

# Echoes of Eco



April, 2012

Vivekananda Kendra- **nardep** Newsletter

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## Mind inside Matter



Science, in its standard version, is still strictly bound in the Cartesian Newtonian view. The whole universe, including living nature on Earth, is viewed as a giant machine we can take down and put together again: as a consequence, nature has no ethical meaning. Mankind is not a part of nature, but is something different. So the fight against nature and ecological problem were greatly increased. ...Present thought has perhaps accepted the energy-matter unification, and stopped. They are physical entities: mind is different. It externally researches about an object of the physical world. Mind is for humans only. But some "bold people" give mind to other individual beings, if they have a central nervous system, like other mammals. Ethics only deal with the mind-endowed living beings - humans. So we are at the first decades of the twentieth century.... According to quantum physics, observation is an unstable branching-point of the system. The observer importance is over (Prigogine). With the emergence of this vision, mind is ever-present in natural phenomena. In this school of thought, we are in a natural world formed by mind-entities, with no exact border: human entities are only a part of it. So ethics must concern the whole nature. The idea of sensing beings comes also from some Eastern philosophies of Indian origin. An ecosystem is a mind-endowed complex system.

This is perhaps the reason why we feel emotion in a natural forest: there is an emotional exchange. Finally, we have seen that other living beings, a forest, a swamp, a species – all are mind entities. Ethics claim respect to all natural entities. We now speak about the mind of the Total System that is the whole Biosphere: so we recall the idea of Gaia....We have now moved very far from the traditional idea of an external man who studies and changes as he likes in an external world made by energy-matter. The chasm, the dualism between the energy-matter world, for mankind's benefit, and the mind-psyche-soul world (viewed as an exclusive feature of mankind by Western culture) is over. It has disappeared. We have also moved far from the idea that mind is only the output of a central nervous system.

Current dominant thought and official world view are still on a "nineteenth century position", in which the universe is mechanically made by small particles, where mankind alone is mind-endowed and worthy of ethical regard. The way we have attempted to synthesize gives us a hope: to find again the spirit of the tree, the swamp or the stream.

**This is an excerpt from the article by Deep Ecologist Guido Dalla Casa of Italy.**

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## Water- Nectar of Life



***Let us venerate Water***

***The water is the source of joy and for living a healthy life. It is the immediate cause of all organic beings such as vegetations, insects, worms, birds, animals, men etc. Even the mountains, the earth, the atmosphere and heavenly bodies are water concretized.***

***-Chandogya Upanishad***



***Service to humanity is the highest form of worship – Swami Vivekananda***

Wisdom comes with the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions. – Eckhart Tolle



**This Month ...**



**This Month ...**



**This month...**



**Andhra dairy farmer at Kurnool region feeding Azolla to his buffalo under the NABARD programme [Follow-up programme was taken up this month.]**

#### Workshop on Organic Farming

was held at Govt. Womens College, Kumbakonam at their Auditorium, from 2<sup>nd</sup> to 4<sup>th</sup> of this month. 54 students attended this workshop and Dr.P.Kamalasanan Pillai was the resource person.

#### Workshop on "Sustainable Development"

Was organized by P.N.Panikar Foundation, Thiruvananthapuram. Dr.P.Kamalasanan Pillai presented a paper on "Azolla a potential bio-input for Sustainable farming". 200 persons attended the workshop.

#### Workshop on 'Azolla Cultivation'

was held at Vivekananda Kendra – nardep at the Technology Resource Centre, Kalluvillai on 21<sup>st</sup>. Dr.P.Kamalasanan Pillai was the resource person.

#### Follow-up work of Azolla technology

in Andhra Pradesh sponsored by NABARD, Hyderabad was carried out in the West Godavari and Nizamabad districts from 28<sup>th</sup> to 30<sup>th</sup> of this month.

Water was tested from 14 wells in Kanyakumari Dist – programme of Central Ground Water Board, Chennai.



**Dwaraka Thirumala, West Godavari: Dr.Pillai addressing livestock farmers**



**NABARD AGM Venkatakrishnan and Dr.Pillai demonstrating Azolla technology for farmers at West Godavari (Andhra Pradesh)**



**Mela of Ongole native breed: Milk yield competition at Dwaraka Thirumala West Godavari. Dr.Pillai addressed the dairy owners during the mela.**

Green Health Home at Vivekananda Puram functioned for 6 days and treated 117 patients.



**Done with DST core support**



**Green Building Technologies...**

**National workshop on the Identification of Best practices in Indra Awaas Yojana** was organized by MoRD, Gol at NIRD, Hyderabad from 27<sup>th</sup> and 28<sup>th</sup> of this month. 46 persons attended. Shri.G.Vasudeo attended and presented a paper on Cost-effective construction technologies.



**VK-nardep has brought out a DVD on its bio-methanation plant Shakthi Surabhi. The DVD contains the following:**

- An introduction to the plant
- Assembling instructions
- Maintenance instructions
- Unique features and
- User experiences

The DVD is available in English as well as Tamil Version. This can be purchased at VK-nardep. Please contact Secretary, VK-nardep for more details.

