

Echoes of Eco

May, 2023

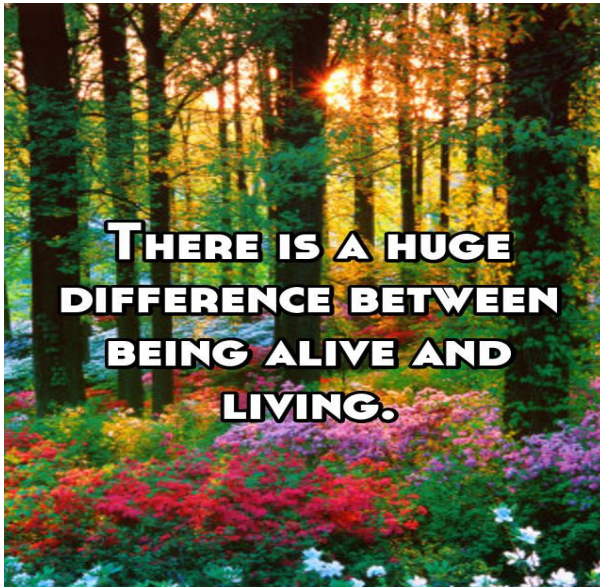
Vivekananda Kendra- nardep Newsletter

Vol:15 No:03

Are you Alive or Living?

Life abhors security: for, life means taking risks, exposing self to danger even to death

The Lord says that he who wishes to be safe will lose his life; whoever is prepared to lose his life will keep it



I think of the times when I drew back from taking risks .. when I was comfortable and safe

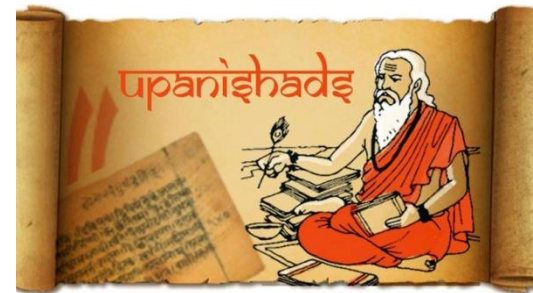
Those were the times when I stagnated
I think of other times when I dared to take a chance to make mistakes, to be a failure and a fool; to be criticised by others when dared to risk being Hurt But I was Alive !

Sometimes we need to Die
so that we can be Alive !!

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Greatness of Upanishads



"Know this Atman alone," they declared, give up all other vain words, and hear no other." In the Atman they found the solution — the greatest of all Atmans, the God, the Lord of this universe, His relation to the Atman of man, our duty to Him, and through that our relation to each other. And herein you find the most sublime poetry in the world.



Sri Sri Sri Vivekananda



"Slowing down is sometimes the best way to speed up"

- Mike Vance



**Happenings this month:
Sustainable Agriculture**



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

Training programme on "Composting technologies"

Training programme on "Composting technologies" was held at Vivekanandapuram on 23rd May. 08 students attended this programme. Smt.S.Premalatha was the resource person. The programme was sponsored by St. Peter's Middle School, Kadiapattanam, Kanyakumari Dist.



Students are excited to see the earthworms

Training programme on "Bio-methanation technology"

Training programme on "Bio-methanation technology" was held at Vivekanandapuram on 27th May. 04 participants attended this programme. Shri.V.Ramakrishnan was the resource person.



Shri.V.Ramakrishnan explaining the Biogas technology with model

Training programme on "Bio-manure technology"

Training programme on "Bio-manure technology" was held at Vivekanandapuram on 7th May. 03 participants attended this programme. Smt.S.Premalatha was the resource person.



Discussion is on ...

Commissioning of "Bio-methanation Plant"

1 no. of 6 cum Bio-methanation plant (Portable) commissioned in Govt. Hostel, Thoothukudi district.



Initially pouring cow dung slurry in the plant for developing bacterial colonies



"Planning is bringing the future into the present"
 - Mike Vance



**Happenings this month:
 Holistic Health**



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 Holistic Health**

Green Health
 Green health home worked for 18 days. 173 patients treated. In addition, 84 people underwent Varma massage



Masseurs Ramesh doing Varma massage



Dr.Ganapathy interacting with the participants

Training programme on "Varma Bone Setting"
 2nd year, 1st workshop on "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 26th and 27th May. 30 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons.



Practical demonstration by Vai.Arasu Raja



Medicine preparation is on



Participant practising Varma silambam during the training



"Success and all good things in life, start with a genuine concern for others"

- **Mike Vance**



**Happenings this month:
Networking**



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Motivation camp for "Amrita Kutumbam"

Motivation camp for Amrita Kutumbam was held at Technology Resource Center, Kalluvilai from 5th to 7th May. 83 women and children participated.

Dr.Umaiyr Bhagan, Rtd. Professor, Nagercoil, Dr.Subramaniya Pillai, Rtd.Principal, Anna College, Aralvaimozhi, Shri.V.Ramakrishnan, Director, VK-Nardep, Sis.V.Saraswathi and Shri.C.Vijayaragavan, VK-Nardep acted as resource persons.

The entire programme was interesting and covered the following: (i) Yoga (ii) Interactive sessions (iii) Visit to Rock Memorial (iv) Visit to Gramodaya Park, Ramayana Darshan, Arise-Awake exhibition etc. (v) Singing of patriotic and environmental songs (vi) Night - light assembly having interesting games etc.



