

Echoes of Eco



June, 2012

Vivekananda Kendra- nardip Newsletters

Vol:4 No:4

Transforming India into a Low Water Economy



A low-water economy should rest on the principle that water be left in its natural state in the environment as much as possible. Every drop extracted must be justified. Every drop used must be recycled and reused whenever possible.

Accepting this principle poses many challenges for the three major sectors of water use – agriculture, industry and domestic. Each sector offers creative possibilities to help redefine society's troubled relationship with the natural world alongside the pursuit of economic sustainability.

In agriculture, which currently accounts for more than 80 percent of the water demand, there are several ways to produce more crops per drop and generally reduce the water footprint. These ideas are not new, but bear repetition as they require a deeper commitment through policy, financing and knowledge generation.

Keeping farmer interests at the core, India must sever the link between cheap power and water wastage on farmland; incentivize water-saving technologies on the farm; and rationalize production, procurement and export of crops. Some studies have shown that water currently moves from water-scarce regions to water-rich regions through the virtual water embedded in products such as milk, silk and cotton. This provides an opportunity to rethink virtual water trade to reverse inequitable trends.

Agro-businesses have economic incentives to increase water efficiency throughout their supply chain, and government policy must pursue compliance. Consumers, too, can make intelligent choices to support low-water agriculture. They can select among an array of healthy millets and other food crops grown with little water and remarkably drought-resistant. Awareness could snowball with strong policy support and leadership. Industry has a crucial role as a partner in a low-water economy. Industry's water needs should come from current agricultural sources. The energy sector, a major water guzzler, must set clear goals for reducing its water footprint. Other industrial players can no longer pollute freshwater bodies with impunity. Incentives must be aligned, making it more difficult to pollute or draw water away from environmental, lifeline and livelihood needs. The popular movement to protect India's rivers can be fuelled by the vision of a low-water economy....,

Luckily, water, though finite, is infinitely renewable. India must now renew its ancient wisdom to grow economically while reducing its water use footprint.

[An excerpt from Rohini Nilakeni's article: 'Water Challenges Asia's Rising Powers']

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Prayer of Ranti Deva



I do not pray to the God for the eight perfections of mystic yoga, nor for salvation from repeated birth and death. I want only to stay among all the Existence and suffer all distresses on their behalf, so that they may be freed from suffering. By offering my water to maintain the life of this poor human being, who is struggling to live, I have been freed from all hunger, thirst, fatigue, trembling of the body, moroseness, distress, lamentation and illusion.

-Srimat Bhagavatam





Quantum theory thus reveals a basic oneness of the universe. It shows that we cannot decompose the world into independently existing smallest units. As we penetrate into matter, nature does not show us any isolated "building blocks," but rather appears as a complicated web of relations between the various parts of the whole. – Fritjof Capra



This Month ...



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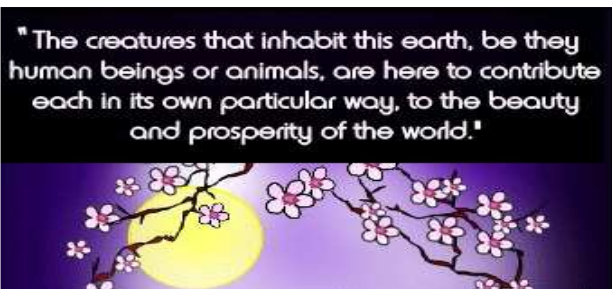


National seminar on "Enhancing Dairy production and Rural employment through Sustainable technologies"

The seminar was organized by the Dept. of Animal Husbandary and Fisheries at the Hotel Chanakiya International, Ranchi on the 1st and 2nd of this month. 650 delegates attended the workshop and Dr.P.Kamalasanan Pillai presented a paper on "Azolla - A sustainable feed supplement for livestock and promising bio-feed for organic milk, meat and egg production"

Workshop on "Azolla Cultivation" was organized by BAIF, Jharkhand at the BAIF Training Centre, Jharkhand on 3rd and 25 persons attended and benefitted at the workshop. The Resource Person was Dr.Kamalasanan Pillai.

