

Echoes of Eco

August 2026

Vivekananda Kendra- nardep Newsletter

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The Map Is Not the Journey

When an explorer returned to his native land, his people gathered eagerly around him, eager to hear about the Amazon. They wanted to know what he had seen and experienced—the exotic flowers, the cries of wild animals, the dangers of the jungle, and the thrill of paddling his canoe through treacherous rapids.

But how could he put into words the wonder, excitement and fear that had filled his heart? How could he make them feel what he had felt? Finally, he simply said, "Go and find out for yourselves."



Yet, to help them on their journey, he drew a detailed map of the river, marking its bends and turns, its rapids and waterfalls, its width and depth. The people were delighted. They took the map, framed it in their Town Hall, and proudly displayed it for everyone to see.

Soon, everyone made a copy of the map for himself. And before long, everyone who possessed a copy considered himself an expert on the Amazon. After all, did he not know every turn and bend of the river, where the rapids were, where the waterfalls lay, how wide the river was and how deep?

But none of them had ever travelled the river.

A map can show us the way, but it can never replace the journey. Knowledge gained from books, descriptions and maps is valuable, but true understanding comes from experience. We must not mistake knowing about something for actually knowing it.



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Monthly Reflections



Mind Full, or Mindful?



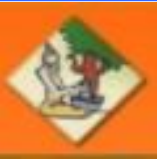
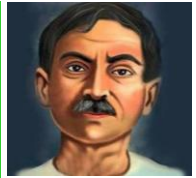
People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar.

THICH NHAT HAHN



"Beauty doesn't need ornaments. Softness can't bear the weight of ornaments"

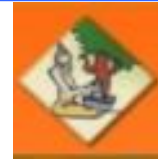
- Munshi Premchand



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health



Green Health

The Green Health Home was in operation for 17 days, during which 81 patients received treatment. In addition:



- 37 individuals - Varma massage
- 02 persons - Steam bath
- 05 persons - Dhara treatment
- 02 persons - Health Combo treatment

Training programme on "Varma Bone Setting"

The 2nd year, 1st module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 7th and 8th August. 25 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Special varma massage Techniques - Dr. Ashok Kumar



Vaidyar Nagalinga Raja interacting with the participants

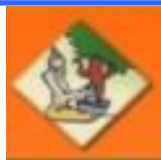


Varma Silambam - Rajeshram and Ramesh kumar Aasan

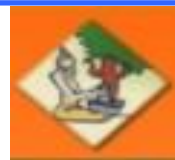


"To be successful in life what you need is education, not literacy and degrees"

- Munshi Premchand



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

The 1st year, 3rd module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 21st and 22nd August. 24 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Special massage for Varma Kayangal - Ramesh kumar Aasan



Yogasana session taught by Shri.Velusamy



Anatomy & Clinical Anatomy of Head - Dr.Balaji

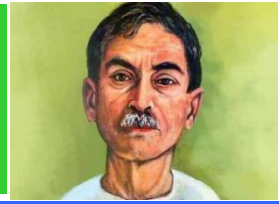


Overview of Thodu varmam - Dr.Jency Risha



"Parents are one's companions in life but not partakers of one's karma"

- Munshi Premchand



Happenings this month:
Water Management



Happenings this month:
Water Management

Revival and Renovation of Surya Teertham

The revival and renovation of Surya Teertham, Thirupunavasal, Pudukottai District, commenced on 26th July 2026. The restoration work is now progressing in full swing.



From neglect to revival — the transformation of Surya Teertham begins



Excavation and desilting of the Teertham by using a JCB as part of the water body rejuvenation work



Deepening of all four sides of the Teertham - rear view of the Viruthapureeswarar Temple in the background





"A household can never appear prosperous without a cow. How auspicious it is to wake up in the morning to the mooing of your own cow!"

- Munshi Premchand



Happenings this month:
Water Management



Happenings this month:
Water Management



Revival and Renovation of Teppakulam

Renovation work at the Selvanayagapuram water body is progressing steadily. The key focus is the construction of protective retaining walls to strengthen the water body and ensure its long-term stability.



Foundation work is on ... for the wall construction



Slowly and gradually, the wall is taking shape

Revival and Renovation of Teppakulam

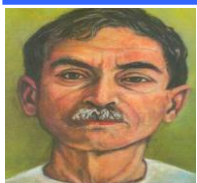
Renovation of Azhiya Koothar Temple Teertham at Sepparai, Rajavallipuram, Tirunelveli district is going on smoothly.