Dr.Umaiyr Bhagan, Retired Professor, Nagercoil delivering an inspiring lecture during the workshop



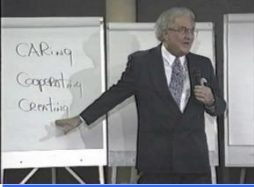
Lighting the lamp by participants during inaugural session



Participants enjoying the games session

"Dreams that are realistic, often come out of fantasies"

- Mike Vance



Happenings this month:
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Personality Development Camp

3 days Personality Development Camp was organized from 8th to 10th May for the students of Avai Ashram, Shivasailam and Sowbhagya Illam, Gandhigram Trust, Dindigul. 45 students enjoyed the atmosphere and were empowered with the 3 days input.

- Shri.A.Balakrishnan, President, Vivekananda Kendra attended the valedictory function.
- Shri.N.Krishnamurthi, Senior worker, Vivekananda Kendra had interactive session
- Children enjoyed the boat trip to Rock Memorial, Pictorial exhibitions in Vivekanandapuram campus, the beautiful sunrise and sunset of Kanyakumari.
- A very useful and educative science experiments conducted by Shri.Gopalakrishnan, Retired Science Teacher from SMRV Hr.Sec.School, Nagercoil.
- In addition, they learnt many songs and games



Shri.A.Balakrishnan, President, Vivekananda Kendra giving blessings to the students

Dance performance by the students



Science experiments conducted by Shri.Gopalakrishnan, Retired Science Teacher



Shri.N.Krishnamurthi, Senior worker, Vivekananda Kendra giving lecture

Participants posing for photograph





“Survivors are cooperators. In order to survive in anything we need others to cooperate with or partner with”

- Mike Vance



Happenings this month:
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Workshop on “Technologies and Sustainable Development Goals”

Training programme on “Sustainable technologies” for Vivekananda Kendra Vidyalaya, Hurda, Rajasthan was held from 10th to 14th May. 18 members attended the programme. The entire programme was conducted by VK-Nardep staff. The training consists of the following:

- Morning prayer and yoga class
- Interactive sessions, practical and field visits on different verticals
- Night - light assembly - interesting Indoor games to release the tension, improve awareness and team building
- Reporting and reflections on the day’s activities by the participants

All the participants enjoyed the training, which was most memorable for them in their life. All of them promised to adapt at least 2- 3 technologies after returning to their places.



Shri. Ramakrishnan explaining the locally available types of soil used for construction



Bio-methanation technology taught by Shri. Kadiresan



Hands on training - Rat trap model wall construction



Group discussion is on



"Innovation is the creation of the new, or the re-arranging of the old in a new way"

- Mike Vance



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District Advisory Committee meeting

Meeting of "District Advisory Committee of Agriculture" was held at Collectorate, Nagercoil on 3rd May. Smt.S.Premalatha attended the meeting.

Filed Visit

15 members from Jnana Prabodhini visited Gramodaya Park on 13th May. They learned Sustainable Development technologies.

Visit of Officials

4 officials from National Medicinal Plants Board (NMPB), Ministry of Ayush, Thrissur, Kerala visited VK-Nardep on 9th May to see the activities and to explore the possibility of establishing coastal garden in Vivekanandapuram campus



Shri.G.Vasudeo, Secretary, VK-Nardep explaining the benefits of Bio-methanation plant



Discussion is on with NMPB officials



Participants visited different cost effective construction building models



District Mission Committee meeting

Meeting of "District Mission Committee of Horticulture" was held at Collectorate, Nagercoil on 18th May. Smt.S.Premalatha attended the meeting.

Participants visited Gramodaya Park





"Creativity produces productivity"

- Mike Vance



Visions of Wisdom



Pollute and Perish

Preserving or bringing back ecological balance will be a long-range project. Among other things, it calls for sensitivity to the universally neglected Law of Consequences, which scientists beginning to recognize only now. As the Canadian entomologist, Ulyet has suggested more than a decade back, our long-standing philosophy of superiority to the rest of Nature has to be abandoned. In the words of Albert Schweitzer: "Man has lost his capacity to foresee and forestall. He will end by destroying the earth". And with it of course himself. Pollute and perish.

Sisir Kumar Ghosh
Freedom fighter and founder of the Amrita Bazar Patrika



Touching the plant, Nay the Infinity

Luther Burbank, the great Botanist by developing a thorn less cacti provided that the plants will grow to please the Master, the lover, the caretaker. He would go down on his knees and talk to and assure them that he would take care and protect them and so they need no thorns for self-protection.

Dr. George Washington Carver, the Black American used to say - "When I touch that flower, I am touching infinity". Through the flower, I talk to the infinite, which is only a silent force. Then Tennyson beautifully summarises - If you know the plants, then you know the Man and God!

Dr. George Washington Carver
An American agricultural scientist and inventor



Revolution for Sustainability

Can we move nations and people in the direction of sustainability? Such a move would be a modification of a society comparable in scale to .. that of the Agricultural Revolution and the Industrial Revolution. Those revolutions were gradual, spontaneous, and largely unconscious. This one will have to be a fully conscious operation, guided by the best foresight that science can provide ... If we actually do it, the undertaking will be absolutely unique in humanity's stay on the Earth"

William D. Ruckelhaus
U.S. representative on the Brundtland Commission

