

Echoes of Eco



August , 2010

Vivekananda Kendra- **nardep** Newsletter

Vol:2 No:6

An Eco-Mythologist



[W]hen you are in accord with nature, nature will yield its bounty. This is something that is coming up in our own consciousness now, with the ecology movement, recognizing that by violating the environment in which we are living, we are really cutting off the energy and source of our own living. And it's this sense of accord, so that living properly in relation to what has to be done in this world one fosters the vitality of the environment.

For nature, as we know, is at once without and within us. Art is the mirror at the interface. So too is ritual; so also myth. These, too, "bring out the grand lines of nature," and in doing so, re-establish us in our own deep truth, which is one with that of all being.

We actually feel the rapture of being alive ... Experience of life. The mind has to do with meaning. What's the meaning of a flower? ... There's no meaning. What's the meaning of a flea? It's just there. That's it. And your own meaning is that you're there.

These little inter tidal societies and the great human societies are manifestations of common principles; more than that: We understand that the little and the great societies are themselves units in a sublime, all-inclusive organism, which breathes and goes on, in dream-like half-consciousness of its own life-processes, oxidizing its own substance yet sustaining its wonderful form ...

The energies that move the body are the energies that move the imagination. These energies, then, are the source of mythological imagery; in a mythological organization of symbols, the conflicts between the different organic impulses within the body are resolved and harmonized. You might say a mythology is a formula for the harmonization of the energies of life.

(Joseph Campbell [1904-67] the pioneering western mythologist was also a natural scientist. He was highly influenced by Indian philosophical system particularly Advaita Vedanta. These are quotes from different writings and interviews)

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Real Wisdom manifests in Life



The one who realizes the Ritam as Beauty and Harmony permeating and connecting all life, that one expands and encompasses all life. That one attains oneness with all existence
- Sri Narayana Upanishad (1.4.3)



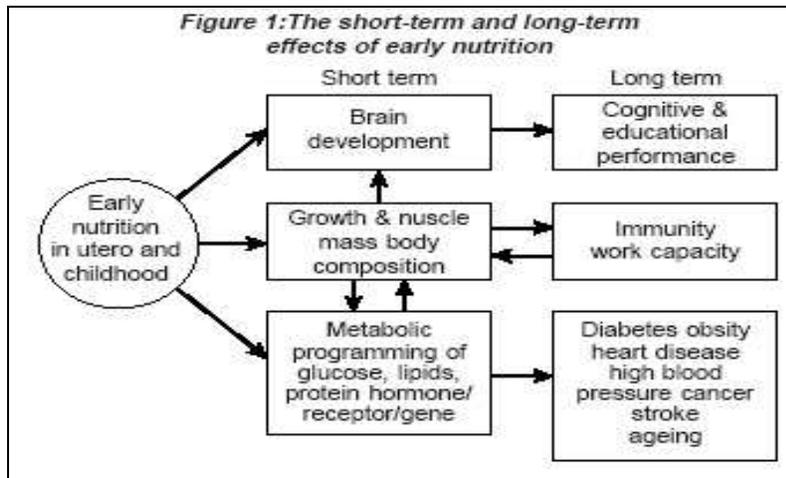


Can Siddha help solve Malnutrition problem?-I

This month...



The Problem



Malnutrition is a major problem today. Particularly for rural households and households which live under the poverty line. Malnutrition particularly in the domestic sector can have severe after-effects which can even affect the working efficiency and general health quality of the next generation. The relation between early malnutrition and its long term and short term effects are depicted above. This shows the need to develop an effective means to fight malnutrition.

In the state of Tamil Nadu the need for developing a cost-effective de-centralized socio-technology is needed to fight malnutrition. One of the chief indicators of maternal under-nutrition namely low birth weight of infants is significant in Tamil Nadu. An estimated 23.5 per cent births in Tamil Nadu are below 2,500 gms with no declining trend in visibility.. In Tamil Nadu, 56.5 per cent women aged 15-49 years are anaemic and 29 per cent have Body Mass Index below 18.5 kg/m².

A policy paper on Malnutrition in the state issued by Tamil Nadu government notes certain worrying trends. In the recent decades, major changes in food habits have taken place as a consequence of urbanisation, industrialization and globalisation.

Even the poorest rural families have changed their staple diet to white polished rice, leaving behind the traditionally rich and bio-diverse millets and cereals.

With the shrinking food basket the poor can afford only one meal a day and the use of pulses, fresh vegetables, fruit, milk and animal foods is out of their reach. In the economically advanced urban households, sedentary lifestyles and diet high in fat, sugar and salt have resulted in rising rates of obesity. Increasingly evident in urban areas, the consumption of processed refined foods and fizzy drinks, which are lower in nutrients and have high fat and sugar content, is also beginning to permeate rural areas.

