# **Echoes of Eco**

February, 2024

Vivekananda Kendra- nordep Newsletter

Vol:15 No:12

# Ching makes a Bell Frame



A woodcarver called Ching had just finished work on a bell-frame. Everyone who saw it marvelled for it seemed to be the work of spirits. When the Duke of Lu saw it, he asked, "What sort of a genius is yours, that you could make such a thing?"

The wood carver replied, "Sir, I am only a simple workman. I am no genius. But there is

one thing. When I am going to make a bell-frame, I meditate to calm my mind. When I have meditated for three days, I think no more about rewards or emoluments. When I have meditated for five days, I know longer think of praise or blame, skilfulness or awkwardness. When I have meditated for seven days, I suddenly forget my limbs, my body: no, I

forget my very self. I lose consciousness of the court and my surroundings. Only my skill remains. In that state I walk into the forest, stop at the tree, which will give me the bell-frame. I see the bell-frame in all its perfection. Then my hands go to the task. Having set myself aside, nature meets nature in the work that is performed through me. This, no doubt, is the reason why everyone says that the finished product is the work of spirits."





I am sure people will relate the above story with the idol of Ram Lalla sculpted by Shri. Arun Yogiraj of Karnataka at Ayodhya.

#### In this issue:

- Ching makes a Bell frame
- The Happenings
- Visions of Wisdom:
  - Eco Philosophy
  - > Water Development
  - Vasudhaiva Kutumbakam

#### Message of Upanishads



The Upanishads are the great mine of strength. Therein lies strength enough to invigorate the whole world; the whole world can be vivified, made strong, energized through them. They will call with trumpet voice upon the weak, the miserable, and the downtrodden of all races, all creeds, and all sects to stand on their feet and be free. Freedom, physical freedom, mental freedom, and spiritual freedom are the watchwords of the Upanishads.

mani Vinikamar



#### "In every walk with nature one receives far more than he seeks"

- John Muir





Happenings this month: Sustainable Agriculture





Happenings this month: Sustainable Agriculture

#### Follow up training programme (Harit Aajeevika)

Follow up training was held on 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> February at Green Rameswaram project office. Totally 100 stakeholders attended these programmes. Harit Aajeevika project team members acted as resource persons. L&T Technology Services, Bangalore, sponsored this project.



Shri.Sridhar, Coordinator interacting with the participants



Song session is on ....



Hands on training on Azolla technology



Stakeholders sharing their experiences



Stakeholder receiving agricultural kit from Shri.Hegde of Vivekananda Kendra



"Rocks and waters, etc., are words of God, and so are men. We all flow from one fountain Soul. All are expressions of one Love"

John Muir





Happenings this month: Holistic Health





Happenings this month: Holistic Health

#### Green Health

Green health home worked for 17 days. 145 patients treated. In addition, 71 people underwent Varma massage



Training programme on "Varma Bone Setting"

1<sup>st</sup> year, 6<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held on 15<sup>th</sup> and 16<sup>th</sup> February. 35 participants attended this programme. Dr.Muthu Shanti and her team acted as resource persons



Taking class on - Clinical Anatomy of Head and Neck by Dr.M.Muthu shanthi



Sharing of Traditional Varmam massage techniques of Head and Neck - Vai.Suresh



Vai. Michael interacting with the participants



Medicine preparation is on .....



# "I bade adieu to mechanical inventions, determined to devote the rest of my life to the study of the inventions of God"

John Muir





Happenings this month: Green Health





Happenings this month: Green Health

#### Field visit "Harit Aarogya"

50 stakeholders of Harit Aarogya team undertook educational tour to Govt. Horticultural farm, Pechiparai on  $13^{\text{th}}$  February. They learned nursery techniques, semi processing of herbs and marketing techniques. L&T Technology Services, Bangalore, sponsored the programme.



Eagerly waiting for the departure to get exposure training



Manager, Govt. Horticultural farm, Pechiparai interacting with the stakeholders



Participants enjoying the beautiful nature as well as studying nursery techniques



Stakeholders visited nearby tourist places like Pechiparai dam, Asia's tallest hanging bridge, Tirparappu falls etc.



"Storms of every sort, torrents, earthquakes, cataclysms, 'convulsions of nature,' etc., however mysterious and lawless at first sight they may seem, are only harmonious notes in the song of creation, varied expressions of God's love"



John Muir



Happenings this month: Water management





Happenings this month: Water management

Revival and Renovation of Surya Pushkarani
We performed the Bhoomi pooja of Surya pushkarani,

Aruppukottai, Virudhunagar district on 27<sup>th</sup> January. However, we started the actual work only in the third week of February. Work in pictures shown below. The project is sponsored by Lakshmi group of companies, Coimbatore



JCB is ready to enter inside the Surya Pushkarani



Poor quality of earlier wall construction - thickness is less



Workers are cleaning the entire area



De-silting is on ....