Construction of the stone retaining wall is underway to strengthen the water body's banks and ensure its long-term stability

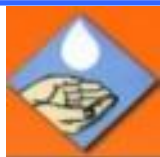


Community participation in cleaning and rejuvenating the Teertham



"Like timidity, bravery is also contagious"

- Munshi Premchand



Happenings this month:
Water Management



Happenings this month:
New and Renewable
Energy



Awareness programme on Water Management

Awareness and capacity building programme on "Water management" was held on 16th August at Selvanayagapuram. Totally 121 members attended. Shri.V.Muneeswaran was the resource person.



Shri.Muneeswaran, Supervisor interacting with the participants



Commissioning of Bio-methanation Plants

In the month of August, 8 nos. of 1 cum Bio-methanation plants were commissioned at Selvanayagapuram, Ramanathapuram Dist.



Pipeline installation work is underway to connect the biomethanation plant to the household kitchen - Shri.R.Gandhi

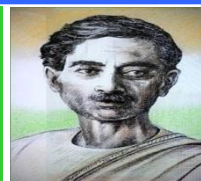


Commissioning of Bio-methanation plant is on... at Shri.Dharmaraj house at Selvanayagapuram

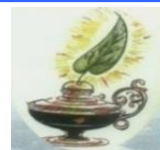


"What people think in their heart gets out, no matter how much they try to hide it"

- Munshi Premchand



Happenings this month:
Networking



Happenings this month:
Sustainable Agriculture

Internship Programme

Seven students from Joy University, Vadakankulam, Tirunelveli District, underwent an internship from 3rd to 7th August. During the internship, they gained practical exposure to sustainable agricultural technologies and biomethanation technology. Shri.V.Ramakrishnan, Director, VK-Nardep guided the students throughout the programme.



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



"Pasumai" Project (Documentation of Green Technologies)

Under the "Pasumai" project, 23 agricultural technology videos were filmed in August. The programme was sponsored by L&T Technology Services, Bangalore.



Preparation of Agni Astra is on ...



Students visited the fields of VK-NARDEP project beneficiaries in Radhapuram Block, Tirunelveli District.



College intern preparing Panchagavya, with J.C. Bose Nursery in the background



"Trust is the first step to love"

- Munshi Premchand



Visions of Wisdom



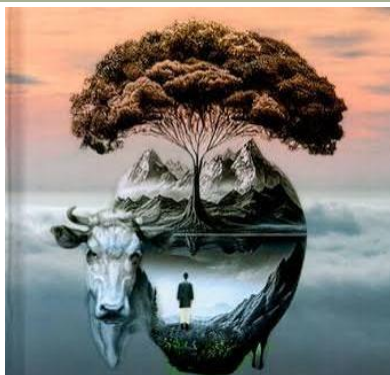
Wonders of Genes

So tiny are these genes that, if all the genes responsible for the characteristics of all the people in the world could be gathered together, they would occupy less than a thimbleful. Yet these genes inhabit every living cell and hold the keys to the characteristics of humans, animals and plants. A thimble is a remarkably small space to contain the blueprint of life, yet this is a scientific fact.

Here, evolution begins at the level of the **cell**, the basic entity that carries these genes. The fact that these ultramicroscopic genes can govern the development and characteristics of living beings is a remarkable example.



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



A Vedic Prayer for the Earth

The Vedic hymns of India, too, have emphasized **man's responsibility to protect and care for the Earth:**

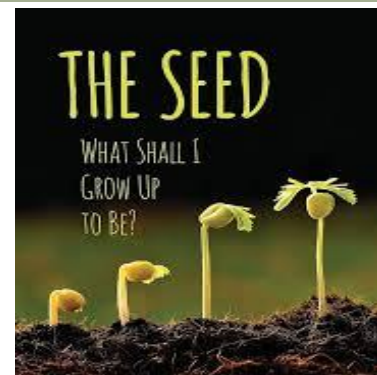
"Whatever I dig of thee, O Earth,
May you of that have quick
replenishment.

O Purifying One, may the thrust
of my digging
Never reach unto your vital parts,
your heart."

These words express not only concern and compassion for the Earth, but also a deep sense of gratitude, restraint and responsibility. The Earth is seen not as a resource to be exploited, but as a living mother whose well-being must be respected.



Kamala Chowdhry,
Indian educator and Environmentalist



Education - Nurturing the Seed Within

Man is also a **seed**—a possibility, a potential, a hope, a promise. But the seed is not yet the flower. Within the seed lies the potential for millions of flowers, but that potential has yet to be realised. The essential is that which we are born with, that which is already within us and forms our very being.

That is precisely the purpose of education. Education should help draw out what is already within a person, rather than merely imposing knowledge, ideas and information from outside. Yet, too often, education becomes an exercise in forcing and filling the mind instead of awakening and unfolding its inherent potential.

Max Ehrmann
American writer - famous for prose poem **Desiderata**