[to be continued]

- Green Health Home of Vivekananda Kendra – NARDEP, Vivekanandapuram functioned for 8 days. 171 patients were treated.
- Workshop on “Documentation of Ethno medicines of Tirunelveli Dist.” was held at Anandaa Classic Hotel Complex, Tenkasi on 22nd with 75 persons attending it. Dr. Ganapathi was the resource person.



Done with DST core support



Water and Sanitation ...

Tested water from 14 wells in Kanyakumari Dist – programme of Central Ground Water Board, Chennai



A person writing at night may put out the lamp, but the words he has written will remain. It is the same with the destiny we create for ourselves in this world.

— **Buddha**

Eco Fact: When comparisons are made in litres of water embedded per calorie, animal products are still more water intensive than crops.



Dr. Kamalasanan pillai was the main resource person during the workshop on Organic farming at District Collectorate



Workshop on Integrated Pest Management in progress at TRC of VK-NARDEP



At TRC of VK-NARDEP farmers sharing experience at Integrated Pest Management workshop



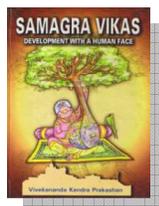
This month... Networking



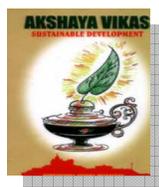
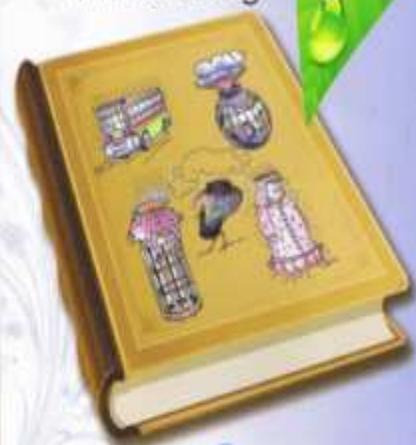
- Training on Capacity Building for Youths under the auspices of Nehru Yuva Kendra, Govt. of India was held at Vivekanandapuram on 9th of this month. 50 students attended the programme. Sis.V.Saraswathi gave a Felicitation address
- "CSIR 800" Technology – NGO Meet was organized by CSIR, New Delhi at CSIR Headquarters, New Delhi on 16th. Shri.V.Ramakrishnan attended the meeting.



Networking activities here have been Done with DST core support



Handbook on Rain Water Harvesting



**In future the water may be the most precious resource, How to start saving it for your posterity?
Read our handbook. For copies contact the Secretary
Vivekananda Kendra-NARDEP
Vivekananda Kendra, Kanyakumari-629702**



Eco-Fact: When we turn off the tap while brushing our teeth, we save about 6 litres of water each time.



A section of participants who attended Shakthi Surabhi Training Session

Renewable Energy This Month...



Awareness programmes on Shakthi Surabhi Bio-methanation plant under (RIF) NABARD, Chennai were conducted at the following places with Shri. V.Ramakrishnan as a resource person:

- WINNER Trust, Kallipatti, Gobi (TK), Erode Dist on 6th. 28 persons attended.
- Gopichettipalayam, Erode on 6th. 19 farmers attended.
- Arts and Science College, Gobichettipalayam, Erode Dist on 6th. 200 students attended.
- M.S.P.Velayutha Nadar Lekshmithaiammal Polytechnic College, Pavorchatram, Thirunelveli District. on 30th. 100 students attended

Training Programme:

- At TRC, Kalluvilai. on 28th. 58 persons attended training from Southern states with Shri. G.Vasudeo and Shri.V.Ramakrishnan and others as resource persons.

Happenings: This month for Sustainable Agriculture



- Workshop on “Integrated Pest Management” was held at Vivekananda Kendra –NARDEP at the Technology Resource Center, Kalluvillai on 17th and 18th. 55 persons attended the programme with Shri.Selva Mukilan, Shri.Kaliselvan of M.S.Swaminathan Research Foundation, Kannivadi, Dindigul Dist serving as the resource persons.



- Intensive one day Workshop on “Azolla Cultivation” was held at VK-NARDEP, TRC, Kalluvilai on 28th for 3 beneficiaries with Smt.S.Premalatha as resource person.



