SQUIRREL GREEN RAMESWARAM NEWSLETTER

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

அணில் பசுமை இராமைஸ்வரம் நவம்பர் 2021

பாணவர்களுக்காக

பாணவர்களால்

November 2021
Foreword

Dear Readers,

Namaskaram

Fifteenth 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 Ekantha Ramaswamy Temple and Thillai Bhavana continues her series of Environment Activists and this time she covers Sugathakumari and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by World without water. 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

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Environmental Poem

நீரின்றிஅமையாதுலக

நீரின்றிபிள்ளைநலூடு...

நீரின்றிமருந்து (உடம்பு)துணலூடு...

நீரின்றிமான்பற்றுநலூடு...

நீரின்றிலாபாளேரண...

நலமிலாமாசைந்நலூடு...

நலந்திருந்துபற்றுநலூடு...

G.Dharma Shivani
9th STD
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நலரும் வாழ்வில்வா
ம்வரும்...  

S. Yasvانتini  
9th STD  
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Sugathakumari

Sugathakumari (22 January 1934 – 23 December 2020) was an Indian poet and activist, who was at the forefront of environmental and feminist movements in Kerala, South India. Her parents were the poet and freedom fighter Bodheswaran and V. K. Karthiyayini Amma, a Sanskrit scholar. She was the founder secretary of the Prakrithi Samrakshana Samithi, an organisation for the protection of nature, and of Abhaya, a home for destitute women and a day-care centre for the mentally ill.

She chaired the Kerala State Women's Commission. She played a prominent role in the Save Silent Valley protest a committed conservationist, Sugathakumari served as the secretary of the Society for Conservation of Nature, Thiruvananthapuram. In the late 1970s she led a successful nationwide movement, known as Save Silent Valley, to save some of the oldest natural forests in the country, the Silent Valley in Kerala, from submersion as a result of a planned hydroelectric project.

Her poem Marathinu Stuthi (Ode to a Tree) became a symbol for the protest from the intellectual community and was the opening song of most of the Save Silent Valley campaign meetings. She was the founding secretary of the Prakrithi Samrakshana Samithi, an organisation for the protection of nature. She was also actively involved with various women's movements of the 1970s and served as the chair of the Kerala State Women's Commission.
Sugathakumari also founded Abhaya (refuge), an organisation that provides shelter to female mental patients, after being appalled at conditions in the government-run mental hospital in Thiruvananthapuram. Three women led by social activist and artist G. Geetha, demanded a probe into the rape of a Dalit inmate woman by two counsellors and the hostel warden of 'Abhaya' in 2002.

Sugathakumari received the Bhattia Award for Social Science, the Sacred Soul International Award, the Lakshmi Award for social service, and the first Indira Priyadarshini Vriksha Mitra Award from the Government of India for her efforts in environmental conservation and a forestation.
Sri Ekantha Ramaswamy Temple:

Sri Ekantha Ramaswamy Temple is about six km from Rameswaram Temple on the main road connecting to Pamban. According to legend, Sri Rama stopped here for a while he was searching for Sita. With him were Lakshmana, Anjaneya and the army of monkeys.

This is the place where Lord Ramachandra spent some time in seclusion. This temple houses a well (Amrutha Teertham - Nectar Well) which was apparently created by Rama for his army to quench their thirst. It is also believed that bathing in this Theertham also bless you with a long and prosperous life.

The temple is within the jurisdiction of the Thangachi Madam Panchayat. The deity has been eulogized by Thyagaraja in his composition, ‘Edri Prodhu Ekantha Ramaiah...’ Skanthasethu Mahatmiyam speaks of the glory of this deity. Sethu Puranam refers to Amritavapi, the temple’s pushkarani, in which a sage cursed by Agasthya, took a dip to find relief.

Ekantha Ramaswami temple is managed by Arya Maharashtra hereditary pujaris and run as private Trust. Sri Ramnath Pujari (71), a descendant, conducts the daily puja at the temple. His great-grand father Sri Sethu Bhattar performed consecration 150 years ago and renovated the temple.

In 1951, his grandfather organized Samprokshanam with the help of Maharashtra Brahmin Community. In 1963, a philanthropist from Calcutta, Koundhlala Bhangur, donated liberally for renovation. Consecration took place in 1967, thanks to the efforts of Neelakanta Pujari, father of Sri Ramnath Pujari.

V. Jyothika
11th
Kv Mandapam
World without Water:

Thousands have lived without love not one without water.

No Water. No Life. No Blue. No Green.

Water is Life. Don’t Waste It.

Clean Water should is a Necessity.

Water is Life and Clean Water is Means Health.

Water is the Driving Force of All Nature.

When the well is dry, we’ll know the worth of water.

THINK you can’t do anything without water. Save it.

Save water and save the life on the earth.

You never know the worth of water until the taps run dry.
World without Water:

- World water day is celebrated every year on 22nd March.
- In December 1992, the United Nations adopted a resolution to celebrate 22 March as world water day.
- Safe water is the necessity of every household, school, work place, farm and factory.
- Every year the world water day is celebrated to focus the attention of the public about the value of fresh water in human life.
- Its main objective is to inspire people all over the world to learn more about water related issues and to improve them.
- The United Nations selects a theme of world water day for each year.
- World water day highlights the importance of water and its conservation.
- World water day mainly focuses on increasing awareness of the importance of water.

- Speech and essay competition are held on world water day in many schools and colleges across India.

