



# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## SQUIRREL GREEN RAMESWARAM NEWSLETTER

For Students ....

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ்லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....





# SQUIRREL GREEN RAMESWARAM NEWSLETTER

## Foreword

Dear Readers,

### Namaskaram

Thirteenth 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 Villoondi Theertham and Thillai Bhavana continues her series of Environment Activists and this time she covers Ranjit Bhargava and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by Soil. 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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## Environmental Drawings:

### Drawing 1:



*S.sasi karan*

*9th STD*

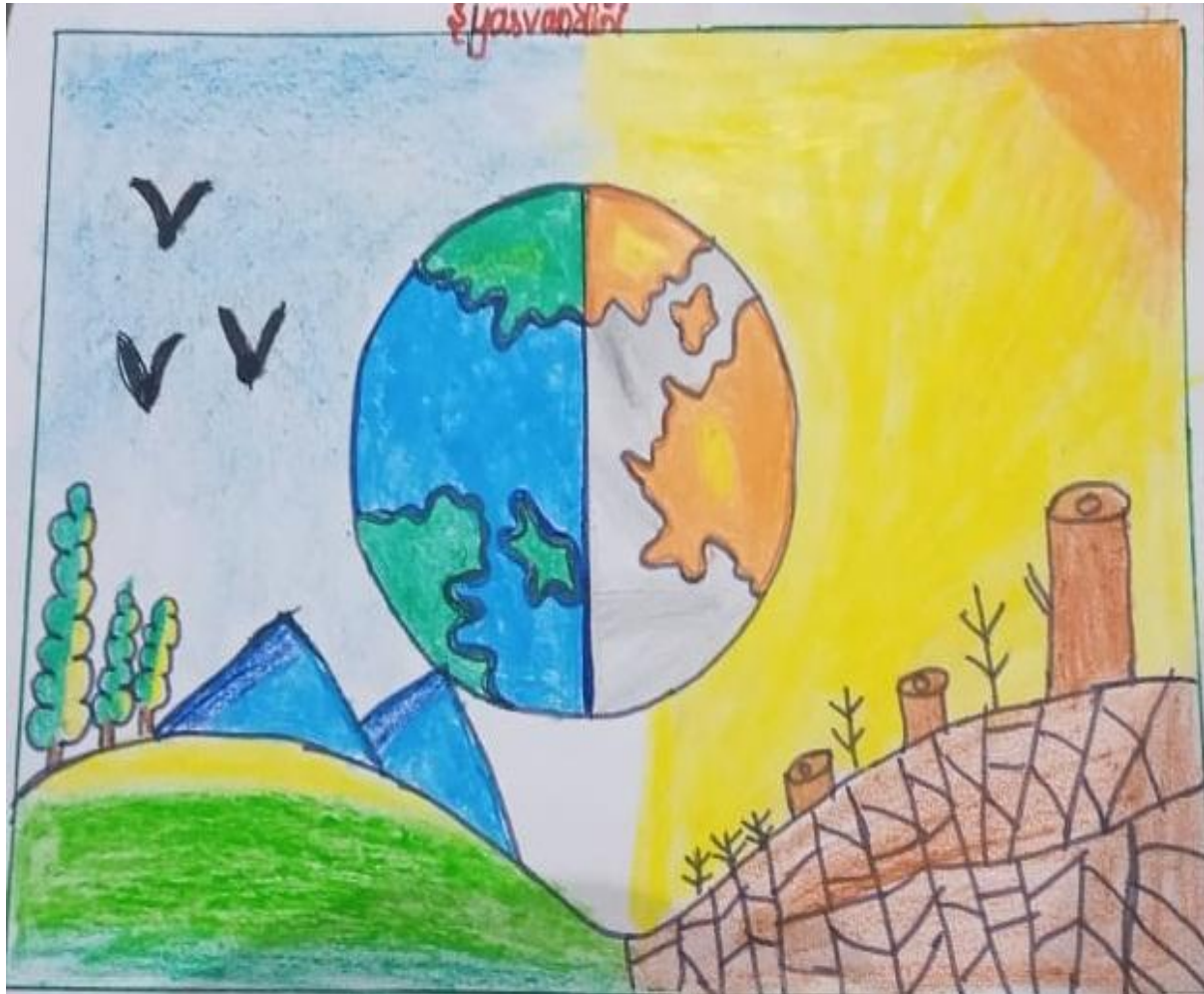
*Government high school*

*Karaiyur*





Drawing 2:



