



# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students ....

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ் லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் – 6

பிப்ரவரி 2021



# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## Foreword

Dear Readers,

### Namaskaram

Sixth edition of the students 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 Childhood and Renewal Energy. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Agni Teertham and Thillai Bhavana continues her series of Indian Environment Activists and this time she covers Saalu known as Thimmakka and Logesh does Sirasasanam for Yogasana Series and Seithanya continuing her Bharatha Natya Mudra Series and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by Swami Vivekananda. 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)**





## SQUIRREL GREEN RAMESWARAM NEWSLETTER



### Childhood days



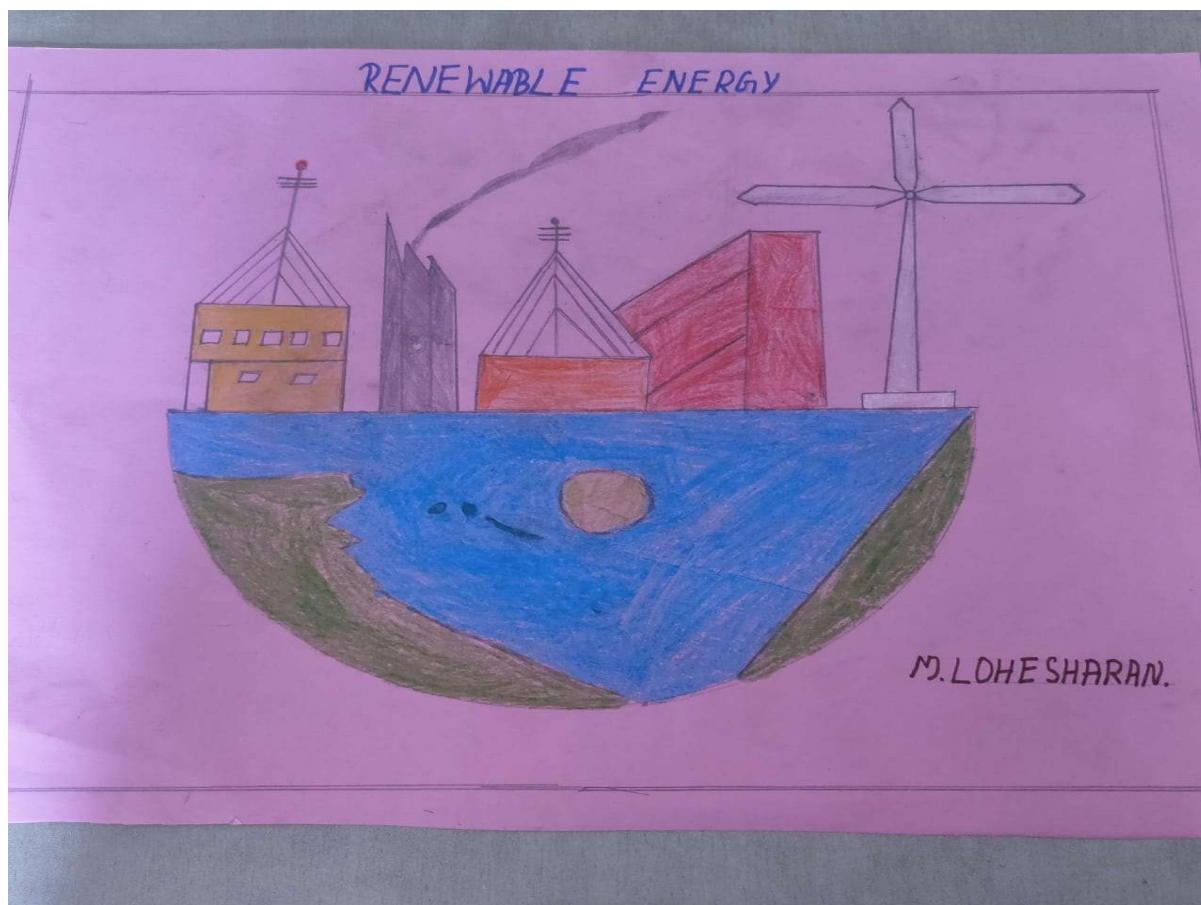
D.Logitha Sree, VII std, Amrita  
Vidyalayam





# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## Renewable Energy



By

**Logesharan M**

**VI , Rameswaram**





## SQUIRREL GREEN RAMESWARAM NEWSLETTER

### POEMS

#### Poem on childhood days



✧ childhood are the best days, and everyone enjoys it in their own ways.

