



SQUIRREL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ்லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் - 10

June 2021



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Foreword

Dear Readers,

Namaskaram

Tenth 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 drawings on Environment Awareness. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Rameswaram Teerthams and Thillai Bhavana continues her series of Environment Activists and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on Environment. 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)

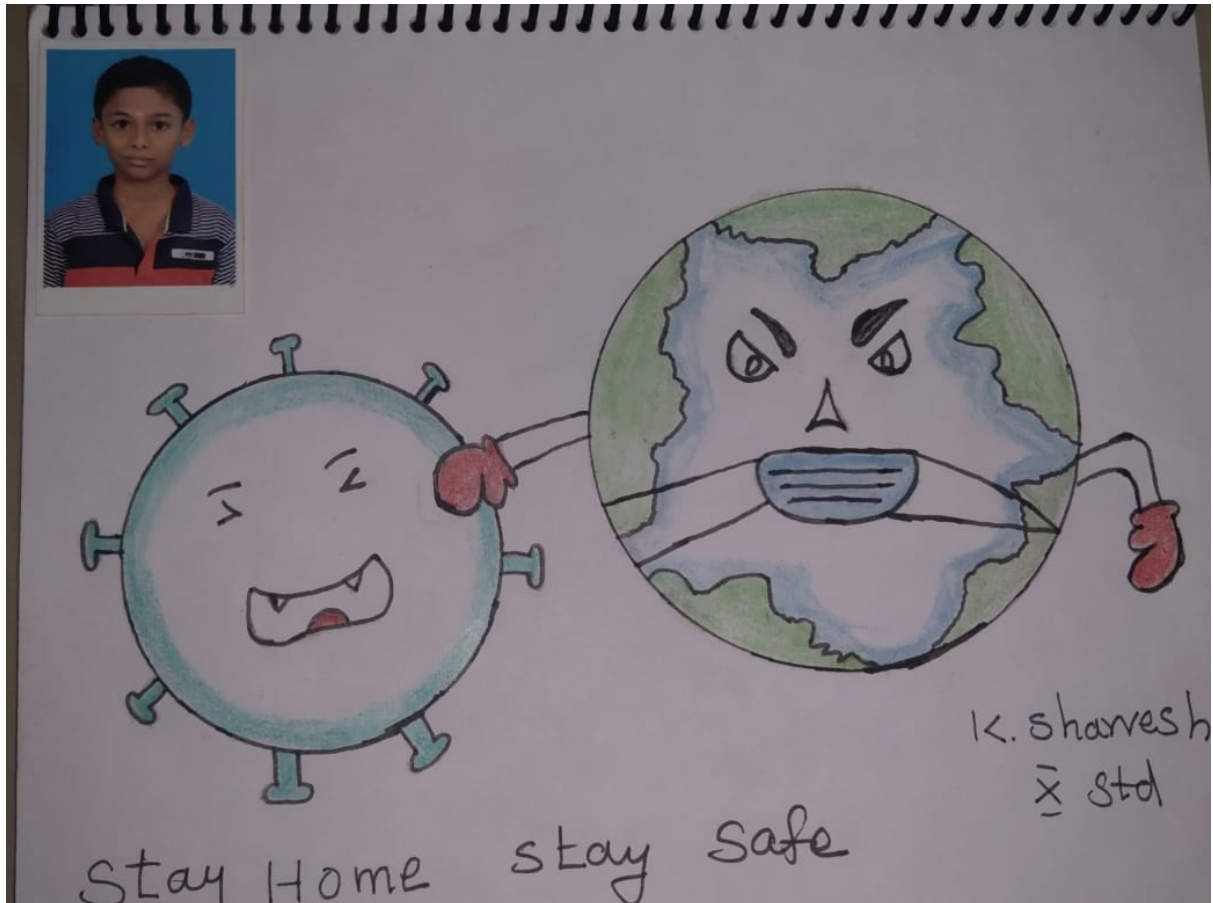
(M.Logesharan)

(B.Surya)





