



SQUIRREL GREEN RAMESWARAM NEWSLETTER

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For Students

From Students....

அணில் பசுமை இராமேஸ்வரம் நியூஸ்லெட்டர்

மாணவர்களுக்காக.....

மாணவர்களால்.....



இதழ் - 18

February 2022



SQUIRREL GREEN RAMESWARAM NEWSLETTER

Foreword

Dear Readers,

Namaskaram

Eighteenth 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 Air pollution. Jyothika Continues her write up on Rameswaram Tourism and this edition she covers about Kothandaramasamy Temple and Thillai Bhavana continues her series of Environment Activists and this time she covers Alvares 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 pollution. 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)





Air pollution Drawings



G.Dharma Shivani

9th STD

**Sri Parvathavarthini Amman Girls
High School**





Pongal Drawings:



S. Yasvanti

9th STD

**Sri Parvathavarthini Amman Girls
High School**



Air pollution Poems

காற்றில் கரியமிலம் கூடவே மாசுவிட்டோம்
சேற்றின் சக்தி போல் சாக்கடையாய் ஆறுகளை
மாற்றி விட்டோம் நற் புதவிதனை நாசமாய்
ஆக்கி விட்டோம் நாவினிலுண்மை கொண்டே
சொல்லிவிடு அடுத்த தலைமுறை வாழ்வது
எப்படி தன்னலங் கொண்ட இயற்கை சுரண்டி
வாழ்ந்திருந்தால் ?



S. Yasvantini

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Nowadays every individual is facing problems caused by air pollution. Air pollution occurs when gases, smoke, dust, or other particles get into the air and make it dirty. It's very harmful for humans, animals, and plants. There are many causes for air pollution: some time air gets polluted due to evaporations of volcanoes, dust storms, and wind-blown fires. Smoke from factories, power plants, vehicles, chemical plants, aeroplanes, fumes from spray cans, and methane gas from landfills are also causes of air pollution. When humans burn fossil fuels, they release a lot of gases into the air, causing air pollution. Let's see the effects of air pollution one by one.

Effects on humans: Air pollution causes headaches, dizziness, nasal irritation, lung disease, and more. The sky looks so blackish, which is due to smog. This is very dangerous.

Effects on plants: Air pollution causes damage to trees, vegetables, fruits, and flowers. Fluoride is very dangerous for plants. Ammonia, chlorine, and hydrogen sulfide are harmful to whole vegetation. Air pollution brings acid rain, trees die early, and leaves get dry.

Effects on animals: Animals face breathing problems, skin infections, and many other diseases due to air pollution.

Effects on atmosphere: Some of the effects of air pollution on atmospheric conditions include effects on the ozone layer, green house effect, global warming, etc. Temperature rising and ozone holes are some of the problems which have attracted the attention of scientists all over the world. We should take proper steps to control air pollution.

We should use transport more for short distances, use a bicycle, or go by walking. Switch off the light fans, AC, televisions, and other applications when not in use. Always recycle and reuse. Remember to carry a paper bag and minimize using plastic bags. Plant trees as much as possible. Stay tuned for more videos and always help others.



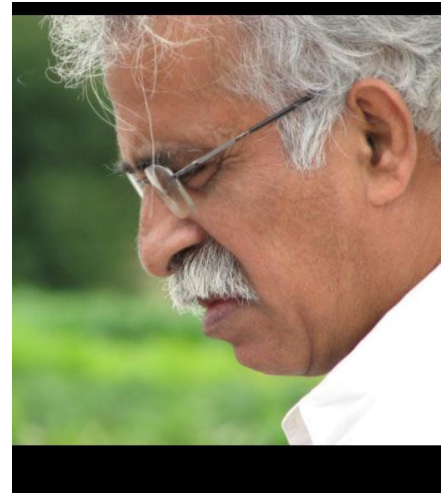
M. Lohesharan
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Environmental Series -18