*There is new life in the soil for every man. There is healing in the trees for tired minds and for our overburdened spirits, there is strength in the hills, if only we will lift up our eyes. Remember that nature is your great restorer.*  
-Calvin Coolidge



## Traditional Bone Fracture Treatment Workshop



## Happenings: This month

The workshop of traditional bone fracture treatment

- brings together Varma healers and medical fraternity together
- creates awareness about the system to the public
- creates space and platform for the interaction of different Varma physicians



**Workshop on “Paramparia Bone Fracture Treatment”** was conducted with DST, Core Support at TRC, Kalluvillai on 2<sup>nd</sup> and 3<sup>rd</sup> of this month. 45 persons attended the workshop. Dr.V.Ganapathy with his team provided the resource personnel.

**Siddha Day Celebration** was conducted on 12<sup>th</sup> of this month at Tamilnadu Paramparia Siddha Vaidhya Maha Sangam, The venue was Vellore Sreeputu Maharishi Peedam, Chatuvarchari, Vellore. 250 persons attended the function. D.V.Ganapathy gave a presentation on “Current status of varma medical system and application of varma medicine in day to day life.



A Varma –practical demonstration in progress at the Varma workshop.

### What is Varma system?

This is an unique system of medicine which involves treatment of vital nodes all over the body for various ailments. In Kanyakumari district there is a flourishing local medical system of Varma medicine for bone-setting. There is also a complementary system of herbal oils and treatment along with Varma massage.



Physicians exhibiting various herbal components used in complementary Varma medical treatment.



## Happenings: This month

**Workshop on “Kitchen Waste (Shakti Surabhi) Biogas Plant”** was held at Technology Resource Center (TRC) Kalluvillai on 21<sup>st</sup> of this month. The resource Person was Shri.V.Ramakrishnan. 6 persons attended this programme.

**Construction of Biogas Plants:** Deenbandu biogas plant of 4 cubic meter capacity was constructed for an individual at Kothagiri, Nilgris district.

*I must go to Nature disarmed of perspective and stretch myself like a large transparent canvas upon her in the hope that, my submission being perfect, the imprint of a beautiful and useful truth would be taken.*  
**-John Updike**



**This Month ...**



An article on the 'Importance of Poovarasu tree for curing Uterus diseases' written by Dr.V.Ganapathy was published in "Doctor Vikatan" (25<sup>th</sup> April) a medical bi-monthly from Chennai

Eco tour cum training for VK-nardep staff was organized by VK-nardep at Manimuthar and nearby areas. This was for the period of 9<sup>th</sup> to 11<sup>th</sup> of this month. 15 members of VK-nardep family attended this. Shri.Hanumantha Rao, Treasurer of Vivekananda Kendra accompanied the participants

A demonstration of Azolla technology was conducted by Dr.Kamalasanan Pillai as part of the Dairy Mela held at Kanakakunnu palace Thiruvananthapuram on 27<sup>th</sup> of this month. 400 persons attended this. VK-nardep arranged here an exhibition of literature related to Azolla technology.



**Dr.Ganapathy's article on the importance of Poovarasu tree for curing uterus diseases in 'Dr.Vikatan' health magazine. (Tamil)**



**An excerpt from the article by Dr.Ganapathi reveals how the flowers of the tree can be used for healthy living.**



**VK-nardep family: enjoying the tour-refreshing session at the Manimuthar Dam.**



**There is constant life in [Nature], motion and development; and yet she remains where she was. She is eternally changing, nor for a moment does she stand still. Of rest she knows nothing, and to all stagnation she has affixed her curse. - Goethe**

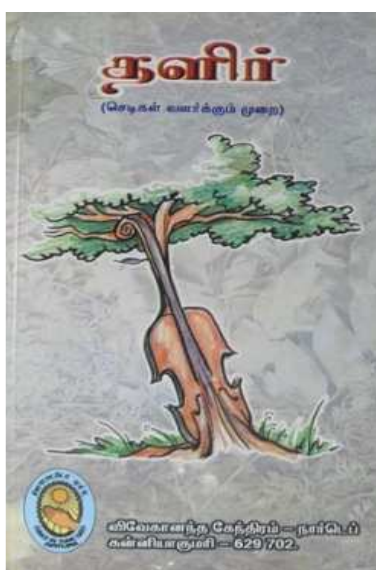
*It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come. Love and compassion are necessities, not luxuries. Without them humanity cannot survive. If you want others to be happy, practice compassion. If you want to be happy, practice compassion. – His Holiness Dalai Lama*



## From our Publications



### Thalir [Sapling, Tamil]



Growing plants is a science as well as an art. How to grow plants?

This book by Sis.Saraswathi is an excellent guide as to how to grow plants. The book starts with a traditional Indian way of classification of plants. The importance of seeds, their protection etc. is explained. Then the next chapter goes on to explain the importance of nurseries.

How to select the place for nurseries, how to prepare nurseries, their protection etc. are explained in minute detail. What are the germination methods to be used for the growing of the plants? How to maintain a mother nursery? How to collect and store different kinds of seeds? All these are explained in the book.

