Echoes of Eco

October 2026 Vivekananda Kendra- nardep Newsletter Vol:18 No:08

Nature's Silent Language: A Lesson in Trust

A tiny bird approaches the eye of a mighty lion, gently examining it while the powerful animal remains remarkably still. The scene raises fascinating questions: How did the bird recognise where to focus? Why did the lion tolerate such a delicate visitor so close to its eye? What appears to be a simple interaction reveals something profound about the mysteries of nature.



We often associate strength with power and vulnerability with weakness. Yet here, a seemingly helpless bird approaches one of nature's most formidable predators without visible fear. Whether this is an act of cleaning, feeding or mutual benefit, the imagery reminds us that coexistence can be more powerful than confrontation, and trust can sometimes transcend differences in size and strength.

The video does not establish that the lion was injured or that the bird was treating its eye. Nevertheless, it invites us to reflect on a remarkable truth:

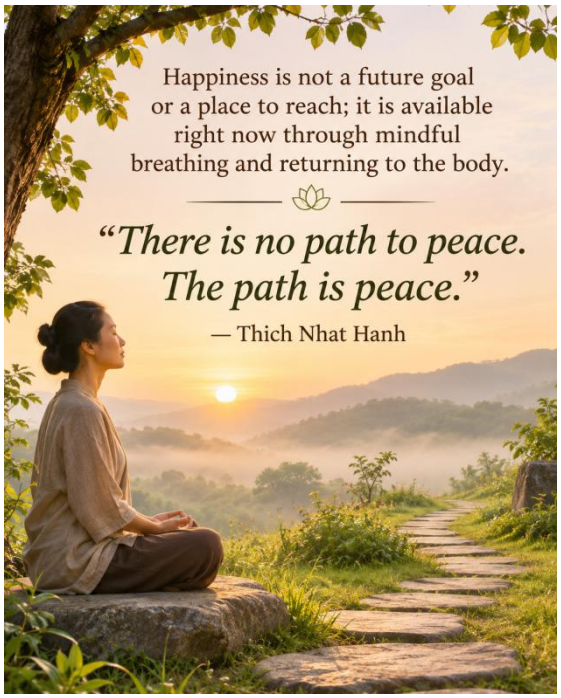
"Nature has its own language of coexistence, cooperation and trust—a language humanity is still learning to understand."

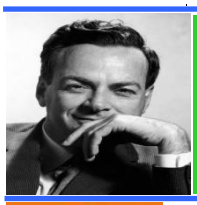
Don't miss to see the audio visual by clicking the link https://drive.google.com/file/d/175JyJAosNGKMysad5LO9Y4UsK_Lt8lhi/view?usp=sharing

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Monthly Reflections





"The first principle is that you must not fool yourself and you are the easiest person to fool"

- *Richard Feynman*

Happenings this month:
Holistic Health

Happenings this month:
Holistic Health

Green Health



The Green Health Home was in operation for 17 days, during which 59 patients received treatment. In addition:

- 14 individuals - Varma massage
- 04 persons - Steam bath
- 03 persons – Dhara treatment

Training programme on "Varma Bone Setting"

The 2nd year, 3rd module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 9th and 10th October. 27 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Therapeutic view of Spinal Alingnment techniques - Vai.Abraham Methew



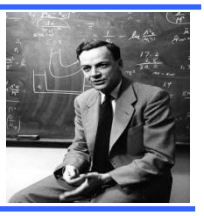
Varma medicine preparation - Vai.Nagalingaraja



Yogasana session is on ….

"It doesn't matter how beautiful your theory is, it doesn't matter how smart you are. If it doesn't agree with experiment, it's wrong"

- Richard Feynman



Happenings this month:
Holistic Health

Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

The 1st year, 5th module of the training program on "Traditional Siddha Varma Bone Setting Practices" was conducted at the Technology Resource Center, Anjaneyapuram, on 23rd and 24th October. 21 participants attended the program. Dr. Muthushanti and her team served as the resource persons.



Foot Reflexology techniques - Dr.Ashok kumar



Over view of Thattu varmam - Rajesh Ram Aasan



Over view of Padu varmam - Dr.Binthuja G Dharan



Overview of Thodu varmam - Dr. Jency Risha



"You can always recognize truth by its beauty and simplicity"
- Richard Feynman

Happenings this month:
Holistic Health

Happenings this month:
Holistic Health

Launch of the Six-Month Asta Varma Chikitsa

Responding to the growing interest and demand from students who have completed two- or three-year courses in Siddha Varma Chikitsa, we have launched a six-month advanced training programme in Asta Varma Chikitsa for the first time. The inaugural module was conducted on 16–17 October 2026 at the Technology Resource Centre, Anjaneyapuram, with the enthusiastic participation of 25 trainees.



