



SQUIRREL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ் லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் - 8

April 2021



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Foreword

Dear Readers,

Namaskaram

Eighth edition of the student's newsletter is here. Thanks, Green Rameswaram for this initiative.

We welcome all for suggestions of improvement which can take us further in this endeavour. This newsletter flashes few Drawings and poems on the theme of Rain water harvesting and women. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Vivekananda Memorial in Kundukkal and Thillai Bhavana continues her series of Environment Activists and this time she covers Dame Jane Morris Goodall and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by Mahathma Gandhiji. Some of the brightest stories shared in Viveka Katha Mandir has been shared here but it is a great collection of stories and we have to struggle hard to chose the best from it.

Thus, it is a combination of student talents. We at the editorial committee try to take up all the given choices to the best of our ability and this has been prepared. We thank the Students for their vital contributions and we request more students to come forward in contributing towards this newsletter. Most importantly it is our newsletter and is runned by us for us.

Thanking you

Yours Sincerely

Editorial Committee

(K.Thillai Bhavana)

(Jyothika V)

(D.Logitha Sree)

(M.Logesharan)

(B.Surya)

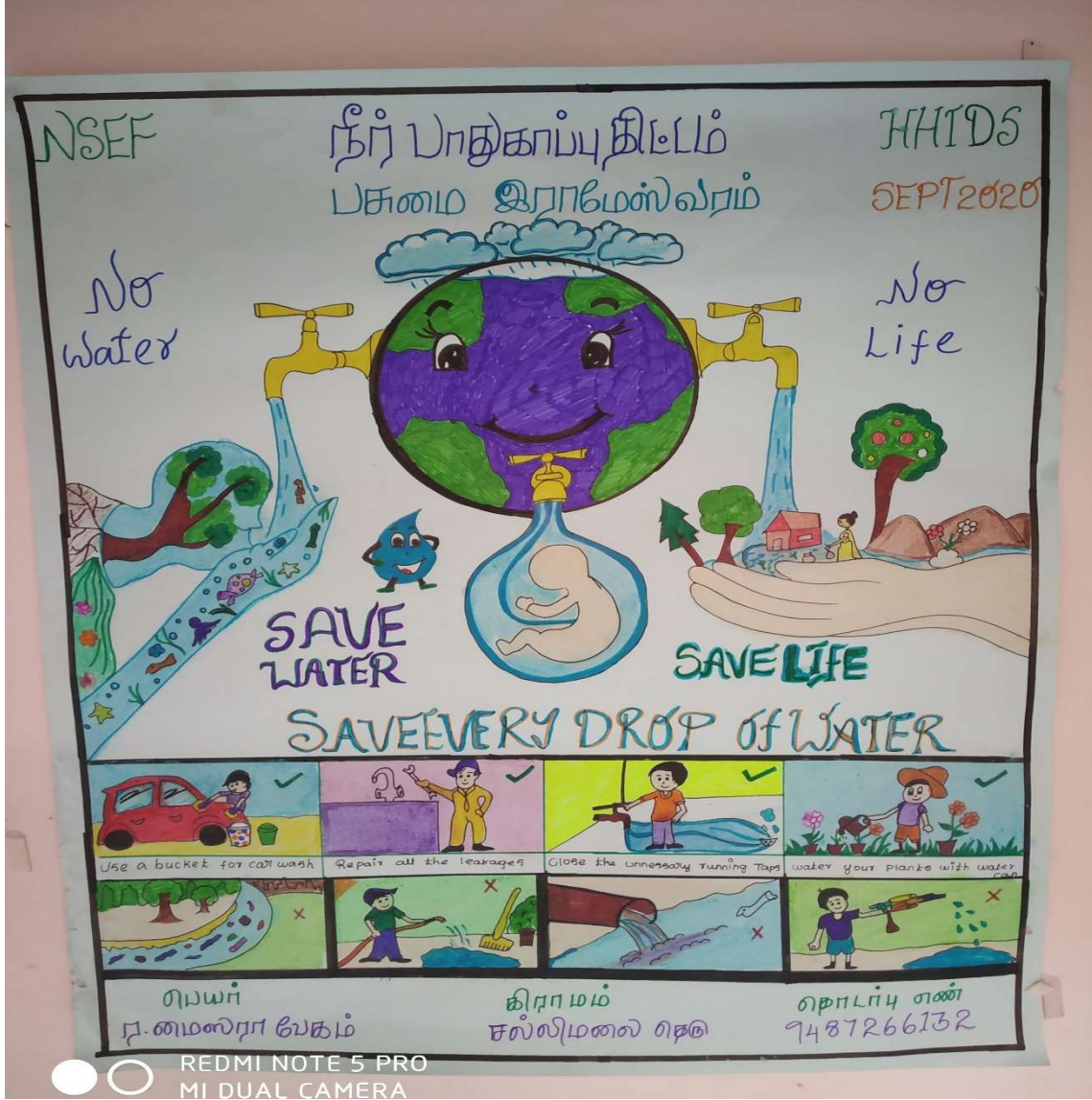




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Rain



R.Mysra Begam,

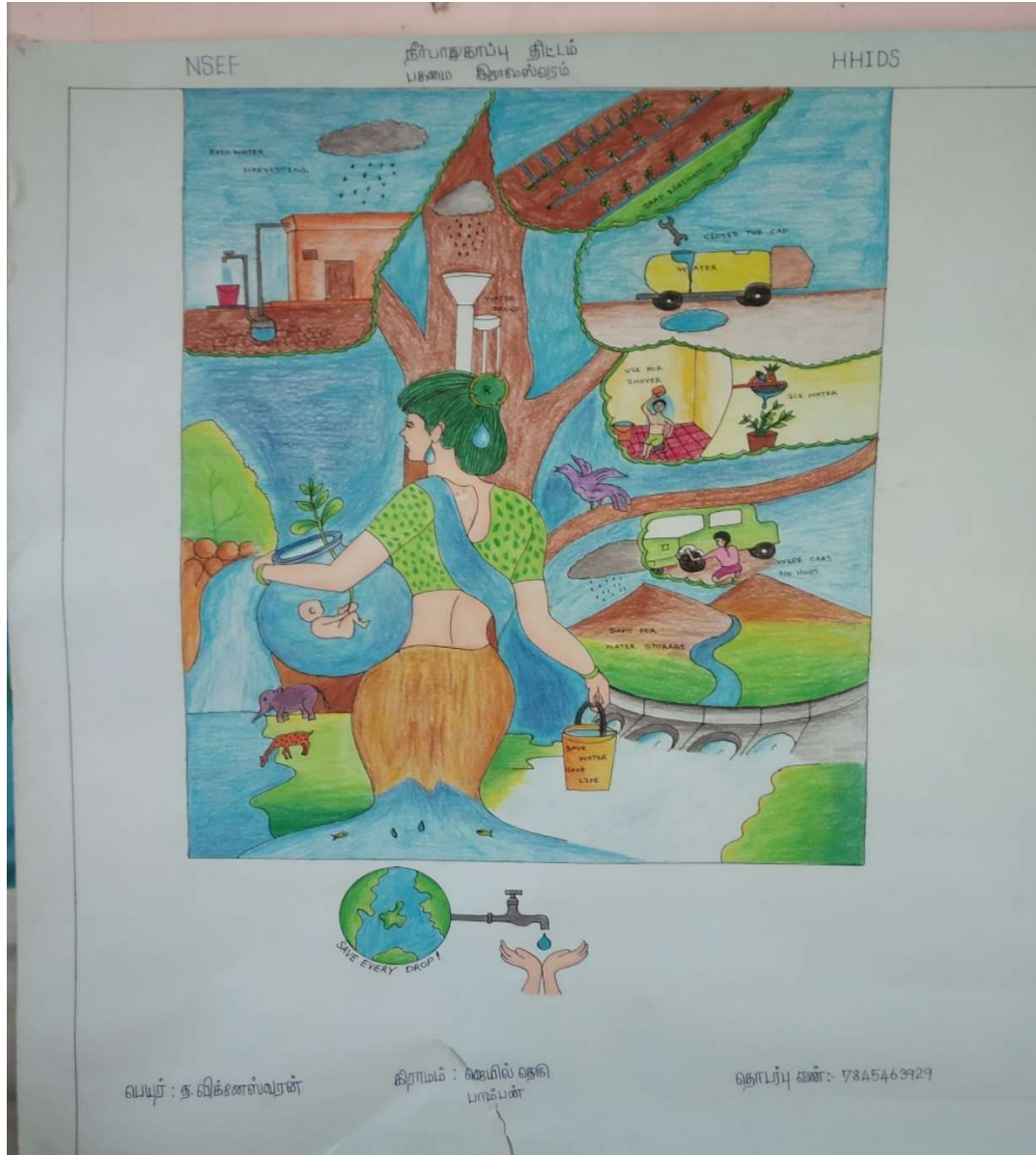
9th Std

SPA





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S.Vigneswaran, 10th Std, Government Higher secondary school, Pamban



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Poems

Women

பெண்ணும் பெருமை பெண்ணும் பெருமை
மானுடம் பிழைக்கும் பெருமை பெண்ணின் பெருமை

மனிதம் பிறந்து வாழும் பெருமை பெண்ணின் பெருமை
பொறுமை காக்கும் பெண்ணின் பெருமை

உலகை இயக்கும் பெண்ணின் பெருமை
மாந்தர் யாவரும் மறந்திடும் பெண்ணின் பெருமை

தானே மறந்தாலும் தன்னில் எழுந்து நிற்கும் பெண்ணின் பெருமை
தயவுடன் தாயாய் பெண்ணின் பெருமை

கனிவுடன் ஆசிரிய பணியில் பெண்ணின் பெருமை
வறுமையில் நேர்மை பெண்ணின் பெருமை

கற்றலில் ஆற்றல் பெண்ணின் பெருமை
உறவில் மேன்மை பெண்ணின் பெருமை

R.Shubha Sri
7th std
Kings of kings
Rameswaram





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WOMAN

I call her Strong, Smart, Sensual, Caring, Giving, Surviving, Tolerant, and Powerful.

