SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students....
From Students....

August 2021
Foreword

Dear Readers,

Namaskaram

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

We welcome suggestions of improvement which can take us further in this endeavour. This newsletter flashes poems on the theme of Environment. Jyothika continues her write up on Rameswaram Tourism and this edition she covers about Sri Lakshmana Theertham and Thillai Bhavana continues her series of Environment Activists and this time she covers Chandi Prasad Bhatt and then Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by Rain. Some of the brightest stories shared in Viveka Katha Mandir have been shared here but it is a great collection of stories and we have to struggle hard to choose 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.LogithaSree)
(M.Logesharan)
(B.Surya)
Environmental Drawings:

The Rain

Drawing 1:

R. Shubha Sri
7th STD
Kings of kings
Rameswaram
Drawing 2:

Jalvin

V11-Std

Velumanickam Matric Hr. Sec. School
Environmental Poem:

மந்து தந்திரிக் கிர்மி பொரியாட்டில் இரல் வெள்ளியுள்ள தொல்லியலைத் தயார் அம்பத்
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மந்து வித்தியாசத்திற்கு கரைகளின் வளர்ச்சி
மந்து வித்தியாசத்திற்கு கரைகளின் வளர்ச்சி

மந்து வித்தியாசத்திற்கு கரைகள்

M.Sabari Santhosh
9th STD
Amrita Vidyalayam
Chandi Prasad Bhatt (born 1934) is an Indian Gandhian environmentalist and social activist, who founded Dasholi Gram Swarajya Sangh (DGSS) in Gopeshwar in 1964, which later became a mother-organization to the Chipko Movement, in which he was one of the pioneers, and for which he was awarded the Ramon Magsaysay Award for Community Leadership in 1982, followed by the Padma Bhushan in 2005. Today he is known for his work on subaltern social ecology, and considered one of India's first modern environmentalist. In 2013, he was the recipient of the Gandhi Peace Prize. Farmland was scarce in the overpopulated mountains, and so were jobs. Like most men of the mountain villages, Chandi Prasad taught art to children for a year to support his mother, before eventually forced to work in the plains. He joined the Garhwal Motor Owners Union (GMOU) as a booking clerk, posted at various places including, Rishikesh, Pipalkoti and Karnaprayag.

In 1956, Bhatt found hope when he heard a speech by the Gandhian leader Jayaprakash Narayan, who was on a tour of the area. Bhatt and other young people launched themselves into the Sarvodaya movement and Gandhi campaigns, of Bhoodan and Gramdan and organising villages for economic development and fighting liquor abuse throughout the Uttarakhand.

In 1960, he left his job at GMOU, to commit full-time to his Sarvodaya activities, and by 1964, Bhatt had instituted the Dasholi Gram Swarajya Mandal (Society for Village Self-Rule) to organise fellow villagers in Gopeshwar for employment near their homes in forest-based
industries, making wooden implements from ash trees and gathering and marketing herbs for ayurvedic medicine—and to combat vice and exploitation.

Curtailment of the villagers' legitimate rights to trees and forest products in favour of outside commercial interests enabled Bhatt, in 1973, to mobilise the forest-wise society members and villagers into the collective Chipko Andolan (Hug the Trees Movement) to force revision of forest policies dating from 1917. Women, who regularly walk three to five miles to the forest to gather and carry home fuel and fodder on their backs, took the lead. True to the movement's non-violent philosophy, these women embraced the trees to restrict their felling. Establishment of "eco-development camps" brought villagers together to discuss their needs within the context of the ecological balance of the forest. Stabilizing slopes by building rock retaining walls, the campers planted trees started in their own village nurseries. While less than one-third of the trees set out by government foresters survived, up to 88 percent of the villager-planted trees grew.

In 1974 he and his colleagues led a movement to save the cultural and archaeological heritage of the Badrinath shrine.

Bhatt and his society colleagues have been helped by sympathetic scientists, officials and college students. Yet theirs is essentially an indigenous movement of mountain villagers, and Chipko Andolan has become an instrument of action and education for members, officials and outsiders, in the realities of effective resource conservation.

