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

நாணயர்காப்பன்

நாணயர்காப்பன்

இதழ் – 11

July 2021
Foreword

Dear Readers,

Namaskaram

Eleventh 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 poems on the theme of Environment. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Sri Rama Theertham and Thillai Bhavana continues her series of Environment Activists and this time she covers Shivaram Karanth and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by Environment Day. 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:

Drawing 1:

K. Sharvesh
X - STD
Vivekananda Vidyalaya
Drawing 2:

K.Tiyara Roshny
Class-8th
Holy Cross girls Hr.Sec. School
Drawing 3:

Ebbiraeem
X1-Std
Raja school
Environmental Poem:

பதினா
பாண்டுவன் மூக்கிலும் - நிலை உண்டு
தொண்டு செழு செழு காரண்டில்
மூக்கில் கும்னால்
- நிலை உண்டு

சன்னநதி வல்ல ஹைவூர் நட்டூரில் நிலை உண்டு
செழுத்து செழுத்து பெருமை
அல்லது நிலை செழுத்து பெருமை செழுத்து
செழுத்து இறை செழுத்து

சின்ன அன்ன
மூக்கி பெருமை
மொழியானே
அல்லது செழுத்து பெருமை

செழுத்து இறைவு இறை
செழுத்து இறை செழுத்து

M. Sudharsan nambu
6th STD
Amirtha vidyalayam
Shivaram Karanth was born on 10 October 1902, in Kota near Kundapura in the Udupi district of Karnataka to a Kannada-speaking family. The fifth child of his parents Shesha Karantha and Lakshmamma, he completed his primary education in Kundapura and Mangalore. Shivaram Karanth was influenced by Gandhi’s principles and took part in Indian Independence movement when he was in college. His participation in the Non-cooperation movement did not allow him to complete his college education which he quit in February 1922. He canvassed for khadi and swadeshi in Karnataka led by Indian National Congress leader Karnad Sadashiva Rao, for five years till 1927. By that time, Karanth had already started writing fiction novels and plays. Karanth began writing in 1924 and soon published his first book, Rashtrageetha Sudhakara, a collection of poems. His first novel was Vichitrakoota. Subsequent works like Nirbhagya Janma ("Unfortunate Birth”) and Sooleya Samsara ("Family of a Prostitute") mirrored the pathetic conditions of the poor. His magnum opus Devaddhoutaru, a satire on contemporary India, was published in 1928.

Karanth was an intellectual and environmentalist who made notable contribution to the art and culture of Karnataka. He is considered one of the most influential novelists in the Kannada language. His novels Marali Mannige, Bettada Jeeva, Alida Mele, Mookajjiya Kanasugalu, Mai Managala Suliyalli, Ade OOru Ade Mara, Shaneeshwarana Neralinalli, Kudiyara Koosu, Svapnada Hole, Sarsammana Samadhi, and Chomana Dudi are widely read. He was involved in experiments in the technique of printing for some years in the 1930s and 1940s and printed his own novels, but incurred financial losses. He was also a painter and was deeply concerned with the issue of nuclear energy and its impact on the environment. At the age of 90, he wrote a book on birds (published during 2002 by Manohara Grantha Mala, Dharwad).

He wrote, apart from his forty-seven novels, thirty-one plays, four short story collections, six books of essays and sketches, thirteen books on art, two volumes of poems, nine encyclopedias, and over one hundred articles on various issues.

K.ThillaiBavana
IX,
KV Mandapam
Rameswaram Tourism:

Sri Rama Theertham:

The Rama Theertham is situated on an island and is believed to be the most blessed place for pilgrim in South India.

Rama Theertham is a place of sightseeing around Rameshwaram. It is located close to two other temples and quite close to Lakshman Theertham and Sita Theertham. One can also see a piece of floating stone near the temple. There is a Shiva temple nearby.
It is believed that Lord Rama took a bath in this theertham. There is a Rama temple situated in front of the Ramar theertham, here Lord Ram blesses his devotees with Sita, Laksman and Hanuman. People those who are affected by naga dhosham (A problem in Horoscope) performs rituals in the Agni theerham and after that they installs Naga (Snake god) Statues around the Ram temple near Ramar theertham.

