



SQUIRREL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ்லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் – 16

December 2021



SQUIRREL GREEN RAMESWARAM NEWSLETTER

Foreword

Dear Readers,

Namaskaram

Fifteenth 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 Gurudwara Nanak Dham and Thillai Bhavana continues her series of Environment Activists and this time she covers Tulsi Gowda and Surya continuing the health food immunity booster series and Logitha is continuing her quotes series this time she is sharing about quotes by Air. 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)





Environmental Drawings:



G.Dharma Shivani

9th STD

**Sri Parvathavarthini Amman Girls
High School**





Environmental Drawings:



S. Yasvantini

9th STD

**Sri Parvathavarthini Amman Girls
High School**



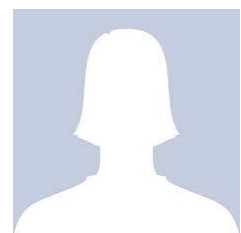
Environmental Drawings:



V. Akshayamega

8th STD

**Vivekananda Vidyalaya Matric
Hr sec school**





Environmental Poem

காற்று:



நான் விடும் மூச்சு காற்றில்
தான் நீ வாழ்கிறாய்...
என்னை அழிப்பது
உன்னை நீயே வதைப்பதற்கு
சமம்...



G.Dharma Shivani

9th STD

**Sri Parvathavarthini Amman Girls
High School**





Environmental Poem



நீரோடும் ஓடை யோரம்
தென்மேற்கு பருவக்காற்று,
அடைப்பட்ட அறைக்குள்ளே
வீசுதே மின்சார காற்று...!

கம்மாக்கரை காற்றுமிங்கே
காணாமல் போச்சே...!
குளிரும் தளிரும் போய்
தேசம் சூடாகிப்போச்ச...!



ஆத்தங்கரை காற்றும்
அழிந்தேதான் போச்சா...!
அனல்முட்டும் காற்றும்
ஆள்வதும் ஆச்சா...!

பருவக்காற்றும் இங்கே
திசைமாறிப் போச்சே...!
சுவாசக்காற்றும் இங்கே



விஷமாகிப் போச்சே...!

S. Yasvantini

9th STD

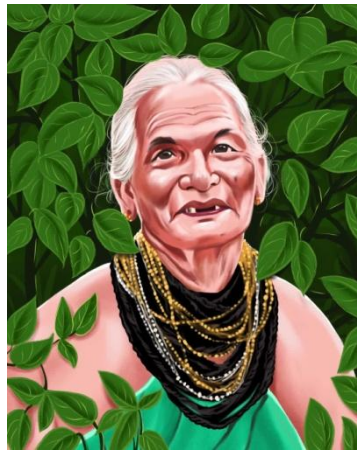
**Sri Parvathavarthini Amman Girls
High School**



Environmental Series -15



Tulsi Gowda



Tulsi Gowda was born in 1944 into the Halakki tribal family within the Honnalli village, a settlement transitioning between rural and urban within the Uttara Kannada district in the Indian state of Karnataka. Karnataka is a state in South India known for its popular eco-tourism locations as it has over twenty-five wildlife sanctuaries and five national parks.

Gowda was born into an impoverished family, and her father died when she was only 2, causing her to have to begin working alongside her mother as a day laborer at a local nursery once she was old enough, prohibiting her from ever receiving a formal education. As a result of her lack of education, she is illiterate, not able to read or write. At a young age she was married off to an older man named Govinde Gowda, but no one including her knows exactly how old she was when the marriage began, but she was estimated to be around 10 to 12 years old. Her husband died when Gowda was in her 50s.





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At the nursery, Gowda was responsible for taking care of the seeds that were to be grown and harvested at the Karnataka Forestry Department, and she specifically cared for the seeds that were meant to be a part of the Agasur seedbed. Gowda continued working at the nursery alongside her mother as a daily wage worker for 35 years until she was offered a permanent position in recognition of her work towards conservation and extensive knowledge of botany. She then worked at the nursery with her permanent position for 15 more years before she decided to finally retire at the age of 70 years old. During her entire time at this nursery, she contributed and worked directly to aid the afforestation efforts by the forest department by using her traditional knowledge of the land that she gained through first-hand experience.