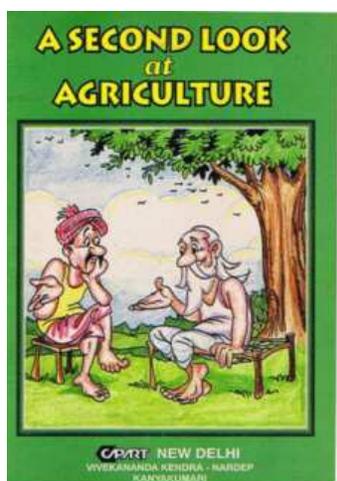
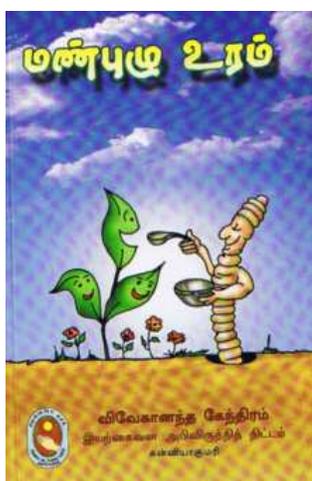
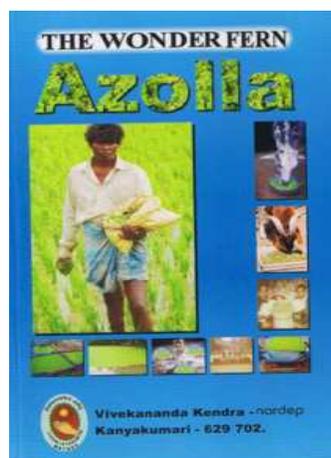
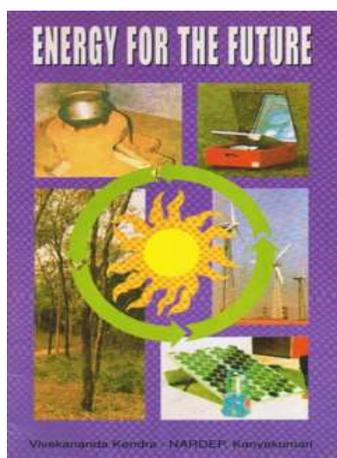
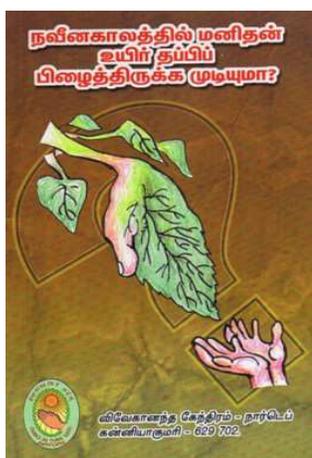
- Workshop on Vermicomposting Techniques” was conducted for Shree Ayyappa college for Women, Chungankadai, Nagercoil on 30th. 60 students attended and benefited. The resource person was Sri. S.Rajamony



Shakthi Surabhi training to different sections of the society



Eco-Fact: Through the trade in commodities, an enormous quantity of embedded water flows around the world – at least 1000 billion cubic meters every year.



How Shakthi Surabhi tackles the waste-disposal problem in a multi-faceted way:

Alternative fuel for cooking gas

Waste disposal - very good for bio degradable waste management system

Hygienic - no odor and flies

Arrests green house gas

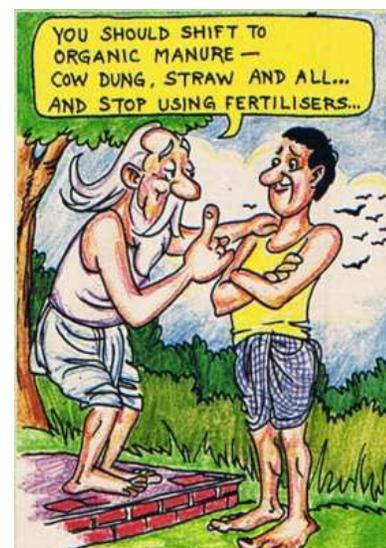
Digested outlet slurry is good as organic manure

**How to feed the future humanity?
How to make development sustainable?
Some of the best publications on the subject for layman and professionals alike are from VK-nardep.
Contact: The Secretary, Vivekananda Kendra-NARDEP
Vivekananda Kendra, Kanyakumari-629702
Tamil Nadu
Phone: 04652-246296 Email:vknardep@gmail.com
Web:www.vknardep.org**

This month... Shakthi Surabhi



- 100 cum plant based on organic waste has been commissioned at Mamallapuram Panchayat Union, supported by Hand in Hand, Chennai.
- Commissioned 10 Shakti Surabhi Plants in different dist. of Tamilnadu under RIF-NABARD scheme.





From Our Publications



Life Protecting Triphala (Tamil) is a well written book on a widely used Siddha medical combination of three common medicinal plants. But the book brings out many unknown useful aspects.

