SQUIRREL GREEN RAMESWARAM NEWSLETTER

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

ாணவர்களுக்காக …..
ாணவர்களால் …..

தமிழ் - 21
May 2022
Dear Readers,

Namaskaram

Twenty one 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 APJ.Abdul Kalam Memorial and Thillai Bhavana continues her series of Environment Activists and this time she covers Medha Patkar Khanolkar and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes on Environmental. 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)
P. Ajai Kandh,
11th STD
St. Joseph Higher Secondary School, Rameswaram
V. Jyothika
12th
Kv Mandapam
Environmental Poems

S. Yasnuntini
9th STD
Sri Parvathavarthini Amman Girls High School
The sands of time have rendered fear
Blue skies on high no longer clear
Stars were bright whence they came
Now dimmed, obscured, pollution's haze.
The sun is shining,
The sky is blue,
The birds are flying,
And the breeze is so cool

FIGHT GLOBAL WARMING...
Medha Patkar Khanolkar (born 1 December 1954) is an Indian social activist and former Politician working on various crucial political and economic issues raised by tribals, dalits, farmers, labourers and women facing injustice in India.[1][better source needed] She is an alumnus of TISS, a premier institute of social science research in India.

Narmada Bachao Andolan (NBA) is a social movement protesting against the dam on river Narmada which began in 1985 consisting of Adivasis, farmers, fish workers, labourers, and others in the Narmada valley along with the intellectuals including environmentalists, human rights activists, Scientists, academicians, artists who stand for just and sustainable development. Sardar Sarovar Dam in Gujarat is one of the biggest dams on Narmada where the non-violent people's struggle has questioned social and environmental costs, undemocratic planning, and unjust distribution of benefits. The struggle is still on in the Sardar Sarovar affected areas and also other large and medium dams on Narmada and its tributaries. It has led to thousands of project-affected families receiving land-based rehabilitation and continues to fight against submergence and displacement without rehabilitation of
more than 40,000 families residing in these submergence areas of Sardar Sarovar to date. Many of its claims and critique on economic, social, and environmental aspects of the Sardar Sarovar and Narmada valley development project stand vindicated today. Patkar has also questioned the wisdom of the currently popular developmental strategy of linking rivers in India as a means to address issues of water shortage.
Rameswaram Tourism

APJ. Abdul Kalam Memorial

The popular Tourist place in Rameswaram:

The everlasting memory of India’s great leader, former president, and a renowned scientist – Dr. APJ Abdul Kalam, now welcomes the visitors to the temple town of Rameswaram. The memorial was inaugurated by Prime Minister of India Narendra Modi on 27th July, 2017. Presenting as an interesting sightseeing choice, it invites the tourists from all over the world to witness India’s diversity and different culture.

Spread over 2.11 acres of land, the memorial is constructed on the gravesite of Dr. Kalam, where his mortal remnants were put to rest on July 27, 2015. In order to pay tribute to India’s missile man, The Defense Research and Development Organisation (DRDO), with which Dr. Kalam had been associated for several years of his life, came up with an initiative to construct his memorial. And with an investment of Rs 120 crore, its construction had been completed in a record time of just 9 months. The monument mirrors a fine blend of the Indian and Mughal architecture. The entrance of the monument depicts the India Gate, compiled with a Chettinad door that resembles the entrance door of the Brihadeeswarar Temple in Thanjavur, while the main dome of the building is a replica of the Rashtrapati Bhavan. The yellow stones that are used in its construction was brought from
closer to Pakistan. Whereas, sand, water and other materials had been obtained from all over India. Hence, it’s a symbol of national integration. Every stone placed in the memorial represents Kalam’s dream of United India. He had always admired the different aspects of India’s culture, so to pay homage to Kalam’s life, they have all been integrated in this monument.

Dr. Kalam’s teachings live through this monument, and ignites the belief in oneself to all those people who visit here. In the interiors of the memorial, there are four halls that reflect the various facets of Dr. Kalam’s life, including the Pokhran nuclear test. There’s even displayed replicas of rockets and missiles that the late ace scientist worked on, so as to celebrate his contribution to space science. Inaugurated in 2016, the bronze life size statue of Abdul Kalam had been shifted and installed behind the memorial. Whereas, the organisation; RIC private limited, looked after the work of the garden created around the memorial, which has the resemblance of the Mughal Gardens. The plants were brought from Bangalore, Andhra Pradesh and Telengana. And also the garden was adorned with the handpicked flowers, keeping in mind the taste of Dr. Kalam. But, what’s more commendable is that, it had all been done in just 25 days time.