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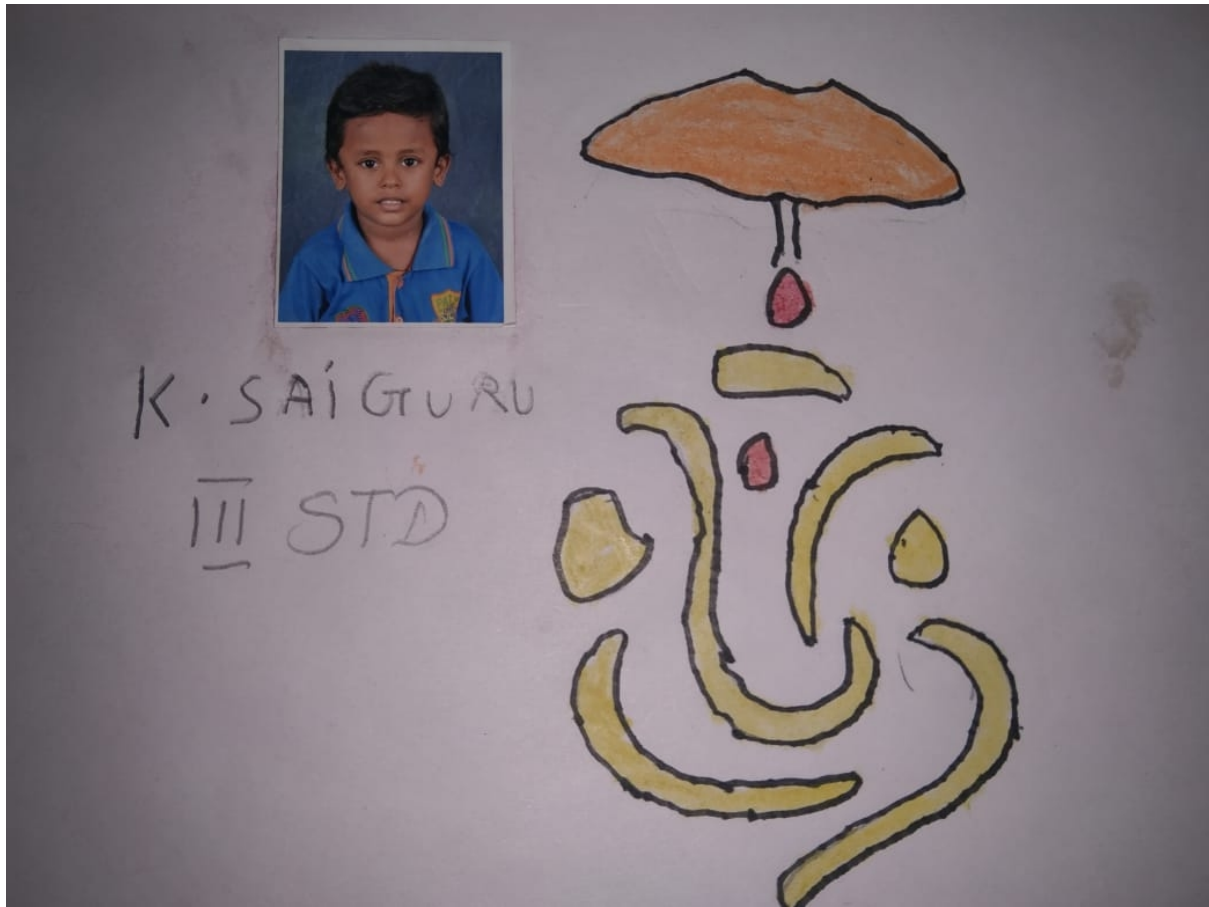


K.Sharvesh

X-Std



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K.Sai Guru

III- Std



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N.Varshitha

IV- Std

KV Rameswaram



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Environmental Series -10

Norma Alvares



Norma Alvares is an Indian social worker, environmental activist, lawyer and a founding member of the famous breaths of Goa Foundation, an environmental action group.

Norma Alvares An alumnus of St. Xavier's College, Mumbai, she graduated in law and entered environmental activism.

Under the aegis of Goa Foundation, she initiated public interest litigation (PIL), in 1987, to save the sand dunes of Goa, the first ever PIL filed in the state. She has been involved in over 100 PILs and has served as amicus curiae.

Her efforts are reported in winning a favourable court order for blocking a DuPont factory and in another one which restricted the mining activities in Goa.