"Nature is ever at work building and pulling down, creating and destroying, keeping everything whirling and flowing, allowing no rest but in rhythmical motion, chasing everything in endless song out of one beautiful form into another"







Happenings this month: Renewable Energy sources





Happenings this month: Renewable Energy sources

#### Commissioning of "Bio-methanation Plant"

In the month of February, three 6 cum (Portable) Biomethanation plants commissioned in Kanyakumari district as well as one plant in Tenkasi district.



Construction of platform is on .... for keeping the Biomethanation plant



Initial feeding of cow dung slurry to established the bacterial count



Giving Pipeline connection from the Bio-methanation plant to Biogas stove



Incharge of mid-day meal programme posing for photograph at Govt. Middle School, Sankarankovil, Tenkasi district



"I never saw a discontented tree. They grip the ground as though they liked it, and though fast rooted they travel about as far as we do"

John Muir





Happenings this month: Networking





Happenings this month: Networking

#### Filed visit

25 farmers from Krishi Vigyan Kendra, Tirupatisaram, Kanyakumari dist. Visited Vivekanandapuram on 14<sup>th</sup> February. They learned Sustainable agricultural technologies.



Smt.Premalatha explaining Azolla technology

### a Bod, Implated gama.reposite

#### District Advisory Committee meeting

Meeting of "District Advisory Committee of Agriculture" was held at District Agricultural office, Nagercoil on 15<sup>th</sup> February. Smt.S.Premalatha attended the meeting.



#### Project work

Shri.R.Mahesh from Dept. of Mechanical Engineering, College of Engineering, Konam, Nagercoil collected slurry from Bio-methanation for doing his project work. He is working under the guidance of Vivekananda Kendra - NARDEP.

#### Harit Surabhi

Green technologies for Sustainable Agriculture – demonstrated and displayed at J.C.Bose Nursery in Vivekanandapuram campus. Farmers, College students and other stakeholders are visiting this garden for getting knowledge as well as for purchasing input materials and tools etc. for farming activities from the Harit Surabhi – organic shop. Panels of a few technologies are shown below:

## PANCHAGAVYA பஞ்சகவ்யா

ua மாட்டுச் <b>சிறுநீ</b> ர்	- 5 <b>slicu</b> ir.		Cow Urine	- 5 liter.
பக மாட்டுப் பால்	- 2 விட்டர்.	1	Cow Milk	- 2 liter.
பக மாட்டுத் தமிர் ( தன்ற	, டிவித்தது ) - 2 விட்டர்.	ALC: N	Cow Curd	- 2 liter.
பக மாட்டு ஹெய்	- 1/2 elicuit.		Cow Ghee	- 1/2 liter.
கரும்புச்சாறு	- 1/2 slicuit.		Sugarcane Juic	e - 1/2 liter.
&orfri	- 1/2 <b>(A</b> CLIT.	1	Coconut Water	- 1/2 liter.
வாழைப்பழங்கள்	- 6 а айнат ід.		Banana	- 6 Nos.
+ நான்காவது நாள் மற் தொட்டி / பினாஸ்டிக் குடி நிறலில் வைக்கை	தொட்டியில் போட்டுக் எ			
சைப்து வந்தால் பஞ்ச கலக்கி வீட்டு கொயல்	பா அல்லது பல முறை கவ்யா கரைசல் தபார ல் வைத்துப் பயன்படு! பியன்ப	ராகி விடும். இல ந்தனம். நித்தும் முக	க்கி வி.வும். இப்படி 15 ந 5 ஆறு மாதம் வரை தில	தருக் நாக்கர்
செய்து வந்தால் பஞ்ச	in அல்லது பல முறை கல்யா கரைசல் தபார ல் வைத்துப் பயன்படுத் பயன்படு விட்டர் கரைசல் (3%) ல நேர்ம்களில் எல்லா	றக் விடும். இரை ந்தனம். நீத்தும் முற ) என்ற அளவுக்கும் ப் பயிர்களுக்கும்	க்கி வி.வும். இப்படி 15 ந 5 ஆறு மாதம் வரை தில நிற் 5 கலந்து இலை வழி நெ	தருக் நாக்கர்
செய்து வந்தால் பஞ்ச கலக்கி வீட்டு கொயல் + 100 வீட்டர் நீகுக்க 3 காலை அல்லது மால	் அல்லது பல முறை கல்யா கரைசல் தயரு ம் வைத்துப் பயன்படுத் பயன்படு விட்டர் கரைசல் ( 3%) ல நேர்ங்களில் எல்லா பய ந்துக்களும் நுண்ணு	றம் விடும். இவு ந்தனம். நித்தும் முல ) என்ற சாவுக்கு ப் பயிர்களுக்கும் 100166 வி	க்கி வி.வும். இப்படி 15 ந 5 ஆறு மாதம் வரை தில நிற் 5 கலந்து இலை வழி நெ	நாகள் கமும் தளி உழமாக