Although Bhatt has attended meetings in lowland India and abroad as a spokesman for Chipko, he has remained a man of his community. He and his wife continue to live the simple life of their Himalayan neighbours. In the process he has become knowledgeable and productive in helping ensure his peoples' hard-won living. In 2003, he was appointed a member of the 'National Forest Commission', which reviewed all existing policies and legal frameworks relating to forest management, and submitted its report to the Government in 2005.

K. ThillaiBavana

IX,

KV Mandapam
Rameshwaram is one of the most sacred pilgrimages in India. Home to many ancient temples and sacred theerthams, there are umpteen number of places to visit in Rameshwaram. Lakshmana Theertham is one of the holy theerthams here. In Rameshwaram and around it, there are around 64 holy theerthas out of which 22 are located in the complex of Sri Ramanathaswamy temple.

Lakshmana Theertham is located just 1 km away from Rameshwaram Temple and has many popular other shrines situated nearby. It is close to Rama Theertham, Sita Theertham and Panchmukhi Hanuman Temple. Lakshmana Theertham is located by the side of temple dedicated to Lord Lakshmana. This temple, which has been built in Dravidian style of architecture, has an attractive structure with carved pillar depicting statues of deities and instances from Ramayana. The
temple has carved idols of Lord Rama, Lord Lakshmana, and Goddess Sita. There are also marble statues of Lord Lakshmana. The carvings inside the temple represent the immense devotion of Lord Lakshmana towards Goddess Sita and Lord Rama.

Located by the temple side, Lakshmana Theertham can be reached via the mandapam. The pond has a mandapam in the center, surrounded by water on all sides. From mandapam, one can reach to the source of sacred water via stairs. According to legend, Lord Lakshmana had installed a lingam and offered prayers to Lord Shiva at this place. For atonement of his sins, he had worshipped Lord Shiva here. It is believed that before offering his prayers, Lord Lakshmana had taken a bath in this pond.

Another attractive feature of this theertham is that during the Thaipusam festival floating car procession is organized at the Lakshmana Theertham.
Every devotee on Rameshwaram tour come and take a holy dip in the waters of these theertha to wash away their sins. It is believed that by bathing in the holy waters of theerthams devotees can atone for their past sins.

Lakshmana Theertham enjoys a good location and can be easily accessible. It is located just 1 km away from Rameshwaram bus stand. From another popular shrine Agni Theertham is only 1.5 km away. Tourists can either take a government run bus which run at frequent intervals or take an auto rickshaw to the theertham.

V. Jyothika
11th STD
KV, Mandapam
Environment quotes:

The Rain

- The drop of rain makes a hole in the stone, not by violence, but by soft falling.

- The best thing one can do when it's raining is to let it rain.

- Without rain, there is no life.

- Listen to the rhythm of the falling rain.

- The nicest thing about the rain is that it always stops. Eventually.
I have always found the rain very calming.

Let the rain wash away, all the pain of yesterday.

Let's get lost in a world made of books, coffee and rainy days.

Without rain nothing grows, learn to embrace the storms of your life.

Some people walk in the rain, others just get wet.

D.logithasri
8th
Amrita vidyalayam
Rameswaram
Immunity boosting drink:

IMMUNITY BOOSTING PROTEIN POWDER:

- Ingredients of Immunity Booster Protein Powder

1. Cashew Nuts – 50 Grams
2. Almonds – 50 Grams
3. Walnuts – 1/4 cup
4. Soya Bean – 50 Grams
5. Peanuts – 100 Grams
6. Pumpkin Seeds – 2 tbsp
7. Lotus seeds – 1/2 cup
8. Oats – 1/2 cup
9. Milk Powder – 1/2 cup
10. Cardamom Powder – 1/2 tsp
11. Milk
**Instruction:**

1. To make Perfect Immunity Booster Protein Powder, first take 50 grams of almond, 50 grams of cashew nuts.

2. Now, place a pan on flame, add almonds and cashew nuts to it, and dry roast a little on low flame.

3. Now add 1/4 cup of walnuts and dry roast for one minute.

4. After one minute, turn off the flame and transfer it to a plate.

5. Now, place the pan on flame and add 50 grams of soya beans and dry roast.

6. After roasting it turn off the flame and transfer it to a plate.

7. Now, again, place the pan on low flame and 100 grams of peanuts and dry roast well until crisp.

8. Now, turn off the flame and transfer it to the plate.
9. Now again, place the pan on flame and add 2 tbsp of pumpkin seeds, 1/2 cup of lotus seeds, 1/2 cup of oats and dry roast everything on medium flame.

