SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students ....

From Students....

அணில் பசுமை இராமைஸ்வரம் நியூஸ்லெட்டர் 
பாணத்தாக்காக தமிழில்
பாணத்தாக்காக தமிழில்
Foreword

Dear Readers,

Namaskaram

Twenty fourth 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 India’s Independence Day. Jyothika continues her write up on Rameswaram Tourism and this edition she covers about Sangumal beach and Thillai Bhavana continues her series of Environment Activists and this time she covers Marimuthu Yoganathan and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on Independence 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)
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V. Jyothika
12th
Kv Mandapam
சுதந்திரகாலம் காலத்தின் பல வரிகளின் சுருக்ககரன் நிகழ்த்து.

ஒவ்வொரு பாணியும், ஒவ்வொரு பாணியும் வரும் காலத்தில் உண்டு!

அறிவுடன், அறிவுடன் அறிவுடன் வந்து, அறிவுடன் வந்து காலத்தில் உண்டு!

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சரித்திரம் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாழிரும் பறைமாzell

S. Yasvantini
9th STD
Sri Parvathavarthini Amman Girls High School
With Himalayas in the north
Indian Ocean in the south
Arabian Sea in the west
Bay of Bengal in the east.
I love my nation

With developed culture
And beautiful sculpture
The people have no rest
To do their work best.

Love my country India proud my country
Love my brother and my sister beautiful
Country in India rivers and mountains
in India fields and forest India no other
country in the world is better than the
country in India.

FIGHT GLOBAL WARMING...

M.Lohesharan
8th STD
National Matric
higher sec school
Marimuthu Yoganathan, popular as The Tree Man (born 1969) is an Indian environmental activist. He planted over 1 lakh 20 thousand trees in the last 28 years. He is working as Tamil Nadu State Transport Corporation Coimbatore Bus Conductor. When he was young he used to write poems sitting under trees in Kotagiri forests. He fought with the timber mafia for felling trees.

He works as a bus conductor with Tamil Nadu govt on S-26, runs on the Marudamalai-Gandhipuram route in Coimbatore. He works with school children and college students in creating the hazards of felling trees. He is a member of Tree Trust.

He uses 40% of his monthly salary towards buying saplings and educating children. He planted 4,20,000 tree saplings, by trekking the state of Tamil Nadu.

Honours

Eco Warrior award from the Vice President of India

Government of Tamil Nadu has conferred on him the title Suttru Suzhal Sevai Veerar Award.

CNN-IBN’s Real Heroes Award

Recently, a Twitter user with the handle name of @JainMaggii shared a picture of the bus conductor holding a sapling and wrote, “Marimuthu Yoganathan, a
bus conductor who has planted over 3 lakh saplings in the last 30 years using his own money. Meet the 'real environmentalist'!

Madhya Pradesh Chief Minister Shivraj Singh Chouhan also replied to the tweet dated March 5, 2021 and said, "Inspiration on my birthday. Thank you for sharing."

The tweet also drew the reactions of several people who praised Yogana than for his efforts.

"Noble work by Shri Yoganathan....Clapping hands sign. It doesn't have any impact whether he has planted with his own money or not. He has planted 3 lakh trees. That is enough..... we are getting how much of oxygen from those....just imagine...Once again salute you, sir...", wrote a twitter user.

Another Twitter user said, "Great work! Thank you for sharing! Hero, who is saving our lives and this planet! inspiration these are! Hero what made him so dedicated, please highlight his stories. Would love to know more about him."

"Mind-boggling. Almost 100 trees per day without fail! #Legend," wrote another while calling Yoganathan a legend.
Rameswaram Tourism

Sangumal Beach

The popular Tourist place in Rameswaram:

Sangumal Beach is a remarkable tourist attraction in Rameswaram, Tamil Nadu. It is a beach that is situated along the Palk Strait. The famous fishing village of Olaikkuda is located close to this beach. The serenity of this beach and the village located close to it attract tourists and holidaymakers on a large scale.

It Is Known For:

1) Sangumal Beach is known for its awe-inspiring natural landscapes and serene ambiance. Visitors, especially the foreign nationals, can be spotted basking in the sun for long hours due to the calmness.

2) This beach serves as the breadwinning place for the fishermen of Olaikkuda village. The fishes are caught from the enormous sea and sold in the village market.

