Echoes of Eco

May, 2026 Vivekananda Kendra- nardep Newsletter Vol:18 No:03

When we learn from one another, we grow together

From the story book – Discovery by J.M.Sampath

In a jungle, the three most disliked creatures were the snake, the tortoise, and the rat.

The snake was overly sensitive and responded to the slightest touch with a sting. The tortoise was self-centered; whenever there was a problem, he withdrew into his shell, unconcerned about what was happening around him. The rat, on the other hand, was excessively inquisitive, constantly nosing around and bumping into others.

One day, the three met and began discussing their difficulties. As they talked, they realized that each possessed a quality that, if properly understood and balanced, could benefit the others.

The snake taught his friends the importance of being sensitive to the feelings of others. The tortoise taught them the value of self-reflection and the ability to look within. The rat taught them curiosity and the desire to learn and explore.

Gradually, each of them adopted the positive qualities of the other two. As a result, they became more balanced, sociable, and pleasant companions.

Before long, the snake, the tortoise, and the rat were accepted by the other animals and became an integral part of the jungle's social life.

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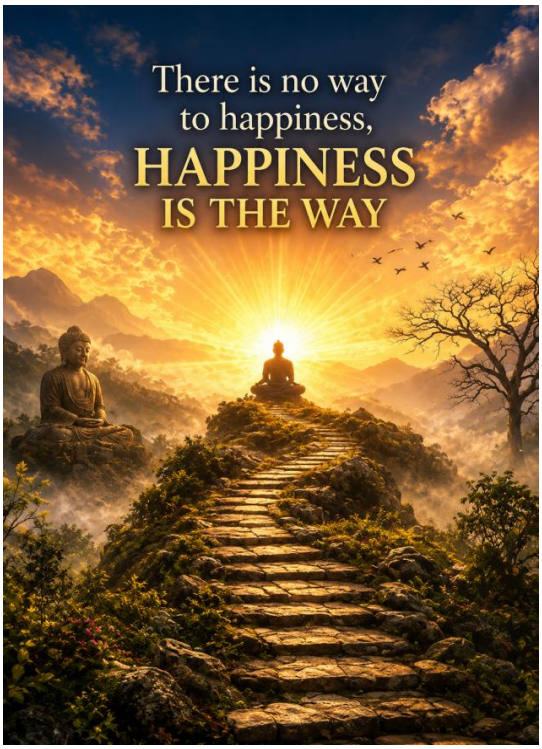
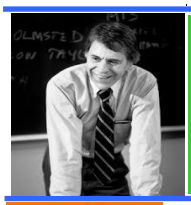
Monthly Reflections





"We demand too much of life, too little of ourselves"

- Christopher Lasch

Happenings this month:
Holistic Health

Happenings this month:
Holistic Health

Green Health

The Green Health Home was in operation for 20 days, during which 116 patients received treatment. In addition:

- 42 individuals - Varma massage
- 07 persons - Steam bath
- 07 persons – Dhara treatment

Training programme on "Varma Bone Setting"

The 2nd year, 10th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 8th and 9th May. 16 participants attended the program. Dr. Muthushanti and her team served as the resource persons.

Over view of Naadi Science - Vai.Nagalingaraja

Special Varma massage - Adaikalam Aasan

Physiology – Functions of Living Organism and 14 Vegangal – Dr.Balaji

"The family is a haven in a heartless world"

- Christopher Lasch

Happenings this month:
Holistic Health

Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

The 1st year, 11th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 22nd and 23rd May. 37 participants attended the program. Dr. Muthushanti and her team served as the resource persons.

Uniqueness of Varma massage -Vai. Mani Aasan

Happy assembly conducted by Shri.C.Vijayaragavan

Varma points by Vai.Ashok Kumar

Varma Sarvanga thadaval Techniques – Rajesh Ram Aasan

"The work of art is a scream of freedom"

- Christopher Lasch

Happenings this month:
Holistic Health

Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

The 1st year, 1st module (New batch) of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 29th and 30th May. 21 participants attended the program. Dr. Muthushanti and her team served as the resource persons.

Lightening the lamp by the participants

Taking the blessings of Agastiyar before starting to learn the Siddha Varma Chikitsa

Introduction of Varma – Dr.Balaji

Yogasana class conducted by Shri.Velusamy

"Because it equates tradition with prejudice, the left finds itself increasingly unable to converse with ordinary people in their common language"

- Christopher Lasch

Happenings this month: New and Renewable Energy

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KVB Karur Vysya Bank
Smart way to bank

Awareness Programmes on "Kitchen waste based Bio-methanation Plant"

4 nos. of Awareness Programmes on Kitchen waste based Bio-methanation plant were conducted at Selvanayagapuram, Ramanathapuram district in the month of May. (6th, 10th, 27th and 30th) Total 114 participants attended these programmes. Shri.V.Ramakrishnan, Director, VK-Nardep and Shri.V.Muneeswaran were the resource persons.

