

# Echoes of Eco

April, 2026

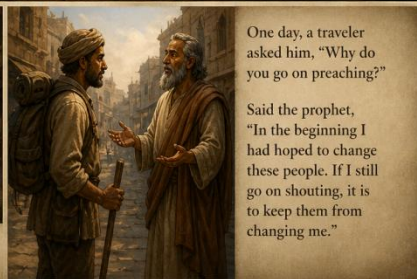
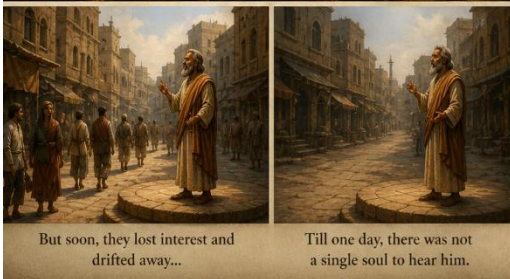
Vivekananda Kendra- nardep Newsletter

Vol:18 No:02

## The Unheard Prophet

A prophet came to educate the inhabitants of a city. At first people listened to his sermons, but soon they drifted away till there was not a single soul to hear the prophet when he spoke.

One day a traveler asked him, "Why do you go on preaching?" Said the prophet, "In the beginning I had hoped to change these people. If I still go on shouting it is to keep them from changing me".



### Reflections:

- Why and when do I give up my convictions?
- How do I hold 'values' that are very dear to me?
- How strong is my conviction about what I believe me?



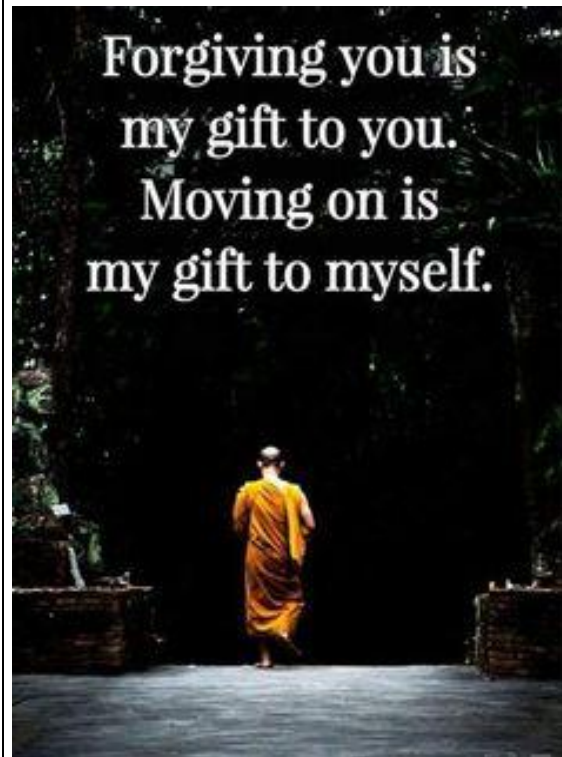
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## Monthly Reflections



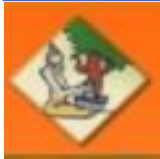
Forgiving you is  
my gift to you.  
Moving on is  
my gift to myself.



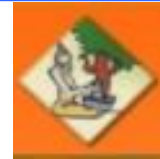


*"Regret for wasted time is more wasted time"*

- Mason Cooley



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Green Health

The Green Health Home was in operation for 16 days, during which 68 patients received treatment. In addition:



- 18 individuals - Varma massage
- 02 persons - Steam bath
- 03 persons - Dhara treatment



### Training programme on "Varma Bone Setting"

The 2<sup>nd</sup> year, 9<sup>th</sup> module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 10<sup>th</sup> and 11<sup>th</sup> March. 18 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



*Raw drugs and herbal purification process is on for preparing medicines*



*Functions of Living Organism and 14 Vegangal - Dr. Balaji*



*Medicine preparation is on ...*





Mason Cooley Quotes  
TheQuoteDiary.Com

*"You are as happy as you think you are, but not necessarily as miserable as you imagine"*

- Mason Cooley



Happenings this month:  
Holistic Health



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Holistic Health

### Training programme on "Varma Bone Setting"

The 1<sup>st</sup> year, 10<sup>th</sup> module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 17<sup>th</sup> and 18<sup>th</sup> March. 29 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Therapeutic Varma Mudras for various diseases - Dr.Binhuja & Dharan