Alvares was born in Bombay to Mangalorean Catholic parents. He grew up in Khotachiwadi and attended St. Xavier's College, where he met his future wife Norma. In 1976, Alvares completed a PhD from the School of Philosophy and Social Sciences at the Eindhoven University of Technology. He and his family moved to Goa in 1977. After starting a short-lived rural development project, Alvares began writing for The Illustrated Weekly of India while Norma studied law. She completed her degree in 1985. Alvares is a member of the Goa Coastal Zone



Management Authority of the Ministry of Environment and Forests (MoEF). He is also a member of the Supreme Court Monitoring Committee (SCMC) on Hazardous Wastes constituted by the Supreme Court of India. Alvares has campaigned against genetically modified crops. His 1986 Illustrated Weekly of India article "The Great Gene Robbery" criticized the U.S.-funded International Rice Research Institute's program to replace indigenous crop varieties with their own less-robust ones. He also opposed Monsanto's attempts to market genetically-modified versions of vegetables such as brinjal.

Alvares founded the Other India Bookstore in Mapusa during the 80's; in 1990, he also founded Other India Press to publish books on organic farming, homeschooling, and the environment.

**K.ThillaiBavana
IX,
KV Mandapam**





Rameswaram Tourism

Kothandaramasamy Temple



Kothandaramaswamy Temple

The Kothandaramaswamy Temple at Rameswaram, Tamil Nadu is a shrine dedicated to the Hindu deity Rama. Located at a distance of 13 kilometres (8.1 mi) from Rameswaram, it forms the southernmost tip of the island. The temple is the only historical structure to survive the 1964 cyclone that washed away Dhanushkodi. The temple has the deities of Rama, Lakshmana, Sita, Hanuman and Vibhishana. The temple is surrounded by sea and remains a tourist attraction. It is easily accessible from Rameswaram.

Historical background

The temple is estimated to have been constructed about 500-1000 years ago. Rama, the main idol, is depicted as having a bow (Kothandam), and hence the name Kothandaramaswamy for the idol.

The temple is believed to be the place where Vibhishana, the younger brother of Ravana, asked Rama and his vanara (ape men) army for refuge. According to this tradition, after the abduction of Sita, Vibhishana advised Ravana to return her to Rama. However, Ravana did not listen to the advice, which led to Vibhishana fleeing from Lanka and joining Rama's army. When Vibhishana surrendered to Rama, the vanara army urged Rama not to accept Vibhishana believing him to be a spy. However, Rama accepted Vibhishana under the insistence of Hanuman stating that it is his duty to protect the ones surrendered to him. It is also said that after the slaying of Ravana, Rama performed the "Pattabishekam" (ascension to king of Lanka) for Vibhishana at this place. The story is depicted in painting across the walls inside the shrine.



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Location and importance

Situated on an island that is surrounded by Bay of Bengal and Gulf of Mannar, the temple is located 13 kilometres (8.1 mi) from Rameswaram. When Dhanushkodi was severely affected by the 1964 Rameswaram cyclone, the temple was the only structure that survived. Swami Vivekananda is said to have visited the place after his historic trip to Chicago.

Hence making this outlandish temple an interesting spot to day explore the area in Rameshwaram.

V.Jyothika
11th
Kv Mandapam





Air pollution Quotes

★ **Environmental pollution is not only humanity's treason to humanity but also a treason to all other living creatures on earth!**



★ **Roses are red, violets are blue, bad hair days are okay, but bad air days will screw you.**

★ **Air Pollution is not a joke. Air Pollution will make you choke.**

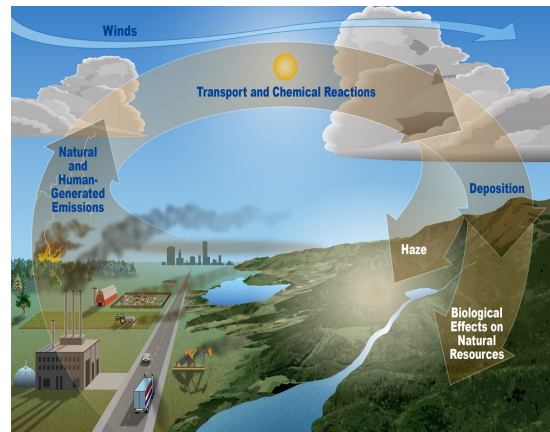
★ **If u pollutes the air, then the air will pollute u!**