✧ childhood is the best part of life, and in childhood we have to stay away from knife.

✧ When childhood we are totally free, and when we become an adult we are as busy as a bee.

✧ children's also play with the birds like dove, and in childhood we get the most love.

✧ No one can forget their childhood, and we all know that it is very good.

✧ All of our childhood our best, and in childhood the most we can rest.

D.Logitha Sree, VII std, Amrita  
Vidyalayam



#### RENEWABLE ENERGY.

Trickle trickle down the stream. Flowing freely blowin' off steam

Crackle crackle my coals they poke burning brightly blowin' off

Smoke

Whistle whistle they say i'm green rustling leaves blowin' off clean... Air

I naturally flow



## SQUIRREL GREEN RAMESWARAM NEWSLETTER

The energy you know

I cleanly blow

I'm not that dirty

We're extra clean. You pollute our air

You take up land. You block the water .

ENERGY MATERS

We are power

We are heat

We are light

My name is hydropower i give you all light

I never stop running a clean

feature is in sight

My name is Coal you 're all familer

With me .

I am that big black

smoke stack .

you always see

My ne is wind power you can't miss me .

I take earth's wind and give you electricity

Pike me wind and water

What about me.



By

**Logesharan M**

**VI , Rameswaram**



## SQUIRREL GREEN RAMESWARAM NEWSLETTER

### Poem:

#### Renewable Energy

"The nation that leads in renewable energy will be the nation that leads the world".

Go Green

Stay Clean

Defeat the fossil machine

Go Pure

Be Sure

Use a renewable source Re-cycle, reuse

Refuse to sit back

Take control of your energy

It's easy to track.



"Energy conserved is life preserved.

#SaveEnergy#SaveFuture.

**V. Jyothika**

**10th std**

**KV Mandapam**





### Self Assessment



In social psychology, self-assessment is the process of looking at oneself in order to assess aspects that are important to one's identity. It is one of the motives that drive self-evaluation, along with self-verification and self-enhancement. Sedikides (1993) suggests that the self-assessment motive will prompt people to seek information to confirm their uncertain self-concept rather than their certain self-

concept and at the same time people use self-assessment to enhance their certainty of their own self-knowledge.[1][2] However, the self-assessment motive could be seen as quite different from the other two self-evaluation motives. Unlike the other two motives, through self-assessment people are interested in the accuracy of their current self view, rather than improving their self-view. This makes self-assessment the only self-evaluative motive that may cause a person's self-esteem to be damaged.

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



### Stories section

**"The struggle you're in today is developing the strength you need for tomorrow."**

It is an inspirational real life of of laxmi agarwal :

#### **Story:**

Laxmi Agarwal was a minor when she was attacked by three men in New Delhi. She had rejected the advances of a 32-year-old man and hence he did this with his friends. Since the horrific incident, Laxmi went through multiple surgeries and even underwent mental stress due to the societal stigma around acid attack victims.

While talking about her recovery in an interview, Laxmi Agarwal has said that her hospital ward would not even have a mirror. She would get a glimpse of her bandaged face in the water that the nurse would get for her. She also recalled the first time she saw her own face and how that left her devastated and hopeless. However, this was not the end of Laxmi Agarwal. She founded Stop Sale Acid, a social initiative against the misuse of acid. The campaign gained nationwide support from all corners. In 2013, the Supreme Court of India ruled in her favour and issued a set of restrictions on the sale of acid in the country.





## SQUIRREL GREEN RAMESWARAM NEWSLETTER

Since then, Laxmi Agarwal has always been a spokesperson to eradicate the stigma related to acid attacks and also empower women who are going



through the same struggle that she went through. Laxmi has received various awards for her campaign. She was also awarded the International Women Of Courage Award in 2014 by the then-First Lady of USA Michelle Obama.

**Moral:** Be confident and move on the way to success and don't be hopeless

**B.SURYA**

**10<sup>TH</sup> std,**

**KV Mandapam**



### Obstacles



In ancient times, a king had his men place a boulder on a roadway. He then hid in the bushes, and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers passed by and simply walked around it.

Many people blamed the King for not keeping the roads clear, but none of them did anything about getting the

stone removed.

One day, a peasant came along carrying vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the way. After much pushing and straining, he finally managed.

After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and note from the King explain that the gold was for the person who removed the boulder from the road.