I call her WOMAN!

Women have strengths that amaze men.

They bear hardships and carry burdens.

Yet they hold happiness, love and joy.

They smile when they want to scream.

They sing when they want to cry.

They cry when they are happy.

And laugh when they are nervous.

They fight for what they believe in.

They stand up to injustice.

They don't take "no" for an answer.

When they believe there is a better solution...

The heart of a woman is what makes the world keep turning.

They bring joy, hope, and love.

They have compassion and ideas.

They give moral support to their family and friends.

OUR MISSION is to help, support, respect and love them.

Respect Women As A Mother,

Care Her Like A Sister





Talk To Her Like A Friend

Show your love to your wife.

V. Jyothika

10th std

KV, Mandapam



A short poem on women

- ✧ As a daughter, you are bubbly and cute,
- ✧ As a sister, you are very sweet.
- ✧ As a wife you always care
- ✧ As a mom you are always there.
- ✧ As a girl you are strong and loving,
- ✧ As a woman you make life worth living.
- ✧ so there is just a single word for you.
- ✧ You are special and know that it's true.
- ✧ You are the best in everything you do
- ✧ On this special day I want to salute you.



**D.Logitha Sree, VII std, Amrita
Vidyalayam**





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Stories section

Story about diligence

Once upon a time there were two men in the search of treasure they went in a cave to explore diamonds after working hard lair beach near the diamonds but at last one of them gave up in left decay the second man kept on training that last Succeeded in getting the diamonds the world of the story is never give up.

MORAL: DON'T GIVE UP

D.Logitha Sree, VII std, Amrita
Vidyalayam



Promoting Heritage Tourism Series - Rameswaram

Vivekananda Memorial in Rameswaram

Vivekananda Memorial is in a beautiful building close to Kunthakal Beach in Rameswaram. The museum commemorates the return of Swami Vivekananda to Rameswaram from USA in 1897.

Swami Vivekananda

A Hindu guru and disciple of Sri Ramakrishna Paramahansa, Swami Vivekananda is perhaps best known for his speech at the World Parliament of Religions in Chicago in 1893. He began his speech with the words, "Sisters and brothers of America".

Annals of Vivekananda Memorial

Raja Bhaskara Sethupathi of Ramanad supported Swami Vivekananda on his trip to America. He started out in May 1893 and visited several cities in Japan, China and Canada before reaching America. He gave a rousing speech at the World Parliament of Religions. Later he toured a number of cities in America and UK before returning to Rameswaram on 26 January 1897.



The memorial stands on a 5 acre piece of land. It was built with public-private participation. Inauguration was on 26 January 2010. The lofty building with the background of sea engages



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the attention of visitors when they drive on the tall Pamban bridge (24 m) towards Rameswaram.

Layout of Vivekananda Memorial

The building is painted in bright orange with touches of white. Decorated domes are on top. Visitors climb up a short flight of steps to the main hall. Here the life history of Swami Vivekananda is depicted on photo posters. Life size golden sculptures of Swami Vivekananda and Raja Bhaskara Sethupathi occupy prime spots. There is a meditation hall and a spiritual library.



A small museum to one side showcases the Gulf of Mannar Biosphere Reserve. Gulf of Mannar has 21 islands and is home to 5 species of sea turtles, 450 species of fish, 14 species of dolphins, 90 species of crustaceans and 6 species of whales. It also boasts of different types of sea weed, sea grass, mangroves, corals and sponges.

Kunthakal Beach

Just behind the memorial building is Kunthakal Beach. It is easily approachable by a short walk. The beautiful beach has gentle waves and wonderful views, particularly at sunset. However, snack bars and washrooms are not within easy reach.



The place is very peaceful and tranquil. Good place to spend time in solitude.

"Arise, awake and stop not until your goal is achieved.

Let us all follow the footsteps of Swamiji and achieve greater heights in life.

