

# Echoes of Eco

November, 2024

Vivekananda Kendra- nardep Newsletter

Vol:16 No:09

## Care about others Happiness - You will find Yours Taken from the Google



During a University lecture, a professor gave a balloon to every student. They had to inflate them, write their names on them and throw them in the hallway outside the lecture theatre.

Students were puzzled. Then the professor mixed all the balloons. The students were then given 5 minutes to find their own balloon.

Despite a hectic search, no surprise no one found their balloon.

The professor then told the students to take the first balloon that they found and hand it to the person whose name was written on it. Within 5 minutes, everyone had their own balloon back.

The professor said to the students: "These balloons are like happiness. We will never find it if everyone is looking for their own. However, if we care about other people's happiness, we'll find ours too."

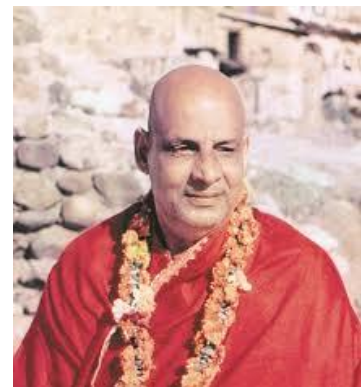


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### **Hero! March Forward!!**

"This world is your best teacher. There is a lesson in everything. There is a lesson in each experience. Learn it and become wise. Every failure is a stepping stone to success. Every difficulty or disappointment is a trial of your faith. Every unpleasant incident or temptation is a test of your inner strength. Therefore nil desperandum. March forward hero!"



Swami Sivananda Saraswati



**"Rather than love, than money, than fame, give me truth"**  
 - Henry David Thoreau



**Happenings this month:  
Sustainable Agriculture**



**Happenings this month:  
Sustainable Agriculture**

**Harit Aajeevika**

In the month of November, Harit Aajeevika team did the follow up survey of the Livelihood project work. The project is sponsored by L&T Technology Services, Bangalore.



*Smt. Kaleeswari, Ramakrishnapuram posing with a newborn Goat*



*Smt. Natchiyar of SK Patti relaxing in her vegetable garden*



*Smt. Muthunambu, SK Patti posing with her prized possession of Brinjal*



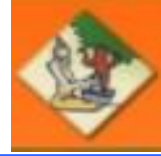
*Smt. Vasanthi, Ramakrishnapuram at her kitchen garden*



"How vain it is to sit down to write when you have not stood up to live"  
 - Henry David Thoreau



Happenings this month:  
 Holistic Health



Happenings this month:  
 Holistic Health

**Green Health**

Green health home worked for 23 days. 159 patients treated. In addition, 52 people underwent Varma massage and 7 people took steam bath.

**Training programme on "Varma Bone Setting"**

1<sup>st</sup> year, 5<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 15<sup>th</sup> and 16<sup>th</sup> November. 28 participants attended. Dr.Muthushanti and her team acted as resource persons.



*Varma Massage for Lower limb - Ramesh Kumar*



*Practical demonstration - Varma points in Dorsal spine and Lower limbs - Ramesh Prabhu Aasan*



*Vai.Prabhu explaining - Varma Points of Ankle and Pedal region*



*Dr.Kumaresan taking class on - Varma Kayangal (Trauma) and various treatment methods*



*Identification of Varma Points in Neck and Upper limbs - Dr.Shanmuqam*



"The question is not what you look at, but what you see"  
- Henry David Thoreau



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Training programme on "Varma Bone Setting"

3<sup>rd</sup> year, 5<sup>th</sup> module of "Traditional Siddha Varma Bone Setting Practices" was held at Technology Resource Center, Anjaneyapuram on 22<sup>nd</sup> and 23<sup>rd</sup> November. 27 participants attended. Dr.Muthushanti and her team acted as resource persons.



Overview of Naadi and Sara Soothiram - Dr.Kannan Rajaram



Medicine preparation is on...



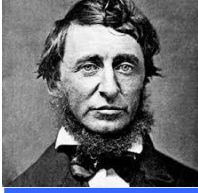
Techniques used for wrist and Ankle fracture- Vai.Arasu Raja



Various stimulation methods of varmam and Adangals of upper limbs - Vai.Suresh



Interested participants attended Varma silambam



“Dreams are the touchstones of our characters”

- Henry David Thoreau



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Training programme on “Varma Bone Setting”

2<sup>nd</sup> year, 5<sup>th</sup> module of “Traditional Siddha Varma Bone Setting Practices” was held at Technology Resource Center, Anjaneyapuram on 29<sup>th</sup> and 30<sup>th</sup> November. 20 participants attended. Dr.Muthushanti and her team acted as resource persons.



Dr.Kumaresan taking class on “Thodu Varmam”



Practical demonstration – “Head and Neck Varma points” by Mani Aasan



Varma Silambam is on ...



Sivayogi Sivaranjan interacting with the participants regarding “Paduvarmam and its activating techniques”



Dr.Muthushanti interacting with the participants



"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them"

- Henry David Thoreau



Happenings this month:  
Holistic Health



Happenings this month:  
Holistic Health

### Harit Aarogya

In the month of November, VK-Nardep team did the follow up survey of Harit Aarogya scheme. The project is sponsored by L&T Technology Services, Bangalore.