**Moral of the story:** Every obstacle that we come across gives us an opportunity to improve our circumstances, and while the lazy complain, others are creating opportunities through their kind hearts, generosity, and willingness to get things done.

**K.Thillai Bavana**

**IX,**

**KV Mandapam**





### Self appraisal short story

A little boy walked into the pharmacy to use the phone. At he did, the store-owner observed and listened to the conversation. Excuse me the boy said, into the phone can you give me a job



cutting your lawn? I already have someone to cut my lawn the woman on the other said. But I will cut your lawn for half the price of the person who cuts your lawn now the boy said. I am very satisfied with the person who is presently cutting my lawn the woman said. But I will even sweep your curb and sidewalk the boy said. You will have the prettiest lawn in town. No, thank you the lady said. smiling the boy hung up. The store

owner, who listened to the entire conversation approached the boy. I like your attitude the owner said. I like that positive spirit. Would you like a job here? No, thank you the boy said. But you were just pleading for one the owner said. No, sir the boy said. I was just checking my performance at the job I already have. I am the one who is working for that lady I was talking to! This is what self appraisal means. Every time we think of comparing ourselves to others we should compare ourselves to our own self instead. Only then can we grow as people!

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



### CONTROL YOUR ANGER

Rick was a nice, young boy who had a very bad habit of getting angry at every little thing. He would easily get angry at anyone and would even use foul language sometimes. His parents and teachers often lectured him to control his anger and improving his behavior. "Stop irritating me!" Rick would say.

Rick had a soft corner for paintings. So, on his seventh birthday, his mom gifted him a canvas and a palette of colors. "What's this for?" Rick asked. His mom replied, "It's to help you express your anger! Whatever you feel angry about, you can paint it on the canvas to get rid of that frustration."

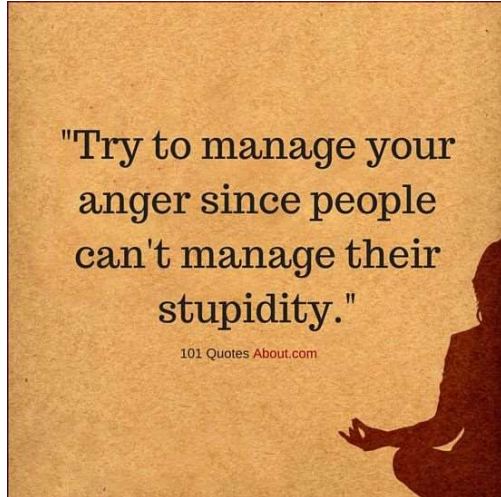
Rick painted a building falling down and said, "It's what I want to do to my school. I hate everyone there. The kids keep bullying and criticizing me. I feel so angry at them." "Oh, Rick! Do it again! Paint whatever you feel inside and whatever you think you want to do." Rick took another sheet and started painting. From that day, whatever made Rick angry had to be painted on a sheet.

By the weekend, Rick had painted several disturbing paintings. His mom went to his room and found some of the paintings on the wall. She collected some and took Rick to the garden



## SQUIRREL GREEN RAMESWARAM NEWSLETTER

with his paintings. "Tell me, Rick, what are these paintings about?" asked his mother. "It's about those kids that always act so smart. They flash their expensive clothes and phones and make me look like a loser. The next is the teacher who keeps saying that I don't perform well enough. The third painting is about the dad who always keeps reminding me of how well he used to do when he was my age," said Rick.



"Hmm... Now think and tell me what is the one thing common in all of them?" his mother asked. "I'm angry at all of them," replied Rick. "Exactly! You reacted to each person who said something bad about you or criticized you. Your anger was in their power not to yours," exclaimed his mom. "You're right! In fact, while painting this, I threw the colors on my paintings imagining that I was throwing something at them. I never tried to understand them and was getting angry all along without any reason," said Rick.

Rick's mom told Rick, "Each bad word that you said to them left a hole in their heart. Those kids did well for themselves, not to put you down. Your teachers

tell you to improve because they know your potential and dad compares himself with you only to inspire you, to tell you that if he was able to do it, so can you!" "You're right, mom! But anger overpowers me and I'm not able to think properly!"

His mother told him that whenever he gets angry, he could take a deep breath and count to twenty before he reacts. She also told him to think happy thoughts and divert himself from that situation. By this, slowly and steadily, he would be able to control his anger. Rick thanked his mom and promised to try this and kept on painting.

