

search...

...where heaven and earth meet...

[Home](#) [Articles](#) [Asia Visitors](#) [Resources](#) [Events](#) [Products](#) [Forum](#) [About Us](#) [Contact Us](#)

Lectures, talks, meditations, yoga retreats, massage courses, etc. in Hong Kong, Thailand and elsewhere.

A guide and portal to the best of holistic practitioners and businesses around Asia - find your acupuncturist, counsellor, vegetarian restaurant or spa resort here.

100% natural spirulina, cashews, incense sticks, candles and insect repellent from eco-villages of Auroville and Findhorn.

Register/Login

Register on HA and be able to comment on articles, post in the forum, subscribe to our monthly newsletter and special discounts on products and services! It's the best way to stay in touch with what's going on in the spiritual world of Asia and beyond.

Username

••••••••

Remember Me

Login

[Forgot your password?](#)

[Forgot your username?](#)

[Create an account](#)

Resources

Resources: a directory of holistic businesses all across Asia. Includes healers, bodyworkers, clinics and centres, coaching and counselling, NGO's and charities, and many others. Click on the country name below for more details.

 CHINA
 HONG KONG
 INDIA
 INDONESIA
 MACAU
 MALAYSIA
 PHILIPPINES
 SINGAPORE
 TAIWAN
 THAILAND

Products



Holistic Asia Products for sale: Spirulina, Cashew Nuts, Coffee, and natural insect repellent sticks, coils, and 'mats'.

All products are from the spiritual community of Auroville.

By buying them, you will support this community financially, their efforts to treat workers fairly and cut

[Home](#) [Articles](#) [Positive News](#) [Among the Blue Mountains](#)

Among the Blue Mountains

(6 Votes)

Wednesday, 19 November 2008 21:06

 Share this  Tags  Export PDF  Print  E-mail



by Arnab B. Chowdhury (reprinted from Positive News Hong Kong)

40-year-old Pratim Roy is a man with a mission. At five feet six inches, we might not expect any leadership trait in his wiry unassuming figure but his small sharp eyes and simple mile emerging from a French beard portray a different story. They tell a story of courage, conviction and persistence, of how one can create value in ones life only by creating intrinsic value for someone else.

It has been ten years since Pratim Roy, Snehlata Nath and Mathew John decided to co-found Keystone Foundation in Kotagiri a sleepy village nestled among pristine Nilgiri hills in the south Indian state of Tamil Nadu.

While the word Nilgiri translates into blue mountains in Sanskrit, the name Keystone evolves from a concept of the same word which signifies the nest-building behaviour of some birds in nature. These permanent nest structures serve as habitat for several life forms and illustrate the ecological principle of the interdependence of natural systems.

Keystone Foundation essentially works closely with the Kurumba and Irula tribes who live in the Nilgiris and have been traditional honey hunters for several generations. They live on the fringes of mainstream society economically, socially and politically. Keystones objective has been to nurture in them a sense of empowerment, worthy economic sustenance and dignity in who they are.

Over the years, some of the projects in progress have concentrated on improving traditional apiculture techniques, promoting micro-enterprise development and nurturing non-timber forest produce. Additionally, the micro-enterprise development led to the production of candles, artisan products and honey created by the indigenous communities (labelled as 'Last Forest') that are promoted across cities in southern India.

What distinguishes Keystone from other development groups working with indigenous communities is the amazing synergy it has built by creating a 30-person team with several tribal members. It acts as a catalyst between the foundation and the community at large.

The team includes Balasubramaniam, a young Kurumba man who has evolved from a purist tribal painter to an Adobe Photoshop aficionado and advocate of local governance to his community!

In June 2006, Keystone Foundation in alliance with bee and pollination experts from the University of East Anglia and Overseas Development Group, won the Darwin Initiative grant for a project entitled Bees, biodiversity and forest livelihoods in the Nilgiri Biosphere Reserve (Western Ghats, India). This project seeks to elucidate the interdependencies between bees, biodiversity and forest livelihoods in the Nilgiri Reserve.

The honey hunting adventure among the Blue Mountains surges on!

<http://keystone-foundation.net/web/>

Arnab B. Chowdhury is founder and CEO of Ninad (www.ninad.biz) – an e-Learning consulting firm centered on Integrality.

Please register or login to add your comments to this article.

Food for the Soul

"The mystics ask you to take nothing on mere belief. Rather, they give you a set of experiments to test in your own awareness and experience. The laboratory is your own mind, the experiment is meditation."

Ken Wilber - Grace and Grit

Upcoming Events

25 Jun, 2010

[Sustaining the Art of Batik, Weaving & Natural Dyeing w/Pak Tjok](#)

25 Jun, 2010

[Iyengar Yoga & Meditation Workshop with Father Joe Pereira](#)

26 Jun, 2010

["Circle of Life" Mandala Painting Exhibition by Maria Ng](#)

26 Jun, 2010 | 18:00

[Movement Meditation / Ecstatic Dance](#)

01 Jul, 2010

[Ashtanga Yoga Bali with Dylan Bernstein - Summer 2010](#)

Current Visitors

We have 83 guests online

Earth Champions

Our editor Peter Lloyd's work with Holistic Asia and Positive News been recognised as an Earth Champions Pathfinder Award.



We're Green!

Holistic Asia is Gaia friendly! Our webhosting company is fully carbon neutral - they purchase Renewable Energy and Emission Reduction credits to make sure that their impact on the environment is effectively erased.

out the use of pesticides.



Ads by Google

Krishna school friends

Join Batchmates.com for free and find your old school friends.
www.batchmates.com

Movies Toolbar - Free

Search For Favorite Movies, Play Trailers And Much More!
Movies.Inbox.com

Spidered News

Breaking News - Worldwide Essential Daily Reading
www.SpideredNews.com

Remanufactured Engines

Buy Brand New Remanufactured Engine Replacement Engines & Parts 6.5
www.65engineparts.com

john deere 420

8 John Deere Experts Online Now Ask a Question, Get an Answer ASAP
www.FixYa.com/JohnDeere



We're also XHTML 1.0/CSS valid and optimized for use with the latest versions of main modern browsers. However, if you're using Internet Explorer, we strongly recommend that you switch to Mozilla Firefox for safer, faster and smarter browsing experience (especially if you're still running IE6!).



Ads by Google

Hotel Lakeview Ooty

Luxury accommodation from RS 1300/-
123 Individual Cottages on Ooty

Ooty Packages

Ooty Experts - Best Prices
Hotels, resort, guest-house, homestay
www.HolidayIQ.com

Kotagiri

Reunite with your Classmates on India's largest Alumni database
Batchmates.com

Green Shop

Organic & Fair Trade Produce Honey, Bees Wax, Garments
www.lastforest.in

Bangalore Ooty Volvo

Volvo buses from Bangalore to Ooty @ redBus (India's largest bus site)
www.redBus.in

Product Highlights

Interfaith Ministry

Web Links

HA Sponsors

Spirulina Powder



100 grams - 80 HKD

Common variety of Spirulina, rich in protein, vitamins and minerals. Very enjoyable in drinks, smoothies, yoghurt, and added to foods. Excellent for facemasks too.

Add to Cart

Colibri Natural Body Spray



100 ml bottle (spray) - 45 HKD

A natural anti insect product. Provides reliable protection against insect bites outdoors or indoors. It will moisturize your skin and its fragrance will give you a feeling of freshness.

Add to Cart