Kalari, Varma Silambam - Ramesh kumar Aasan



Common Varma Orthopedic procedure - Vai.Arasu Raja



Varma Sarvanga thadaval Techniques - Rajesh Ram Aasan





"Men and women would be even unhappy if they really understood one another"

- Mason Cooley



Happenings this month:  
New and Renewable  
Energy



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New and Renewable  
Energy

## Commissioning of Bio-methanation Plants

In the month of April, following Bio-methanation plants were commissioned

- 2 nos. of 1 cum at Selvanayagapuram, Ramanathapuram Dist.
- 1 no. of 6 cum at Thiraviam hospital, Nagercoil



Plant commissioned at Thiraviam hospital



After commissioning the plant, cooking is on .. by using the methane gas



## Media Coverage

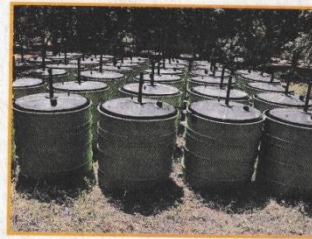
Pasumai Vikatan gave a good coverage about Bio-methanation technology on 25<sup>th</sup> April.

கே ப "திருச்சி மாநகராட்சிப் பகுதியில் வாடகை வீட்டில் வசிக்கிறோம். எங்கள் குடும்பத்தின் அன்றாட சமையல் தேவைக்கு பயோகேஸ் உற்பத்தி செய்து, பயன்படுத்த விரும்புகிறோம். ஆனால், மாடுகள் வளர்ப்பதற்கான வாய்ப்பில்லை. சாண எரிவாயுக் கலன் அமைக்க, போதுமான இடவசதியும் இல்லை. என்னுடைய விருப்பத்தை நிறைவேற்ற வழி இருக்கிறதா?"

@ வில்வதாதன், திருச்சி கன்னியாகுமரியில் இயங்கி வரும் விவேகானந்தா கேந்திரம் அமைப்பின் இயற்கை வள அபிவிருத்தித் திட்ட ஆராய்ச்சி உதவியாளர் பிரேமலதா பதில் அளிக்கிறார்.

"மாநகரப் பகுதிகளில் குறிப்பாக, அடுக்கு மாடிக்குடியிருப்புகளில் வசிப்பவர்களுக்கும் கூட எளிமையான முறையில் பயோகேஸ் தயார் செய்து பயன்படுத்தும் வகையில் ஒரு புதிய தொழில்நுட்பத்தை வடிவமைத்திருக்கிறோம். இதற்கு அதிக இடம் தேவையில்லை. எட்டுக்கு எட்டு அடி பரப்பில் இடம் இருந்தால் போதும், ஃபைபர் பிளாஸ்டிக்ஸ் 6 அடி விட்டம், 5 அடி உயரம் கொண்ட கலன் அமைத்துத் தருகிறோம். வாடகை வீட்டில் வசிப்பவர்கள், வேறு இடத்துக்கு குடிபெயரும்போது இதை எளிதாக எடுத்துச்

vikatan.com | 25.4.2026 | பசுமை விகடன் 61



• பிரேமலதா

கழிவுகள், சோற்றுக்கஞ்சி மற்றும் காய்கறிக் கழிவுகளைப் பயன்படுத்தி பயோகேஸ் உற்பத்தி செய்யலாம். காய்கறிச் சந்தைகளில் இலவசமாகக் கிடைக்கக்கூடிய அழகிய காய்கறிக் கழிவுகளையும்

இதற்குப் பயன்படுத்தலாம். விற்பனையாகாமல் மிஞ்சி வினாக்கூடிய உருளைக்கிழங்கு, முட்டை கோஸ், முள்ளங்கி போன்றவற்றை இதற்குப் பயன்படுத்தினால் அதிகளவில் கேஸ் கிடைக்கும்.

நான்கு உறுப்பினர்களைக் கொண்ட ஒரு குடும்பத்துக்குத் தினமும் மூன்று வேளைகள் உணவு சமைக்க, 1 கன மீட்டர் பயோகேஸ் தேவைப்படும். இதற்குத் தினம்தோறும் 5 கிலோ உணவுக் கழிவுகள் மற்றும் காய்கறிக் கழிவுகள் போதுமானதாக இருக்கும். இந்தத் தொழில்நுட்பத்துக்கு இந்தியா, இலங்கை, சீனா, தென்அமெரிக்கா ஆகிய நாடுகளில் 'பேட்டன்ட் ரைட்' பெற்றுள்ளோம்."



