SQUIRREL GREEN RAMESWARAM NEWSLETTER

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

இந்து பகல் திருச்சங்காயம் மிகுதா் நல்லத்தை

மாணவர்கள்ந்தாக……

மாணவர்களால்……

தலை – 20 Apr 2022
Dear Readers,

Namaskaram

Twentieth 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 Earth. Jyothika continues her write up on Rameswaram Tourism and this edition she covers about Panchamuki Hanuman and Thillai Bhavana continues her series of Environment Activists and this time she covers Bhagat Puran Singh and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on 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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Earth Poems

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Life is possible only one Earth protect it.

Mother Earth living organism too love honor & respect her.

Our planet is precious and only we can see it.

He that plants trees love other beside. Himself.

Earth loves move,. Love it back.

The earth is what all have in common.

The earth along belong to us.

Earth is god best gift to us made it wares let's care for it save the green.

FIGHT, GLOBAL, WARMING...

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Bhagat Puran Singh (4 June 1904 – 5 August 1992) was an Indian writer, environmentalist, and philanthropist. As a young man he decided to dedicate his life to humanitarian work, and in 1947, he established Pingalwara, a home for the sick and disabled in Amritsar. He was also an environmental campaigner, raising awareness of pollution and soil erosion and writing many books about environmental topics. Bhagat Puran Singh was born in Rajewal (Rohno) Ludhiana district, Punjab. Born into a Hindu family, he was given the name Ramji Das as a child, but later in his childhood converted to Sikhism, taking the name Bhagat Puran Singh. After the death of his father, his mother encouraged him to finish the matric level of education, which would allow him to obtain a government job. His mother worked as a domestic help in the house of a doctor at Montgomery (Sahiwal), in part to pay for her son’s education. Later, she moved to Lahore, where she cleaned utensils in households, sending ten rupees per month to Puran Singh, who was living in a hostel. [citation needed]
He failed his tenth class examination, and was called back to Lahore to attend a local school. Though uninterested in his school education, he spent much time reading in the Dyal Singh Library. While in Lahore, he began visiting the Gurdwara Dehra Sahib, providing water for visitors to wash before entering, helping manage the Gurdwara's cattle, cleaning, and working in the kitchen. While working at the Gurdwara, he decided to dedicate himself to humanitarian work. In 1934, Bhagat Puran Singh took into his care a four-year-old child with leprosy who had been left at the door of Gurdwara Dehra Sahib, whom he named Piara Singh.

After the partition of India in 1947, Bhagat Puran Singh worked as a medic in a refugee camp in Amritsar, home to over 25,000 refugees.

From 1947 till 1958, Bhagat Puran Singh had no permanent home, but walked the streets collecting donations for the poor. During this time he met Des Raj Bindra, with whom he founded a charitable organisation, the All India Pingalwara Charitable Society. This institution still provides charity care for the poor and handicapped at Tehsilpura, Grand Trunk road, Amritsar.
Rameswaram Tourism

Panchamukhi Hanuman Temple

The popular Tourist place in Rameswaram:

Panchamukhi Hanuman Temple, the five-faced Hanuman Temple, is situated at a distance of 2 km from Sri Ramanathaswamy Temple. This temple is dedicated to Lord Hanuman. It is said that Lord had revealed his five faces here, hence the idol of Hanuman is depicted with five faces which are of Lord Hanuman in the middle along with faces of Lord Narasimha, Lord Adivaraha, Lord Garuda and Lord Hayagriva on the sides. The statue has been covered with senthooram by saints. In 1964, after the cyclone in Dhanushkodi, the idols of Lord Rama and Goddess Sita was brought to this temple and placed here. Also known as Panchamukha Anjaneya, Panchamukha Hanuman Temple is visited by almost every devotees who come for a Rameshwaram Tour.

*Floating stones in the Five faced Hanuman Temple*

Another major attraction of this temple are the ‘floating stones’ that have been kept at the temple for the devotees to see. These floating stones were used for building the floating bridge named Sethu Bandhanam, from Rameshwaram to Lanka so that Lord Rama, Lord Lakshman along with others
could go to Lanka to rescue Goddess Sita and put an end to the brutalities of demon Ravana.

*Legend / History of Panchamukhi Hanuman Temple*
According to the legend, during the war between Lord Rama and demon Ravana who had abducted Goddess Sita, Ravana had sought the help of Mahiravana, who was the king of Patala Loka. However, Lord Hanuman, in order to protect Lord Rama and Lakshman, had built a huge fortress around them with his tail.

