

Echoes of Eco

June, 2023

Vivekananda Kendra- nardep Newsletter

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My Soul is in a Hurry Mário de Andrade



I counted my years and realized that I have
less time to live than the time I have lived so far.
I have more past than future.

I feel like that boy who had a bowl of cherries:
At first, he gobbled them, but when he realized that there were only a
few left, he began to taste them intensely and passionately.

I do not have time for endless gatherings where statutes, rules,
processes,
And internal regularities are discussed, knowing, that nothing will be
achieved.

I don't have time anymore to bear absurd people,
Who despite their age have not grown.

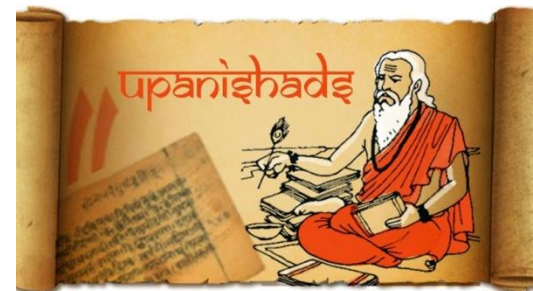
I don't have time anymore to fight the mediocrity.
I don't want to participate in conversations, where inflated egos are
parading.

I can't stand manipulators and opportunists.

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Greatness of Upanishads



"In modern language, the theme of the Upanishads is to find an ultimate unity of things. Knowledge is nothing but finding unity in the midst of diversity. Every science is based upon this; all human knowledge is based upon the finding of unity in the midst of diversity; and if it is the task of small fragments of human knowledge, which we call our sciences, to find unity in the midst of a few different phenomena"



Sri Sri Sri Vivekananda



"I'm not an environmentalist. I'm a cultural repairman. It's all about efficient and restorative use of resources to make the world secure, prosperous and life-sustaining"

- Amory Lovins



I am annoyed by those envious people, who seek to discredit the most able, in an attempt to take over their position and seize their talent and success.

My time is too short to discuss headlines.
I'm aiming for the essential, as my soul is in a hurry - not so many cherries left.

I want to live close to people who are "human"
Humans who laugh at their own weaknesses and are not terribly conceited
About their success.

Humans, who do not consider themselves elected before their time.
And humans, who take responsibility.

Humans, who defend human dignity and who are willing
To stand for truth and uprightness.
It is this, that makes life worth living.

I want to surround myself with people, who understand, how to touch the hearts of others.
People who have learned through life's hard punches to grow by tender touches of the soul.

Yes, I am in a hurry.
I am in a hurry to live with the intensity that only maturity can give,
I do not intend to waste any of the remaining cherries.
I am sure they will be exquisite, much more than those eaten so far.

My goal is to reach the end - contented. At peace with myself, my loved ones and my conscience.
We have two lives, and the second one begins when you realise that you only have one.



Mário de Andrade (09.10.1893 - 25.02.1945)
was a Brazilian poet, novelist, musicologist, art historian, critic, and photographer. He wrote one of the first and most influential collections of modern Brazilian poetry





"Today we have a temporary aberration called "industrial capitalism" which is inadvertently liquidating its two most important sources of capital, the natural world and properly functioning societies. No sensible capitalist would do that"

- Amory Lovins



Happenings this month:
Holistic Health



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Holistic Health

Green Health

Green health home worked for 13 days. 176 patients treated. In addition, 74 people underwent Varma massage

Training programme on "Varma Bone Setting"

1st year, 1st module on "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 23rd and 24th June. 31 participants attended this programme. Dr.V.Ganapathy and his team acted as resource persons.