Self-introduction by the participants during inauguration



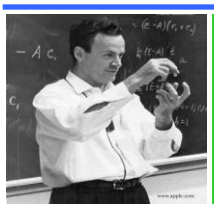
Dr.Kannan Rajaram giving introductory talk on Asta Varma Chikitsa



Over view of Steam Theraphy - Dr.Jenshi Risha



Demonstration - Steam Therapy



"Fall in love with some activity, and do it! Nobody ever figures out what life is all about, and it doesn't matter"

- *Richard Feynman*

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 is going on with usual speed.



Excavation for providing steps for the entry to the Teertham



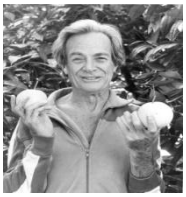
Simultaneous work of pumping out the water at one end and concrete work at the other



Retaining wall construction started for all the four sides



Step construction is on …



"If you can't explain something to a first year student, then you haven't really understood"

- Richard Feynman

Happenings this month:
Water Management

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Water Management

Revival and Renovation of Oorani

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.



Construction of retaining wall – villagers also worked as volunteers



A beautiful side view of the Oorani – it is getting locked on all the four sides by a robust wall

Commissioning of Bio-methanation Plants

In the month of October, 7 nos. of 1 cum Bio-methanation plants were commissioned at Selvanayagapuram, Ramanathapuram Dist.



Mason giving pipeline connection to the kitchen Biogas stove



Smt.Vasuki, Selvanayagapuram proudly standing near the biomethanation plant



"I would rather have questions that can't be answered than answers that can't be questioned"

- Richard Feynman

Happenings this month:
Water Management

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Water Management

Revival and Renovation of Pechiamman Teertham

Pechiamman temple near the famous Pechiparai dam is very popular not only with the locals but in the entire district of Kanyakumari. The adjacent Teertham was in bad shape and so on the request of the local stakeholders, VK-Nardep started the Renovation of Pechniamman Teertham on 21st October 2026.

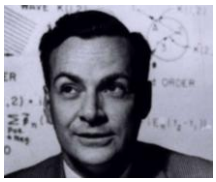


Bhumi Pooja preparation is on ...



Local priest performing traditional pooja in front of the Teertham





"Study hard what interests you the most in the most undisciplined, irreverent and original manner possible"

- Richard Feynman



Happenings this month: Networking



Happenings this month: New and Renewable Energy

Guest Lecture

On the occasion of Eco club day, Shri.V.Ramakrishnan gave a talk on "Youth for Climate Action: Building a Sustainable Future" at St.Xavier's College, Palayamkottai, Tirunelveli Dist. on 1st October. 150 students and a few faculty members attended.



Welcome address by the student



Training programme on "Kitchen waste based Bio-methanation plant"

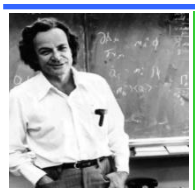
Training programme on Kitchen waste based "Bio-methanation plant" was held on 9th and 13th October at Selvanayagapuram. Total 63 participants attended the program. Shri.V.Muneeswaran was the resource person.



Shri.Muneeswaran, Supervisor interacting with the participants



Participants attentively listening to the dos and don'ts of operating a bio-methanation plant



"Nearly everything is really interesting if you go into it deeply enough"

- Richard Feynman

Happenings this month:
Networking

Happenings this month:
Sustainable Agriculture

VASUDHA – Discovering Green Warriors

VASUDHA – Vivekananda Academy
for SUstainable Development and Holistic Advancement

VASUDHA aims to inspire and identify young Green Warriors by introducing college students to the book *Sacred Earth*, followed by an examination to deepen their understanding of environmental sustainability. The programme details are as follows:

S. No	Name of the college and Place	Date	No. of attendance
1	Hindu college, Nagercoil	1st	48
2	Vivekananda college, Agasteeswaram	6th	51
3	Govt. Arts College, Sivagangai	6th	94
4	Vyasa Arts and Science Women's College, Tenkasi	12th	89
5	J.P. Arts and Science College, Tenkasi	12th	28
6	Ramco Institute of Technology, Rajapalayam, Virudhunagar dist.	13th	29
7	Anna Vinayagar College of Arts and Science,Kanyakumari	14th	11
8	Govt.Arts and Science College, Mudukulathur	14th	51
9	Noorul Islam Collge of Arts and Science, Kanyakumari	16th	49
		Total	450



Vasudha examination is on ….. at Govt. Arts and Science College, Mudukulathur, Ramanathapuram district



Vasudha examination is on at Vivekananda College, Agasteeswaram under the supervision of Vasudha Coordinator - Shri.Sankar Narayanan



"We never are definitely right, we can only be sure we are wrong"