**K.ThillaiBavana
IX,
KV Mandapam**





Rameswaram Tourism:

Gurudwara Guru Nanak Dham, Rameswaram:



Gurudwara Nanak Dham, A famous Shrine in remembrance of Guru Nanak is situated in Rameswaram in Tamil Nadu. Rameswaram is well known as a pilgrim centre for Hindus. Equally famous is the GuruNanak Dham (Gurudwara) situated here. Sikhs believe that Guru Nanak stayed here 500 years ago.

History

According to the Sri GuruNanak Sat Sangh Sabha and Educational Society, which maintains the Gurudwara, Sri Guru Nanak visited Rameswaram on 1511 and stayed for 19 days on his return journey from Sri Lanka, where he Preached to break the barriers of passion and prejudice. He made significant contribution in solving the problems of Shivnabh, King of Sri Lanka, and 18 others.

During his stay in Rameswaram, GuruNanak found the water in the island saline. But the spring that GuruNanak created by digging the soil produced sweet water. Devotees still have preserved the small 'Mandapam, where Sri GuruNanak stayed and the well.

For the pilgrims

The Governor of Tamil Nadu, Surjeet Singh Barnala, during his first stint in the gubernatorial office, visited Rameswaram. Mr. Barnala arranged donations from Sikhs living in and around Tamil Nadu to construct a Gurudwara in Rameswaram. He himself performed. Now, the sprawling 2.5 acres campus of GuruNanak Dham





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offers peace and solace to pilgrims who come from different parts of the country.

Sri GuruNanak Sat Sangh Sabha, Chennai, under the leadership of Rachhpal Singh Kalsi and Inderjit Singh Grewal, runs the Gurudwara. "Though it is situated at the extreme end of the country's map, pilgrims even from Punjab visit here. There are 24 rooms in the campus and stay is free of cost. Steps have been taken to include the Gurudwara in the list of pilgrims and tourism-interested places in Rameswaram," says Bawit Singh Dhindsa, Manager, and Sri GuruNanak Dham.



V.Jyothika
11th
Kv Mandapam





Environmental quotes

Air:

You can't see it, you can't see it,
But it's there, everywhere.
It fills up balloons.
It takes up space.
It is air, it is air.



You can't see it, you can't see it,
But it's there, everywhere.
It makes things move
When it blows.
It is air, it is air.



You can't see it, you can't see it,
But it's there, everywhere.
It makes loud noises,
As it rushes by us.
It is air, it is air.

D.logitha sri
8th STD
Amrita vidyalayam
Rameswaram





Environmental quotes

Air:



A children do you know that there is Air around as

We cannot see it but we can feel it
When we see the leaves of a tree moving it is because Air when we
put on a pan and we fell breeze it is the air
We feel not only this air is even very important for us to breathe so
let's recite a rhyme on air...

You cannot see it you cannot touch it
You can feel it on your skin, you can blow it
You can fill it with the deep breath take in this is Air is everywhere
don't pollute it please take care.



***M.lohesharan
8th STD
National Matric
higher sec school***



Immunity Booster Series:

ABOUT MAPILLAI SAMBA RICE:

Mapillai Samba or “Bride Groom Rice” is a native variety of rice, which is red in colour and is grown predominantly in Tamil Nadu. It's well suited to organic farming because it is hardy and demands little or no fertilisers or pesticides. It is a 160 days crop. Unfortunately, along with other native varieties of rice, mapillai samba has all but disappeared from our farms and markets, making way instead for highly processed, nutritionally inferior white rice. Very few passionate traditional farmers still grow such rice now. This rice comes from Thiruvannamalai in Tamilnadu.



HOW TO COOK:

It can be cooked as rice, or made as Idli, Dosa, upma, pongal etc.

How to prepare gluten free mapillai samba rice



1. Rinse the rice in water & soak it for 90 minutes.
2. Keep a pot shaped vessel on the stove add water (qty should be 3 times of the rice) and let it boil.
3. Add washed and soaked rice to boiling water; keep the stove in slow speed.
4. Optional - Add a pinch of salt
5. When it has almost absorbed all the water, check whether the rice is cooked, if not add little quantity of water.
6. Repeat step 5 of adding little quantity of water until the rice is cooked. Usually it takes about 30 to 45 minutes for Mapillai samba rice to be cooked well, there will be some water still left over with the rice.
7. Drain the remaining water in a separate vessel, that's your Gruel - morning energy drink Mapillai samba's Gruel is so unique - known to provide high energy, a proven cure for ulcers, traditionally given to new mothers to regain strength.