She is the president of People for Animals, an animal support group and is the founder of Other India Book Store and Other India Press, environmental initiatives.

Alvares is married to Claude Alvares, a known environmental activist and the couple lives in Parra, Goa with their three children, Rahul, Samir and Milind.

She was honored by the Government of India, in 2002, with the fourth highest Indian civilian award of Padma Shri. The Government of Goa honoured Alvares with the Yashadamini Puraskar in 2001.

**K.ThillaiBavana
IX,
KV Mandapam**





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RAMESHWARAM MAIN TEMPLE 22 THEERTHAMS:

There are 64 Tirthas (holy water bodies) in and around the island of Rameswaram, Tamil Nadu, India. According to Skanda Purana, 24 Tirthas are important. Bathing in these Tirthas is a major aspect of the pilgrimage to Rameswaram and is considered equivalent to penance. 22 of the Tirthas are within the Ramanathaswamy Temple. The number 22 indicates the 22 arrows in Rama's quiver.



Taking bath from the water of these wells, absolve you from some or other type of sin and endows you with blessing of many deities.

The names of the 22 theerthas in Rameswaram temple with their importance and respective location is given below:

1. Mahalakshmi Theertha:

Location- South of Hanuman Temple.

The importance of Mahalakshmi Theertham- Dharmaraja had a bath in this theertham and became rich.

The devotees believe having a bath in this theertham will also bring them rich.

2. Savithri Theertham:

Location - West of the Hanuman Temple.

The importance Savithri Theertham- It is said that Kashyapa got rid of his curse after taking a holy dip here.





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The devotees believe having a bath in this theertham will get rid of some doshas / dosham.

3. Gayathri Theertham:

Location- West of the Hanuman Temple.

The importance Savithri Theertham- King Kasibar got rid of his curse.

The devotees believe having a bath in this theertham will get rid of Sabam in their life.



4. Saraswathi Theertham:

Location - West of the Hanuman Temple.

The importance Savithri Theertham- King Kasibar got rid of his curse.

The devotees believe having a bath in this theertham will get rid of curse (Sabam)in their life.



5. Sangu / Sanku Theertham:

Location - In the inner corridor of the Temple.

The importance of Sanku Theertham- Sage Vathsanaba got rid of his sin of ingratitude.

6. Chakkara Theertham:

Location- In the second corridor of the Temple.

The importance of Chakara Theertham - After Taking a bath in this theertham the Sun God got his hand turned golden.

7. Sethu Madhava Theertham:

Location - This Theertham is located as a Pond in the third corridor.

The importance of Sethu Madhava Theertham- Devotees believe after taking a bath One will get lakshmi's blessings and purification of heart.



8. Nala Theertham:



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Location - Near the Sethumadhava Temple.

The importance of Nala Theertham - Devotees believe one will get Soorya (Sun) Thejas and will go to heaven if taken bath here.

9. Neela Theertham:

Location - In the tank area of the Sethumadhava Temple.

The importance of Neela Theertham - One will get the benefit of Samastha(entire) yaga and receive Agni Yoga.



10. Gavaya Theertham :

Location - In the tank area of the Sethumadhava Temple.

The importance of Gavaya Theertham- People believe that if we take a bath we will get shelter under karpaga Virutchaga Tree.

11. Gavatcha Theertham :

Location - In the tank area of the Sethumadhava Temple.

The importance of Gavatcha Theertham- Devotees believe one will not go to hell if taken bath here.



12. Gandhamadana Theertham:

Location - In the Sethumadhava Temple area.

The importance of Gandhamadana Theertham- Devotees believe one will get riches and their sins will be absolved after getting rid of their penury.

13. Brahmahathi Vimochana Theertham:

Location - Near Sethumadhava Temple. (Between third and second corridor).

The importance of Brahmahathi Vimochana Theertham - Devotees believe Brahmahathi was absolved of his sins when taken bath here.

14. Surya Theertham:

Location - Near Sethumadhava Temple. (Between third and second corridor).

The importance of Surya Theertham - One will get the knowledge of the past, present and the future and reach the worlds they want.



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15. Chandra Theertham:



Location - In the inner corridor of the Temple.

The importance of Chandra Theertham- Bathing in this Tirtha too helps to acquire the knowledge of the past, present and the future.