★ **Give a care – clean up the air**

★ **Don't let our future go up in the smoke.**

★ **Shield the earth and shield yourself from air pollution**

★ **Air Pollution is also a weapon of mass destruction.**



★ **Show you care about the air.**

★ **Air Pollution, The Key to World-Wide Destruction.**

D.logitha sri
8th STD
Amrita vidyalayam
Rameswaram





Immunity Booster Series:

Little Millet - The Immune Boosting Indigenous Grain :

Millets are special amongst grains as they are nutritious, gluten-free, non-sticky and non-acid-forming. For those who are health conscious and wary about what they eat, experts suggest that millets should be a part of their daily regular diet.

Little Millet (*Panicum miliare*), one of the small millets, is called kutki in

Health Benefits And Nutritional Value of Millet

1. Alkalisng
2. Easily Digestible
3. Healthy Colon
4. Lower Cholesterol
5. Lots of Fibre
6. Low GI
7. Reduce Migraines
8. Reduce Heart-Attack
9. Calming Mood Food
10. High in Protein



Hindi, sava (Marathi), gajro (Gujrati), same (Kannada), samai (Tamil), and samalu (Telugu).

Little millet is suitable for people of all age groups. Little millet is grown throughout India and is a traditional crop. It is a relative of proso millet but the seeds of little millet are much smaller than proso millet.

It is mostly consumed as rice. Any recipe that demands staple rice can be prepared using little millet. It has the smallest grains, so it cooks faster than other millets.

Little millet has a significant role in providing nutraceutical components such as phenols, tannins and phytates along with other nutrients. Samai dosa, porridge, paddu and payasam from little millet are few traditional recipes in different millet growing states in India.

USES OF 

Little Millet

Little Millet (Sama) is cooked like rice. It is also milled and baked. It is used for preparing? delicious and nutritious recipes like Sama Ven pongal, Sama Arisi muruku, Sama kichadi, Sama Arisi idli and Sama Arisi Biriyani, etc



Nutrient Composition of Little Millet :

Nutritional information on Little millet versus other millets (per 100g of raw millet) All values except protein are expressed on a dry weight basis.

Little millet is fibrous millet, next to barnyard millet. According to research, some varieties of kodo millet and little millet have been reported to have 37% to 38% of dietary fiber, which is the highest among the cereals. Fiber helps maintain sound digestion and satiates hunger quickly.



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Little millet is high in fat, comprising majorly of the healthy polyunsaturated fatty acids (PUFA).

The flavonoids present in the little millet act as antioxidants and play many roles in the body's immune defence system.

Health Benefits of Little Millet :

▪ Good Source of Potent Antioxidants:

Millet's antioxidants such as polyphenols, phenolic compounds, tannins, flavonoids are not directly related to nourishing the body, but play an important role in promoting health by helping in diseases such as diabetes, cardiovascular disease, cataract, cancer, inflammation and gastrointestinal problems.

Polyphenols are the biggest group of phytochemicals that have been found in plant-based foods and have been linked to various health benefits. They are considered as "life span essential" due to their role in maintaining health throughout end phase of life.

It has been reported that soluble- and insoluble-bound phenolic extracts of several varieties of millet are rich sources of phenolic compounds. They exhibit antioxidant, metal chelating, and reducing powers.

▪ Helps Combat Diabetes:

High carbohydrate diet can increase plasma glucose, leading to insulin resistance. Little millet is a low glycemic index food, which is a good source of slow digesting carbohydrates and dietary fiber. It takes longer for glucose to enter the bloodstream and hence blood sugar levels are stable. This proves to be beneficial for diabetics who have to control rapid rise and decline of glucose in the blood.