*Lush growth of medicinal plants at Smt.R.Paulthangam, Azhagappuram*



*Smt.M.Lakshmi, Kottaram planted medicinal herbs as inter crop in her field*

### Vaidyar's meeting

10 members from Tamil Nadu Paramparia Vaidyar Sangha visited VK-Nardep office on 14<sup>th</sup> November for doing collaborative work with VK-Nardep.



*Harit Aarogya team at Smt.R.Usha's field at Azhagappuram*



*Meeting with Shri.G.Vasudeo, Secretary and Shri.V.Ramakrishnan, Director, VK-Nardep*



"Books are the treasured wealth of the world and the fit inheritance of generations and nations"

- Henry David Thoreau



Happenings this month:  
Water Management



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Water Management

### Revival and Renovation of Teppakulam

Revival and Renovation work of Teppakulam at Rameswaram is in the final stages. The project was sponsored by CSR wing of Murugappa Educational and Medical Foundation, Chennai.



*Dewatering the area for proper construction of foundation*



*Final shape of Teppakulam*



*Steps construction for the entry of the Teertham*

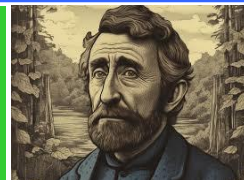


*Ring well at the center for getting water in an emergency*



"I was not born to be forced. I will breathe after my own fashion. Let us see who is the strongest"

- Henry David Thoreau



Happenings this month:  
Sustainable Agriculture



Happenings this month:  
Networking

### Training programme on "Natural Farming"

Training programme on Natural farming was held on 6<sup>th</sup> November. 58 students including faculty attended this training. The training was sponsored by School of Agricultural Science, Joy University, Tirunelveli. Shri.V.Ramakrishnan, Director, VK-Nardep and Smt.S.Premalatha were the resource persons.



College students posing for group photo



Shri.V.Ramakrishnan, Director, VK-Nardep explaining the importance of Biogas technology

### Visit at Selvanayagapuram

Selvanayagapuram village of Ramanathapuram district is having a long association with VK-Nardep as we constructed a Oorani and the well in this village three decades ago. On 18<sup>th</sup> November 2024 Shri.V.Ramakrishnan, Director, VK-Nardep, Shri.Sridhar, Coordinator and Shri.Karthik, Social Animator visited the village and interacted with villagers for the possible projects which can be undertaken.



Live session on "Azolla technology"



Interaction with the village elders is on ...

Shri.V.Ramakrishna, Director, VK-Nardep standing near the Oorani







"Our life is frittered away by detail. Simplify, simplify"

- Henry David Thoreau



Happenings this month:  
New and Renewable  
Energy Sources



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New and Renewable  
Energy Sources

### Follow up training on "Harit Urja" (Cow based circular Economy)

Follow up training on Harit Urja was conducted on 26<sup>th</sup> November. 35 stakeholders attended the programme. In addition, 20 nos. of Biogas plants were commissioned in this month. The project is sponsored by L&T Technology Services, Bangalore.



Smt.S.Premalatha explaining the value added products of Biogas slurry



Shri.V.Ramakrishnan, Director, VK-Nardep talking about the importance of Biogas technology



Biogas plant installed - Shri.Subbaih, Kozhikottuppattai



Shri.Muneeswaran, Supervisor taking class on Maintenance of Biogas plant



Harit Urja team visited Shri.Kasi Ramalingam, Kozhikottuppattai



“All good things are wild and free”

- Henry David Thoreau



## Visions of Wisdom



### A Measure of Progress

Bhutan where the beloved 4<sup>th</sup> King abolished his rule - has evolved a powerful measure for progress: Happiness. What's the point of a booming economy if it can't make you happy?

Till the 1970s, Bhutan was a feudal society-no schools, hospitals, highways, or national currency; no phones, or postal service. It only got TV in 1999! In 2006, the fourth king abdicated his throne; in 2008, his son made Bhutan the world's youngest democracy.

What is GNH? It is an approach to capture the aspirations of people and is used as a tool to better design policies. It is serious stuff: and tries to measure the Gross National Happiness (GNH).



Extracts from the issue of "Gobar Times" magazine



### Primacy of the Body

Defining 'Man' as nothing more than his body and suggesting the mind, intellect and consciousness to the evolutes of the body, the Western approach has laid great stress on body-care, satisfying the needs of the body and the primacy of the body in human life. The needs of the senses and the significance of satisfying them were exaggerated. Unbridled greed, the need of ego satisfaction through amassing wealth and power, trying to squeeze more pleasures out of the tired senses than they are capable of yielding have led to sick individuals and imbalanced societies.



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



### Lives caught in the Web

Our lives, caught in this web, present the picture of a wick burning at all points. At home, which has lost its sanctity and security there is no more the love, understanding and guidance so essential for the blossoming of the human personality. Violence and danger await us at every corner as we step out. At schools, colleges and universities our children are overloaded with facts and figures which have no bearing at all on their inner growth and development. Nor does this education prepare them to face the real challenges in life or teach them how to adjust to their environment.



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