10. Now turn off the flame and transfer everything to a plate and let everything cool.

11. Now, take a zip lock packet and add Cashew nuts, Almonds, Walnuts and peanuts into it.

12. Now crush them lightly with the help of a roller pin.

13. Now, take a grinding jar and add Lotus seeds, oats, pumpkin seeds and soya bean to it and grind on pulse everything well and make a fine powder.

14. Now, take a bowl and place a strainer on it and sieve the Powder with it.

15. Now again, take the grinder and add crushed Cashew nuts, almonds, walnuts, and peanuts.

16. Now grind everything well on the pulse and make a fine powder.

17. Now again, sieve it with a strainer in the same bowl.
18. Now mix both Powders we’ll with the help of a spoon.

19. Now, into a bowl, add 1/2 cup of milk powder and mix everything well.

20. Now, to make it more flavourful, add 1/2 tsp of Cardamom powder and mix well.

21. Now your Healthy Immunity Booster Protein Powder is ready.

22. To make Immunity Booster Protein milk, first place a pan and heat well.

23. Now add 2 tbsp of Immunity booster powder into the pan, mix well, and turn off the flame.

24. Now transfer Protein milk into a glass, and you can enjoy it.

❖ Benefits of protein drink:

1. Weight Loss
Protein is the main nutrient that stimulates the growth of new muscle tissue and also helps to protect your hard-earned muscle mass during weight loss. However, the power of protein doesn’t stop there, as research shows that protein intake before
you hit the hay can boost metabolism (the process of converting food into energy) and help keep hunger pangs at bay.

2. Muscle Growth
This gives you a clear opportunity to stimulate muscle growth as you sleep by slurping down protein shakes before bed.

3. Sleep
Sleep is generally recognised as an important recovery tool and a constant lack of sleep may result in changes to performance, immunity and protein absorption.

B. SURYA
10th STD,
KV Mandapam
Motivational Stories:

Diligence:

The Diligent Girl and The Lazy Girl Full Moral Story. Long ago an old man lived with his second wife. Both had a girl from their first marriage. The old man’s wife tells her daughter not to do anything and allows her to rest throughout the day. Because of this she had become very lazy. Her daughter always praised herself.

She used to bother her step daughter a lot. She always told her do the housework all day long. Sometimes the girl would be asked to do one thing over and over again. Her step daughter was very good who worked without complaining.

One day she reached out to talk to her father and said to him, “Father, I think now I should go out and earn some money so that we can manage the house more thoroughly. It will also bring money for your treatment and our house will also get better.”
Yes, my sweet heart, you are right. Anyway, you keep on working all day. It would be better if you work for someone else, you will get some money.” Dad told his daughter.

While the two were talking among themselves, her step mother was also standing there listening to them. Hearing this, she started thinking that her step-daughter would bring money in the house and she would fulfil her wishes by taking it.

The next day she was about to leave her house for someone’s house where she could work. As she was leaving the house, her father said to her, “Daughter go well wherever you are going. Do help of any needy and help the destitute. Always be honest to others.” Hearing this from father, that girl went out in search of work.

She kept on walking for several days but could not find anyone where she could work. But a few days later she saw a pear tree which had completely dried up. The pear tree begged the girl, “Hey girl, will you do one thing for me? In return I will do a noble thing for you.”

“Tell me what to do sir?” The girl asked.

The tree said to the girl, “Can you break my dry twigs? If you do that, I will get rid of them and new leaves will come on me.”

Yes, I can do it.” Saying this, the girl broke all the dry twigs of the tree and dropped it down. After this happened, the tree said to him, “You must be very tired. Thank you very much.”

The girl said, “Never mind you needed help and I should have helped.” Then she moved forward.

After walking for some time, she saw a grapevine creeper. There was some problem in the roots of that creeper. The grapevine said to the girl, “Oh girl, will you do one thing for me? In return I will do a noble thing for you. Can you dig the soil near my roots so that I can recover well?”

“Yes, why not, I can do it for you.” After this, the girl picked up a nearby hoe and started digging the soil of that place. Her hands were swollen and her hands were
dirty while digging the soil. The work was completed the grape vine told her, “Thank you very much but your hands are swollen and dirty.”