3) There are small cottages and guest houses for the holidaymakers.
4) Sangumal Beach also serves as the place for witnessing the sunrise and sunset

5) The activity of boating for watching the coral reefs can be relished here as well.

Best Time to Visit:

Sangumal Beach is one of the must-visit destinations in Rameswaram. People are often seen spending a good quality time on the soft-warm sands. This beach can be visited throughout the year keeping in mind with the comfort, especially during summers.

Reaching There:

The fishing village of Olaikkadu has a well-established connectivity of the roadways. The local jeeps and buses ply to this village frequently.
Independence Day Quotes

- My love for my nation is boundless.
- My love for my people is endless.
- All I desire for my country is happiness.
- We got our freedom after a lot of sacrifices. We should never take it for granted.
  - Our forefathers taught us to keep our heads high.
- Let us live our lives with dignity and have the will to protect the peace and essence of our nation.
- So long as you do not achieve social liberty, whatever freedom is provided by the law is of no avail to you.
  - Life without liberty is like body without spirit.
- Let be freedom in mind, soul & body. Faith in your words & pride in you nature.
  - Freedom is a precious gift of our freedom fighters.
- Independence does not come free it demands a great cost.

D.logithasri
8th STD
Amrita vidyalayam
Rameswaram
Banana:

**What Are Bananas?**

Bananas are a tasty and convenient source of some important nutrients. People have grown this tropical fruit since ancient times, and its health benefits have been promoted for more than a century.

You can eat bananas raw or mixed in your favorite smoothie. You can enjoy your own homemade peanut butter-banana sandwich, banana bread, or banana muffins. The possibilities are plentiful.

Plus, bananas:

- Can be found at your grocery store all year long
- Are easily stored
- Come in their own yellow carrying case when you’re on the go

**Health Benefits of Bananas:**

**Powerful potassium:** A medium banana gives you 422 milligrams, which is 9% of what you need every day. This mineral is a big player in heart health. Potassium-rich foods help manage your blood pressure because they help you get rid of more sodium when you pee. Potassium also relaxes the walls of your blood vessels, which helps lower your BP.

What’s more, potassium:

- May lower your risk of stroke
- Can help keep your bones healthy as you age
- Helps your muscles work better
- Can help prevent kidney stones
But if you have kidney problems, too much potassium isn't good for you. Check with your doctor to see how much you should have.

**A feast of fiber:** It’s no secret that the right amount of fiber in your diet is good for you. An average-size ripe banana gives you 3 grams of it. That’s about 10% of what you need each day.

Most of the fiber in bananas is what’s called soluble fiber. It can help keep your cholesterol and blood pressure in check, and help ease inflammation.

Green bananas are full of something called resistant starch. It acts like insoluble fiber, which is the kind that can help keep your bowels working at their best. Resistant starch also helps lower your blood sugar.

In general, foods that are high in fiber make you feel full without extra calories. That also makes them a good choice if you want to shed a few pounds.

**A happier belly:** It seems bananas are good for your tummy, too.

The yellow fruit is a source of prebiotics. Those are carbs you don’t digest, but they’re a food source for the more-popular probiotics. Those are the good bacteria found in your gut.

There’s also evidence that probiotics can help with the annoying diarrhea people get after they take some antibiotics.

They can also help:

- Improve yeast and urinary tract infections (UTIs)
- Treat some gastrointestinal infections
- Ease irritable bowel syndrome (IBS)
- Lessen lactose intolerance
- Work on some allergy symptoms

Probiotics may even help make colds and the flu less severe.

**The right amount of carbs:** Like all fruits, bananas have carbs. But not so many that folks with diabetes can’t enjoy them. If you have diabetes, you can enjoy half a banana when you need a snack.

They also won’t blow up a low-carb diet. A medium one gives you about 27 grams.

**Faster workout recovery:** Research suggests bananas can also help you bounce back from strenuous workouts. One study says male cyclists who had a banana before pedaling went quicker and had a faster recovery than those who just drank water.
Banana Nutrients

Bananas contain a number of vitamins and minerals.

- **Vitamin B6**: A medium banana gives you about a quarter of the vitamin B6 you should get each day. It helps with metabolism. And it plays an important role in brain development during pregnancy and infancy, as well as immune system health.