#### வளர்ச்சி ஊக்கியாகவும். பூச்சி விரட்டியாகவும் பயன்படுகிறது

- Additional microbes for the soil.

  Yield enhancement by 15 to 20% and in a few cases like Cucumb
- the yield becomes double.
- Wholesome vegetables with shiny and appealing skin.
   Extended shelf life.
- Products become more tasty with a flavour.

# FISH AMINO மீன் அமினோ <u>அமிலம்</u>

தேவையான பொருட்கள் INGREDIENTS NEEDED

மீன் -1 கீலோ. ் Fish -1 Kg.

பப்பாளி பால் - 2 மில்லி. Papaya Milk பால் - 2 ml.

- மீனவும் (சந்தையில் உள்ள உண்டுந்த பயன்பாத அடியின்களைய் யண்யடுத்தலாம்)
   நாடு வெள்ளத்தையும் ஒரு விளங்கும் மாத்திரும் போடு ஓண்ணி வியால் நன்கு கைக்கவும் சுதுபுள் யப்பாளி யால் சோர்த்து. இறுக்கமாக முடி 20 - 25 நாடகள் வக்க வேண்டும்.
- கீது நன்றாக நொதீத்து பழுப்பு நீறத்தீல் மாறி விடும்.
- ஒரு விட்டர் தண்ணிருக்கு ஒரு மில்லி மீன் அமிலம் வீதம் கலந்து பயிர்களுக்கு தெளிக்கலாம்.
- + நீர் பாய்ச்சும் போது அதீல் கலந்தும் வசடிகளுக்கு ஊற்றலாம்
- தழைச்சத்தை கியற்கையான முறையில் தயாரித்து வழங்க மீன் அமினோ அமிலம் உதவுகிறது. அப்பான் கொரியா போன்ற நாடுகளில் பரவலாக கியற்கையாகச் சாதபடி செய்யும் விவசாமிகள்

#### 

- Increases soil fertility and enrich soil nutrients.
- Promote the growth of crop roots and leaves,
- and enhances. Photosynthesis, especially for seedlings.
- Increases crop yield by 10%-40%.
- Improves crop quality, extends the harvest period, and thus more conducive to long-term storage.
- Enhances the ability of crops boosters, growth Promoters and pest repellents.



#### "The clearest way into the Universe is through a forest wilderness"

John Muir



#### Visions of Wisdom







#### **Eco Philosophy**

For our times do require a new philosophy which would be global and universal, holistic and healing, generous and humane. morally and intellectually responsible coherent. I call this new philosophy Ecological Philosophy philosophy. Under the auspices of empiricism and other philosophies, we have created, in the past, a deficient code for reading nature and a deficient matrix for interacting with other beings. The time has come to create a new philosophy, which corrects these deficiencies and provides a framework for unity and symbiosis.



#### Water Development

Government has not addressed itself to the basic questions conserving water. After polluting ground water, we are trying to supply piped water to the long distance villages. This is water muddle. Water policy development is linked with the question of land use, forest development, energy generation and use, fulfillment of food and shelter requirements for all strata of society and the agrotechnological - cum - cultural patterns that conform these requirements. These can all be reconciled deeper by а of understanding Nature's processes, ethical and an approach to life.



Prof.Sailendra Nath

Ghosh

Extracts from the magazine

– Manthan – February 1988

#### Vasudhaiva Kutumbakam

The great philosopher Schopenhauer predicts that a 'areater revolution than Greek Renaissance would witnessed by the world if the young and the old in India would join hands together and adopt this wholesome culture and usher in a new era based on this vision of Reality. Only a highly enlightened macrobiontic awareness like Vasudhaiva Kutumbakam - Universe as one family - can vouchsafe the survival of mankind and the preservation of our space ship, Mother Earth, least it may turn into another lifeless planet and be lost forever in this infinity of the cosmos.

Dr.M.Lakshmi Kumari Director Vivekananda Kendra – Vedic Vision Foundation