“Never mind it will be alright. You needed help and I should have helped.” After saying this she moved forward.

While walking, she saw an oven whose condition was very bad. On seeing him, it was understandable that no work has been done on him for several days. As soon as oven saw the girl, he said to her, “Oh girl, can you fix me? In return I will do a noble thing for you.”

“Yes, I can fix you well.” Having said this, the girl mixed the mud lying nearby with her feet. Then the girl healed the oven with that mud. After the oven was cured, he told the girl, “Thank you very much but your hands and feet have become very dirty.”

“You don’t worry about it; it will be washed away. You needed help and I should have helped.” After saying this she moved forward again.

While walking ahead, she found a well. The well said to her, “Can you clean me out of the stale water inside me? In return I will do a noble thing for you. No one comes to me and drinks my water because my water is rancid.”

“Yes, I can.” Saying this, the girl took out all the stale water from the well and washed it thoroughly and cleaned it. After this, the well thanked her.

Never mind you needed help and I should have helped.” The girl told the well.

Now she happily moved forward. After walking for some time, she found a dirty dog. The dirty dog looked at the girl and said, “Oh girl, can you give me a bath?” There is too much dust and dirt on me. In return I will do a noble thing for you.

“Yes, I can do it.” Saying this, the girl took the dog to the river. Bathed it well. The dog looked very nice after bathing. The girl also took a good bath and cleaned herself. After this, the dog said to her, “Thank you very much.”

“Never mind you needed help and I should have helped.” The girl said.

She moved forward again. Moving on, she saw a large palace. She thought that she would go inside the palace and ask for work.
There were 7 fairies inside. Those seven said to her, “You have to clean the house properly. There is total 7 rooms out of which you have to clean only 6 rooms. Do not open the seventh room.”

“Yes, I will do as you say.” The girl told to them.

After that, the girl started cleaning the palace very well and cleaning the remaining 6 rooms very well. She never looked towards the seventh room.

2 months passed while working. After 2 months the girl got a lot of money. The fairies asked her, why didn’t you try to go to the seventh room? “

“Because my father told me that it’s important to be honest about my work and about others. That’s why I never thought about it.”

The fairies were overjoyed to hear this girl. Then the fairies took her to the seventh room. As soon as she opened the seventh room there were lots of gold and silver coins. They told the girl, “You roll here. The more coin you can stick in your body, the more you can take with you.”

That girl did the same. She started to roll over those coins and a lot of coins were stuck on her body. She returned to her home with her money and those coins.

On the way, she found that dog with many pearls on his body. The dog said to her, “Oh girl, you had helped me and I give you all these pearls.”

She moved forward with those pearls. She got that well next. The well told the girl, “Oh girl, you cleaned me. Come to me, drink my water.”

She drank the water of the well and went ahead. Then she got that oven. The oven said to her, “Come to me and you can eat whatever is kept here. The girl picked up the cake from there and ate it with pleasure and proceeded.

Next, she got the grapevine, he said to her, “Oh girl, come to me and drink my wine.” The girl drank a lot of wine and took a little for her house. After this, she moved forward and went ahead. In the way she found that pear tree. The tree said to her,
“Oh girl come to me and eat my fruit.” She ate that fruit and started walking forward. A few days later she reached her home.

As soon as she reached home, she saw that her father was even better than before. Her step mother was stunned to see her. She had a lot of money. The stepmother immediately went to her daughter and said, “You too should work for a rich person and earn a lot of money.” Saying this, she also sent her daughter out of the house.

She also met all those who had met her step-sister. But she refused to assist them and went ahead. She also reached the fairy’s house. She was given the task of cleaning the entire house and 6 rooms there. The girl was forbidden not to enter the seventh room, but she opened the seventh door.

There were frogs and lots of bees inside the room. The bee and the frog attacked directly over her, causing many wounds to the girl’s body. She started going back to her house with her wounds.

On the way, she found a dog with pearls. The dog refused to give the pearls. She then went further to where she found a well. The well also refused to give her water. After that, she saw oven. But oven also refused to give her anything. She then went ahead.

She got that grapevine. The grapevine also refused to give her wine. Then she went to the pear tree. Pears also refused to give her the fruit.

**In this way she reached her house in bad condition.**

D. logitha sree
8th
Amrita vidyalayam
Rameswaram