

# Echoes of Eco

May, 2024

Vivekananda Kendra- nardep Newsletter

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## You start dying slowly



You start dying slowly  
If you do not travel,  
If you do not read,  
If you do not listen to the sounds of  
life,  
If you do not appreciate yourself.

You start dying slowly  
When you kill your self-esteem;  
When you do not let others help you.

You start dying slowly  
If you become a slave of your habits,  
Walking everyday on the same paths...  
If you do not change your routine,  
If you do not wear different colors  
Or you do not speak to those you don't know.

You start dying slowly  
If you avoid to feel passion  
And their turbulent emotions;  
Those which make your eyes glisten  
And your heart beat fast.

You start dying slowly  
If you do not change your life when you are not satisfied with your job,  
or with your love,  
If you do not risk what is safe for the uncertain,  
If you do not go after a dream,  
If you do not allow yourself,  
At least once in your lifetime,  
To run away from sensible advice.



Martha Medeiros  
Brazilian poet

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### *Message of Upanishads*



*"He who sees all beings in his  
Self and his Self in all beings,  
he never suffers; because  
when he sees all creatures  
within his true Self, then  
jealousy, grief and hatred  
vanish."*

- Swami Paramananda

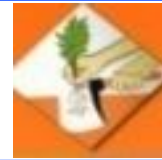


**"Whatever the present moment contains, accept it as if you had chosen it"**

- Eckhart Tolle



**Happenings this month:  
Sustainable Agriculture**



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Sustainable Agriculture**

### **Harit Aajeevika**

Seven Awareness Programmes on "Green Livelihood technologies" (Harit Aajeevika) conducted at Rameswaram in the month of May. Totally 200 participants attended these programmes. Shri.Balaguru, Shri.Bharat, Smt.Balahi and other team members acted as the resource persons. The programme was sponsored by L&T Technology Services, Bangalore.



*Shri.Bharat explaining the scheme - Harit Aajeevika*



*Shri.Balaguru at Akkal Madam*



*Smt.Balahi interacting with the stakeholders*



*Shri.Balaguru explaining about Harit Aajeevika*

### **Training on "Azolla technology"**

Training on "Azolla technology" was held at Vivekanandapuram on 27<sup>th</sup> May. One person attended this programme. Smt.S.Premalatha was the resource person.



"All the things that truly matter, beauty, love, creativity, joy and inner peace arise from beyond the mind"

- Eckhart Tolle



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Green Health

Green health home worked for 23 days. 143 patients treated. In addition, 45 people underwent Varma massage.

### Free Blood Testing Camp

Free blood testing camp was held at Varmam Research and Resource Centre, Vivekanandapuram on 15<sup>th</sup> May. 80 people were benefited during this camp. Shri.V.S.Vijay, Shri. Sakthivel, Shri. Raja and team acted as resource persons. The programme was sponsored by Suba Diagonic Center, Nagercoil.



Taking blood for testing



Dr.Muthushanti explaining the objectives of blood testing camp



Consultation is on ...



"It is not uncommon for people to spend their whole life waiting to start living"

- Eckhart Tolle



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Training programme on "Varma Bone Setting"

2<sup>nd</sup> year, 1<sup>st</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 17<sup>th</sup> and 18<sup>th</sup> May. 26 participants attended this programme. Dr.Muthushanti and her team acted as resource persons.



*Clinical Anatomy of Head and Neck - Dr. Balaj*



*Various Adangal Activating Techniques - Dr.Thirunarayanan*



*Functions of Varma Points - Practical demonstration by Vai.Prabhu*



*Pain relieving Varma Massage techniques by Vai. Ramesh is on ...*



*Medicine preparation is on ... during the workshop*



"In today's rush we all think too much, seek too much, want too much and forget about the joy of just Being"

- Eckhart Tolle



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Harit Aarogya

4 Awareness Programmes on "Planting and semi-processing of herbs" (Harit Aarogya) were conducted at Kanyakumari district in the month of May. Totally 83 participants attended these programmes. Shri.V.Ramakrishnan, Shri.Perumal, Shri.Vijayaragavan and other team members were the resource persons. The programme was sponsored by L&T Technology Services, Bangalore.



Camp participant sharing her experiences



Shri.Perumal at Nallur during the awareness programme - Harit Aarogya



Shri. Vijayarghavan interacting with the stakeholders



Stakeholders eagerly listening the scheme - Harit Aarogya



"Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge"

- Eckhart Tolle



Happenings this month:  
Water Management



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Water Management

### Revival and Renovation of Surya Pushkarani

Revival and Renovation work of Surya Pushkarani at Aruppukottai, Virudhunagar district is in full swing. The project is sponsored by Lakshmi group of companies, Coimbatore.