16. Sadyamirtha Theertham:

Location - In the Amman Sannathi.

The importance of Sadyamirtha Theertham- Emperor Bururoonu got rid of his curse after

having a bath here.

17. Siva Theertham:

Location - At the South of nandi Deva in the Temple.

The importance of Siva Theertham- Completion of Bhaira Brahmahathi Dosham relief.

18. Sarva Theertham:

Location- In the front of Lord Ramanatha's sannathi.

The importance of Sarva Theertham- Sutharishna got rid of his blindness(from birth), illness and old age and then he prospered.



19. Gaya Theertham:

Location- In the inner corridor of the Temple.

The importance of Gaya Theertham- Gananasuruthi Rajah attained wishdom.

20. Yamuna Theertham:



Location- In the inner corridor of the Temple.

The importance of Yamuna Theertham:
Gananasuruthi Rajah attained wisdom.

21. Ganga Theertham:

Location - In the second corridor of the Temple.

The importance of Ganga Theertham- Gananasuruthi



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Rajah obtained wisdom.

22. Kodi Theertham:

Location- In the first corridor of the Temple.

The importance of Kodi Theertham- Kodi means Crore. Sri Krishna got rid of his Sin of killing his Uncle, kamsan.

It is a believed that sprinkles from Kodi theertham are equivalent to taking a dip in the holy Ganges.

Devotees believe taking a bath here will remove sin, Dosham.



V. Jyothika

10th std

KV, Mandapam





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Environment quotes



- "I only feel angry when I see waste. When I see people throwing away things we could use."
- "The earth is what we all have in common."
- "progress is impossible without change, and those who cannot change their minds cannot change anything."
- "Time spent among trees is never time wasted."
- " He that plants trees loves others besides himself."
- "The environment is where we all meet; where we all have a mutual interest; it is the one thing all of us share."
- "Nature is painting for us, day after day, pictures of infinite beauty."
- "Nothing is more beautiful than the loveliness of the woods before sunrise."
- "What's the use of a fine house if you haven't got a tolerable planet to put it on."
- "The earth is a fine place and worth fighting for."

D.logitha sri

8 th

Amrita vidyalayam

Rameswaram





IMMUNITY BOOSTING:

1. Vitamin C – Citrus Fruits & Greens:

Consuming foods high in vitamin C such as grapefruits, oranges, tangerines, sweet red pepper, broccoli, strawberries, kale, and kiwifruit are thought to increase white blood cell production, which is key to fighting infection.



2. Beta-Carotene – Root Vegetables & Greens:

Beta-carotene converts into vitamin A, which is an anti-inflammatory vitamin that can help your antibodies, respond to toxins, such as a virus. Carrots, spinach, kale, apricots, sweet potato, squash, and cantaloupe are all great sources of beta-carotene. Vitamin A is a fat-soluble vitamin, so consuming foods with healthy fats will aid in its absorption. A great immune-boosting combination would be carrots with traditional hummus or a spinach salad with avocado or olive oil in the dressing.



3. Vitamin E – Nuts, Seeds & Greens:

Vitamin E is a fat-soluble vitamin that is key in regulating and supporting immune system function. Foods rich in vitamin E include nuts, seeds, avocado, and spinach.



4. Antioxidants – Green Tea:

Green tea is packed with antioxidants that have been shown to enhance immune system function. It also contains amino acids that may aid in the production of germ-fighting compounds in your T-cells, which reduces inflammation in the body and helps fight infection. Green tea can be consumed hot, cold or as matcha powder.

5. Vitamin D – Sunshine, Fish & Eggs:

Vitamin D is essential to immune function and helps regulate the body's immune response. Vitamin D can





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be found in salmon, canned tuna, egg yolks, and mushrooms. Your body can also synthesize vitamin D with just 13-15 minutes of sunshine three times a week.



6. Probiotics, Gut Health & Immunity:

Yogurt, Kombucha, Sauerkraut, Kimchi, Pickles, Tempeh (Fermented Soybeans), and certain types of cheese contain live cultures, also known as probiotics, which are thought to help stimulate the immune system to fight off disease. The microbiome or the “good bacteria” in your digestive system determine how other nutrients and harmful bacteria are processed in your body, making probiotics perhaps one of the most important functions for immunity. The microbiome

helps you process the nutrients described throughout the rest of this article, while also acting as an extra barrier for fighting off harmful bacteria and fungi.