The programme was sponsored by Karur Vysya Bank, Karur.

Shri.V.Muneeswaran, Supervisor, VK-Nardep interacting with the villagers during awareness programme

Shri V. Ramakrishnan, Director, VK-NARDEP, briefing the participants on the benefits of bio-methanation plants

Shri.V.Muneeswaran explaining the importance of Bio-methanation plants and the use of slurry

"Unable to conceive of a God who does not regard human happiness as the be-all and end-all of creation, they cannot accept the central paradox of religious faith: that the secret of happiness lies in renouncing the right to be happy"

- Christopher Lasch

Happenings this month:
Networking

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Networking

VASUDHA – Vivekananda Academy for Sustainable Development and Holistic Advancement

The four-day Eco-Field Study Tour conducted at Vivekananda Kendra, Kanyakumari, from 13th to 16th May 2026 was a meaningful and enriching learning experience for all participants. The programme successfully combined environmental awareness, value-based education, cultural heritage, yoga, and sustainable living practices.

The sessions on eco-friendly technologies, Siddha medicine, value education, and personal development provided practical knowledge and inspiration for both personal and professional growth. Visits to important cultural and spiritual landmarks further deepened participants' understanding of India's heritage and ecological responsibility.

The disciplined routine, interactive activities and holistic learning environment helped participants develop teamwork, self-confidence, punctuality, and social awareness.

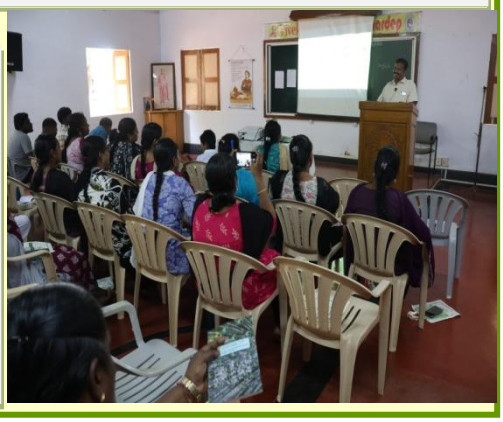
The participants express their sincere gratitude to the management and resource persons of Vivekananda Kendra for their warm hospitality, guidance, and well-organized training programme. The experience will remain a valuable source of learning and motivation for all.

Inaugural lighting of the lamps and prayer

Street play on "Environment in day today life"

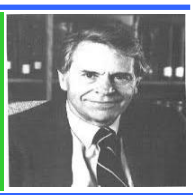
Shri.G.Vasudeo, Secretary, VK-Nardep interacting with the participants

Sri.V.Ramakrishnan, Director,VK-Nardep explaining Green technologies on different verticals such as (i) Construction (ii) Water (iii) Agriculture (iv) Health and (v) Energy



"The capacity for loyalty is stretched too thin when it tries to attach itself to the hypothetical solidarity of the human race"

- Christopher Lasch



Happenings this month: Water Management

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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

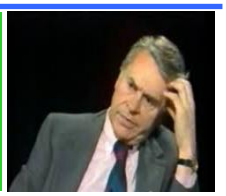
Cleaning and levelling the outer portion of the Teertham

Construction of platform before the steps for entering the Teertham

Construction of Arch is on .... at the entrance

"In an age of images and ideology, the difference between reality and fantasy becomes increasingly elusive"

- Christopher Lasch



Happenings this month: Networking

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Family Camp

Three days family camp was held at Technology Resource Center from 5th to 7th May. 82 participants from Reameswaram attended this programme. The participants were mainly SHG members, Yoga students, and Teertha Mitras. Shri.V.Ramakrishnan, Sis.V.Saraswathi, Smt.Geeta and Shri.C.Vijayaraghavan acted as resource persons.

Participants visited Gramodaya park, Ramayan Darshan, Vasudha – A cloud based digital exhibition, and Vivekananda Rock Memorial etc.

Happy assembly conducted by Sis.Saraswathi

Shri.V.Ramakrishnan, Director, VK-Nardep interacting with the family members

Smt.Geeta explaining the concept of Amrita Kutumbam

"Every society reproduces its culture, its norms, its underlying assumptions, its modes of organizing experience— in the individual, in the form of personality"

- Christopher Lasch

Happenings this month: Networking

Happenings this month: Holistic Health

Study Tour

56 students from The Indian Agricultural College, Radhapuram, Tirunelveli Dist. visited Gramodaya Park on 26th May as a part of Study tour. They learned Bio-methanation technologyand Water harvesting methods.

Shri.V.Ramakrishnan, Director, VK-Nardep explaining the working of Bio-methanation plant

Commissioning of Bio-methanation Plants

In the month of May, 8 nos. of 1 cum Bio-methanation plants were commissioned at Selvanayagapuram, Ramanathapuram Dist. The programme was sponsored by Karur Vysya Bank, Karur.