So, later Mahiravana disguised himself as Vibhishana, brother of Ravana who was helping Lord Rama in the war. He then took Lord Rama and Lord Lakshman to Patala Loka so as to kill them. Lord Hanuman while searching them also reached Patala Loka where he found out that in order to kill Mahiravana he is supposed to extinguish all the five lamps at the same time; these five lamps were burning in different directions. So to kill Mahiravana and save Lord Rama and Lord Lakshman, Lord Hanuman took the form of Panchmukhi Hanuman and put out all the lamps at the same time. The five faces of lord Hanuman are of Lord Varaha that faces the north, Lord Narasimha facing the south, Lord Garuda facing the west, Lord Hanuman facing the east along with face of Lord Hayagriva that faces the sky.

*Reaching Panchamukhi Hanuman Temple*
Panchamukhi Hanuman Temple is located around 2 km away from Sri Ramanathaswamy Temple. It is easily accessible by road. Tourists can go via all the major modes of transportations. One can take a bus or even hire a cab or auto rickshaw to the temple.

V.Jyothika
11th
Kv Mandapam
Earth Quotes

- The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share.

- Keep close to Nature’s heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean

  - “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.

  - Time spent among trees is never time wasted.

    - Away, away, from men and towns, To the wild wood and the downs, — To the silent wilderness, Where the soul need not repress its music.”

- He that plants trees loves others besides himself.

- Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

- One of the first conditions of happiness is that the link between man and nature shall not be broken.

- The environment is where we all meet; where we all have a mutual interest; it is the one thing all of us share.
Pepper:

Black pepper, also known as the king of spices has a load of health benefits and a major benefit of consuming pepper is that it aids in weight loss. It is also said to be good for digestion and prevents cancer by detoxifying the body. When this spice is added to the food, it makes your food taste better and spicier.

Facts About Black Pepper:

Ever wondered why is black pepper is called the ‘King of Spice’? Well, this is because this spice has loads of benefits for your body. Here are some of the facts about this amazing

- Helps in losing weight
- Detoxifies your body
- Prevents cancer
- Cleanses your intestines and stomach
- It consists of potassium that helps in regulating heart rate and high blood pressure
- Helps in producing red blood cells
- Rich in vitamin B and produces calcium
- Prevents constipation
- Prevents skin deformation & wrinkles
- Adding a pinch of black pepper to your daily diet can keep you healthy and using this as a weight-loss supplement is the best way for you to lose weight.

Prevents Any Sort of Cancer:

Black pepper is said to prevent cancer when it is mixed with turmeric. This can be consumed in the form of milk by mixing turmeric and black pepper. This drink is usually given to individuals suffering from severe cold. It is said to consist of antioxidants, vitamin A and carotenoids that help in curing cancer and other deadly diseases. Also, this must be added to most of your daily diet as it is the best way you can stay fit naturally.
Good for Digestion:

Black pepper helps in good digestion and when it is consumed raw, hydrochloric acid is released by the stomach and helps in breaking down the proteins. Hydrochloric acid helps in cleaning your intestines and barricading you from other gastrointestinal diseases. So don’t forget to add a pinch of black pepper to all of your food.

Prevents Constipation:

If you have less than three stools a week, then you may be suffering from constipation. However, this problem can be solved by adding some pepper to your food daily. Sometimes when you may be suffering from constipation, you may end up straining to pass stools or sometimes you may not feel empty even after passing stools.

Treats Skin Problems:

The ‘King of Spices’ is said to prevent skin pigmentation (Vitiligo). This condition makes your skin appear white and this is also called white patches. Though there are many medicines available in the market to restore your skin colour, black pepper protects your skin from any sort of skin pigmentation and helps maintain the original colour of your skin. Wrinkles and skin problems are curbed if you consume black pepper from a very young age. It also prevents premature ageing and dark spots too.

Good for Your Hair:

In order to treat dandruff, black pepper is said to be good. All you need to do is to add some crushed black pepper with some curd and add it to your scalp and let it dry for a minimum of 30 minutes. Also, make sure that you do not use excess black pepper as this can result in the burning of your scalp. Make sure that you do not use shampoo for the next 24 hours after applying black pepper to your hair as this may cause side effects. You can also add lime to the crushed black pepper and apply it to your scalp and then wash it after 30 minutes. This will make your hair shiny and smooth.

Aids in Weight Loss:

The wonder spice helps you lose weight and this can be added to green tea and consumed two to three times a day. This is because this spice has a rich content of phytonutrients that
helps in breaking down excess fat. This also improves your bodies metabolism. Green tea plus a pinch of black pepper in it can help you lose weight. This needs to be added to your everyday diet.

**Treats Depression:**

Depression is said to be one of the most common problems faced by most people worldwide and this can even lead a person to death. However, there are medicines that can curb this mental problem from being devastating, however, raw black pepper can be given to depressed people to chew and this will change the mood of the person.

**Helps in Treating Respiratory Diseases:**

Cold and cough are said to be normal respiratory problems that can be cured by consuming black pepper. Simply just add a pinch of black pepper to some green tea and you'll see the difference. Also, you can use a glass of milk and add a pinch of black pepper and a pinch of turmeric to it and consume it hot. This has no side effects.