V. Jyothika

10th std

KV, Mandapam





Environmentalist Series -8

Dame Jane Morris Goodall: Dame Jane Morris Goodall DBE was born to Herbert Morris-Goodall and Margaret Myfanwe Joseph on April 3, 1934 in London. She is a multidisciplinary environmental scientist and is better known as a primatologist, ethologist, and anthropologist. She is a UN Messenger of peace. She is the world number one specialist on chimpanzees and is best known for her forty-five years study of the wild chimpanzees in Gombe Stream National Park of Tanzania. She is the founder of the world famous Jane Goodall Institute. She developed the lasting interest in chimpanzees since her early childhood, when she was presented a stuffed toy chimpanzee. About that toy, which she still retains with her, she remarked, 'My mother's friends were horrified by this toy, thinking it would frighten me and give me nightmares. Goodall is the eighth exceptional person to study and receive a Ph.D. at the Cambridge University, without first having a bachelor's degree. Based on her five years research at the Gombe reserve, she wrote her thesis, titled Behavior of the Free-Ranging Chimpanzee



**K.Thillai Bavana
IX,
KV Mandapam**



Immunity Boosting Herbs To Beat COVID-19

Ayurveda and immunity

This ancient medical science had stated long ago that plant extracts could do a lot to strengthen the body. According to Ayurveda, our body can withstand infections only when all the seven layers of our body's tissues (Rasa, Mamsa, Rakta, Medha, Majja, Asthi and Shukra) are strong. When the seven layers are working together, our immunity will be boosted.

1. MORINGA

Moringa is a herb that can ward off many health complications. And during the COVID-19 pandemic, it should be your go-to herb for immunity strengthening.

So what makes moringa such a powerful immunity booster? It contains 7 times more Vitamin C than even oranges. Vitamin C is the chief nutrient that our bodies need to build strong immunity.





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That's not all, moringa also contains some other vital nutrients that strengthen your cells, muscles, tissues and help your body heal. Consume moringa for its high levels of potassium, iron, calcium and amino acids.

2. NEEM

Since time immemorial, neem has been respected and widely used as an immunity booster. It is very effective in keeping the body safe from attacks by harmful pathogens, thanks to its anti-viral, anti-bacterial and anti-fungal properties.

Neem can also keep your blood clean. It purifies the blood by flushing away toxins and this can strengthen immunity.



3. TULSI

Tulsi is another wonder herb that is much favoured by Ayurveda. This aromatic leaf can be your primary line of defence against COVID-19. Tulsi or basil is a powerful germicide. Because of its phytochemicals and antioxidants, it can effectively locate germs, viruses and bacteria the moment they enter your body and destroy them.



Simply chew a few leaves first thing in the morning. You can also add a few drops of water boiled with tulsi leaves into your food.

4. ASHWAGANDHA

Ashwagandha is an adaptogen, which means it can decrease stress levels. Stress lowers your immune response and makes the body vulnerable to viral infections.

Consume ashwagandha during this pandemic to reduce the risk of contracting the coronavirus infection.



5. TRIPHALA

Triphala contains the antioxidative properties of three fruits- haritaki, bibhitaki and amla. It is loaded with Vitamin C and Vitamin A- both of which strengthen your immunity. Start your day with Triphala.





6. GINGER

Ginger has been an age-old remedy for flu and the common cold. It can also be effective against COVID-19. It contains gingerol – an antioxidant that can power up our immune system and kill viruses. Ginger is particularly good in preventing respiratory tract infections. Add ginger to your meals or you can also have it raw.



7. GARLIC

Just like ginger, garlic too will protect you from coronavirus by stimulating your immunity. It contains allicin- a plant compound that acts as a germicide. But remember, to make the most of garlic, consume it raw or partially cooked.



8. TURMERIC

Every time your grandmother said you need to consume turmeric for your health, she was right. Turmeric contains curcumin– a phytochemical that can remove toxins from your body and strengthen your immune system to fight off germs and bacteria. Add an extra dash of turmeric to your meals or consume it with milk.



9. BLACK CUMIN

Black cumin extracts can keep you safe from a range of viruses and bacteria that attack your immune system. Both black cumin seeds and oil act as antioxidants and help flush out free radicals that weaken your immunity.



The things you need to improve your immunity are all within your reach. Consume these herbs and stay home to beat coronavirus



B.SURYA
10TH std,
KV Mandapam



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Quotations Corner

Famous Quotes from Mahathma Gandhiji

✿ *An eye for eye only ends up making the whole world blind.*

✿ *Happiness is when what you think, what you say, and what you do are in harmony.*

✿ *The weak can never forgive. Forgiveness is the attribute of the strong.*

✿ *where there is love there is life.*

✿ *A man is but the product of his thoughts; what he thinks, he becomes.*

✿ *There is no god higher than truth.*

✿ *Hate the sin, love the sinner.*

✿ *In a gentle way, you can shake the world.*

✿ *Action express priorities.*

✿ *The future depends on what we do in the present.”*

By

**D.Logitha Sree, VII std, Amrita
Vidyalayam**