Tree roots have damaged the wall by penetrating inside



Reconstruction of the damaged wall



Collapse of the wall because of tree roots



Workers are at work.. Background views of newly constructed piers for strengthening the walls



**"Acknowledging the good that you already have in your life is the foundation for all abundance"**

- Eckhart Tolle



**Happenings this month:  
New and Renewable  
Energy Sources**



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New and Renewable  
Energy Sources**

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

**In the month of May, one 100 cum Bio-methanation plant commissioned at Villupuram.**



*Foundation by RCC work - bigger size Bio-methanation plant*



*Beautiful Aerial view of the completed 100 cum Bio-methanation plant with hydrolysis tank, crusher, outlet tank and weight above the gas holder*



*Placing of FRP Gas holder above the reactor with the help crane*

*Provision of steps for climbing and pouring the material in the Hydrolysis tank*



### **Study Tour**

**8 students from VOC Agricultural College and Research Institute, Killikulam visited J.C.Bose Nursery on 16<sup>th</sup> May. They learned Sustainable agricultural technologies.**



*Students learnt how to make seedlings*



“What a liberation to realize that the “voice in my head” is not who I am. Who am I then? The one who sees that”

- Eckhart Tolle



Happenings this month:  
Networking



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Networking

### Family Camp

Three days family camp was held at Technology Resource Center from 3<sup>rd</sup> to 5<sup>th</sup> May. 71 participants attended this programme. The participants were from Rameswaram such as SHG members, Yoga students, and Teertha Mitras. Shri.V.Ramakrishnan, Shri.C.Vijayaraghavan acted as resource persons.



Shri.V.Ramakrishnan, Director, VK-Nardep interacting with the camp participants

### Harit Urja (Cow based circular Economy)

4 Awareness Programmes on Harit Urja (Cow based circular Economy) were conducted at Kanyakumari district in the month of May. Totally 55 participants attended these programmes. Shri.V.Ramakrishnan and Shri.Perumal were the resource persons. The programme was sponsored by L&T Technology Services, Bangalore.



Awareness Programme at Devakulam



Awareness Programme at Kottavilai



All the participants enjoying indoor games

### Official visit

Shri.Sankar Narayanan, Chief General Manager, NABARD from Chennai visited our office on 19<sup>th</sup> May along with Shri.Suresh, Manager, Tirunelveli Cluster. Shri.G.Vasudeo, Secretary, VK-Nardep explained our activities.





**"All true artists, whether they know it or not, create from a place of no-mind, from inner stillness"**  
 - Eckhart Tolle



**Visions of Wisdom**



**Traditional World-Views**

**The Emerging Model**

**Spiritual Heritage**

Traditional world-views are religious in nature as they assume an invisible deity to be at the origin of the universe, often overseeing its working. The language of such scriptures is imprecise - particularly when judged by the criteria of modern hard sciences. But this imprecision is also a strength, for it allows diverse interpretations of the sacred word. Indeed, fertile world-views such as the Vedic world-view, and the Upanishads, are astonishingly malleable. They can take quite a variety of forms and interpretations without losing identity. This is what enables them to survive for centuries and millennia with un-diminishing power.

As Heisenberg put it, the vision of truth by the Eastern Spiritual tradition is beckoning the true scientist, the true development worker. It is a way of life that promotes physical work, culturing the body and the brain. It is a Nature friendly life. It is a conservative lifestyle, protecting Natural wealth, and using only renewable resources. That new paradigm promotes intellectual, moral, aesthetic and spiritual happiness as opposed to the present day sense-based, object induced pleasures. After all the ancient Rishi is right. True happiness lies within man if only he would dare to seek it there.

There is a need to look for alternate source of energy. It marks just the beginning of the new trend. From there, it should take us to the highest potential we have in ourselves - our mental energy - rightly motivated to right thinking and right action conducive to the welfare of the entire humanity. As the tide turns accepting a spiritual dimension and a new culture emerges, as it certainly will, we in India will have everything to be proud of, provided we take pains to understand the real worth of our impeccable spiritual heritage. If we could be the initiators of such a cultural transformation, we would not have lived in vain.



**Henryk Solimowski**  
 Polish Philosopher settled in America



**Shri.N.Krishnamoorti**  
 Senior worker of Vivekananda Kendra and editor of Vivek Vani



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