

Echoes of Eco

June, 2026

Vivekananda Kendra- nardep Newsletter

Vol:18 No:04

The Value of Time

- Traditional anecdote

The waiting room of a busy doctor's clinic was overflowing with patients. Some flipped through old magazines, others glanced impatiently at their watches, while a few quietly scrolled through their phones.

Among them sat an elderly gentleman with silver hair and a walking stick. He had arrived well before his appointment and had already been waiting for nearly an hour.

At last, he rose slowly, walked to the reception desk, and said courteously, "I am sorry, but I cannot wait any longer. Would you kindly give me an appointment for another day?"

The receptionist apologized for the delay and began checking the appointment register.

As the gentleman turned to leave, a middle-aged woman seated nearby whispered to her companion,

"He must be at least eighty years old. What urgent business could he possibly have that he cannot spare a little more time?"

The remark, though softly spoken, reached the old man's ears. He stopped, turned with a gentle smile, and replied,

"Madam, I am eighty-seven years old. That is precisely why I cannot afford to waste even a single minute of the precious time that remains to me."

For a moment, the waiting room fell silent.

The elderly gentleman quietly walked out, leaving behind not merely a waiting room, but a room filled with thoughtful faces



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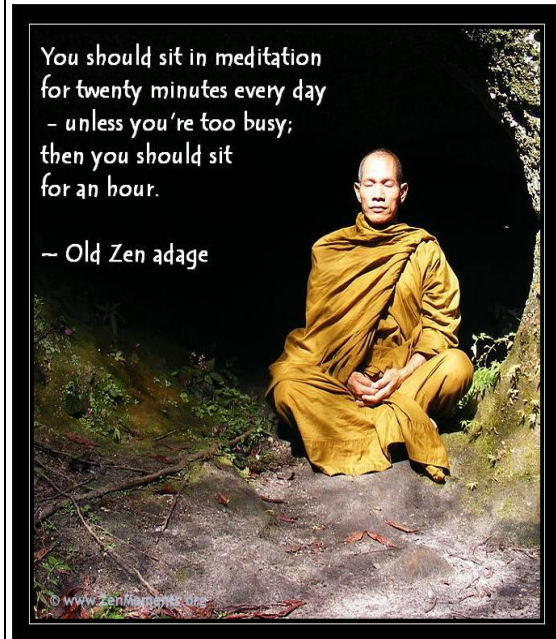
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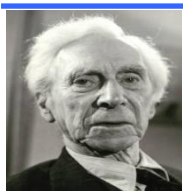
Monthly Reflections



You should sit in meditation for twenty minutes every day – unless you're too busy; then you should sit for an hour.

– Old Zen adage



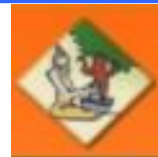


"There are two motives for reading a book; one, that you enjoy it; the other, that you can boast about it"

- Bertrand Russell



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

The Green Health Home was in operation for 19 days, during which 101 patients received treatment. In addition:



- 35 individuals - Varma massage
- 05 persons - Steam bath
- 04 persons - Dhara treatment
- 01 person - Health combo

Training programme on "Varma Bone Setting"

The 2nd year, 11th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 19th and 20th June. 19 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Varma orthopaedic procedure - Vai.Arasuraja



Overview of Naadi Science - Dr.Rajasekar



Special Varma massage - Vai.Suresh Kumar



"Do not fear to be eccentric in opinion, for every opinion now accepted was once eccentric"

- Bertrand Russell



Happenings this month:
Water Management



Happenings this month:
Water Management

Revival and Renovation of Chandra Teertham

The Bhumi Pooja for Chandra Teertham at Thirupunavasal, Pudukottai District, was conducted on 24 October 2025 along with Brahma Teertham. As Brahma Teertham was prioritized, work on Chandra Teertham commenced in December 2025 and was completed over a period of six months.



Washing the area before starting the white washing work



Workers giving traditional colours - white and Kavi to the renovated temple tank



Crystal clear water - workers relaxing near the water body after hard days work



A beautiful aerial view of the completed Chandra Teertham with entrance on two sides



"Of all forms of caution, caution in love is perhaps the most fatal to true happiness."

- Bertrand Russell



Happenings this month:
Water Management



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Water Management



Revival and Renovation of Teppakulam

The renovation of the water body at Selvanayagapuram commenced on 4 June with the support of Karur Vysya Bank, Karur. A noteworthy feature of the project was the active participation of the local community. Residents from each street voluntarily contributed a day's labour on a rotational basis, fostering a strong sense of ownership and collective responsibility for the Oorani.



Traditional Bhoomi pooja before starting the work



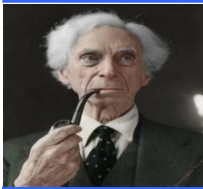
JCB-Assisted
Site Grading
and Excavation
for Retaining
Wall
Construction



Construction of retaining wall with sound foundation is on ...



*Hands United, Hearts Committed: Selvanayagapuram Stakeholders
Contribute Voluntary Labour*



"The fundamental cause of the trouble is that in the modern world the stupid are cocksure while the intelligent are full of doubt"

- Bertrand Russell



Happenings this month:
Water Management



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Water Management



Visit of Officials

Shri G. Venkatesan of Karur Vysya Bank visited Selvanayagapuram on 6 June 2026. During his visit, he interacted with the project team and village representatives, witnessed the commissioning of two RO plants, and inspected the Oorani proposed for renovation. He appreciated the community's active participation and the efforts being undertaken to strengthen local water security.