செல்லலாம். பயோகேஸ் உற்பத்திக்கலன், ஸ்டீல் உள்ளிட்ட அனைத்துக்கும் சேர்த்து மொத்தம் 35,000 ரூபாய் முதலீடு செய்தால் போதும். இந்தத் தொழில்நுட்பத்தைப் பயன்படுத்த, மாடுகள் வளர்க்க வேண்டிய அவசியமில்லை. ஆரம்பத்தில் 100 கிலோ சாணம் போட்டால் போதும். அதன் பிறகு அன்றாடம் வீட்டில் மிஞ்சக்கூடிய உணவுக்

தொடர்புக்கு: இயற்கைவள அபிவிருத்தி திட்டம், விவேகானந்தா கேந்திரம், விவேகானந்தாபுரம், கன்னியாகுமரி - 829 702 செல்போன்: 94426 53975, 94888 88854 தொலைபேசி: 04652-246296.





*"Thoughts can be revised. Deeds cannot"*

- Mason Cooley



Happenings this month:  
Networking



Happenings this month:  
Networking

### VASUDHA - Discovering Green Warriors

VASUDHA - Vivekananda Academy  
for Sustainable Development and Holistic Advancement

VK-Nardep has started a new imitative VASUDHA - Discovering Green Warriors by distributing the books in the colleges followed by exam on the same book. This year the exam was based on the book "Scared Earth". The details are as follows:

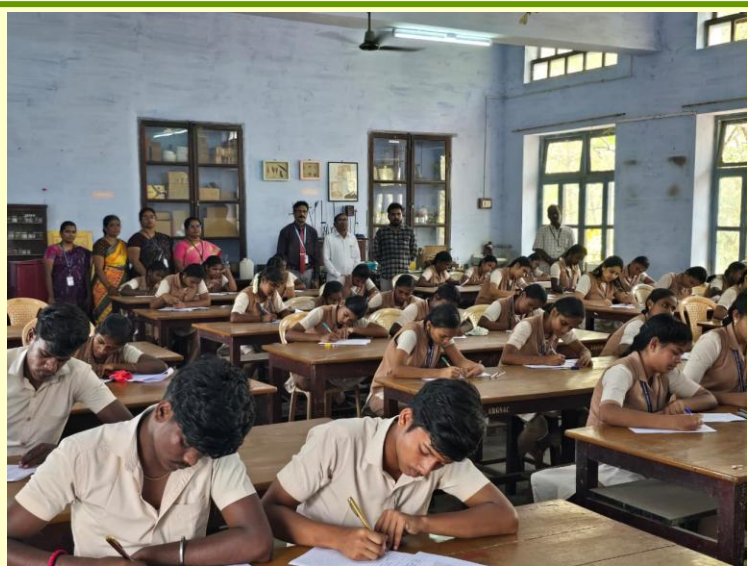
S.No	Name of the college and Place	Date	No. of attendance
1	Sadakathullah Appa College, Palayamkottai, Tirunelveli Dist.	6th	35
2	Sri Kumara Gurupara Swamigal Arts College, Srivaikuntam, Thoothukudi Dist.	10th	83
3	Govt. Law College, Palayamkottai, Tirunelveli Dist.	13th	20
4	Govt. Siddha Medical College, Palayamkottai, Tirunelveli Dist.	15th	10

#### The Scared Earth!



All the students who have appeared for exam will receive the certificate.

The selected students will be called to Kanyakumari for three days workshop on "Promoting Sustainable Lifestyle" in the month of June 2026.



Students writing the examination at Sri Kumara Gurupara College



Exam is on .. at Govt. Siddha Medical College, Palayamkottai





*"Reality is the name we give to our disappointments"*

- Mason Cooley



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.



Workers at work for constructing the parapet wall



Construction of steps at the entry of the Teertham is on ..



Mason giving finishing touches to the steps



Strengthening and levelling work of the pond is on ..