- **Vitamin C**: You should shoot for between 75-90 milligrams per day. So with about 10 milligrams, your morning banana can get you well on your way. Vitamin C helps protect you from the damage caused by things called free radicals. Those are reactions in our body to the food we eat, cigarette smoke, pesticides, and other potentially harmful things. Vitamin C also helps your immune system work better and can help you heal better.

- **Magnesium**: This mineral helps control your blood pressure and blood sugar and keeps your bones strong. A banana gives you 8% of what you need.

- **Vitamin A**: This vitamin is good for your vision and might help protect you from cancer.

Banana Chip:

Banana chips are a sweet treat made by frying thin slices of under ripe bananas (*Musa acuminata*) and drizzling them with sugar or honey. Some home cooks also make banana chips by baking or dehydrating banana slices.

While raw bananas can provide healthy nutrients (such as fiber, potassium, vitamin B6, and vitamin C), banana chips don't provide significant vitamins or minerals because a single serving is relatively small and uses only a small part of the whole banana. Since banana chips can be rich in fat and sugar, this snack should be consumed in moderation.

Nutrition

The table below shows the amount of each nutrient in a medium sized banana [Trusted Source](https://www.nutritionfacts.org/articles/). It also shows how much an adult needs of each nutrient, according to the 2015–2020 Dietary Guidelines for Americans [Trusted Source](https://www.eatingwell.com/). Requirements vary according to the individual’s sex and age.
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount in one medium banana</th>
<th>Daily requirement adult</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (calories)</td>
<td>105</td>
<td>1,800–3,000</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate in grams (g)</td>
<td>27, including 14.4 g of sugar</td>
<td>130</td>
<td></td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>3.1</td>
<td>25.2–33.6</td>
<td></td>
</tr>
<tr>
<td>Protein (g)</td>
<td>1.3</td>
<td>46–56</td>
<td></td>
</tr>
<tr>
<td>Magnesium (mg)</td>
<td>31.9</td>
<td>320–420</td>
<td></td>
</tr>
<tr>
<td>Phosphorus (mg)</td>
<td>26</td>
<td>700</td>
<td></td>
</tr>
<tr>
<td>Potassium (mg)</td>
<td>422</td>
<td>4,700</td>
<td></td>
</tr>
<tr>
<td>Selenium in micrograms (mcg)</td>
<td>1.9</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Choline (mg)</td>
<td>11.6</td>
<td>425–550</td>
<td></td>
</tr>
<tr>
<td>Vitamin C (mg)</td>
<td>10.3</td>
<td>75–90</td>
<td></td>
</tr>
<tr>
<td>Folate (mcg DFE)</td>
<td>23.6</td>
<td>400</td>
<td></td>
</tr>
<tr>
<td>Beta carotene (mcg)</td>
<td>30.7</td>
<td>No data</td>
<td></td>
</tr>
<tr>
<td>Alpha carotene (mcg)</td>
<td>29.5</td>
<td>No data</td>
<td></td>
</tr>
</tbody>
</table>

Alpha and beta carotene, selenium, choline, and vitamin C all have antioxidant properties.

**Control High Blood Pressure**

Potassium and magnesium are key minerals the body needs to function correctly. Both play vital roles in maintaining a healthy heart and stable blood pressure.

One medium-sized banana provides 12% of the recommended daily intake (RDI) for potassium, and 16% RDI for magnesium, making it an outstanding source of both nutrients! Getting enough potassium and magnesium has been linked to a reduced
risk of heart disease. For patients with high blood pressure, foods high in potassium, such as bananas, can be used as a remedy to help lower blood pressure.

**Promote Weight Loss**

Often coined the “original 100-calorie snack”, yellow bananas are an excellent, healthy, grab’n’go food. Despite being just over 100 calories, bananas are high in fiber—meaning they will keep you feeling full, for a longer period of time than foods with lower fiber content. This can decrease your overall caloric intake for the day, making it a great weight loss tool. Green bananas also promote weight loss. They are one of the best sources of resistant starch. Resistant starch differs from regular starch in that it is an indigestible carbohydrate. Instead of being digested, it functions like a soluble fiber and feeds the friendly bacteria in your intestines, promoting better digestion. Resistant starch also has fewer calories than regular starch, yet still satisfies hunger the same. So, just like with yellow bananas, green bananas increase the feeling of fullness and result in a decreased appetite.