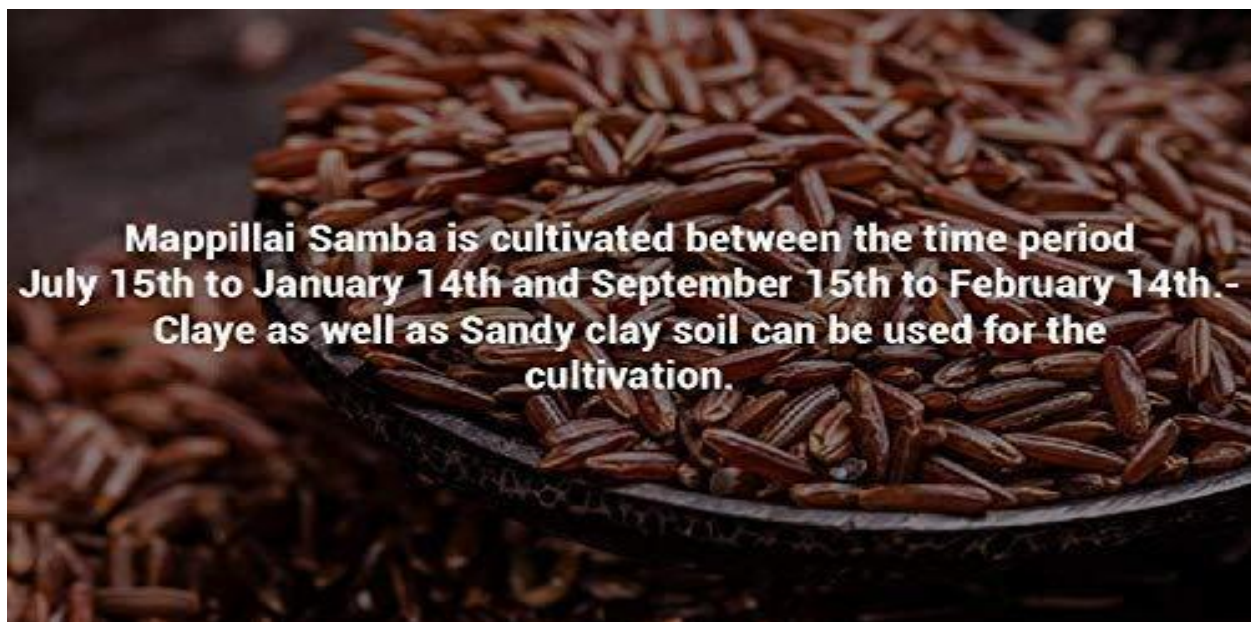




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BENEFIT OF MAPILLAI SAMBA RICE:

1. It has high in fiber which can helps for easy digestion.
2. It can help to increase haemoglobin content in our body
3. It is the best rice variety for diabetic patients. It can increases energy level and induces growth, it is commonly given to kids.
4. It improves sexual activities for newly bridegroom. Mapillai samba rice contains high nutritional value
5. This rice can strengthen our kidneys.
6. It can helps to lowering cholesterol level in our body
7. Mapillai samba contains 49 grams of carbohydrates and 10% proteins
8. Apart from Iron and Zinc, it contains magnesium, phosphorus, molybdenum and manganese.





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ABOUT BLACK RICE (forbidden or purple rice):

Black rice is a range of rice types of the species *Oryza saliva*, some of which are glutinous rice. Black rice is also known as 'Forbidden Rice' in ancient china since only those belonging to the upper class could afford to eat it. Black rice has a deep black colour and usually turns deep purple when cooked.



HOW TO PREPARE BLACK RICE:



Black rice is becoming more common in supermarkets around the world. Once you have a package of dry black rice at home, review the instructions for the water to rice ratio. You can steam the rice, boil it in water, or cook it in a pressure cooker, such as an Instant Pot, for a hands-off approach.

HEALTH BENEFITS OF BLACK RICE:

This colourful black rice offers a variety of health benefits. One of the most noticeable comes from the deep colour of the grain.

Anthocyanins are pigments found in a variety of blue and purple foods, and they help to protect your cells against damage. These pigments are also known for reducing inflammation and helping reduce the risk of cardiovascular conditions. Eating black rice can give you a worthwhile boost on your heart health and overall



Improved Eye Health:

Along with protective Anthocyanins, black rice contains high amounts of lutein and zeaxanthin, two carotenoids known for their role in supporting eye health. These antioxidants help to protect the cells in your eyes and to reduce the effects of ultraviolet (UV) radiation.