One day hands on Training on Azolla was conducted at Technology Resource Center, Kalluvillai by Sister Premlatha on 23rd and 3 persons were given intense training on the technology.



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



Networking Activities

Students of Tamilnadu Forestry Training College, Vaigai Dam. visited Gramodaya Park, Vivekanandapuram as part of their study tours. They visited in two batches on 25th and 28th with 49 and 50 students respectively in each batch. Shri.V.Ramakrishnan, and Sis.V.Saraswathi were the resource persons,

ATMA Management Committee meeting was organized by the Dept. of Agriculture Govt. of Tamilnadu at the Collectorate Campus, Nagercoil. The event was held on 14th and 40 persons attended it. On behalf of VK-nardep Sis.V.Saraswathi attended



Green Health Home at Vivekananda Puram functioned for 6 days and treated 149 patients.



Gramodaya for Right Living Website



We are happy to inform that the Gramodaya Park for Right Living is now online and we have a virtual exhibition of the panels with some fantastic animation effects. Each panel also has an audio clip attached to it explaining the panel.

Cost-effective Construction, Sustainable Agriculture, Water Management and Holistic Medicine: all the divisions are represented in the website. We also have a news division in which there shall be regular updates.

This is an unique online learning experience you will love to have.

Log on to [www. vkgramodaya.org](http://www.vkgramodaya.org)

The screenshot shows the Gramodaya website interface. At the top, there are navigation tabs: "About us", "Philosophy", "Coming Programmes", "Gramodaya", and "Books". Below the tabs is a quote in Sanskrit: "ईशा वास्यमिदं सर्वं यद्विद्म्य जगत्यां जगत् । तेन त्यक्तेन भुञ्जीथा मा गृधः कस्य सिद्धिदन्म् ॥". Below the quote is a logo of a swan and the text "The swan: The living world, traditional wisdom, love for purity, discrimination between Good and Evil, Viveka." Below this are four content cards: "Shelter" (An Abode of Human Evolution), "Water Management" (A Part and Parcel of Human Life), "Holistic Health" (Open the doors of our indigenous wisdom on health), and "Sustainable Agriculture" (Annam Bahu Kurvita).



Bless people when they revile you. Think how much good they are doing by helping to stamp out the false ego. Hold fast to the real Self. Think only pure thoughts, and you will accomplish more than a regiment of mere preachers. Out of purity and silence comes the word of power.
 –Swami Vivekananda



Happenings: This month



100 SHG members sponsored by Watershed Development Agency, Dindigul visited Gramodaya Park, Vivekanandapuram on 8th of this month as part of their Study Tour. They learned Bio-methnation plant (Shakthi Surabhi) technology.



Happenings: This month

Two workshops were held on “Traditional Siddha Bone Fracture Treatment” at Technology Resource Center on 11th and 12th & 25th and 26th with DST, Core Support. 54 persons and 34 persons attended the two workshops respectively. The participants were mostly research students, traditional physicians and also interested public with awareness of this treatment. The resource persons were Dr.V.Ganapathy and his team



Azolla Training Camp at BAIF, Jharkhand. Dr.Pillai explains the technology to the officials.



Traditional bone-fracture treatment demonstration is conducted at the workshop and participants also learn how to make herbal formulations to complement the treatment.



Happenings: This month

One day Workshop on “Kitchen Waste based Bio-Methanation Plant (Shakthi Surabhi) was conducted at Technology Resource Center, Kalluvillai on 23rd of this month. The programme was supported by DST Core support. 4 persons attended the programme and Shri.V.Ramakrishnan was the resource person.



Director Visit: Tamil Nadu Town Panchayat Director Sri. A. Chandra Sekar, IAS visited Technology Resource Center at Kalluvillai on June 1st and saw various sustainable eco-technologies displayed there.



Fixed Model Shakthi Surabhi Bio-Methanation Plant constructed at Kadaladi,Ramanathapuram District.