Live demonstration of pipe therapy by Vai.Chinapoo Aasan



Medicine preparation is on



Dr.V.Ganapathy explaining the comparative Research and applicable study on selective varmam on lower extremities



Participant practising Suvadumurai and Adimurai during the training under the guidance of Vai.Rajesh



"If you ask the wrong question, of course, you get the wrong answer. We find in design it's much more important and difficult to ask the right question. Once you do that, the right answer becomes obvious"

- Amory Lovins



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



**Happenings this month:
Networking**

Commissioning of "Bio-methanation Plant"

3 nos. of 6 cum and 1 no. of 2 cum Bio-methanation plants (Portable) commissioned in Govt. Schools, Kanyakumari district.



Construction of Steps is on.. for pouring the kitchen waste to the bio-methanation plant at Govt. High School, Eraviputhur

Training programme on "Composting technologies"

Training programme on "Composting technologies" was held at Vivekanandapuram on 24th June. One person attended this programme. Smt.S.Premalatha was the resource person.



District Advisory Committee meeting

Meeting of "District Advisory Committee of Agriculture" was held at Collectorate, Nagercoil on 15th June. Smt.S.Premalatha attended the meeting.

World Environment Day

"World Environment Day" was celebrated at Vivekanandapuram on 5th June. 60 students and faculties attended this programme. Shri.V.Ramakrishnan was the resource person. The programme was sponsored by Rohini College of Engineering and Technology, Palkulam, Kanyakumari district.



Participants posing for photograph

Field Visit

The Principal of Ayurveda Hospital, Kottar along with 6 Doctors visited VK-Nardep on 23rd June. They learned Shakti Surabhi Bio-methanation technology.



Shri.V.Ramakrishnan explaining the importance of Bio-methanation technology



“Fire made us human, fossil fuels made us modern, but now we need a new fire that makes us safe, secure, healthy and durable”

- Amory Lovins



Visions of Wisdom



De-growth - A Necessity

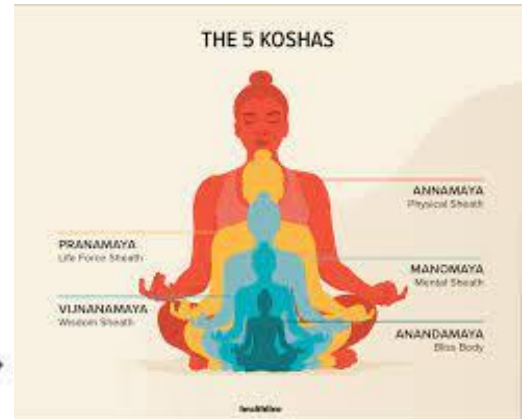
Development has been equated with macro-economic growth by economists. Energy is the true driver of this growth. Energy is a hard-wired aspect of reality and follows the immutable laws of geology and thermodynamics.

Since the law of thermodynamics and geology do not bend for anyone, we will have to face the hard truth that perpetual economic growth as we define it is in fact over, and that we are intentionally racing towards a cliff of both economic and ecological collapse. De-growth is indeed reality, and we either deal with this reality or reality will deal with us.



Real Solution

We must make our first priority in dealing with the earth the careful and strict preservation of the billion-year-old heritage achieved by the evolution of plant and animal life. We must preserve all the species, sub-species, varieties, communities, and ecosystems that we possibly can. We must not, through our actions, cause any more species to become extinct. To be sure, we cannot stop every death or extinction, since the death of living things is part of the inevitable workings of nature. But we can avoid adding to that fateful outcome.



Inwardly Sustainable

Ultimately, we need to see that sustainability is an ethical guiding principle which needs to inform all our activities; an ethic based upon reverence for all life, and upon the need to participate in and encourage life-enhancing activities in every sphere of existence - work, recreation, relationships etc. And this begins with each one of us personally. To paraphrase Confucius, we need to be inwardly sustainable - conscious, harmonized, trusting, loving to be able to create a sustainable world outside us. Mankind is being forced to develop a new, global consciousness for his survival.



Mansoor Khan
Author of the book – Third Curve “The end of growth as we know it”



Donald Worster
Author - ‘Deep Ecology for the 21st Century’



Alan Herbert
Taken from the article “Towards a Sustainable Future”