Triphala is a traditional combination of three medicinal plants that are found common throughout India. These are Amalaki/Nelli (*Embolica officinalis*), Bibhitaki/Thantrikai (*Terminalia bellirica*), and Haritaki/kadukkaai (*Terminalia chebula*).

Many traditional medicinal formulations are formed using this combination and they are effective for a wide spectrum of health problems. The book gives a detailed list of the diseases that the combinational formulations can cure and how this can also improve the general health of the people who intake it.

The book has been written after an exhaustive study of Siddha medical literature and traditional texts.

The book chiefly deals with the formulation of Triphala churnam – a very popular and effective medicine.

The book is rich in content and the reader is treated to a visual array of intelligent cartoons that makes the reading a pleasant experience.

For example the book illustrates with the following cartoon, the point that fish should be avoided when taking Triphala formulations:



Thirty two aspects related to Triphala are discussed in this book. The book reveals how the Triphala is also related to the Indian Trinity of Brahma (Amalaka), Shiva (Bibhitikai) and Vishnu (Haritaki). Thus the book provides a holistic treatment to the subject.

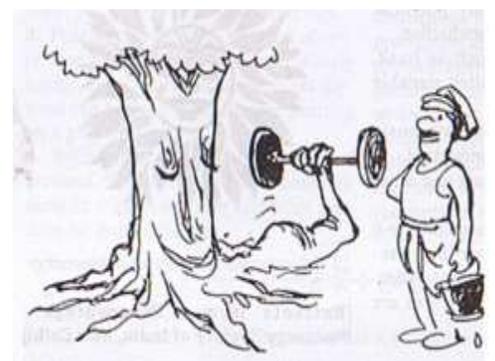
Written by Siddha Doctor Ganapathi who is an authority in the field, the book clears all the doubts that may arise for a common person who wants to use this medicine. The book also shows how this can be used to purify water and also gives the bio-chemical components of the formulation.

Uyir Kakkum Tripalam (Life Protecting Tripala)
Author: Dr. Ganapathi
Pages: 60
Price: Rs 40/-
Secretary VK-NARDEP



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Satyam

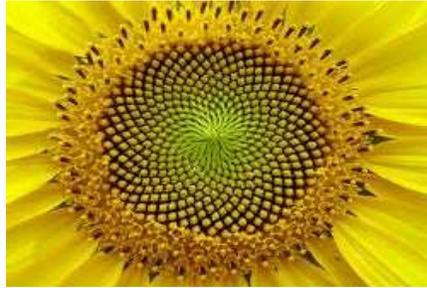
Truth is like a vast tree, which yields more and more fruit the more you nurture it. The deeper the search in the mine of truth the richer the discovery of the gems buried there, in the shape of openings for an even greater variety of service.

...

The seeker after Truth should be humbler than the dust. The world crushes the dust under its feet, but the seeker after Truth should so humble himself that even the dust could crush him. Only then, and not till then, will he have a glimpse of Truth....

In the march towards Truth, anger selfishness, hatred, etc., naturally give way, for otherwise Truth would be impossible to attain. A man who is swayed by passions may have good enough intentions, may be truthful in word, but he will never find the Truth. A successful search for Truth means complete deliverance from the dual throng such as of love and hate, happiness and misery.

- Mahatma Gandhi



Shivam

...Peace and the survival of life on earth as we know it are threatened by human activities that lack a commitment to humanitarian values. Destruction of nature and natural resources results from ignorance, greed and lack of respect for the earth's living things.

"Our ancestors viewed the earth as rich and bountiful, which it is. Many people in the past also saw nature as inexhaustibly sustainable, which we know is the case only if we care for it. It is not difficult to forgive destruction in the past that resulted from ignorance. Today, however, we have access to more information, and it is essential that we re-examine ethically what we have inherited, what we are responsible for, and what we will pass on to coming generations."

"As people alive today, we must consider future generations: a clean environment is a human right like any other. It is therefore part of our responsibility towards others to ensure that the world we pass on is as healthy, if not healthier, than we found it..

- Dalai Lama



Sundaram

According to the true Indian view, our consciousness of the world, merely as the sum total of things that exist, and as governed by laws, is imperfect. But it is perfect when our consciousness realizes all things as spiritually one with it, and therefore capable of giving us joy. For us the highest purpose of this world is not merely living in it, knowing it and making use of it, but realizing our own selves in it through expansion of sympathy; not alienating ourselves from it and dominating it, but comprehending and uniting it with ourselves in perfect union.

Beauty is in the ideal of perfect harmony which is in the universal being; truth the perfect comprehension of the universal mind. We individuals approach it through our own mistakes and blunders, through our accumulated experience, through our illumined consciousness - how, otherwise, can we know truth?

- Tagore

