SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students....

From Students....

அ஠ில் பகடம் இந்துவைத்தல் திரும்பக்கட்டப்படுத்துக

பாடல்பூர்க்கொண்டுக்கத்தக்

பாடல்பூர்க்கக்காொாண....

இடூட் – 14

October 2021
Foreword

Dear Readers,

Namaskaram

Fourteenth 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 Dhanushkodi-Temple and Thillai Bhavana continues her series of Environment Activists and this time she covers Rajendra Singh and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by Earth. 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

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Environmental Drawings:

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Environmental Drawings:

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செல்வோம்
புத்தான் குருவோம்
செல்வோம்

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G.Dharma Shivani
9th STD
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S.Yasvantini
9th STD
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Rajendra Singh

Rajendra Singh (born 6 August 1959) is an Indian water conservationist and environmentalist from Alwar district, Rajasthan in India. Also known as "waterman of India", he won the Magsaysay Award in 2001 and Stockholm Water Prize in 2015. He runs an NGO called 'Tarun Bharat Sangh' (TBS), which was founded in 1975.

The NGO based in village hori-Bhikampura in Thanagazi tehsil, near Sariska Tiger Reserve, has been instrumental in fighting the slow bureaucracy, mining lobby and has helped villagers take charge of water management in their semi-arid area as it lies close to Thar Desert, through the use of johad, rainwater storage tanks, check dams and other time-tested as well as path-breaking techniques. Starting from a single village in 1985, over the years TBS helped build over 8,600 johads and other water conservation structures to collect rainwater for the dry seasons, has brought water back to over 1,000 villages and revived five rivers in Rajasthan, Arvari, Ruparel, Sarsa, Bhagani and Jahajwali. He is one of the members of the National Ganga River Basin Authority (NGRBA) which was set up in 2009, by the Government of India as an empowered planning, financing, monitoring and coordinating authority for the Ganges (Ganga), in exercise of the powers conferred under the Environment (Protection) Act, 1986. In the UK he is a founder member of an NGO called the Flow Partnership. Which aims to counter the negative effects of soil erosion and flooding?

K. ThillaiBavana
IX,
KV Mandapam
The Dhanushkodi Temple, also popular as Kothandaramaswamy Temple, is believed to be 500-1000 years old. In this shrine, devotees can see the idol of Lord Rama holding his bow or kothandam, and hence it got named as Kothandaramaswamy Temple.

Legend states that it is the place where Vibhishana, demon king Ravana's younger brother, joined hands with Lord Rama to defeat his evil sibling. It is also believed that after killing Ravana, Rama crowned Vibhishana as the next king of Lanka at this place. The story of pattabhishekam or Vibhishana's ascension to the king of Lanka is depicted in the shrine's interior wall paintings. The temple also enshrines statues of other Hindu deities, namely Sita, Lakshmana and Hanuman along with Vibhishana.

A less known fact is that Dhanushkodi was almost washed away in the 1964 cyclone. Surprisingly, the temple's building remained intact while its complex was totally destroyed. In fact, it was the only structure to survive this disastrous cyclone in the entire region. Owing to its rich historical background, this temple remains a popular tourist attraction in the Dhanushkodi.
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.

The earth will not continue to offer its harvest, expect with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.

The earth is a fine place and worth fighting for.

Government of the people, by the people, shall not perish from the earth.

I’m fascinated by beautiful scenery and what we have here on this earth.

Pick a flower on Earth and you move the farthest star.

Earth day should encourage us to reflect on what we are doing to make our planet a more sustainable and liveable place.
Now, I see the secret of making the best person: it is to grow in the open air and to eat and sleep with the earth.

On earth there is no heaven, but there are pieces of it.

D.logitha sri
8th STD
Amrita vidyalayam
Rameswaram
BENEFITS OF AMALA JUICE:

Amla is also known as Indian gooseberry; Amla is a type of tree native to Asia. The tree is known for its small green fruits, which have a unique flavour often described as sour, bitter, and astringent.

Amla fruit is often enjoyed pickled or candied. It’s also sometimes sold as a powdered supplement or consumed as a juice for a quick and convenient way to squeeze some extra nutrients into your diet. Amla juice is not only versatile and delicious but also highly nutritious and associated with a variety of health benefits.

❖ How to make Amla juice:

Amla juice is easy to make at home and requires just a few simple ingredients.

To get started, chop up 2–4 Indian gooseberries and add them to a blender, along with 1–2 cups (250–500 ml) of water.