After a long time, he hugged his mom and felt good. With time, Rick's behavior changed. He was a much happier kid than before and started treating everyone with love. His paintings, too, had changed as they were less about anger and more about happiness and love. All of this was possible as he had learned the art of having control over his anger.

**Moral: CONTROLLING ANGER CAN BE SIMPLE IF YOU ARE COMMITTED TO CONTROLLING IT**  
**CONTROL YOUR ANGER**

**V. Jyothika**

**10th std**

**KV Mandapam**



### **YOUR THOUGHT'S ARE THE SEEDS THAT YOU PLAN**

A teacher and his student were walking from one village to another, when they suddenly heard a roar behind them. Turning their gaze in the direction of the roar, they saw a big tiger following them.





## SQUIRREL GREEN RAMESWARAM NEWSLETTER

The first thing the student wanted to do was to run away, but since he has been studying and practicing self-discipline, he was able to stop himself from running, and wait to see what his teacher would do.

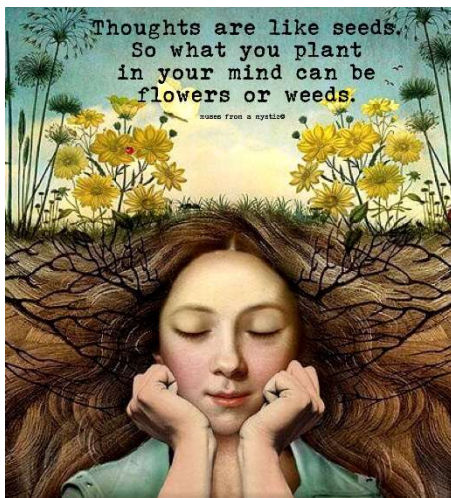
“What shall we do Master?” Asked the student.

The teacher looked at the student and answered in a calm voice:

“There are several options. We can fill our minds with paralyzing fear so that we cannot move, and let the tiger do with us whatever pleases it. We can let ourselves faint. We can also run away, but then it will run after us.

We can fight it, but physically, the tiger is stronger than us.

We can pray to god to save us. This is another option. We can also send the tiger our love.



There another thing we can do. We can choose to influence the tiger with the power of our mind. However, this requires strong concentration.

We can focus and meditate on the inner power that are within us, and on the fact that we are one with the entire universe, including the tiger, and in this way influence its soul.”

“Which option do you choose?” Asked the student. You are the Master. You tell me what to do. We don’t have much time.”

The master turned his gaze fearlessly toward the tiger, emptied his mind from all thoughts, and entered a deep state of meditation. In his consciousness, he embraced everything in the universe, including the tiger. In this state the consciousness, the teacher became one with consciousness of the tiger.

Meanwhile the student started to shiver with fear, as the tiger was already quite close, ready to make a leap at them. He was amazed at how his teacher could stay so calm and detached in the face of danger.

Meanwhile, the teacher continued to meditate without fear. After a little while the tiger gradually lowered its head and tail, turned around, and went away.

The student was astonished and asked his teacher, “What did you do?”

“Nothing. I just cleared all thoughts from my mind and united myself in spirit with the tiger. We became united in peace on the spiritual level. The tiger sensed the inner calmness, peace, and unity, and felt no threat or need to display violence.”



“When the mind is silent and calm, its peace is automatically transmitted to everything and everyone around, influencing them deeply,” concluded the teacher.

**B.SURYA**  
**10<sup>TH</sup> std,**  
**KV Mandapam**



# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## Promoting Heritage Tourism Series - Rameswaram

### AGNI TEERTHAM

Rameswaram is the home of many prominent Teerthams and temples.

Agni Teertham is one of the Tirthas of Rameswaram, Tamil Nadu, India. The beach east of Ramanathaswamy Temple is known by this name. This Tirtham is one of the most visited Tirthams of Rameswaram for a holy bath.

#### Faiths & Beliefs:

The faith among pilgrims is that child-less couples bathing in this Tirtham and offering prayers to Lord Shiva at the temple would be blessed with children.

It is believed that, by took bath in this sea will vanish ones sins, and make them pure again, and mixing the



ashes of the dead person in this sea (Agni Theertham) will brings peace to the soul of the dead.