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Diabetes Management:



Flavonoids like anthocyanins also influence blood sugar levels and diabetes management. Phytochemicals have a positive influence on your body, improving insulin sensitivity so you can better use glucose. They also help by reducing sugar digestion in your small intestine, which lowers sugar levels in your blood.

Nutrition:

Black rice is rich in amino acids, fatty acids, antioxidants, flavonoids, Anthocyanins, and other phenolic compounds. There are 18 amino acids in black rice, with a mix of essential and non-essential types. Amino acids are crucial to many of your body's functions, from helping repair skin and tissues to improving your energy levels and digestion



B.SURYA
11TH STD,
KV Mandapam





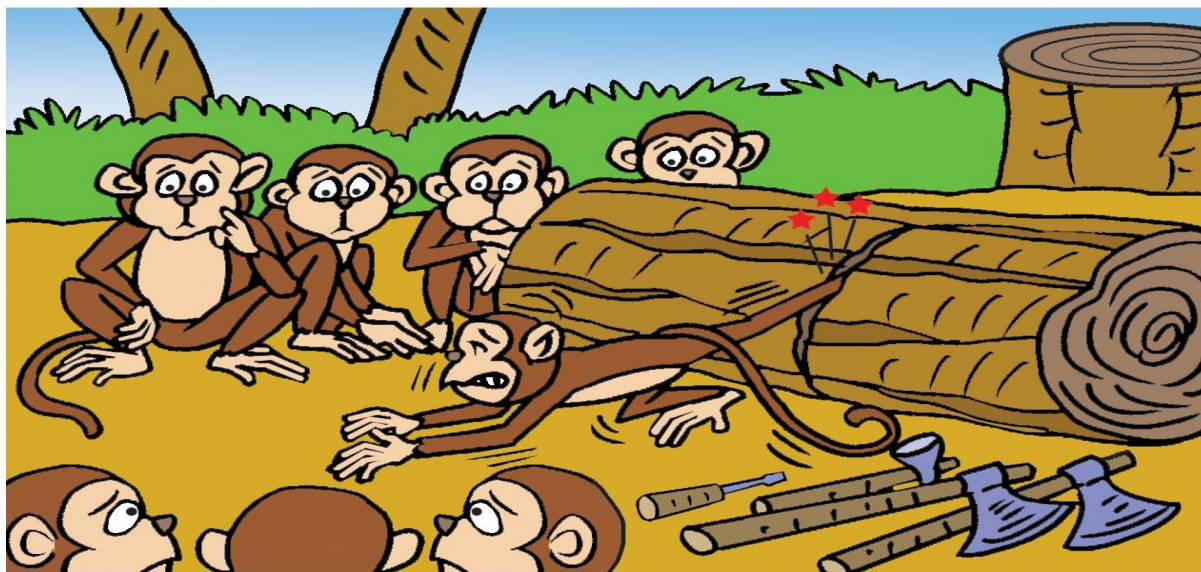
Motivational Stories:

The curious Monkey:

One morning a carpenter was sawing a log of wood under a tree. He was wearing a bright blue shirt. The carpenter wanted to cut the log into two parts. A brown monkey was sitting on the tree. For a long time he watched the carpenter sawing the log of wood...The log of wood was so huge the carpenter could only saw half the log of wood, till afternoon.



He was hungry so he stopped sawing the wood. He placed a small piece of wood in the split to keep both halves separated and went to lunch. When the carpenter stopped work, to have this lunch, the monkey climbed down the tree. He picked up and wore the carpenter's red cap, which was kept under the tree. He came near the log of wood and watched it curiously. It looked quite interesting to him. He sat on the log keeping his legs on either side of the log of wood. His long tail was dangling into the wide split of the log. He tried to shake the wedged piece of wood a little bit. Suddenly he pulled it out! At once the two sides of the log struck each other with a snap. The monkey screamed in pain! His tail was caught in the split. He tried to pull his tail out but the two sides did not give way. At last he jumped up with all his strength to pull out his tail. His tail did not come out and so he lost it forever!





THE MORAL OF THE STORY: It is dangerous to handle unknown objects.

Benefits of Storytelling

Social

- Increase children's willingness to communicate thoughts and feelings
- Teaching about cultures, ways of solving everyday problems, about social interactions
- Teach children about themselves and about others
- Can promote a positive attitude to people from different lands, races and religions
- Develop empathy



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