- Richard Feynman



Happenings this month:
Networking



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Networking

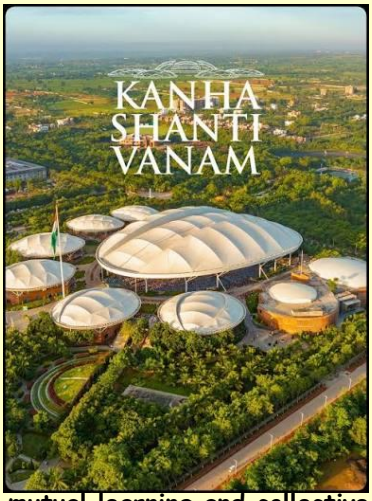
M3M Foundation: Strengthening Partnerships for Social Impact

The 7th Anniversary of M3M Foundation was celebrated from 12–14 October 2026 in Gurugram, Haryana, bringing together over 100 participants, including two representatives from each partner organisation. The celebrations were preceded by two days of interactive discussions on organisational initiatives, project implementation, experiences and challenges, fostering mutual learning and stronger partnerships. Shri G. Vasudeo, Secretary, and Shri. V. Ramakrishnan, Director, VK-NARDEP, participated in the event, representing the organisation.



Shri.Ramakrishnan presented the work of VK-Nardep

Regenerative Dharma: Uniting Faith and Farming for a Sustainable Future



The Regenerative Dharma Convening was held on 30–31 October 2026 at the Heartfulness Institute, Hyderabad, (Kanha Shanti Vanam) bringing together faith-based and spiritual organisations to promote regenerative agriculture. The initiative sought to build a collaborative network for knowledge sharing, mutual learning and collective action, with the long-term goal of increasing the proportion of Indian farmers practising regenerative agriculture from an estimated 5% to 25%. Shri.V.Ramakrishnan Director, VK-Nardep attended the programme along with 40 members other organisations.



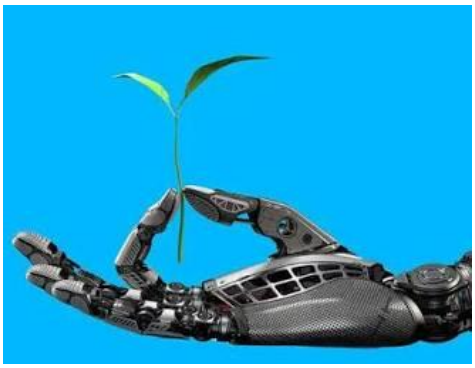
Group photo – Uniting faith and farming



"Religion is a culture of faith; science is a culture of doubt"

- Richard Feynman

Visions of Wisdom



Nature Is Not a Machine but a Living Community

For centuries, humans understood nature as a living, nurturing presence—one that sustained life and deserved respect. With the rise of industrial civilisation, nature increasingly came to be viewed as a machine that could be measured, controlled and exploited. Forests became timber, rivers became resources, and the earth became a storehouse of raw materials. This change was more than scientific; it transformed humanity's moral relationship with the natural world. When we cease to see nature as a living community and begin to regard it merely as property, exploitation becomes easier to justify.



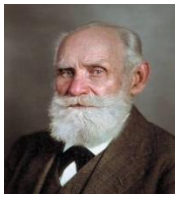
Carolyn Merchant
An American ecofeminist philosopher and historian of science



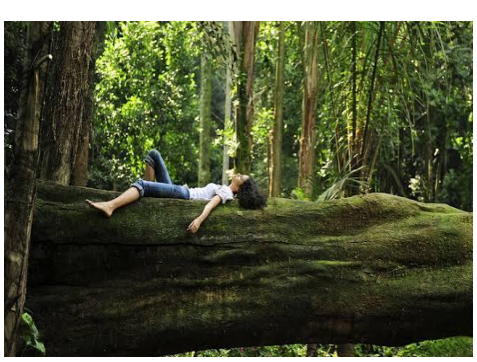
Conditioned Reflexes

Russian physiologist Ivan Pavlov developed the theory of conditioned reflexes, showing how behaviour is shaped through repeated associations. In his famous experiment, dogs learned to salivate at a sound repeatedly paired with food, even when food was absent. His discovery laid the foundation for classical conditioning, explaining how habits, fears and emotional responses develop through experience.

"Humanity's greatest barrier to growth is its conditioning—responding to the past instead of questioning it and creating a better future."



Ivan Pavlov
Russian and Soviet experimental neurologist



Forest Stroll Therapy – Nature's Healing Touch

Forest Stroll Therapy, known as Shinrin-yoku or Forest Bathing, was introduced in Japan in 1982 by Tomohide Akiyama, then Director General of the Japanese Forestry Agency. It encourages slow, mindful walks through forests, experiencing nature through all five senses. Research suggests that spending time among trees reduces stress, improves mood and promotes relaxation. Unlike regular exercise, it focuses on reconnecting with nature rather than physical exertion. Nature is not merely a place to visit, but a source of healing and renewal.



Tomohide Akiyama
Then Director General of the Japanese Forestry Agency