#### Auspicious Days for Bath:

All the days in the year are considered as good days for taking a sacred bath in this theertha. But the amavasya (No moon day) and poornima (Full moon day) are considered as auspicious days. Particularly on tamil months Aadi (comes between mid of July to mid of August), Thai (comes between mid of January to mid of February), purattasi (comes between mid of September to mid of October) amavasya days were considered most auspicious and special days for theertha snana (sacred bath) in Rameswaram.

#### Mythical story behind the Agni Theertham:

The Word Agni in Sanskrit means fire and it also refers to the god of fire, and theertham means sacred water. One may wonder that why this sea is called by the name of fire.

After the rescuing his wife sita from the demon king Ravana, (To know about full story read this link [ji](#) here you have to attach the mythical story link) Lord Rama told her in a suspicion tone.

“Sita I’ve rescued you from my enemy Ravan, and I’ve done my duty and satisfied the demands of honour, you may have been touched by the Ravana, How can I know that you are pure” and he distrust her purity.

Sita got angry over Rama because of his suspicion and told to the Rama’s brother Lakshman that “Lakshman !, put a funeral pyre! I intend to enter into the flames”, Lakshman put a





## SQUIRREL GREEN RAMESWARAM NEWSLETTER

pyre in order to respect the words of his brother's wife, Rama neither stop her nor he said anything to her. Sita enters into the flames of fire.

She prays to the lord of fire, "Protect me Agni for you know that I'm pure of heart and body".

Truth in her words, deed, action and the prayer, the fire around her doesn't hurt her. instead of burning her into ashes it made the fire god Agni to appear.

The fire god Agni appeared before Rama and said "Ram sita is pure, Chaste and Sinless, you took her to your abode Ayodhya with you and rule the country with her".

Because of touching a chaste, pure and sinless women fire god Agni got a sin, He prays to Lord Shiva and took a bath in the sea in Rameswaram to vanquish his sin. The place he diminishes his sin by took a bath is called as Agni theertham.

### Connectivity

#### From Bus stand:

By taking Buses 1A, 1B, 2 from Rameswaram Bus stand one can reach Agni theertham (Last stop).

#### From Railway Station:

Buses are not frequent from railway station, one can take auto rickshaw or horse cart from railway station. (OR) One can walk upto the place named 6-line (300 meters from railway station) and took Dhanushkodi -Temple bus to reach Agni theertham. (Bus no 3, 7)

#### From Parking Area:

From Government parking Area, walking straight towards the east direction will leads you to Agni theertham.

**V. Jyothika**

**10th std**

**KV, Mandapam**

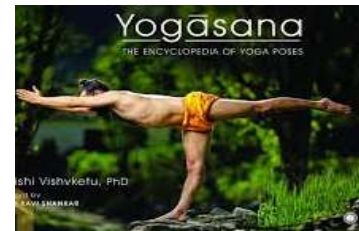




## SQUIRREL GREEN RAMESWARAM NEWSLETTER

### Yogasana Series 6

This month Yoga Sirasasana by Logesh.



- \*Improves brain functions
- \*Nourishes the face
- \*Improves digestion
- \*Relieves stress
- \*Improve lungs function
- \*Strengthens muscles



By

**Logesharan M  
VI, Rameswaram**



## SQUIRREL GREEN RAMESWARAM NEWSLETTER

### Indian Environmentalist Series -6

Saalu is an Indian environmentalist from the state of Karnataka, noted for her work in planting and tending to 385 banyan trees along a four-kilometre stretch of highway between Hulikal and Kudur. She has also planted nearly 8000 other trees. With the support of her husband, she found solace in planting trees. She received no formal education and worked as a casual labourer in a nearby quarry. Her work has been honoured with the National Citizen's Award of India. Her work was recognized by the Government of India and she was conferred with Padma Shri in 2019.



A U.S. environmental organisation based in Los Angeles and Oakland, California called Thimmakka's Resources for Environmental Education is named after her. Central University of Karnataka has announced an honorary doctorate for Thimmakka in the year 2020. For her achievement, Thimmakka has been conferred with the following awards and citations:

Padma Shri award - 2019  
Nadoja Award By Hampi University- 2010  
National Citizen's award - 1995  
Indira Priyadarshini Vrikshamitra Awards - 1997  
Veerachakra Prashasthi Award - 1997  
Honour Certificate from the Women and Child Welfare Department, Government of Karnataka  
Certificate of Appreciation from the Indian Institute of Wood Science and Technology, Bangalore.  
Karnataka Kalpavalli Award - 2000  
Godfrey Phillips Bravery Award - 2006.  
Vishalakshi Award by Art of Living Organisation  
Vishwathma Award by Hoovinahole Foundation - 2015  
One of BBC's 100 Women in 2016  
Honoured with She's Divine Award by I and You Being Together Foundation 2017  
Parisara Rathana award  
Green champion award  
Vrikshamatha award



