

Echoes of Eco

July, 2026

Vivekananda Kendra- nardep Newsletter

Vol:18 No:05

Disunity

From the story album "Discovery" by J.M.Sampath

There was once much argument between a frog and a mouse as to which of them should be master of the field, and many pitched battles resulted. The crafty mouse, hiding in the grass, would make sudden attacks upon his enemy, often surprising him at a disadvantage. The frog was stronger than his rival was, however and, hoping to end the dispute, challenged the mouse to single combat. The mouse accepted the challenge and on the appointed day the champions entered the field, each armed with the point of a bulrush, and both confident of success.



A kite chanced to be hovering overhead at the time, and seeing the silly creatures so intent upon their quarrel, she swooped suddenly down, seized them in her talons, and carried them off to her young.



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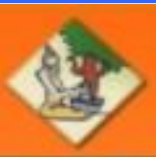
Monthly Reflections



The Zen monk spent decades chopping wood and carrying water, only to realize the transformation was never about escaping the work—it was about changing his relationship to it. Likewise, lasting fulfillment comes not from changing our circumstances, but from changing how we engage with them.



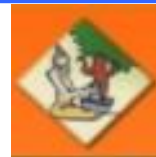
"Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are a part of the mystery that we are trying to solve"
- Max Planck



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health



Green Health

The Green Health Home was in operation for 25 days, during which 69 patients received treatment. In addition:



- 30 individuals - Varma massage
- 02 persons - Steam bath
- 04 persons - Dhara treatment

Training programme on "Varma Bone Setting"

The 1st year, 2nd module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 10th and 11th July. 59 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Varma points of six chakras and its stimulation Techniques and uses Vai.Ashok Kumar



Special varma massage Techniques for Life style Disorders - Vai.Prabhu

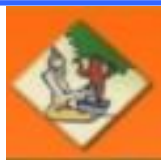


Varma Silambam - Rajeshram and Ramesh kumar Aasan



“Experiment is the only means of knowledge at our disposal.
Everything else is poetry, imagination”

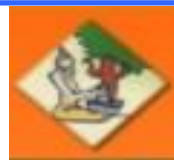
- Max Planck



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health



Varma Graduation ceremony and Network members meeting

On 11th July Varma Network members meeting along with the Convocation ceremony was held at Eknathji Auditorium, Vivekanandapuram. 125 participants attended.

- Shri.Ramakrishnan, Director VK-Nardep welcomed the participants
- Hanumantha Rao, Vice President, Vivekananda Kendra delivered felicitation address
- Vai.Arasu Raja also interacted with the students and Network members
- Varma Guru award was presented to Vai. Nagalingaraja for his tireless service to the society
- Participants shared their experiences
- All the students who completed 3 years training course were given “Varma Aasan” certificate along with mementos, medal and Agastiyar’s photos
- Delicious lunch were provided to all the participants



Experience sharing by 2nd year Varma course student Smt.Gopika



Presidential Address - Shri Hanumantarao, Vice President, Vivekananda Kendra

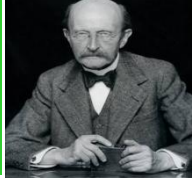


Varma Aasans posing for the photograph with their Certificates and Mementos



"I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness"

- Max Planck



Happenings this month:
Water Management



Happenings this month:
Water Management

Punar Nimana Pratishtha - Chandra and Brahma Teerthams

Punar Nimana Pratishtha of Chandra and Brahma Teerthams at Thirupunavasal, Pudukottai District, was held on 26th July. Stakeholders went round the village in a procession led by Kailaya Vathiyam. Elaborate pooja was performed. More than 300 people participated including the students of nearby Vivekananda Vidyalaya



Procession starting from the entrance of Viruthapureeswarar temple



Procession with sacred Teertham round the village



Brahma Teertham pooja with chanting of Shlokas and Mantras



Chandra Teertham pooja and traditional Aarati



"The assumption of an absolute determinism is the essential foundation of every scientific enquiry"

- Max Planck



Happenings this month:
Water Management



Happenings this month:
Water Management

Revival and Renovation of Surya Teertham

The Bhumi Pooja for the revival and renovation of Surya Teertham at Thirupunavasal, Pudukottai District, was held on 26th July 2026. The ceremony followed the consecration of the newly renovated Chandra Teertham and Brahma Teertham. Hundreds of devotees and local residents participated in the programme, offering prayers and seeking divine blessings for the successful completion of this sacred initiative.