**Boost Energy and Increase Stamina**

Bananas are composed of three different types of sugars: glucose, fructose, and sucrose. Glucose and fructose are quickly absorbed into the blood stream and provide an immediate energy boost. Sucrose, on the other hand, is absorbed slowly and thus keeps blood sugar levels stable so that they never peak and abruptly drop. This spares you the sugar crash that can be a result of other sweet foods, like soda. This longer-lasting energy supply from bananas is great for increasing stamina and endurance.

Bananas are also a great energy-booster for your intellect. Potassium acts as fuel for the brain, making us more alert and receptive to learning, while magnesium helps improve our ability to focus. Various studies have shown bananas, rich in both potassium and magnesium, to be a great snack choice before exams due to their ability to promote concentration.
இன்று தொன்மை மறக்கும் மனிதர்கள்:

இன்று தொன்மை மறக்கும் மனிதர்கள் கையில் உள்ள போலின கட்டுக்கற்றதற்கு பார்ப்பர் நிகழ்த்தக்கில் தோற்றுக்காரன் விளக்கப்பட்டது.

அது அம்பந்த ில்லையத்தின் பயந்த வேலு அவுத்து அழகருக்கு பிறிக்கும் கட்டுக்கற்றது. அம்பந்த தினந்த கூரி சுருங்கம் பார்ப்பர் விளக்கப்பட்டது. அவுத்து அம்பந்த கட்டுக்கற்றது கிளைக்கரந்ததை.
சிறுயாண்டில் சிறுயாண்டு விளக்கப்பட்டு விளக்கம் செய்யப்பட்டது. அரசுக்கு அனுமதிக்கப்பட்டது, "சிறு வகுக்கக்கூடிய விளக்கப்பட்டு விளக்கம். அவைகள் கல்லறை பிறுத்து விளக்கப்பட்டுக் கொள்ள பாட்டு விளக்கப்பட்டு" செய்யப்பட்டது.

சிறுயாண்டு அம்பாள் புத்தகக் கல்லறை விளக்க தேவை காணப்பட்டது.

சிறுயாண்டு அம்பாள் புரிந்து வந்தது, "சிறுயாண்டு கல்லறை பிறுத்து விளக்கப்பட்டு" செய்யப்பட்டது.

ஒரு சிறுமி நட்டும் நீண்டும் விளக்கம், "சிறுமியின் கை கடுமையாக விளக்கம் கொள்ள வேண்டுமா?" செய்யப்பட்டது.

"ஏன் வந்த சிறுமியுடன் கைப்பட்டு வந்தது?" என்று கைப்பட்டது.

"ஏன் வந்த சிறுமியுடன் நீக்கப்பட்டு 'அம்பாள்' என்று தான் குறு குறு குறமை விளக்கப்பட்டு விளக்கப்பட்டது. நீக்க நிகழ்வுக் குறுந்து என்று கைப்பட்டது விளக்கம். பின்னர் குறமை கல்லறை பிறுத்து விளக்கப்பட்டது விளக்கம்

சிறுயாண்டு விளக்கப்பட்டது.

சிறுயாண்டு விளக்கப்பட்டு வந்த சிறுமியுடன் விளக்கப்பட்டு விளக்கப்பட்டது சிறுமியுடன் விளக்கப்பட்டது...
துருண்டுகள் ஆடம்பரகம்

dhth கால்வத்தா விளக்கம் காட்டுப்பட்டால் துணிக்க வேள்விக்க.

நாளன்

சாதும்

கல்வியின் சுருக்கம் ஆடும் சாத்தந்த அடுமிபெடை

அடுத்துள்ள குன்ற சித்தையின் நான்கு குன்றுகளுக்கு பெயர் நிகழ்கிறது முடிப்பெடை.

ஒல்லைகளின் பிறந்த விளக்கம் காட்டுக்கு கொண்டு வைக்கவும் அந்த பற்றுள்ள விளக்கம்.

ஒல்லைகளில் பிறந்த விளக்கம் காட்டுக்கு கொண்டு வைக்கவும் அந்த பற்றுள்ள விளக்கம். ஒல்லைகளில் பிறந்த விளக்கம் காட்டுக்கு கொண்டு வைக்கவெணும் என்று கூறுகிறீர்க்க水质

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