**Reduces Joint Pain:**

If you are suffering from joint pain arthritis, you don’t have to be worried because pepper has medical properties that can help you solve this problem. It also helps in preventing gout. It is also used for people suffering from spinal and joint pain. Today, black pepper is used in many cuisines as a global spice. Black pepper’s most powerful impact is when a person with a cold and cough consumes it.

**Detoxifies Your Body:**

This spice helps you sweat and urinate a lot and by this, you discharge all toxins from your body. Sweating and constantly urinating is a good sign that your body is functioning well. Also, you need to think about how you need to burn fat physically, rather than only consuming black pepper. Some people believe that black pepper can be only consumed and it will help them lose weight. But you may be wrong if you only concentrate on consuming it rather than following some simple exercises such as walking and jogging. Always keep in mind that if you want to lose weight, the result lies in following a healthy diet and exercising at the same time. If you follow this, you will witness the results
in a few mocking.

**Improves Blood Sugar:**

Diabetics can enjoy their meals with a generous sprinkling of black pepper as the health benefits of black pepper show an ability to improve one’s blood glucose metabolism. A regular intake of this wonder spice may show a positive response when it comes to insulin sensitivity. However, more research is needed in this matter.

**Miscellaneous Benefits :**

Consuming black pepper as part of your meals effectively increase the presence of good bacteria in your gut.

Can act naturally to alleviate pain

Helps to promote better absorption of nutrients such as selenium and calcium

**Tips for Using Black Pepper in Cooking:**

This was the reason why most travellers all over the world came to India. This spice can be added to almost any savoury. May it be hot or cold, this spice can be sprinkled over these dishes to spice it up. Here are some simple tips for adding black pepper to your daily cooking. Black pepper can be added to salads by sprinkling a pinch of salt on them.

Add some black pepper while frying an omelette.

You can add some black pepper to soups, sauces, steak and Bacon, fish and meat.

You can add it to some of the hamburgers and sausages.

Add some black pepper to strawberries and pineapple and taste it.

You can also add some black pepper to mashed potatoes.

Black pepper recipe healthy:

*baked stuffed bell peppers:*

**INGREDIENTS YOU WILL NEED TO MAKE THIS RECIPE**

- 4 Large Bell Peppers
- Olive Oil
- Salt and pepper
- Onion
- Garlic Cloves
- Red Pepper Flakes optional
- Seasonings: Ground Cumin, Smoked Paprika, Cayenne Pepper
- Diced Tomatoes one can
- Black Beans and Red Beans, one can each
- Vegetable Broth
- Fresh/Frozen or Canned Corn
- Quinoa
- Shredded Monterey Jack Cheese
HOW TO MAKE VEGETARIAN STUFFED PEPPERS FROM SCRATCH

Preheat oven to 400°F and line a baking tray with parchment paper.

Thoroughly wash the bell pepper and pat the excess moisture with a paper towel.

Carefully slice each bell pepper halfway, through the stems.

Discard the ribs and seeds, and place them on the prepared baking tray. Spray with a bit of cooking oil spray and sprinkle with salt and pepper. Bake for 8-10 minutes.

Meanwhile, heat oil in a heavy skillet, over medium-high heat. Add onion and garlic, sauté until onion is translucent.

Stir in tomatoes, beans, and corn. Add red pepper flakes, ground cumin, smoked paprika, salt, and pepper, cook stirring constantly for 2-3 minutes.

Stir in the quinoa and broth, and reduce the heat to low. Cover and let it simmer until quinoa is cooked for about 12-15 minutes.

Once done, remove from the heat and carefully spoon the mixture into the roasted peppers.

Generously sprinkle shredded cheese on top, then place back into the oven and cook for 6-8 minutes (until cheese is melted and peppers are tender).

Once done, remove from the oven, garnish with chopped cilantro or parsley. Serve with your favorite toppings and enjoy.

Optional toppings: Avocado, cilantro/parsley, sour cream, and lime wedges
A marine biologist put a shark into a big tank at the time of a research experiment. Followed by that, he released some tiny bait fishes into it. As expected, the shark didn’t wait to attack those fishes and ate them. Later, a clear fiberglass was inserted into the tank which partitioned the tank into two and the shark remained in one side.

A similar set of bait fish was sent to the other side of the tank like before. And the shark attempted to attack those fishes but failed by hitting on the fiberglass.

The shark attempted for several days until it gave up. Later, the biologist removed the glass from the tank but the shark didn’t try to attack the small fishes.

The shark always continues to see a false barrier in the tank and stopped his attempts.
Moral: It is quite common for many people to give up after many setbacks and failures. The story is an example for keep trying always and to never give up despite multiple failures.

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