People gathered around the proposed Surya Teertham for Bhoomi Puja



Traditional Bhoomi Puja before starting the sacred work

Revival and Renovation of Teppakulam

Renovation of Azhiya Koothar Temple Teertham at Sepparai, Rajavallipuram, Tirunelveli district is going on smoothly.



Solid foundation work is on for the broken wall construction



Slowly and gradually the wall is taking shape. Workers doing the work by standing in the water



"A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a new generation grows up that is familiar with it"

- Max Planck



Happenings this month:
Water Management



Happenings this month:
Water Management



Revival and Renovation of Teppakulam

The renovation of the water body at Selvanayagapuram is progressing at a rapid pace. The major component of the project is the construction of protective outer retaining walls around the entire water body to ensure its long-term stability and sustainability.

A distinctive feature of this initiative is the active participation of the local stakeholders. Community members are contributing voluntary labour on a rotational basis, with different groups joining the work once every week or ten days. This spirit of collective ownership and participation is strengthening community bonds while ensuring the successful implementation of the project.



Villagers, including women, are actively participating in the restoration of the Oorani, contributing their labour with dedication and enthusiasm. Their wholehearted involvement is fostering a strong sense of ownership and collective responsibility for the pond, ensuring that it will be protected, maintained, and sustainably managed by the community for generations to come.



Foundation work is on for the wall construction

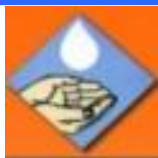


Slowly but steadily, the retaining wall is taking shape and has now reached the parapet level, marking a significant milestone in the restoration of the water body.



"When you change the way you look at things, the things you look at change"

- Max Planck



**Happenings this month:
Water Management**



**Happenings this month:
New and Renewable
Energy**

Awareness and capacity building programme on Water management

Awareness and capacity building programme on "Water management" was held on 26th July at Selvanayagapuram. Totally 154 members attended. Shri.V.Ramakrishnan, Director, VK-Nardep and Shri.V.Muneeswaran acted as a resource persons.



Shri.V.Ramakrishnan, Director, VK-Nardep interactive session with the participants



Participants listening in the natural surroundings

Training on Biomethanation technology

Training on Biomethanation technology was held on 31st July at Vivekanandapuram. 75 participants attended the training. Shri.V.Ramakrishnan, Director, VK-Nardep acted as a resource person. The programme was sponsored by KIDSS, Thiruthuvapuram, Kanyakumari dist.



Shri.V.Ramakrishnan, Director, VK-Nardep explaining Bio-methanation technology with a model



Practical demonstration of Bio-methanation plant based on night soil

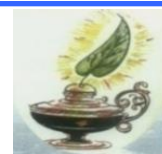


"Experiment is the only means of knowledge at our disposal. Everything else is poetry, imagination"

- Max Planck



Happenings this month:
New and Renewable
Energy



Happenings this month:
Networking

Awareness programme on "Green Tomorrow Starts Today - Eco Warriors Unite"

Awareness programme on "Green Tomorrow Starts Today - Eco Warriors Unite" was held at Sadakathullah Appa College, Tirunelveli on 3rd July. Shri.G.Vasudeo, Secretary, VK-Nardep and Shri.V.Ramakrishnan, Director, VK-Nardep grace the occasion and distributed certificates to the students who attended the earlier training programme.



Google

Tirunelveli, Tamil Nadu, India
8, 20th Street, Rahmath Nagar, Kamaraj Nagar,
Tirunelveli, Tamil Nadu 627011, India
Lat 8.723052° Long 77.761073°
Friday, 03/07/2026 11:44 AM GMT +05:30

Principal, Dr.S.M.Abdul Kader addressing the students



Shri.G.Vasudeo, Secretary, VK-Nardep distributing certificates



Sadakathullah Appa College
(Autonomous)
Rahmath Nagar, Tirunelveli, Tamil Nadu, India.