Discussion with the village elders



Inspecting the working of the RO plant



Another site of second RO plant

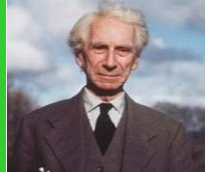


Teppakulam - Oorani of Selvanayagapuram eagerly waiting for its Renovation



"And if there were a God, I think it very unlikely that He would have such an uneasy vanity as to be offended by those who doubt His existence"

- Bertrand Russell



Happenings this month:
Water Management



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Water Management

Revival and Renovation of Teppakulam

The ancient Azhiya Koothar Temple at Sepparai, Rajavallipuram, is a revered shrine dedicated to Lord Shiva in his manifestation as Nataraja, the Cosmic Dancer. The temple holds immense spiritual significance and is traditionally associated with the element of Space (Aakasha), one of the five Pancha Boothas that symbolize the fundamental elements of nature. The temple is particularly renowned for its exquisite copper idol of Lord Nataraja, which attracts devotees from far and wide.

Recognizing the heritage value of this sacred shrine, the Government of Tamil Nadu has undertaken the renovation and Kumbhabishekam works to restore the temple's grandeur. However, the adjacent sacred water body (Teertham), an integral part of the temple ecosystem and pilgrimage tradition, had fallen into a state of neglect due to inadequate maintenance.

To complement the ongoing temple restoration efforts and revive the ecological and spiritual significance of the site, Vivekananda Kendra-NARDEP initiated the renovation of the temple Teertham at Sepparai. The work commenced on 4 June.



Traditional pooja before starting the work



Pumping out the water before reconstruction



Broken wall because of poor foundation



One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important

- Bertrand Russell



Happenings this month:
Networking



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Networking

VASUDHA - Vivekananda Academy

for Sustainable Development and Holistic Advancement

A three-day training programme on "Creating Eco Champions through Environmental Awareness and Sustainable Lifestyles" was conducted at the Technology Resource Center from 11th to 13th June 2026. 18 students from Sadakathullah Appa College, Government Siddha Medical College, and Government Law College, Tirunelveli participated in the programme. The participants were selected based on their meritorious performance in the Environmental Awareness Examination on "VASUDHA", which had been conducted earlier in April 2026.



Smt. Sudhamathy, Environmentalist interacting with the students



Inaugural session started by lighting the lamp



Orientation Session on VASUDHA by Shri G. Vasudeo, Secretary, VK-NARDEP



Shri V. Ramakrishnan, Director, VK-Nardep explaining about Sustainable Development Goals



Young Eco Champions Expressing their Insights and Takeaways at the Valedictory Session



"The hardest thing to learn in life is which bridge to cross and which to burn"

- Bertrand Russell



Happenings this month:
Networking



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Networking

Study Tour

7 farmers from "Better Environment for Everybody in the Society" (BEES), Tuticorin Dist., visited VK-Nardep on 5th June as a part of the field visit. They learned agricultural technologies.



Smt.Premalatha explaining Agricultural Technologies

Field Visit

As part of a study tour, 25 staff members from the Murugappa Science Centre, Karaikudi, visited Vivekananda Kendra-NARDEP on 5th June 2026. During their visit, they were introduced to the diverse developmental initiatives and sustainable technologies promoted by Vivekananda Kendra-NARDEP.



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



Commissioning of Bio-methanation Plants

In the month of June, 2 nos. of 1 cum Bio-methanation plants were commissioned at Selvanayagapuram, Ramanathapuram Dist. The programme was sponsored by Karur Vysya Bank, Karur.

Bio-methanation plants ready for distribution to the stakeholders of Selvanayagapuram

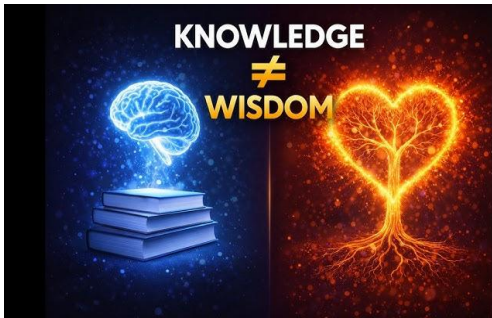




"I would never die for my beliefs because I might be wrong"

- Bertrand Russell

Visions of Wisdom



Knowledge and Wisdom

There is a profound difference between knowledge and wisdom. Knowledge can be gathered from books, universities, and other people. It fills the mind but does not necessarily transform the individual.

Wisdom cannot be borrowed or accumulated. It arises from direct experience, deep understanding, and inner realization. While knowledge may create the illusion of knowing, wisdom reveals the truth.

Much of what we call knowledge is second-hand; truth must be discovered for oneself. That is why the Buddha said:

"Do not believe something merely because I say it."

Max Ehrmann
American writer -
famous for prose poem
Desiderata



Animal Wisdom

Animal wisdom speaks irresistibly of a benevolent Creator who infused instinct into otherwise helpless little creatures.

The young salmon spends years at sea and then returns to its native river, travelling upstream to the very tributary where it was born. What guides it back with such astonishing precision? If it is transferred to another tributary, it immediately senses that it is off course. It will struggle back to the main stream and then continue its journey against the current until it reaches its destined spawning ground.

Scientists have marveled at this remarkable homing instinct.

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



Wounded Earth

In the last hundred years or so we have contributed to shrinking forests, expanding deserts, collapsing fisheries, falling water tables, rising sea levels, destructive storms, the dying of many species, and of eco-systems.

In our attempts to achieve 'progress' and 'development' we have ignored the health and well being of the Earth, its eco-systems, and survival of millions of its species. And in the process we seem to have largely lost, our sense of care and service, of compassion, and of real concerns for the poor. Looking back in history it is evident that the great progress in the West had its roots in colonialism.



Kamala Chowdhry,
Indian educator and
Environmentalist