Can you love others? Can you feel oneness with others? Have you attained peace within yourself? And do you radiate it around you? That is called spiritual growth, which is stimulated by meditation inwardly, and by work done in a spirit of service outwardly.

-Swami Ranganathananda



From our Publications



Healing Herbs (Tamil)



Gramodaya Park for right living is a technology resource park that showcases technologies in the fields of cost-effective green technologies including sustainable agriculture, cost-effective construction, water management and holistic health.

For each of these technologies the Gramodaya Park has graphical panels explaining the principles, current scenario and solutions. The park also exhibits live models for each of these technologies.

In the case of holistic medicine the exhibition has a series of parks with medicinal herbs and many other kinds of herbs. There is also a bio-diversity map of Tamil Nadu and Kanyakumari district which shows the different sacred temple flora for each of the key temples in each district of Tamil Nadu on a ground map created in the garden. The book here deals with the different herbs that form part of different parks each with their own purpose.

The first park dealt is the '**Pest-Repellent Park**'. Four selected herbs which are traditionally used as pest-repellants are given along with the vernacular name, Sanskrit name and botanical name. For each of the herbs the method of pest repellent preparation is also given in a brief tabular column format.

The second park is the '**Red data Park**' which showcases herbs which are either on the way to extinction or very much endangered. Five herbs are presented in this park with their medicinal and home-use briefs.

The third park is the '**Dye Park**' which shows plants from which natural coloring extracts can be manufactured.

The fourth park is the '**Memory Park**'. This has four herbs which can boost the memory through the preparation of medicinal formulations. The ways to prepare such medicinal formulations are also given in the form of tables. How to grow these medicinal plants is also given in a short way.

The fifth park is a '**Food Park**' which shows how plants grown in the backyard can be used as nutritious food. Creating food security for the household through the backyard garden can be achieved through this park.

The sixth-park is an '**Eco Park**'. This park contains plants which can help purify the environment. Of the four plants given here three plants can remove the pollutants from stagnant water and purify the water, thus help in grey water treatment at the domestic level. The fourth plant helps in purifying the air.

The seventh park is the '**Veterinary Park**'. This contains four common plants which can be effectively used in the cure of ailments common in the cattle and livestock. This park as home herbal garden is a gift for a marginal dairy farmer. The eighth park is the '**Income Park**' which has four plants.

This can be used to improve the economy of the household by improving the income through the preparation of medicines etc. The ninth park is the '**Hi-tech Plants Park**' which consists of plants that are being researched for higher bio-mass production or value addition. The tenth park is the '**Beauty Park**'



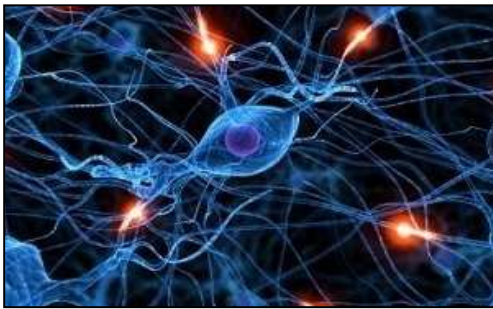
Different Park models mentioned in the book are present as live models at Gramodaya. Professionals who came for Varma workshop are visiting the park.

This provides input for creating natural beauty lotions or creams which are both healthy and have no side-effects. The eleventh park is the '**Aroma Park**' that provides a range of good smells which create a good ambience and healthy as well as positive environment to live. All social events have plant based inputs to create social bondings. Such plant based inputs can be had from the '**Social Park**'. Then there is '**Yogic Park**' which contains herbs to be used in Yogic practices. Then there is '**Alchemical Park**' and '**Magical Park**' – herbs that can really do wonders. There are also '**Mother-Child care Park**', '**Spices Park**', '**Compost Park**', '**First Aid Park**', '**Rejuvenation Park**'. A home herbal garden can be designed based on any of these special purposes parks or a combination of all these parks.