UNNAT BHARAT ABHIYAN CELL
&
ENVIRO CLUB
In association with
VIVEKANANDA KENDRA
NARDEP, KANYAKUMARI
Organise an Awareness Programme on

**Green Tomorrow Starts Today:
Eco Warriors Unite**

RESOURCE PERSONS	PRESIDED BY
Mr.G.Vasudev Secretary	Dr. S. M. ABDUL KADER Principal
Mr.V. Ramakrishnan Director	Dr. R. JANET RANI Vice - Principal (Un-aided Programme)
Mr.P.Thangaraj Co-ordinator Vivekananda Kendra, Nardep, Kanyakumari	

Date: 03.07.2026 Time: 11.00 am

VENUE: SEMINAR HALL
All are Cordially Invited



"It is not the possession of truth, but the success which attends the seeking after it, that enriches the seeker and brings happiness to him"
- Max Planck



Happenings this month:
Networking



Happenings this month:
Networking

Study Tour

40 students from "Sun College of Engineering, Vellamodi, Kanyakumari district, visited VK-Nardep on 21st July as a part of the study tour. They learned Bio-methanation technology.



Smt. Premalatha explaining the benefits of Bio-methanation plant

Study Tour

39 students from St. John's College, Palayamkottai, Tirunelveli, visited VK-Nardep on 30th July as a part of the study tour. They learned agricultural technologies.



Smt. Premalatha explaining Azolla technology to the students

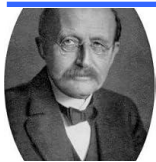
Field Visit

A team of 15 representatives from SUZLON visited the Vivekananda Kendra-NARDEP office on 23rd July 2026. The visit was coordinated and led by Smt. Bala of CCD, Madurai.

During their visit, the team was introduced to the wide range of developmental initiatives and sustainable technologies being promoted by Vivekananda Kendra-NARDEP. They interacted with the staff and gained insights into the organization's holistic approach to sustainable development, encompassing water conservation, renewable energy, organic farming, cost-effective construction technologies etc.



Shri. V. Ramakrishnan, Director, VK-Nardep interacting with the SUZLON team at Green Health Home



"Science advances one funeral at a time"

- Max Planck



Visions of Wisdom



Awakening the Joy of Creation

Inspiration means breathing in, taking in, aspiration means taking out - sharing. It is exactly like the world education - bringing something out - Flower out of the seed, Water out of well, making the potential, the actual.

Become a fire with the aspiration, with the joy of creation. Then you will know, there is pain in giving birth but then there is immense ecstasy too. So pain is a sweet pain.

Strive to the Happy!

If you are miserable, it is your own work, it is your own creation. You can instantly change, you can drop it all. It is not nature. To be cheerful is natural.

Max Ehrmann
American writer -
famous for prose poem
Desiderata



The Perfect Design of Creation

Again, the sun, source of our life, has a surface temperature of 10,000 degrees Fahrenheit, and our earth is just far enough away so that this "eternal fire" warms us just enough and not too much! If the sun gave off only one-half its present radiation, we would freeze, and if it gave half as much more, we would roast. The slant of the earth, tilted at an angle of 23 degrees, gives us our seasons; if the earth had not been so tilted, vapours from the ocean would move north and south, piling up for us continents of ice. The same is true of the moon and the ocean; God created them perfectly for humanity.

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



Sacred Relationship with Nature

The indigenous cultures had a belief system and a spirituality that meant an intimate and a sacred relationship with nature. In 1854, when Washington was pressurizing Chief Seattle to sell the Tribes land, he replied in anguish "How can you buy or sell the sky, the warmth of the land? The idea is strange to us. How do you own the freshness of the air and the sparkle of the water, how can you buy them? Every part of this Earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing and humming insect is holy in the memory and experience of my people ..."



Kamala Chowdhry,
Indian educator and
Environmentalist