programmes and Services in Social Development” on 26th February, 2026. 95 members attended this course. Shri.V.Ramakrishnan gave a lecture on “Greentechnologies for Sustainable Development”. This was an online programme.
- ★ India Gandhi National Tribal University, Amarkantak, Madhya Pradesh conducted a Refresher course on “Policies, Programmes and Services in Social Development” on 6th March, 2026. 90 members attended this course. Shri.G.Vasudeo, Secretary, VK-Nardep gave a power point presentation on “Integrated Bio-village for “Sustainable Livelihood”. This was an online programme.



Sis. Premalatha delivered a PowerPoint presentation to Ayurveda students in New Delhi

Publications :

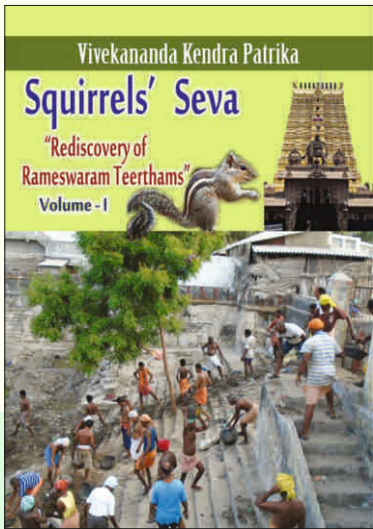
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|---|--------------------------|
| 01. Nature Proposes - Man disposes (Vasudha Series 1) | -1000 copies |
| 02. Holistic Development (Vasudha Series 2) | -1000 copies |
| 03. The Indian Concept of Development (Vasudha Series 3) | -1000 copies |
| 04. The Slow Movements (Vasudha Series 4) | -1000 copies |
| 05. Happy Bhutan and Organic Cuba (Vasudha Series 5) | -1000 copies |
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| 10. Cow Based Circular Economy – Book | - 2000 copies |
| 11. Agasthiyar – Book | -2000 copies |
| 12. Herbal Magic – Book | -2000 copies |
| 13. Kendra Patrika Squirrel Seva - Vol 1 | -1000 copies (reprint) |
| 14. Kendra Patrika Squirrel Seva - Vol 4 | -1000 copies |
| 15. The Sacred Earth | - 5000 copies (reprint) |



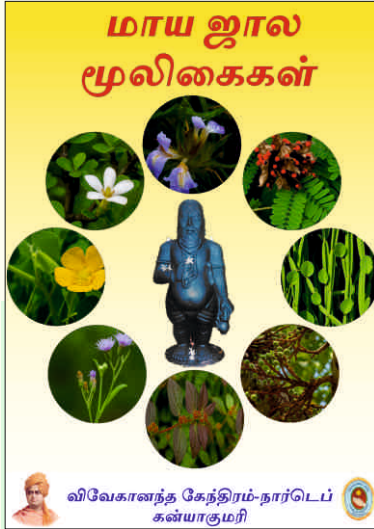
This year printed 9 volumes of “Vasudha” Book series



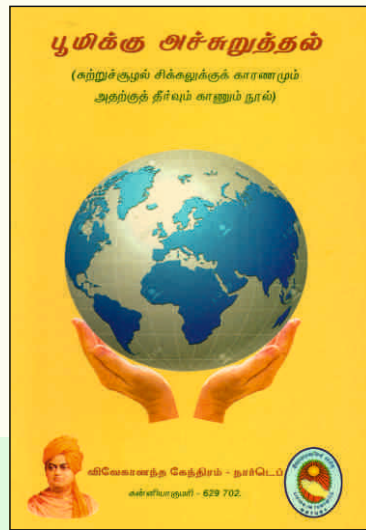
This book highlights the power of biogas slurry in promoting sustainable, cow-based agriculture and circular economy practices. Blending science with tradition, it offers practical insights for soil regeneration, integrated farming, toxin-free agriculture, and ecological renewal.



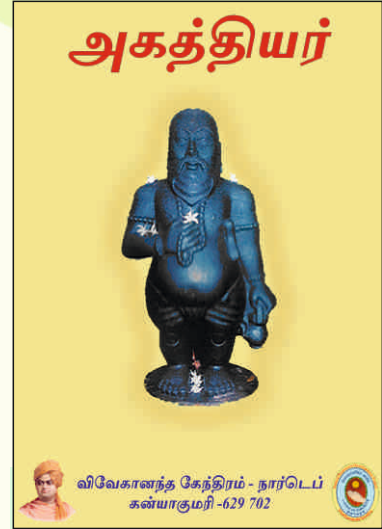
This book explores the spiritual, cultural, and ecological significance of sacred temple tanks and teerthams, especially of Rameswaram



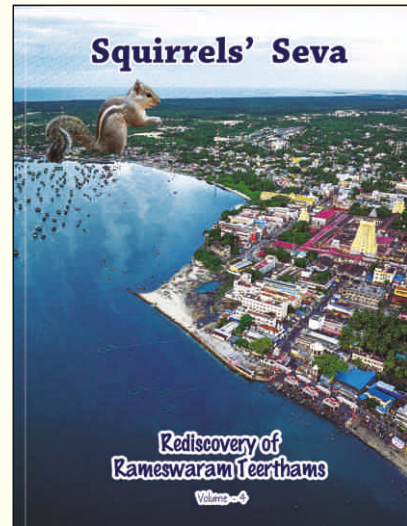
Magic Herbs book explores the hidden wonders of herbal plants, blending traditional wisdom with practical uses to reveal nature's timeless healing connection with human life.