You can also mix in other ingredients, such as ginger, black pepper, honey, or sea salt.

Next, blend all ingredients thoroughly, use a strainer to filter the liquid and remove any pulp, and serve.

❖ Benefits:

❖ Promotes immune function:

Amla juice is a great source of vitamin C, which is a water-soluble vitamin that acts as an antioxidant.

In fact, according to one review, Amla is one of the richest sources of vitamin C, packing 600–700 mg of vitamin C into each fruit.
- **Enhances liver health:**

Although research in humans is limited, some promising animal studies suggest that amla juice could help improve liver function.

In one animal study, feeding Amla to rats on a high fructose diet increased levels of several key proteins involved in metabolism, which could help prevent fructose-induced fatty liver disease.

- **Supports healthy digestion:**

Interestingly, some research shows that Amla juice could offer several benefits for digestive health.

For example, one study including 68 people with gastroesophageal reflux disease (GERD) showed that taking two 500-mg tablets of Amla extract twice daily for 4 weeks led to significant reductions in the severity and frequency of heartburn and regurgitation.

- **Promotes heart health:**

In one study, consuming 500 mg of Amla extract twice daily for 12 weeks reduced triglyceride, total cholesterol, and LDL (bad) cholesterol levels in 98 people with abnormal blood lipid levels.

What’s more, those who consumed Amla extract experienced a 39% reduction in the atherogenic index of the plasma compared with a control group. The atherogenic index is used to measure the risk of excess cholesterol build-up in the arteries.

- **May increase hair growth:**

Amla is often used to stimulate hair growth and protect against hair loss.

In one study in 42 people with hair loss, applying a serum comprising Amla and other ingredients like coconut water and selenium to the hair daily for 90 days led to significant improvements in hair growth and density.
Improves kidney health:

Likely due to Amla juice’s antioxidant content, research shows that it may support kidney health. For instance, one animal study showed that administering Amla extract to rats helped protect against kidney damage and preserve kidney function.

B.SURYA
10TH STD,
KV Mandapam
Think simple! Live simple!

There lived a wealthy businessman with his only son in a big mansion. The businessman had no time for his family yet, their house had everything in the entire world that money can buy. The son had to spend most of his time alone, with his cars and gadgets, but he was happy with it. He started valuing materialistic possessions more than human sentiments or relationships.

The boy started taking immense pride in the things he owned and looked down on his not so wealthy friends.

Slowly the friends moved away, but the boy was still happy with the riches he got. The businessman was worried about his son’s perception of wealth and relationship but had no time to deal with it.

One day, it so happened, that the businessman’s childhood friend from his village, came to meet him. The businessman was so happy and asked his friend to spend the night in his
mansion. The son was introduced to his father’s friend but had disrespected him by looking down on him as he was poor and came from a village.

Disheartened, the businessman thought of teaching his son a lesson. He asked him to join in one of his businesses as a trainee and also asked him to stay in a single room staff quarters. The son was angry but had no choice. Moving out of the affluence and into the real world of pain, sorrow, and happiness had changed the boy very much. Soon he was respecting the poor and the rich alike. He was a changed personality. Now he loved people and they also loved and respected him back.

Happy to know about his son’s transformation, the businessman asked him to move back to their house. The son wrote a note to his father stating that they would be meeting on weekends but he refused to shift in the mansion. He further wrote that he loves this simple living, high thinking, and chose to be like this only.

D.logitha sri
8th STD
Amrita vidyalayam
Rameswaram
True devotion

In a village there lived a sage who had many disciples one day one of his disciples asked who is the greatest devotee of the lord will get the answer if you watch a farmer in the next village he is the greatest devotee so the disciples went to the next village to see the farmer in the early morning thank for the very Good day God again in the evening glory to the lord the disciples came back to the sage guruji this farmer things of God only twice a day but I'm thinking about the god the whole day how can he be a grater devotee ok I agree with you but now I want you to do something take the cup of oil and go around the village and come back with it but take care do not spill even a single drop of oil as Madhu was a true disciple he followed his gurus words he took the cup of oil and started moving around the village my guru has given me this work I should do it perfectly I should not a spill even a even a drop of oil at last Madhu return to his guru well model I am proud you did as I told you but tell me how many times did you remember god today not even once guruji how could I thing of not when I had to watch his cup brimming over with oil his this once cup of oil so diverted your attention that you forget thing of God even once but lock at the farmer though he has the burden of managing his family he remembers god twice every day it is intensity of devotion that counts.

M.lohesharan
8th STD
National Matric higher sec school