The dedicated labourers had put immense hard work into the construction of this memorial, built at the pilgrimage site of Rameswaram, where people come to wash away their sins, which now has gained a new place, in the form of Dr. Kalam’s memorial, where they could come to gain knowledge. This exquisite monument, has become a landmark in the hometown of the people’s President, that would continue to ignite young minds to dream big. Though the construction of the second phase of the memorial, is still in progress, which will be considered as the knowledge centre, that would include – a library, planetarium and auditorium. This tourist attraction in Rameswaram is a must visit in Rameswaram.
Environmental Quotes

- Wasting time is useless cleaning the environment is the best.
- By polluting clear water with slime you will never find good drinking water.
  - Love green, save environment.
- The most beautiful scenery is Environment, so protect & conserve it to see it grow more and more.
  - Nature is painting for us, day after day, pictures of infinite beauty.
  - We won’t have a society if we destroy the environment.
- We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect
- We shall never understand the natural environment until we see it as a living organism. Today you can murder land for private profit. You can leave the corpse for all to see and nobody calls the cops.
  - Let’s nurture the nature so that we can have a better future.
  - Newspapers: dead trees with information smeared on them.
  - When we heal the environment, we heal ourselves.

D.logithasri
8th STD
Amrita vidyalayam
Rameswaram
Immunity Booster Series:

**Turmeric:**

Turmeric is a popular spice made from the rhizome, or root, of the Curcuma longa plant. Turmeric is native to Southeast Asia and is a member of the Zingiberaceae, or ginger, family. People have used it as an herbal remedy for thousands of years in Ayurvedic and Chinese medicine.

India grows 78% of the global supply of turmeric.

This article looks at a range of potential health benefits of drinking tea with turmeric.

**Fast facts on turmeric tea:**

The active ingredient in turmeric is curcumin.

Curcumin gives turmeric its characteristic yellow color.

Curcumin is proven to have anti-inflammatory and immune-boosting properties.

**What is turmeric tea?**

Curcumin has low bioavailability, which means the body has a hard time accessing and absorbing the compound. For this reason, turmeric supplements, with their guaranteed high concentrations of curcumin, are popular.

There are a number of ways a person can make turmeric tea. They can, for example, brew:

- grated turmeric root
- pure turmeric powder
- store-bought turmeric tea, either loose-leaf or in a tea bag

**How much turmeric tea to drink per day?**

There is no specific recommended daily intake of turmeric. Based on available research, the suggested daily intake depends largely on the condition a person wants to treat.
Most research involving adults supports the safe use of 400–600 milligrams (mg) of pure turmeric powder 3 times daily.

Generally, research has shown that curcumin doses of 4,000–8,000 mgTrusted Source per day or even as high as 12,000 mg per day are safe.

Grating the turmeric yourself is the best way to ensure the purity of a product.

What is turmeric tea good for?

Turmeric tea may have numerous benefits, but research on the impact of turmeric on different areas of health is still ongoing. There is no guarantee that turmeric can help with, let alone cure, any health issue.

However, some possible benefits include the following:

1. Reduces arthritis symptoms

As an anti-inflammatory, curcumin may help reduce the most prominent symptoms of arthritis.

A 2017 study found that out of 206 adults in the United States with self-reported rheumatoid arthritis, 63%Trusted Source used non-vitamin supplements to manage their symptoms, with turmeric being the most popular product.

2. Boosts immune function

According to researchTrusted Source, curcumin may be able to improve immune function with antioxidant, anti-inflammatory, antiviral, and antibacterial properties.

Research has also shown that curcumin acts as an immune modulator, helping regulate immune cell function against cancer.

3. Helps reduce cardiovascular complications

Numerous studies have shown curcumin to have beneficial heart health properties, because it acts as an antioxidant and anti-inflammatory.

Research Trusted Source has shown that curcumin may help thin the blood, reduce cholesterol, and prevent the narrowing of arteries. This can offer a protective layer from different cardiovascular problems. In addition, it may help reduce the aftereffects of different types of heart damage.