The book gives a detailed description of how to use different low cost instruments in maintaining a flower garden or backyard kitchen garden.

The garden needs protection from pests as well as it needs nutrients. The book explains how to create compost in the backyard and also how to apply various nutrients to the plants.

Modern techniques in irrigation including drip irrigation as well as hydroponics – are explained. Green houses may be costly for ordinary people. So the book shows how to construct a cost-effective green house.

In plant protection, various cultural practices are described. Then the book explains the plant propagation methods. There is an introduction to plant reproduction. Various methods discussed in the book include layering – ground layering and air layering are discussed. It also discusses trench layering, Mount layering, compound layering and serpentine layering. Tip layering and several budding techniques are also explained in the book. Different grafting methods are also explained in the book. Splice approach grafting, tongue approach grafting are explained along with other special types of grafting methods.

Natural methods to control the pests and natural methods to increase the yield from the garden are also given in the book. Thus the book covers all the aspects of gardening a person would like to know.



The book is both an introduction that will motivate the reader to start his or her own garden, At the same time it also makes a good manual and a ready reckoner for various gardening techniques at different stages of a garden from inception to maintenance.



The book has 23 chapters. Each chapter explains a vital aspect completely and crisply. There are line drawings which are very comprehensive. They explain how to do each and every important technique mentioned in the book.

The author points out that the plants are not merely economical additions but they also provide us cultural and spiritual values. Managing a nursery of flower plants can be a very elevating experience apart from the obvious economic benefits it brings. The author points this out making the whole exercise of gardening raise above into another plane. This book written in lucid Tamil with simple and effective illustrations is a good gift for any child and of course for adult also to start his or her own backyard garden. Growing plants is more than an art and science. It is a meditation. This book is then verily a meditation guide.

**Thalir (Tamil: Manual for growing plants)**  
**Author: Sis.V.Saraswathi**  
**VK-nardep Publication: 2000**  
**Pages: 88 Chapters: 23**

*Everything emerges by unfoldment from the holomovement, then enfolds back into the implicate order. I call the enfolding process "implicating," and the unfolding "explicating." The implicate and explicate together are a flowing, undivided wholeness. Every part of the universe is related to every other part but in different degrees. – David Bohm*



## Education We Need

To mould the behaviour of an individual is to mould the character of the community. This is what education strives to achieve. I believe that we can give a purposeful direction to a personality even in the days of its almost unconscious early childhood. Later on, no doubt we must hammer out for the child new extensions and open up new dimensions for its play in the society through literary, scientific and Social Studies. Whatever the child is to be later on say, a political leader, an economist, philosopher, a scientific scholar or a glorious artist, his contribution to the society will directly depend upon his character and personality. In our country today, we find that we have mighty intellectuals equipped to act and to serve. Yet, everywhere we find nothing but ineffectual endeavours, crude confusions,... The present convulsions of behaviour that is observed in all levels of our society can be directly attributed to the unsavoury growth of the real personality in the children. If our efforts can start a new movement of mental growth through a new scheme of giving a right lead for the inner expansion of the growing children, we shall have done a wonderful pioneer work in remaking a nation of ourselves.



*-Swami  
Chinmayananda*



## Real Education

The first principle of true teaching is that nothing can be taught. The teacher is not an instructor or taskmaster, he is a helper and a guide. His business is to suggest and not to impose. He does not actually train the pupil's mind, he only shows him how to perfect his instruments of knowledge and helps and encourages him in the process. He does not impart knowledge to him, he shows him how to acquire knowledge for himself. He does not call forth the knowledge that is within; he only shows him where it lies and how it can be habituated to rise to the surface. The distinction that reserves this principle for the teaching of adolescent and adult minds and denies its application to the child, is a conservative and unintelligent doctrine. Child or man, boy or girl, there is only one sound principle of good teaching. Difference of age only serves to diminish or increase the amount of help and guidance necessary; it does not change its nature. The second principle is that the mind has to be consulted in its own growth. The idea of hammering the child into the shape desired by the parent or teacher is a barbarous and ignorant superstition. It is he himself who must be induced to expand in accordance with his own nature.



*Sri Aurobindo*



## Real Teaching

At the end of the class, our teacher wanted to know whether we understood how the birds fly. I said, I did not understand how the birds fly. When I said this ...our teacher did not get upset by our response. That evening the whole class was in the sea shore. We enjoyed the roaring sea waves knocking at the rocks in the pleasant evening. Birds were flying with sweet chirping voice. He showed the sea birds in formation in 10 to 20 numbers, we have seen the marvelous formation of birds with a purpose and we were all amazed. ... He showed the birds and asked us to see when the birds fly, what it looked like. We saw the wings being flapped. He asked us to look at the tail portion with the combination of flapping wing and twisting tail. We noticed closely ... Then he asked us a question, where the engine is and how it is powered. Bird is powered by its own life and the motivation what it wants. All these things were explained to us within 15 minutes. We all understood the whole bird dynamics with practical example. How nice it was? Our teacher was a great teacher; he could give as a theoretical lesson coupled with live practical example. This is real teaching.



*Dr. APJ  
Abdul Kalam*