▪ Other Benefits of Little Millet:

Little millet contains magnesium which can help improve heart health. Vitamin B3 (niacin) in little millet helps lower cholesterol. Little millet is also a good source of phosphorus which, helps with fat metabolism, body tissue repair and energy production.

Ways to Cook Little Millet :

Cooking millets is as simple as cooking rice. The below mentioned ways can be used to cook most small millets like kodo millet, little millet, foxtail millet and proso millet.

Pressure Cooker Method: (1:2 - 2 whistles)

Wash the millet rice. For one measure of millet add two measures of water in a pressure cooker. Close the lid and cook in medium flame. After the first whistle, reduce the flame. After the second whistle, take it off the flame. Do not release the steam and then leave it aside for a few minutes. Let the millet cook in its own steam. The millet should not be mixed using ladle/spoon when the millet is hot. It will make it mushy. The cooked millet can be had with dal/sambhar/curry.

The cooked millet rice should be cooled in a plate, if it is to be prepared into another dish. As the cooked millet cools, it becomes more firm.

Open Vessel Cooking :(1:2 - 30 minutes soaking)



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For open vessel cooking, the millet needs to be washed and soaked prior. One measure of millet should be soaked in two measures of water for thirty minutes. Cook it in medium flame with a lid. After the water boils, the flame should be reduced. When water evaporates (in about ten minutes), take it off the flame and firmly close the lid.



▪ Little Millet Curd Rice recipe:

Ingredients:

Little millet - 1/2 cup

Water - 1 cup

Curd - 3/4 cup

Milk - 1/4 cup

Carrot - 3 tbsp

Grated coriander leaves - 2 teaspoon

Salt - to taste

To Temper:

Oil - 1 teaspoon,

Mustard seeds - 1/2 teaspoon

Urad dal - 1/2 teaspoon

Curry leaves

Green chilli - 1 finely chopped

Ginger - 1/4 inch piece

Preparation Method:

Boil water, add the millet and cook till millet becomes soft.

Then take the millet in a mixing bowl and mash it and add curd and milk and mix it up well.

Heat oil in a pan and add the seasoning "to temper" let it splutter.

Transfer the tempering to the rice along with grated carrot, coriander leaves and required salt. Mix well.

Serve chilled and garnish with carrots and coriander leaves



B.SURYA

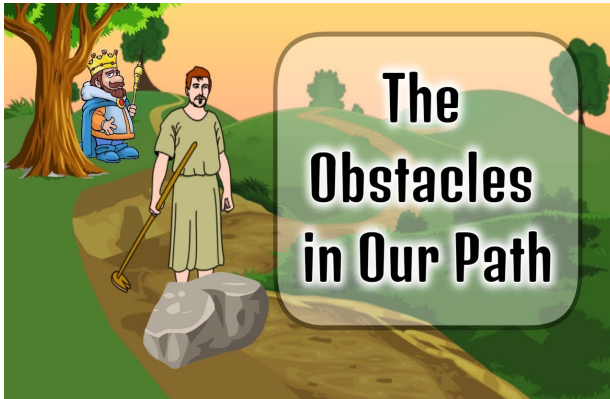
10TH STD,

KV Mandapam



Motivational Stories:

The Obstacle in our Path



There once was a very wealthy and curious king. This king had a huge boulder placed in the middle of a road. Then he hid nearby to see if anyone would try to remove the gigantic rock from the road.

The first people to pass by were some of the king's wealthiest merchants and courtiers. Rather than moving it, they simply walked around it. A few loudly

blamed the King for not maintaining the roads. Not one of them tried to move the boulder.

Finally, a peasant came along. His arms were full of vegetables. When he got near the boulder, rather than simply walking around it as the others had, the peasant put down his load and tried to move the stone to the side of the road. It took a lot of effort but he finally succeeded.

The peasant gathered up his load and was ready to go on his way when he saw a purse lying in the road where the boulder had been. The peasant opened the purse. The purse was stuffed full of gold coins and a note from the king. The king's note said the purse's gold was a reward for moving the boulder from the road.

The king showed the peasant what many of us never understand: every obstacle presents an opportunity to improve our condition.



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