S. Yasvanti

9th STD

Sri Parvathavarthini Amman girl's high school

Rameswaram





Drawing 2:



G.Dharma shivani

9th STD

Sri Parvathavarthini Amman girl's high school

Rameswaram



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### Environmental Poem: 1

விவசாய மண்



உழவு என்பது தொழில்  
மட்டுமல்ல  
உயிரின்...ஆதாரம்...

பணம் சம்பாதிக்க ஆயிரம்  
தொழில் இருக்கு...

ஆனால்,

உணவை சம்பாதிக்க விவசாயம்  
மட்டும்தானே இருக்கு...

B.Hansika  
6th STD  
Government high school  
Karaiyur





Environmental Poem: 2

*விவசாய மண்*

மண் பூமியின் தளம்  
மண் உயிர்களின் ஆகர்ஷணம்  
மண் பிறப்பால் அடைவது  
மண் இறப்பால் அடைவது  
மண்ணை பாழாக்கும் எதையும் பயன்படுத்தாமல்  
மண்ணை வளப்படுத்தினால் மனிதா  
நீ வாழ்வாய் உன் சந்ததி வாழும்  
உன்னை மண் போற்றும்

K.Tiyara Roshny

Class-8th

Holy Cross girls Hr.Sec. School







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### Environmental Series -13



**Ranjit Bhargava**

Ranjit Bhargava was born the family of Munshi Nawal Kishore, (1836–1895) a known publisher, as a fifth generation member, in Lucknow, Uttar Pradesh, India. to Munshi Ram Kumar Bhargava, holder of the title Raja by the then Viceory of India, Lord Wavell and Rani Lila Ramkumar Bhargava, a 1971 Padma Shri awardee. He headed the Uttar Pradesh chapter of the World Wide Fund for Nature (WWF). A member of the faculty of Foreign Affairs at Lucknow University, Bhargava is a life member of the Indian National Trust For Art and Cultural Heritage (INTACH) where has instituted the INTACH Environmental Award in memory of his son, Anirudh Bhargava.

Bhargava is one of the founders of the Upper Ganga Region initiative, a collective campaign for getting the Upper Ganga Region, comprising Rishikesh and Haridwar, the status of UNESCO World Heritage site. He is also involved with other environment related campaigns such as the Citizens' Forum on Public Policy and the campaign for the protection of Indian sites abroad, like INA Memorial in Singapore and Jim Corbett's tomb in Nyeri, Kenya. The Hive, a British heritage bungalow used by Christopher Corbett, the father of Jim Corbett, has been bought by Bhargava and is now a tourist attraction in Ayarpatta, Nainital.

Ranjit Bhargava is the author of a book on environment by title, Environment: A Will to Fail.

Ranjit Bhargava has been honored by the Government of Germany Order of Merit. This was followed by the title, the Officer of the Order of the Golden Ark, conferred by Prince Bernhard of the Netherlands In 2010. The Government of India included in the Republic Day honours list for the Padma Shri.

**K.ThillaiBavana  
IX,  
KV Mandapam**







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### Rameswaram Tourism:

#### Villoondi Theertham

Famed for one of the beaches and being one of the 64 Theertham, Villoondi Theertham is quite famous among the tourists. It is located 6 Km a long way from Rameswaram principle transport stand. Villoondi Theertham shoreline is a quiet place with noiseless tides. Thrayambakeshvarar, a revered Shiva shrine, is located here. The presence of a fresh water spring situated inside the sea makes this place all the more special.