Just like the Seetha Theeratham Rama Theertham is known for its significance of Dharmarajan getting rid of his sin saying a lie.

- 1KM distance from Rameswaram Temple.
- Rama Theertham, Lakshman Theertham, Sita Theertham and Five face Hanuman Temple are Located nearby each other.

How to reach Ramar Theertham?

- By means of Government Buses towards Bus stand (Bus frequency: One bus for every 10 minutes). Stop Ramar Theertham stop.

- By Private vehicles, Taxies.

- It is accessible by Auto or car.

V. Jyothika
10th STD
KV, Mandapam
Environment quotes

- Let's nurture the nature so that we can have a better future.
- Earth is our mother. In spite of our desire to harm our mother, she will always love us forever.
- Wasting time is useless cleaning the environment is the best.
- We won't have a society if we rectory the environment.
- By polluting clear water with smile you will never find good drinking water.
- Conservation is a state of harmony between men and land.
- I can find god in nature, in animals, in birds, and the environment.
- Environment is everything that isn't me.
- Love green safe your environment.
- Everyday is the environment day, so save your day by saving your environment.

D. Logitha Sri  
8th STD  
Amrita Vidyalayam  
Rameswaram
Immunity boosting drink:

"Kabasura Kudineer"

Kabasura Kudineer Chooranam is a traditional formulation used by Siddha practitioners for effectively managing common respiratory ailments such as the flu and cold. Kabasura kudineer or choornam possesses strong anti-inflammatory, analgesic, anti-viral, anti-bacterial, anti-fungal, antioxidant, hepato-protective, anti-pyretic, anti-asthmatic and immunomodulatory properties. Kabasura Kudineer is a well known Siddha medicine that consists of a whopping 15 herbal ingredients, each of them having unique characteristic features of its own. Siddha practitioners vouch by this herbal concoction in relieving symptoms associated with respiratory health including severe phlegm, dry and wet cough and fever. Several studies have disclosed that kabasura kudineer due to its anti-inflammatory properties aids in reducing swelling in the air passages while antibacterial and antipyretic properties ease fever. But this Churnam is extensively aimed for boosting the lungs, improving respiratory mechanism and treating infectious conditions like cough, cold, fever and other respiratory infections. This Churnam became quite well-known during the times of flu owing to its therapeutic and curative qualities.

The Churnam though in powdered form is generally consumed after infusing it in water and making a decoction or kadha like consistency.

- Ingredients
- Ginger (Chukku)
- Piper longum (pippali)
- Clove (lavangam)
- Dusparsha (cirukancori ver)
- Akarakarabha
- Kokilaksha(mulli ver)
- Haritaki (kadukkaithol)
- Malabar nut (adathodai elai)
- Ajwain (Karpooarvalli)
- Kusta (kostam)
- Guduchi (seenthil thandu)
- Bharangi (Siruthekku)
• Kalamegha (siruthekku)
• Raja pata (Vattathiruppi)
• Musta (korai kizhangu)
• Neer (Water)

❖ Method:

Dry and grind the herbs into a coarse powder
Dry them under direct sunlight to remove the presence of any moisture particles.
Add water to the dried churnam and heat till the water reduces to ¼ to 1/8 of its initial volume.
Filter the aqueous decoction using a muslin cloth to remove the residue.
The filtrate liquid is stored and consumed within 3 hours owing to its shelf life.

❖ Benefits Of Ingredients:

This chooranam contains the following ingredients combined in equal proportions of 6.66% of each compound to make the formulation.

Ginger (Chukku) - It is known to promote digestion and is beneficial in treating asthma and other chronic respiratory ailments.
Piper longum (pippali) – It has the potential to treat indigestion, asthma and cough.
Clove (lavangam) – It has the power to kill the bacteria and promote liver health.
Dusparsha (cirukancori ver) - It is used to treat haemorrhoids.
Akarakarabha - It is used for healing mouth ulcers, sore throat, cough and ailments caused due to the worsening of vata dosha.
Kokilaksha (mulli ver) - A plant highly valued in ayurvedic medicine for treating jaundice, abdominal distention and urinary infections.

Haritaki (kadukkaithol) – Imbued with strong antioxidant and anti-inflammatory properties it facilitates to treat sore throat and allergies.