Shri.Perumal, Selvanayagapuram proudly posing in the front of his Bio-methanation plant

Media Coverage

Pasumai Vikatan gave a good coverage about VK-Nardep's activities in the field of Sustainable Agriculture on 25th May.

பயிற்சி - ஆர்.சிந்து - படங்கள்: ரா.ராம்குமார்

இயற்கை வேளாண்மையில் புதிய தொழில்நுட்பங்கள்...

பல்வேறு பயிற்சிகள் அளிக்கும் விவேகானந்தா கேந்திரம்!

கன்னியாகுமரி கடற்கரையில் அமைந்துள்ள தன்னார்வத் தொண்டு நிறுவனமான விவேகானந்தா கேந்திரம், சுவாமி விவேகானந்தரின் ஆன்மிக மற்றும் பண்பாட்டுச் சிந்தனைகளை மக்களிடம் பரப்பி வருவதோடு மட்டுமல்லாமல், இந்தியா முழுவதும் உள்ள விவசாயிகளுக்கு இயற்கை விவசாயப் பயிற்சி அளிப்பதிலும் முக்கியப் பங்காற்றி வருகிறது. மேலும், இயற்கை வேளாண்மை மற்றும் தற்சார்பு வாழ்வியலில் புதிய தொழில்நுட்பங்களை அறிமுகம் செய்யும் பணிகளையும் செய்து வருகிறது.

மொத்தம் 110 ஏக்கர் பரப்பளவில் செயல்படும் இந்த நிறுவனத்தின் வளாகத்தில், பண்ணைத் தொழில்களுக்கான மாதிரி திடல்கள் மற்றும் இயற்கை வேளாண் தோட்டம் ஆகியவை அமைந்துள்ளன. இயற்கை விவசாயத்தை மேம்படுத்தி விவசாயிகளிடம் கொண்டு சேர்க்கும் நோக்கில் 'இயற்கை வள அபிவிருத்தி திட்டம்' இங்கு செயல்படுத்தப்பட்டு வருகிறது. இதன் மூலம் குறைந்த செலவில் தரமான இயற்கை உரங்கள் தயாரித்தல், பூச்சி மற்றும் நோய் மேலாண்மைக்கான வழிமுறைகள் போன்ற பயிற்சிகளை இந்த நிறுவனம் வழங்கி வருகிறது. இந்த நிறுவனத்தின் பணிகள் குறித்து, இயற்கை வேளாண் அபிவிருத்தித் திட்டத்தின் இயக்குநர் ராமகிருஷ்ணனிடம் பேசினோம்.

மக்கள் சேவையில் 40 ஆண்டுகள்!

"விவேகானந்தா கேந்திரம் 1972-ம் ஆண்டு தொடங்கப்பட்டது. இதன் ஒரு பகுதியாக

70 பசுமை விகடன் | 25.5.2026 | vikatan.com

" I despise the cowardly clinging to life, purely for the sake of life"

- Christopher Lasch

Visions of Wisdom

A Sense of the Earth

Mr. James Wolfensohn, the former President of the World Bank was striving to assist in overcoming poverty and hunger, and in sustainable development stated "what we need to do in the World Bank is to make sure that our people have that same sense of the earth and that same sense of the environment that African villagers have or these Chinese women in the cave on the Loess Plateau have. If we can do that we can green the Bank's portfolio". On another occasion he said ….. these visits have brought home to me that the World Bank's central mission is to weld economic assistance with spiritual, ethical and moral development.

James Wolfensohn
Former President of the World Bank

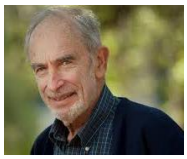
Life on our planet is not an accident

So many exacting conditions are necessary for life on the earth that they could not possibly exist in proper relationship by chance. The earth rotates on its axis 1000 miles an hour at the equator; if it turned at 100 miles an hour, our days and nights would be ten times as long as now, and the hot sun would likely burn up our vegetation each long day while in the long night any surviving sprout might well freeze.

It is apparent from these and a host of other examples that there is not one chance in billions that life on our planet is an accident.

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

Rethinking Development for Planetary Survival

Paul Ehrlich, the ecologist says "something is seriously wrong …. but if we wait for the full scale catastrophe, we may or may not survive it. It's now crystal clear that we cannot solve the problems of keeping the planet inhabitable with our old ways of being racist, sexist, xenophobic with great economic inequality and so on. We've got to bring the world together so that everybody wants to work for survival". Wolfgang Sachs also writing on development says, "The time is ripe to write its (development) obituary – delusion, disappointment, failures and crimes have been the steady companions of development.

Paul Ehrlich
Scientist and Environmental Thinker