Sacred Earth book creates eco-awareness by presenting Earth as one interconnected living system called Gaia. Through 16 chapters, it explores major environmental challenges and offers practical solutions, culminating in the vision of a "Sacred Earth."



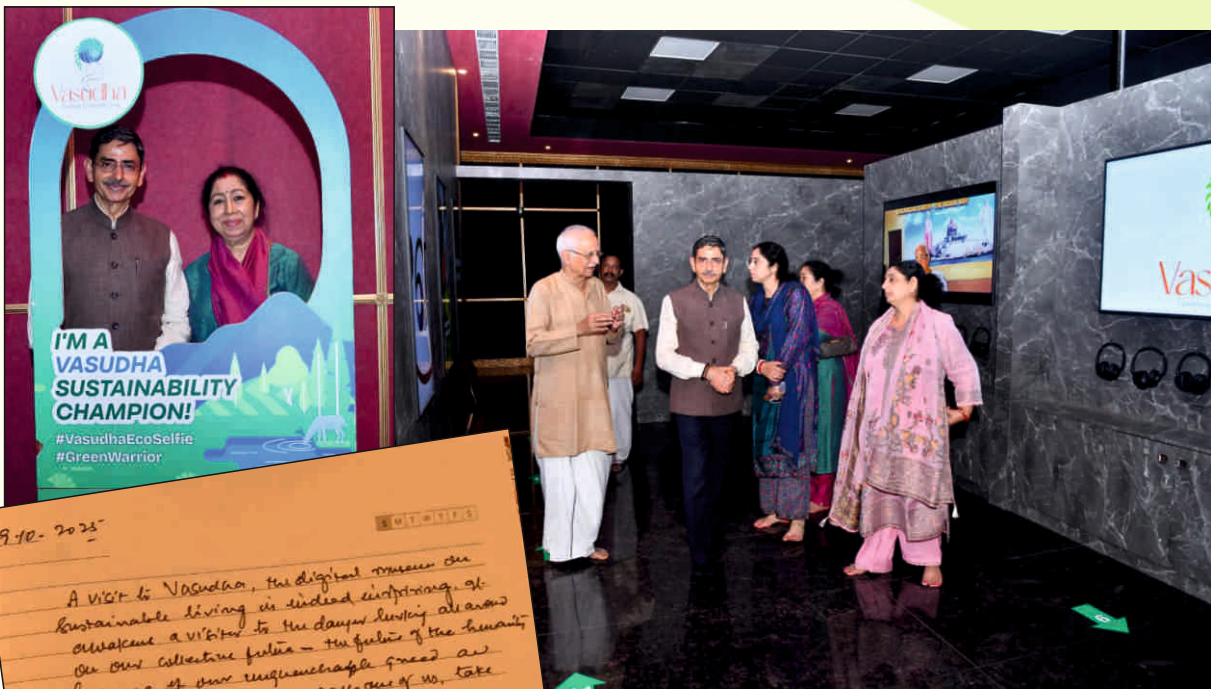
Agastya book is revered as one of India's greatest sages, celebrated in the Vedas, epics, and Puranas as a master of wisdom, yoga, dharma, Siddha medicine, and herbal healing.



This book offers a detailed journey through the sacred teerthams of Rameswaram, both within and beyond the temple precincts.

An enriching companion for pilgrims, devotees, and heritage enthusiasts

Governor's Visit (29-10-2025):



29-10-2025

A visit to Vasudha, the digital museum on sustainable living is indeed inspiring. It always a visit to the days living always on our collective future - the future of the humanity because of our unsustainable greed and overpopulation. Let us, each one of us, take a pledge to mould our ways of life in a way that is in harmony with the environment. This is the only way we can beat our mother - the Vasudha and save our earth better! Thanks to the Vivekananda Kendra for this wonderful initiative!

Sincerely,
Sourav, Tamilnadu

Shri. R.N.Ravi visited the cloud-based “Vasudha” Exhibition on 29.10.2025 and lauded the efforts of Vivekananda Kendra for its remarkable initiative in promoting environmental awareness and sustainable living practices.

Ayodhi Mayor Visit:

Shri Girish Pati Tripathi visited Vivekananda Kendra on 28 February 2026. During his visit, he held detailed discussions with the Secretary of VK-NARDEP on the Green Rameswaram project, expressing keen interest as he envisions transforming Ayodhya into a clean and green model city.



He viewed the documentary on “Green Resilient Rameswaram” and was presented with the Detailed Project Report (DPR), which outlines all ten verticals of the initiative. VK-NARDEP also presented him with the coffee table book, Rameswaram – A Congregation of Tides and Blessings, during the visit.



Vivekananda Kendra Natural Resources Development Project Kanyakumari - 629 702



Phone : 04652-246296, 298294

Email: vk nardep@gmail.com, web: www.vk nardep.org