#### History:

Legend has it that during the time of the Ramayana, after rescuing his wife Sita from Ravana, Rama came to Rameswaram and performed rituals and installed the Shiva linga. After completing their tasks, when they were returning, Sita said she was thirsty and Rama took his arrow and shot it into the sea and from the place where his arrow pierced in the sea, emerged a spring.



Incidentally, 'villoondi' means 'the place pierced by arrow' and 'Theertham' means sacred water in Tamil. What struck me were

the old idols of Gods and Goddesses that were submerged in the shallow part of the waters here.

This well is still there within the sea and is connected by narrow walking bridge which leads to the well.

V.Jyothika  
11th  
Kv Mandapam





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### Environment quotes

#### Soil:

- ❖ Land is not merely soil; it is a flowing through a circuit of soils, plants and animals.
- ❖ The nation that destroys its soil destroys itself.
- ❖ Ignorance is the soil in which belief in miracles grows.
- ❖ To forget how to dig the earth and to tend the soil is to forget ourselves.
- ❖ The roots of all goodness lie in the soil of appreciation for goodness.
- ❖ Emancipation from the bondage of the soil is no freedom for the tree.
- ❖ You are what you are eat...Health Begins in the soil.
- ❖ No food without soil.
- ❖ What we plant in the soil of contemplation, we shall reap in the harvest of action.
- ❖ There is no such thing as a residual soil.



**D.logitha sri**  
**8th STD**  
**Amrita vidyalayam**  
**Rameswaram**





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### Immunity Booster Series:

#### Inji Thokku/ Ginger Thokku/ Ginger Pickle



Ginger is a herb which is used , in most Indian cuisines. Ginger helps in dealing with most digestive issues , gives relief during nausea , especially during chemotherapy , eases menstrual pain and general immunity Ginger garlic paste, is a common ingredient ,in most gravy dishes in Indian cooking , Ginger tea , is most sought after beverage ,especially during winter. Ginger thokku , adds zing to most breakfast items and can be eaten with plain rice or curd rice , Its easy to make and can be stored for 10 days or more.

#### ❖ INGREDIENTS

1. Ginger 100 grams
2. Tamarind 40 grams
3. Salt as desired
4. Jaggery 2 teaspoons
5. Green chilies 2 to 4 ( chopped )
6. Sesame oil 1/4 cup
7. Mustard 1 teaspoon
8. Asafoetida 1/2 teaspoon
9. Fenugreek powder 1 teaspoon





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### ❖ METHOD

- Wash the ginger very well to remove all the dirt. Scrub them well . Peel the outer skin .
- Cut them into very small pieces or grate them .

### 10 Ginger Health Benefits



Nausea Relief	Heals Ulcers
Digestive Support	Anti-fungal
Boosts Immunity	Reduces Pain
Anti-inflammatory	Fights Cancer
Improves Diabetes	Weight Loss

- Soak the tamarind in 1 cup of water for half an hour .
- Dry roast the fenugreek seeds , till it becomes hot, in low flame and powder them fine .
- In the same pan or kadai , add oil . When it gets heated , add mustard . When it splutters , add green chilies and asafoetida and shallow fry .
- Add ginger and salt and shallow fry for two to three minutes . Grind them to a smooth paste. Add them to the kadai again .
- Extract thick juice from the tamarind and add to the ginger paste , Stir and cook in low heat , till it thickens and reduced to half .
- Add jaggery and stir , The thokku will loosen again , stir and cook in low heat , till oil starts appearing at the top.
- The thokku is ready . Cool and bottle. Use it when necessary .

