

# Echoes of Eco

February, 2024

Vivekananda Kendra- nardep 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.

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### *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.*

*Swami Vivekananda*



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

- John Muir



Happenings this month:  
Sustainable Agriculture



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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*



*Hands on training on Azolla technology*



*Stakeholders sharing their experiences*



*Song session is on ....*



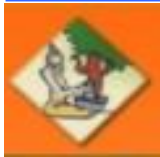
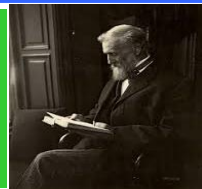
*Stakeholder receiving agricultural kit from Shri.Hegde of  
Vivekananda Kendra*



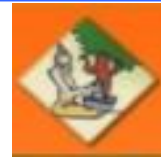


"Rocks and waters, etc., are words of God, and so are men. We all flow from one fountain Soul. All are expressions of one Love"

- John Muir



Happenings this month:  
Holistic Health



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Holistic Health

### Green Health

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



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

### 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



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"

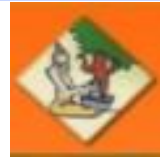
- John Muir



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<sup>th</sup> 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

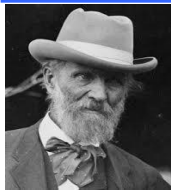


Participants enjoying the beautiful nature as well as studying nursery techniques



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



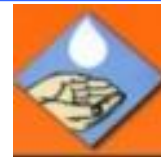


"Storms of every sort, torrents, earthquakes, cataclysms, 'convulsions of nature,' etc., however mysterious and lawless at first sight they may seem, are only harmonious notes in the song of creation, varied expressions of God's love"

- John Muir



Happenings this month:  
Water management



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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"

- John Muir



Happenings this month:  
Renewable Energy  
sources



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### Commissioning of "Bio-methanation Plant"

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



Construction of platform is on .... for keeping the Bio-methanation 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







**"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 responsible and intellectually coherent. I call this new philosophy Ecological Philosophy or Eco philosophy. Under the auspices of empiricism and other similar 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.



**Henryk Solimowski**  
Polish Philosopher settled  
in America



**Prof. Sailendra Nath Ghosh**  
Extracts from the magazine  
- Manthan - February 1988

### 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 policy muddle. Water 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 agro-technological - cum - cultural patterns that conform these requirements. These can all be reconciled by a deeper understanding of Nature's processes, and an ethical approach to life.

### Vasudhaiva Kutumbakam

The great philosopher Schopenhauer predicts that a 'greater revolution than the Greek Renaissance would be 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**  
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Vivekananda Kendra -  
Vedic Vision Foundation

