

Echoes of Eco

June, 2024

Vivekananda Kendra- nardep Newsletter

Vol:16 No:04

Human Flaw

There was once a scientist who discovered the art of reproducing himself so perfectly that it was impossible to tell their production from the original.

One day he learnt that the Angel of Death was searching for him so he reproduced a dozen copies of himself. The Angel was at a loss to know which of the thirteen specimens before him was the scientist, so he left them all alone and returned to heaven.



But not for long, for begin an expert in human nature, the angel came up with a clever device. He said, "Sir, you must be a genius to have succeeded in making such perfect reproductions of yourself. However, I have discovered a flaw in your work, just one tiny little flaw."

The scientist immediately jumped out and shouted, "Impossible! Where is the flaw?" "Right here," said the Angel as he picked up the scientist from among the reproductions and carried him off.



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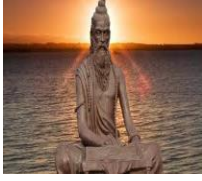
- Human Flaw
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Message of Upanishads



"As the sun, revealer of all objects to the seer, is not harmed by the sinful eye, nor by the impurities of the objects it gazes on, so the one Self, dwelling in all, is not touched by the evils of the world"

- Swami Prabhavananda



"Yoga takes you into the present moment, the only place where life exists"

- Patanjali



**Happenings this month:
Sustainable Agriculture**



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Sustainable Agriculture**

Harit Aajeevika

Training programmes on "Green Livelihood technologies" (Harit Aajeevika) was conducted at Rameswaram from 24th to 28th June. 93 participants attended. The programme was sponsored by L&T Technology Services, Bangalore.



Practical class on Vermi compost making by Shri.Kadiresan, VK-Nardep staff



Shri. Sethurajan, Owner of a Nursery Garden explains the soil preparation



Dr. Vaitheeswaran, Veterinary Doctor being felicitated by Shri.V.Ramakrishnan, Director VK-NARDEP



Ice breaking games



Shri.Karuppanan, Big farm owner cum auditor of accounts from Madurai taking a session on Goat Farming

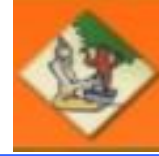


"There is always a light within us that is free from all sorrow and grief, no matter how much we may be experiencing suffering"

- Patanjali



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Green Health

Green health home worked for 19 days. 131 patients treated. In addition, 43 people underwent Varma massage.



Identification of Varmam points and its activating techniques -
Vai.Mani Aasan"

Training programme on "Varma Bone Setting"

1st year, 1st module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 14th and 15th June. 38 participants attended this programme. Dr.Muthushanti and her team acted as resource persons.



Welcome Address - Shri.V.Ramakrishnan, Director, VK-Nardep



Identification of Herbs used in Varmam Treatment -
Vai.Thenkarai Maharaja Pillai



Dr.Muthu Santhi taking class on "Basics of Siddha & Varmam"



Varma Silambam by Rajkumar Aasan and Rajeshram Aasan

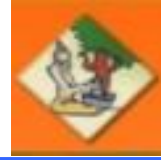


"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations; your conscious expands in every direction; and you find yourself in a great, new and wonderful world"

- Patanjali



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Training programme on "Varma Bone Setting"

3rd year, 2nd module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 28th and 29th June. 27 participants attended this programme. Dr.Muthushanti and her team acted as resource persons.



Dr.Kannan Rajaram interacting with the participants



Identification of Herbs used in Varmam Treatment -
Dr.Kamala Kannan



Varma massage - Practical demonstration by Vai.Ramesh



Medicine preparation is on ...



Dr.Rajasekar interacting with the participants



"Yoga is the settling of the mind into silence. When the mind has settled, we are established in our essential nature, which is unbounded Consciousness. Our essential nature is usually overshadowed by the activity of the mind"

- Patanjali



Happenings this month:
Holistic Health



Happenings this month:
Holistic Health

Harit Aarogya

Training Programmes on "Planting and semi-processing of herbs" (Harit Aarogya) was conducted at Vivekanandapuram from 24th to 28th June. 50 stakeholders attended the programmes. The programme was sponsored by L&T Technology Services, Bangalore.