- Water plays a crucial role in various parts of life like agriculture, health, trade and balancing the ecological systems.
✓ TULSI

Tulsi has abundant amounts of antioxidants and micronutrients that help in fighting off common ailments like cold, flu, fever, asthma, etc. Chewing tulsi leaves or drinking water boiled with tulsi proves useful in getting relief from the symptoms of sore throat and cold, has been used for thousands of years in Ayurveda for its diverse healing properties.

1) BENEFITS

Healing Power:

The Basil or Tulsi plant has many medicinal properties. The leaves strengthen the stomach and help in respiratory diseases.

Kidney Stone:

Basil has strengthening effect on the kidney. In case of stone, regularly taking a mixture of basil leaves juice and honey for 6 months helps expel the stones via the urinary tract.

Stress:

Basil leaves are regarded as anti-stress agents. Recent studies have shown that the leaves afford significant protection against stress. Even healthy persons can chew 12 leaves of basil, twice a day, to prevent stress. It purifies blood and helps prevent several common elements.

Headaches:

Basil makes a good medicine for headache.
Aids in digestion:
It works as appetizer and promotes digestion by helping in secretion of digestive enzymes.

For curing diabetes:
Keep tulsi root powder in water overnight and take it early morning. The medicinal property of the plant helps maintain insulin level in the body and is a natural cure for diabetes.

2) RECIPE:

• Ginger-Holy Basil Tisane - Adrak Tulsi Chai Recipe
Concoction of ginger & Tulsi with lemon and honey is a soothing drink. This is a great home remedy to cure cold and cough. Drink Ginger-Holy Basil Tisane - Adrak Tulsi Chai Recipe in empty stomach to reap the maximum benefits of easing digestion and maintaining health.

• Ingredients

1. 12 Tulsi (holy basil)
2. 1/2 Lemon, squeezed
3. 2-inch Ginger, (adjust)
4. 4 teaspoons Honey, (optional)
5. 2 cups Water
How to make Ginger-Holy Basil Tisane - Adrak Tulsi Chai Recipe

a. To begin making the Ginger-Holy Basil Tisane - Adrak Tulsi Chai Recipe, wash and clean the ginger thoroughly. Then grate it without peeling. The peel of ginger is rich in nutrients.

b. Take water in a saucepan and bring it to boil.

c. Add the grated ginger and boil for 2-3 minutes again. Then keep on simmering for another 3 minutes.

d. Roughly tear the tulsi (holy basil) leaves and put into the simmered ginger-water.

e. Turn off the heat, cover the saucepan and let the ginger-holy basil tisane be on boil for 2-3 minutes.

f. Next, strain in serving cups. Drizzle honey, squeeze lemon juice and give a quick stir. Serve hot.

g. Drink Ginger-Holy Basil Tisane - Adrak Tulsi Chai Recipe on empty stomach.

B.SURYA
10TH STD,
KV Mandapam
ONE DAY IN A LONG TIME AGO, King Adeveneis went out into the plains to hunt for deer, and he accidentally became separated from his companions.

Wandering about, the king saw a hut that was surrounded by a garden. Tending the garden was a beautiful young maiden.

The king spoke to the maiden and said, "Tell me, lass, what plants you are growing here?"

She replied, "I am raising pumpkins and melons."

Now, the king happened to be thirsty, and so he asked the maiden for a drink. "We were hunting in the heat of the day," he said, "and I felt a terrible thirst come over me."

The maiden replied, "O illustrious king! We have water to be sure, but only an old, crude jar in which to serve it. Surely it is not right or worthy that your Majesty should drink from such a crude jar! Now if we had a jar of pure gold, in which we could pour water from a crystal clear fountain, then that would be a proper offering for your Majesty."

The king replied to the girl, "Never mind the jar: I'm terribly thirsty! I care not if the jar is old, provided that the water is cool."

The maiden went into the house, fetched the jar, and filled it with clear cool water. Presently the king drank his fill.

After he had finished, the king handed her back the jar. Then, suddenly, the maiden struck the jar against the staircase. It was shattered to bits.

The king wondered at this strange act, and in his heart he thought that the maiden had no manners at all.

He cried, "You see that I am a noble king, and you know that I hold the crown. For what possible reason did you shatter that jar, received from my hands?"
The maiden replied, "The reason I broke the jar, which has been kept for many years by my mother, O king! Is that I should not like to have it used by anyone else after you, your majesty, have touched it?"

Upon hearing that, the king made no reply. In his heart, he marvelled at the actions of the woman and determined that she was a good, virtuous maiden after all. As he returned toward the city, a thought began to grow on him. He wondered whether the maiden was as clever as she was virtuous.

After some time, the king one day ordered a soldier to carry to the maiden a new jar, one with an opening at the top not much more than one inch across. The soldier's orders were to tell the maiden that the jar was from the king, and that she was to put an entire pumpkin inside the jar. The soldier was also to tell the maiden that she should not break the jar under any circumstance. Both the jar with the small opening at the top and the pumpkin must remain whole.

The maiden returned a message to the king that she was certain she could do what his majesty ordered, but that such a task might take some time. Indeed, it was several months before the maiden arrived at the palace. In her hands she held the same jar, and sure enough, an entire pumpkin sat inside of it. When the king closely examined the jar, he confirmed that the jar was the same one that he had delivered. What's more, he saw that both the jar and the pumpkin were completely undamaged. He
asked the maiden to marry him on the spot, as she was as clever as she was virtuous, and she gladly accepted.

Later, in their royal chambers, when his new wife revealed her secret, the king laughed long and hard.