4. Helps prevent and treat cancer

One of the most clinically established therapeutic properties of curcumin is its anti-cancer action.
As an antioxidant and anti-inflammatory, curcumin is thought to lower the risk of cells in the body becoming damaged, reducing the risk of cell mutations and cancer.

Furthermore, numerous studies have found that curcumin has anti-tumor properties, limiting the growth of tumors and the spread of cancerous cells.

According to a 2014 medical review, more than 2,000 published articles use the keywords “curcumin” and “cancer.”

Researchers are currently investigating the use of curcumin as a cancer treatment alongside chemotherapy and radiation therapy.

5. Helps manage irritable bowel syndrome (IBS)

People have long used curcumin in traditional medicines as a treatment for many digestive conditions. Research shows that the spice’s antioxidant and anti-inflammatory properties can help modulate gut bacteria.

However, more research is necessary to determine the impact of curcumin in cases of IBS and other intestinal inflammatory conditions, such as Crohn’s disease and ulcerative colitis.

6. Prevents and treats Alzheimer’s disease

According to studies, curcumin may help lower the risk of several neurodegenerative conditions.

Experts believe that its antioxidant and anti-inflammatory properties reduce cellular damage, inflammation, and amyloid deposits, or plaques, that occur with these conditions.

Curcumin may also be able to slow down or prevent some of the age-associated protein changes that scientists link to neurodegeneration.

7. Protects against liver damage and gallstones and manages liver conditions

Several studies have shown that curcumin can protect against liver damage.

Potential liver and gallbladder benefits of curcumin include increasing the production of the digestive fluid bile and protecting liver cells from damage from bile-associated chemicals.

8. Helps prevent and manage diabetes

Traditional medicines have used turmeric for diabetes for thousands of years.

Several studies using animal and human models have shown that curcumin supplementation may have antidiabetic properties.
9. Helps treat and manage lung conditions

Researchers suspect that the anti-inflammatory and antioxidant properties of curcumin may help alleviate the symptoms of chronic or long-lasting lung conditions.

A 2017 medical review concludes that although the clinical evidence is limited, curcumin might help treat asthma, pulmonary and cystic fibrosis, lung cancer or injury, and chronic obstructive pulmonary disease.

10. Helps with weight loss

A 2019 meta-analysis found that using turmeric can help people with metabolic disorders significantly lower their body mass index.

It may also help reduce leptin, which is a hormone that regulates appetite and fat storage in the body.

How to make turmeric tea?

A person can brew turmeric tea using pure turmeric powder or grated or ground, dried turmeric.

Fermented turmeric preparations, commonly sold as tea products, claim to have higher concentrations of biologically available, or absorbable, curcumin.

Below is a 1-cup recipe for turmeric tea:

**Ingredients**

1 cup of water or milk
1 tsp of turmeric
1 tsp of cinnamon
1 tbsp of honey
1/2 tsp of black pepper

**Directions**

Bring water or milk to a boil.

Add the other ingredients to the boiling liquid.

Steep for 10–15 minutes.
After completing these steps, a person may want to strain the tea into a container and allow it to cool before drinking.

**Extra additions**

Many people put additional ingredients into their turmeric tea to improve the taste or help with turmeric absorption.

For example, a person can use either cow’s milk or plant-based milk of their choice. Other additives can include:

- coconut oil
- ghee, which is clarified butter
- black pepper
- lemon or lime
- ginger
- cardamom
- nutmeg
- cinnamon
- basil
- anise
- vanilla
- maple syrup

A person can also mix the spice powder with another brewed tea, such as green tea or black tea.
A man was walking nearby to a group of elephants that was halted by a small rope tied to their front leg. He was amazed by the fact that the huge elephants are not even making an attempt to break the rope and set themselves free. He saw an elephant trainer standing beside them and he expressed his puzzled state of mind. The trainer said “when they are very young and much smaller we use the same size rope to tie them and, at that age, it’s enough to hold them.

As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free.”

**Moral:** It is the false belief of the elephants that denied their freedom for life time. Likewise, many people are not trying to work towards success in
their life just because they failed once before. So keep on trying and don’t get tied up with some false beliefs of failure.

M.lohesharan
8th STD
National Matric higher sec school