Malabar nut (adathodai elai) - It is used for treating upper respiratory infections and asthma.

Ajwain (Karpvooravalli) – It helps in relieving common cold and cough.

Kusta (kostam) - A popular herb used in treating gout and respiratory ailment.

Guduchi (seenthil thandu) - It possesses antipyretic and immunomodulatory effects.

Bharangi (Siruthekku) - A strong herb used widely for treating allergic rhinitis, asthma and other inflammatory conditions.

Kalamegha (siruthekku) – It is used for cleansing and purifying the blood and liver.

Raja pata (Vattathiruppi) - A potent herb used for curing fever and intestinal worms.

Musta (korai kizhangu) - This herb eases fever and burning sensation.
Indications:

"Kaba suram Kudineer" in Siddha means fever due to excess accumulation of Kapha, this choornam is effective in balancing the kapha dosha which is known to infect the respiratory system. The formulation is particularly significant in lessening the symptoms associated with respiratory ailments such as fever, cough, and cold, breathing difficulty and treating flu.

Kaba denotes Kapha dosha

Asura denotes the herb which aid in alleviating the ailments associated with Kapha disorder

Kudineer denotes concoction.
This formulation is generally made as a concoction and then administered. It is given for a period of 6-12 weeks based on the advice given by the physician.

❖ Dosage:

25-50ml of concoction twice daily or as directed by the physician.

Add 5-10 grams of choornam in 200ml water and boil it in low flame till the concoction is reduced to 50ml.

❖ Side Effects

There are no side effects upon taking this choornam, however, it is always best to seek the advice of an ayurvedic physician before taking it. This formulation is safe when taken together with homeopathic medicine. It also does not show any adverse effects when taken along with multivitamin and mineral supplements.

B.SURYA

10™ STD,
KV Mandapam
Motivational Stories:

INTELLIGENCE:

Once upon a time, an unjust king ruled a kingdom. This king was not concerned with the welfare of his people but only of his personal gain. His council of ministers was as corrupt as the king. They agreed with the king and let him rule unjustly.

Now, in the same kingdom, lived a merchant. He disliked the king due to his unjust behaviour and had gotten into trouble with the king due to open his mouth at the wrong time.

One day, during a discussion at the court the merchant stated, “If a man is intelligent, he can get under any circumstance.” They already disliked the merchant. So, he punished the merchant for his insolence and proud behavior by putting him and his family in a stable of horses. Furthermore, the king laid a condition that the merchant was not allowed to leave the premises for a month and he was to earn one thousand gold coins.
Now, the merchant had already planned what to do. So, he asked the king to let him take his weighing scale. The king allowed that. Once the merchant was inside the stables, he began weighing the horse’s manure. The men taking care of the stables thought the merchant had lost his mind.

Yet they inquired of his strange behaviour. “I was put here by the king to see if you all have been feeding the horses properly. If the manure weighs less, that means the horse hasn’t been fed properly. Then I will report to the king about the horses whose manure weighed less and of their caretakers,” the merchant told them. Now, these men taking care of the horses had been illegally selling the food they had been getting for the horses.

So, they pleaded with the merchant and asked him not to tell the king about it. In return for this, the men paid the merchant and fed the horses properly. When a month had passed, the king called upon the merchant. Upon seeing the thousand gold coins, the king became enraged. This time the king sent the merchant to a riverfront and asked him to earn two thousand gold coins in a month.

Again, he was allowed to take his weighing scale. This time, the intelligent merchant started weighing the water. Seeing the boatmen, taking passengers in their boats became surprised. “What are you doing?” some of them asked the merchant. “I am weighing the water. You see, the king has asked me to do so. After weighing water I will know which of you are taking more passengers than you’re allowed to. Then I will report that to the king.”

Now, all of the men were taking more passengers than they were allowed to. So, they asked the merchant not to report it to the king. And in return, they agreed to pay him some money. In this manner, the merchant made two thousand gold coins in no time!

When the month had passed, the king called the merchant. The merchant deposited two thousand gold coins in the treasury. This time, the king was forced to accept that the merchant had been right. He accepted that if a man was intelligent, he would get by under any circumstance.

Moral: INTELLIGENCE WILL ALWAYS FAVOR YOU, NO MATTER WHAT THE CIRCUMSTANCE.