Dr.Muthushanti explaining the usages of medicinal plants



Shri.Periyaswami demonstrating cutting, budding, and layering techniques to the participants



Participants enjoying the plants in the mother nursery



Practical training on the terrace garden



Stakeholders posing for the photograph



"Where the heart is full of kindness which seeks no injury to another, either in act or thought or wish, this full love creates an atmosphere of harmony, whose benign power touches with healing all who come within its influence"

- Patanjali



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.



Construction of piers is on ... to strengthen the wall



Curing work is on



The walls have been damaged because of the roots of the nearby trees entering the wall structure



Lotus has started blooming on two sides of the Teertham which will help in cleaning the water



"Aversion is a form of bondage. We are tied to what we hate or fear. That is why, in our lives, the same problem, the same danger or difficulty, will present itself over and over again in various prospects, as long as we continue to resist or run away from it instead of examining it and solving it"
 - Patanjali



Happenings this month:
 New and Renewable
 Energy Sources



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 New and Renewable
 Energy Sources

Repair of "Bio-methanation Plant"

In the last week of May Two Bio-methanation plants were repaired and re-commissioned at National Institute of Ocean Technology (NIOT), Pallikaranai, Chennai



Plant full of sludge



Repairing and touch up work of digester and gas holder is on ...



Cleaning of the digester is on ...



Placing of gas holder above the digester through Crane

Training on "Bio-methnation technology"

Training on "Bio-methnation technology" was held at Vivekanandapuram on 29th June. One person attended this programme. Shri.V.Muneeswaran was the resource person.



"Asanas bring perfection in body, beauty in form, grace, strength, compactness, and the hardness and brilliance of a diamond"

- Patanjali



Happenings this month:
Networking



Happenings this month:
Networking

Exposure Vist

50 farmers from Sheald Trust, Dindigul visited J.C.Bose Nursery and Gramodaya Park on 27th June. They learned Sustainable agricultural technologies.



Latitude: 8.091618
Longitude: 77.506592
Elevation: 2170±21.47 m
Accuracy: 15.19 m
Time: 26-06-2024 10:32:07

Shri.L.Murugan interacting with the farmers at Gramodaya Park

Radio Talk

Shri.G.Vasudeo gave 5 minutes interview to All India Radio, Lucknow on the topic - "Friend of Water" on 22nd June.



Harit Urja (Cow based circular Economy)

One Awareness Programme on Harit Urja (Cow based circular Economy) was conducted at Kanyakumari district in the month of June. 10 participants attended the programme. Shri.Perumal was the resource person. The programme was sponsored by L&T Technology Services, Bangalore.



Awareness Programme at Vijayanagari, Kanyakumari district



District Advisory Committee Meeting

Dept. of Horticulture, District advisory committee meeting was held at Collectorate, Nagercoil on 27th June. Shri.S.Premalatha attended the meeting.



"Success is nearest to those whose efforts are intense and sincere"

- Patanjali



Visions of Wisdom



Rejoicing Nature in Full

Humans and nature were created together and together they will find bliss. In other words, as the man stands at the threshold of a new era of merger of science and spirituality, we must remember:

Our dreams are for the earth not heaven.

Because heaven is here to make not on cloud seven.

What is heaven but the earth beautiful.

What is God but

Rejoicing nature in full.

The whole universe is a play of unity in variety and of variety in unity, of the finite and infinite.



Dr. Muni Mehta
Honorary Chairman,
Science Ashram and
KADEC



Sanatana Dharma and Development

Throughout the recorded history of mankind, the ideals of "Development" have been mostly materialistic and objective. They have combined together different elements in various proportions to bring about "Development"

Mankind is groping in the dark for the ideal set-up for the Development. Eastern wisdom inspired by Sanatana Dharma has a 'deeper and broader definition of Development. The physical, mental, emotional and spiritual growth of man in consonance with his family, community, patriotic and global identities and relations, helping him live in harmony with Nature.



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



Alternate Lifestyle

What we need is a religious conversion of a 'different' type, from the fragmented material to the unifying spiritual, to an alternate life style centred on global awareness, a religion of humanism based on spiritually and scientifically proven Oneness of the entire universe. From complexity to simplicity, from excessiveness to frugality, from self indulgence to self control - these would be the key notes of this new life style.

Through such a massive conversion of our youth to a new value system we should turn a new page in the history of mankind.



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