Healing Herbs (Kunapaduthum Mooligaikal) (Tamil) Author: Dr.V.Ganapathy; VK-nardep Publication: Pages:32 Total Number of Gardens described: 20



Then, if you know how to concentrate, that is to say, if you really do it with an aspiration to have an answer, it always comes.... Everything is contained potentially. Each element of a whole potentially contains what is in the whole
 -Mother



Scientific Creativity for Society

My sense is that the scientific way of thinking, questioning.. some delicate mix of creative encouragement of new ideas and the most rigorous and skeptical scrutiny of new and old ideas, I think that is the path to the future, not just for science but for all human institutions. We have to be willing to challenge because we are in desperate need of change.... It is the tension between creativity and skepticism that has produced the stunning and unexpected findings of science.... Diversity, creativity, non-conformity, experimentation is what will determine the successful future in all our human realms--whether social, political, economic, or cultural.

This issue of where creativity comes from.. I share your fascination with it. I don't think we understand very much about it. My practice is merely to respect my unconscious mind, who often is much wiser than the conscious part of me.. and pay attention to what it says. In fact I think this is connected to that delicate tension at the heart of the scientific method I talked about before, the unconscious mind proposes a range of possibilities and the conscious mind disposes – that it compares those ideas with the real world, checks for internal inconsistencies and so on. I think the creative process is a partnership between a conscious and an unconscious part of our minds, at least that's how it seems to me.



-Carl Sagan
 Author & Scientist

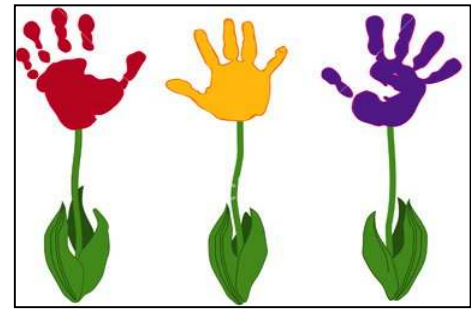


Holistic Creativity for Humanity

Our minds are once more trying to envisage the self, the spirit of Man and the spirit of the universe, intellectually, no doubt, at first, but from that to the old effort at sight, at realisation within ourselves and in all is not a very far step. And with this effort there must rise too on the human mind the conception of the godheads in whom this Spirit, this marvelous Self and Reality which broods over the world, takes shape in the liberated soul and life of the human being, his godheads of Truth and Freedom and Unity, his godheads of a greater more highly visioned Will and Power, his godheads of Love and universal Delight, his godheads of universal eternal Beauty, his godheads of a supreme Light and Harmony and Good. The new ideals of the race seem already to be affected by some first bright shadow of these things even though it be only a tinge, a flush colouring the duller atmosphere of our recent mentality, there is every sign that this tinge will deepen and grow. ... But this new vision will not be as in the old times something hieratically remote, mystic, inward, shielded from the profane, but rather a sight which will endeavour to draw these godheads again to close and familiar intimacy with our earth and embody them not only in the heart of religion and philosophy, nor only in the higher flights of thought and art, but also, as far as may be, in the common life and action of man



Sri Aurobindo
 Seer, Mystic & Poet



Social Creativity for Ecology

Use your mind to find solutions for local problems that is prevailing for years which could include anything like sewage problems, environmental pollution, increase in crime rate etc.

Bring your idea to protect the natural environment in your locality such as parks, water-bodies and playgrounds etc which are essential for physical and psychological development of kids and adults; make plans to grow more of them on lands which are infertile and left for no specific purpose. Try to work out a plan to generate funds to support such plans by developing eco-tourism and nature parks.

Study what are the rare plants, different birds and uncommon animals breathing in your area. See what you could do to make your locality a safe haven for them so that those species are preserved for years. Make your area a natural habitat for birds so that the migratory birds would flock there during the winter. Form an Idea club with the distinguished and knowledgeable members from the society and see how you can contribute for the development of your locality. The club can contribute by taking measures like identifying local resources and core competencies, train the poor people and make their skills marketable, help them to set up their own infrastructure, help them to build a cooperative society to ensure higher collective power for them etc.



APJ Abdul Kalam
 Former President & scientist