Today, Thimmakka is invited to many afforestation programs in India. She has also been involved in other social activity like constructing a tank to store rainwater for the annual fair held in her village. She also has a dream of constructing a hospital in her village in remembrance of her husband and a trust has been set up for this purpose. In 1999, a documentary titled Thimmakka Mathu 284 Makkalu was made on her work and it featured in the 2000 International Film Festival of India. She underwent a hip surgery in December 2020 and was announced to be successful.

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





## Bharathanatyam Mudras Series 3



### MUDRAS

### Ardha - pataka



### use of ardha - pataka

it is the buddhist mudra ardha pataka meaning half flag.mudra in sanskrit 'seal' 'mark' are 'gesture'. ... . they are spiritual gestures whinh are meant to channel prana - the inner physical and physic energy - for specific purposes and effect .

## thank you

done by c . seithanya  
Barathvaj

**Chaitanya B**

**VII Std**

**Kendriya Vidyalaya**

**Rameswaram**





# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## Immunity Building Health Food Series – 2

### Vitamin C Booster Smoothie

Its a delicious and refreshing smoothie packed with Vitamin C!

#### ☼ ITS BENEFITS:

Oranges and carrots are both know for being a great natural source of Vitamin C and anti-oxidants. I am not saying that this smoothie will prevent a cold of a flu or it will stop it, but for us it definitely helped in easing the effects and shortened it.

#### ☼ BENEFICIAL TO HEALTH:



Helps the body make collagen, an important protein used to make skin, cartilage, tendons, ligaments and blood vessels. Needed for healing wounds and for repairing and maintaining bones and teeth. Helps prevent iron deficiency. Powerful antioxidant that helps to keep dangerous free radicals in check.

#### ☼ Ingredients:

#1/2 orange peeled and de-segmented

#2 regular carrots washed and peeled and chopped, or 1

regular and 4 baby carrots

#1 cup water

#1 apple cored and chopped

#1 cup ice optional

#### ☼ Instructions:

#Place all ingredients in a blender.

#Blend until smooth.

#Enjoy immediately and it will boost your immune system



**B.SURYA**

**10<sup>TH</sup> std,**

**KV Mandapam**





# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## Quotations Corner

### Famous quotes about swami vivekananda

✴️ Take risks in your life, if you win, you can lead! if you loose, you can guide!



✴️ strength is life; weakness is death.

✴️ Experience is the only teacher we have. we may Balkans reason all our lives, but we shall not understand a word of truth.

✴️ If you think yourself strong, strong you will be.

✴️ Take up one idea, make that one idea your life. Think of it, dream of it, live on that idea let the brain, muscles, nerves every part of that idea and just leave every other idea alone this is

the way to success.

✴️ Be a hero. Always say, I have no fear.

✴️ Never think yourself weak.

✴️ Have faith enough and you will be free in a minute.

✴️ Doing good to others is the one great universal religion.

✴️ character makes a gentleman.

✴️ He who struggles is better than he who never attempts.

✴️ Neither seek nor avoid take what comes.

✴️ All power is within you; you can do anything.

✴️ Believe in yourself.

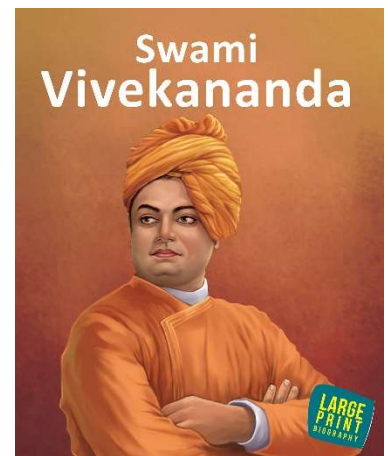
✴️ You cannot Believe in God until you Believe in yourself.

✴️ Believe others is easy but Believe in yourself that's the real challenge.

✴️ Don't overthing overthing leads to negative thoughts.

✴️ You are the creator of your own destiny. ✴️ Believe in yourself and the world will be at your feet.

✴️ Arise, awake, and stop not until the goal is achieved.



By

D.Logitha Sree, VII std, Amrita  
Vidyalayam