7. Garlic – T-Cell Booster:

Garlic contains compounds that help the immune system fight germs in a variety of ways by stimulating cells important to fighting disease and helping to regulate the immune system. It helps boost the production of virus-fighting T-cells and can reduce the amount of stress hormones your body produces which can help keep your immune system functioning at full strength.



8. Vitamin B-6 – Lymphatic System Boost & Red Blood Cells:

Vitamin B-6 is essential in the formation of new and healthy red blood cells, and aids in maintaining the lymphatic system. Chicken, turkey, cold-water fish (salmon and tuna), chickpeas (traditional hummus), bananas, fortified breakfast cereal, and nutritional yeast are great options for consuming vitamin B-6.

9. Water – Hydration & Immunity:

Water helps produce lymph which carries white blood cells and other immune system cells through the body. There are many foods with high water content such as cucumbers, watermelon, and celery. If you have a hard time drinking plain water, try a cup of green tea with lemon, watermelon, cucumber or mint-infused water for an immune system powerhouse beverage. Think of proper hydration as a way to make it easier for immune-boosting nutrients to get to where they need to go (cells) in your body.





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10. Zinc – Shellfish, Poultry, and Beans:

Immune system cells need zinc to function as they are intended. Zinc is a mineral that our body does not store or produce. While oysters have the highest food content of zinc, there are several other options such as shellfish (crab, clams, lobster, and mussels), poultry (chicken or turkey), red meat and beans. Zinc is also found in fortified cereals and some breads, but the best absorption comes from animal-based foods.

B.SURYA

10TH std,

KV Mandapam





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Motivational Stories

The Midas touch:



www.shutterstock.com · 97045592

This English story for kids is about King Midas. In Ancient Greece, there resided a very wealthy king, Midas. He had everything he could have ever asked for and more, along with a beautiful daughter whom he held dear to his heart, even more than his riches.

A day came where Silenus, a satyr loyal to the God of Wine and Celebration, Dionysus, passed out in Midas' garden. Since Midas believed that satyrs brought him good luck, he went against the wishes of his family and let Silenus rest in his palace until he awoke again.

When Dionysus heard about Midas' act of kindness towards his friend, he decided to grant the wealthy king a wish. Midas wished that anything he touches must turn to gold. Even though Dionysus was aware that this was a recipe for disaster, he granted the wish anyway. Midas was ecstatic – he went around touching the most random things in the garden and palace to turn them into gold. When he picked up an apple, it turned into a shiny gold apple. All the courtiers were very fascinated.

Midas had never been happier...in all his excitement; he hugged his daughter, forgetting that anything he touched would turn to gold! Hence, his daughter took the form of a lifeless, gold statue. Realizing what he had done, Midas ran to Dionysus and begged God to save his daughter. Complying with his wish, Dionysus saved his daughter and took away all of Midas' powers too, claiming that it was for the best. Midas had learned his lesson and lived the rest of his days satisfied with what he had.

Moral: Don't be greedy; be content with what you have.

K.ThillaiBavana

**IX,
KV Mandapam**





Saving a short story



*Once upon
a time in a small
village there were an
old couple living
happily. After few
months the old couple
passed away. It is
Believe that every live
loss in the form in a*

*tree. After they passed they are form into beautiful trees. They
both were happy as a tree. As it was located in centre of the
park. Many people used to visit his beautiful trees. One day a bit
name Rohan came near the tree and started punching it. The
tree thought why he is punching me. The tree thought if he is
felling happy to punch me than i am happy. The boy left and
the tree took all the beating. Rohan help a friend to cut. After a
decade. As the cities are developing many park are destroyed. So
that they can build mails on it. They cut down both the trees in
park. Rohan was grown up and working it a real estate
company which was helping a company to building a mall in
the park. One day while going to the office. He met with an
accident. And he passed away. And he was form in a tree. That
time he realise the mistake he made during his life.*



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MORAL: So kids if your cutting tree that means you are killing a soul.

D.logitha sri
8 th Std
Amrita vidyalayam