**"Reality is the name we give to our disappointments"**

- Mason Cooley



## A Fond Tribute to Mamaji - The Heartbeat of Vivekananda Kendra

Shri H. Angiras, affectionately known as *Mamaji* in Vivekananda Kendra, passed away on 30th March 2026, completing 90 fulfilling years of life.

Mamaji was associated with VK-NARDEP from its very inception and served as a signatory to its bank accounts. His unwavering trust in the organisation was remarkable—he would sign cheques without question, reflecting his complete faith in the integrity and work of the Kendra. He took immense pride in VK-NARDEP's initiatives and was always eager to appreciate and share its achievements with others.



A postgraduate in Sanskrit, Mamaji possessed deep knowledge of Indian history and culture. He was also the in-charge of the extensive Vivekananda Kendra library, which houses over 20,000 titles. Anyone seeking references would find in him not only the right book but also precise guidance, often enriched with additional insights drawn from his vast knowledge.

Mamaji was blessed with an extraordinary memory. He was, in many ways, a living encyclopaedia of Vivekananda Kendra—its history, its workers, and its well-wishers. Even after more than five decades of association, he would enthusiastically narrate stories of the Kendra and its activities to newcomers, never tiring of sharing his experiences. He remembered not just individuals but also their families, enquiring about them even after long intervals.

Vivekananda Kendra conducts at least two yoga shibirs every year, and Mamaji knew almost every participant. Though he neither delivered lectures nor conducted practical sessions, he remained the most beloved figure among participants due to his warmth, affection, and personal connect. He nurtured relationships that lasted long after the camps concluded.

Our interactions with Mamaji were often filled with affectionate humour. We would tease him about his Sanskrit M.A., his famously difficult handwriting—understood only by his typist Shri Perumal—or about his Gujarati background and the title "Hazarat." In recent years, we would jokingly say that Mamaji was "floating in the air," as two Gujaratis were leading the country. Notably, Prime Minister Shri Narendra Modi shared a close bond with Mamaji and would often enquire about him during interactions with Kendra workers.

Even a few hours before his passing, I had a light-hearted and memorable conversation with him. I mentioned that people were coming all the way to Chennai to meet him, as he was unwell and dearly loved by all. He responded with a faint smile, I teasingly asked, "Mamaji, are you great?" To this, he gently replied, "Yes, I am great." These simple yet profound words were among his last.

We pray for the eternal peace of his noble soul. Mamaji's life of simplicity, warmth, and unwavering dedication will continue to inspire all who had the privilege of knowing him.







*"Many pains are imaginary, but all joys are real"*

- Mason Cooley



## Visions of Wisdom



### **Forests: Water Makers**

Recognition of the fundamental fact that forests are primarily the producers of water and only secondarily, of wood, needs to be the cornerstone of our policy. It is the high-hilltop forests which intercept and condense the floating water vapour to cause precipitation; and it is the forest which can absorb rain water and channel it through their root systems to the aquifers underlying the plains for safe storage in evaporation free condition. It is this storage in evaporation free condition which is most needed in the humid tropics. Forests are the agents for both inducing precipitation and recharging the aquifers.



**Sailendra Nath Ghosh**  
Prolific author and ecologist



### **Multidimensional Life**

Life, the great sculptor, shapes all living things; an artist, it designs every leaf of every tree and colors every flower with delicate precision. Life is a musician, teaching each bird its love song and filling the air with the countless rhythms of insects and wind. It is a sublime chemist, transforming water and carbonic acid into sugar and wood, gifting fruits their taste and flowers their fragrance, while releasing oxygen for all beings to breathe. In its quiet wisdom, life also renews and sustains the balance of nature, reminding us of the deep interconnection that binds all existence.



**A. Cressy Morrison**  
Writer of the famous book – 7 reasons why a scientist believes in God



### **Living in Harmony with Nature**

India too in its ancient culture had close relationship with the Earth, a relationship of reverence, of worship, of spirituality and sacredness. The Vedic hymns speaking about man's role on the Earth said "it is not one of despoiling the Earth of her possessions, it is one of enjoying the blessings of the Earth because the Earth is his home, his own family and his body". The Jains explaining their underlying philosophy say, "All is in the giving. The sun gives light to the plant, the plant gives fruit to the birds, birds distribute the seed, the seed gives themselves to the earth and the earth gives life to the seed."



**Kamala Chowdhry,**  
Indian educator and Environmentalist