**B.SURYA**  
**10<sup>TH</sup> STD,**  
**KV Mandapam**







### Motivational Stories:

#### Crow and the snake:



Once upon a time a crow was living in the nest on the top of the tree in a forest a snake was also living in a pit under the same tree the crow once hatched eggs once day the crow was feeling hungry so it went outside in search of its prey at the time the snake came out of its pit slowly it creped

Crawled and climbed up the tree it reached the nest of the crow it's mouth watered as it saw the crows eggs after few hours the crow returned back to the nest a crow saw that the eggs were eaten by someone it felt very sad it

was thinking who ate it's eggs then it made up a plane to trap and trace the culprit second time crow hatched eggs this time crow did not go away it wanted to find out the culprit who ate the eggs in the noon the snake living under the tree came out and ate the eggs the crow was shocked and came out of its hiding place

"Hey, how dare you do that?" Who's that? Oh are you still here " How dare you eat my eggs are you not ashamed of your dead " why should I ,I was feeling hungry so I made your eggs pray" do not repeat again otherwise I'll kill you" do whatever you went, I last brother at the same time the crows saw the friend the fox was coming they came down the tree and cried to his friend " a cunning snake has eaten up my eggs I want to punish him but I am helpless" Don't you worry my friend I am here to help you how can you help me I have got a plane Listen to me don't cry " ok,

Tell me" my dream friend you should go to the bathing pond of the prince of this country" and keep it on the bank of the pond before bathing" at the time taken the necklace and bring it here and drop it in the snake's pit " if I can take the necklace and drop in the snake's pit when will happen ?" Do as I say then watch the results the crow flew away and went never the bathing the pond of the prices it took the necklace the prices shouted and all the servants went alarmed and they followed the crow the crow dropped the necklace in to the





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snake's pit and flew away the snack without knowing the situation peeped out with the necklace around its neck and seeing this all the servants of the prince



beat it to death with their sticks then they went taking the necklace out of its neck on seeing this crow felt very happy that all its sorrows ended then the crow thanks its friend fox for the timely help there after the crow hatched eggs and lived happily.

**M.lohesharan**

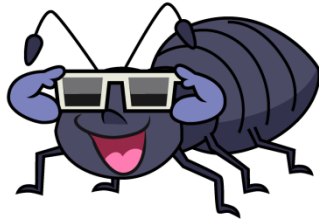
**8<sup>th</sup> STD**

**National Metric higher sec school**





### Bina's Story:



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One day, Bina the ant, was scurrying about in search of food. Summer was almost over and autumn was approaching. Soon it would be difficult to find food. Bina knew it was necessary to stock as much as possible so that her ant colony could have enough to eat dinners in the difficult months ahead. She had collected quite a bit already. Now, she was on the lookout for bits of sweetmeats that younger members of her country loved to munch on after their meals. Darting to and fro among the trees and shrubs, Bina suddenly smelt the sweet aroma of pastry. She quickly went around the bushes and there she saw it-A large bit of pastry with a whole raisin in it! Just then she looked up and saw something hanging from the leaf of a bush. Looking closer, she saw that it was a tiny tail. It seemed to be all wrapped up in something, as if bandaged. Bina did not identify it, but the thing was a chrysalis, the pupa of a butterfly. Oh, you poor thing! Exclaimed Bina, She had no idea what a chrysalis was. What a sad fate you have! I can run anywhere I wish, climb trees or go over mountains. And look at you; you are trapped in your shell. All you can do is moving your tail around a bit. But there was no answer from the





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chrysalis. So Bina went on. She said, even ant children can run around and do so much as we can. They are free; you are all bound up and can't even move. What a dreadful life you have. Then she walked away with her price of pastry. A few days later, Bina came that way again hoping to find more sweets or biscuits lying around. It was unusually hot that day and she was sweating. Suddenly, a cloud seemed to come over her and she felt a soft cool breeze. She looked up. What did she see this time? Oh one of the most beautiful butterflies she had ever laid eyes on! It was light blue, spotted with light pink and yellow dots. How beautiful and how lucky to be able to fly around trees! Thought Bina, as she started at the beautiful butterfly. Look at me, said Sundari the butterfly. I am your much pitied friend. You boasted of being able to run around and climb mountains, Said Sundari. She further said, but always remembers, looks can be deceptive. And with a graceful flap of her wings, Sundari flew away like a soft sight of breeze.



**D.logitha sri**

**8th STD**

**Amrita vidyalayam**

**Rameswaram**

